



Elements of Mother Nature

By Sophia Xavier

When in solemn solidarity if you know how to survive in extreme cold weather not knowing how to prepare for the worst conditions that Mother Nature throws at you.

Trying to survive the utmost conditions is the first step in surviving extreme cold frigid temps.

Knowing how to protect the head from the elements is the basic preparations from hyperthermia.

In fact, the brain may be intact the most important factor in which is only protected by bone and skin if not protected properly can cause severe damage and even death.

CareOregon goMobile team

OHP Navigation Clinics

CareOregon and our partners make Oregon Health Plan navigation easy! We offer help with:

- Medicaid medical, dental and mental health appointments
- Medicare eligibility for disabled and elderly adults

Find us at these locations:

Belmont Library 1038 Cesar Chavez Blvd Feb 18.....12-2 p.m.	Clackamas County Transition Center 1024 Main Street, Oregon City Feb 09.....1-3 p.m. Feb 23.....1-3 p.m.	Street Roots 211 NW Davis Feb 2.....8:30-10:30 a.m.
Bud Clark Commons 665 NW Hoyt Ave Feb 3.....8-10 a.m. Feb 17.....8-10 a.m.	Portland Rescue Mission 111 W. Burnside Feb 4.....8-10 a.m. Feb 11.....8-10 a.m. Feb 18.....8-10 a.m. Feb 25.....8-10 a.m.	Union Gospel Mission 3 SW 3rd Ave Feb 16.....2-4 p.m. Feb 23.....2-4 p.m.
City Team Portland 526 SE Grand Ave Feb 10.....8-10 a.m. Feb 24.....8-10 a.m.		

28th Annual Winterfolk
a benefit for Sisters Of The Road

Sat. February 20th
The Aladdin Theater, Portland, OR

Tickets: \$30 advance, \$32 day of show
Available at the Aladdin Theater & Music Millennium!

Guitar & Studio Time Raffle Tickets
Available at Artichoke Music

Featuring David Roth

SISTERS OF THE ROAD