

Autumnal

by Di

Sways prairie wheat
the wagon wheels creak

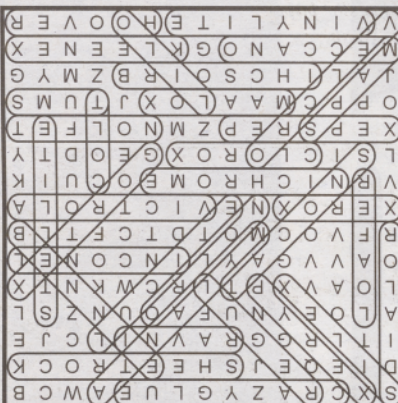
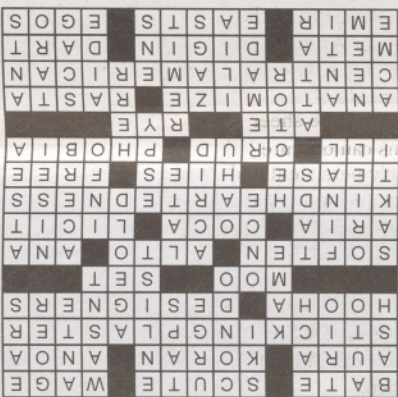
Vast blue horizons billowing
white cumulous clouds

In the sod's shadow
drip, drip, drip of dank earth
heaviness

Whining susurras of prairie winds
Carry Laura Ingall Wilders
pioneer mother voice...

"One peppermint stick...
one blue-speckled tin cup...
it was the best Christmas ever!"

Answers to puzzles on page 15



8	9	7	4	5	6	3	2	1
5	1	4	7	2	3	8	9	6
3	2	6	1	8	9	7	5	4
9	5	2	8	6	7	1	4	3
1	7	3	2	4	5	9	6	8
4	6	8	9	3	1	2	7	5
7	8	1	5	9	4	6	3	2
2	3	5	6	7	8	4	1	9
6	4	9	3	1	2	5	8	7

VENDOR PROFILE Remington

BY LEONORA KO
STAFF WRITER

Remington has led an intense life in a short time, from being a former gang member to speaking one-on-one with spiritual leaders from around the world.

"The really interesting thing," Remington said, "is that I have a great and wonderful mother, who I love today. And I had a father who loved and cared for me a lot, too. Family-wise, I was taken care of very well. It was just at a young age, things came up in my life that pulled me into different experiences."

"I became a (gang) prospect at the age of 13," Remington said. "Through the years, I had a lot of friends go to prison. I saw the trouble that they were getting into, and my companions said, 'We really want to see you do something more than end up with what's going on with us. We give you permission to go on your own way.'"

Throughout this time, Remington was attracted to a special spiritual community. The community included Tibetan Rinpoches, Hindu masters and Baptists.

"I became fortunate and very blessed to get kind of sidetracked, learning about spirituality and different philosophies," Remington said. "I got to meet and receive teachings and talk and discuss. It really helped shift my young perspective and expand my mind into seeing (more choices)."

Those choices led to a full-time job, a house, a car and a fiancée. He began planning to attend college for a new career.

"I wanted to become a counselor/spiritual psychologist," Remington said. "To work with youth that were growing up with a lot of gang activity and drugs. I really wanted to give back something

and help youth understand that there's a lot of different choices out there."

Unfortunately, he began having health issues with severe pain and started into a slow, downward spiral. He lost everything.

"It's taken me five years to even learn how to cope with the severity" of Crohn's disease, he said. "The last three years, I've been on and off the streets pretty consistently."

Street Roots has been a healing experience in dealing with the illness.

"It's my first actual job since I got sick," Remington said. "I'm still testing out getting up early and being consistent with going out. It's very painful actually to stand there selling a newspaper all day long. But I still do it anyways because it's teaching me how to override some, I think, false belief systems that I once had about myself. ... In some sense, it's been a way that I can be completely straight, clean and

sober. (I have a focus) throughout the day and into the evening."

The newspaper also provides an opportunity to break down barriers.

"People smile, you laugh, jokes happen," Remington said. "I sell papers to the police officers. You know, let them see there are homeless people who have a sense of humor - who have light and love inside of their hearts."

"What I really think is important is to understand there's really no difference between someone you don't know and yourself. Everyone strives to experience happiness, and nobody wants to suffer. That's one main thing that everyone has in common with one another."

"And so there's no difference inside between someone who's homeless and someone that has it all."

Remington is slowly rebuilding his life. Recently he got off the streets by sharing rent with a buddy. As he gets a handle on his disease, he hopes to restart college.

"Street Roots has offered me a chance to see that I can really persevere through these difficulties," Remington said. "I'm also thankful for my mom. She's been my rock for a long time, through the hard times and the good times. And carrying the knowledge and wisdom (of the spiritual community), it's been a blessing."

"I'm very, very lucky."



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PHOTO COURTESY OF ARNOLD CASEY

Street Roots Vendor Arnold Casey shares a moment with one of his customers at his turf, outside Safeway at Southwest 10th Avenue and Jefferson Street. "This is one of my regular customers, Charlie. He told me he was born in an igloo. He's 81 years old. We are both from Alaska and that's why we started talking. He comes to the store about twice a week and always talks with me. He went to the same high school as my auntie. Talking with him reminds me of home."