

Boxes

by Scotty Ellis Lawrence

How strange these boxes men design to live
Made strong by metal, wood, stone and plastic
To grow up in learning to love and give
Lives in squares our fates inelastic

Curious the fate of man, who in time
Do trade this box of flesh for one of pine
The boxes ideally make life easy
But confine us in thought and theory

The tides of men shift on light from boxes
TV, cellphones, dishwashers and houses
We move in boxes. Cars, trains, airplanes
Experiencing life in joy and in pain

To break out of the boxes thoroughly
Is to be able to live life fully
Free yourself from a life that is thoughtless
Save yourselves, get the hell out of these boxes.

Journal Entry

by Kenneth T. Nickell

Early shades of blue creep into the black night passing away to make room for a new day. New adventures today, hiking into places unknown. So, I take inventory: Pencils and sketchbook are good, provided I don't have an art fit. Trail mix and dog food are waning, though we've come 300 miles on the starting supply. Gentleman Jack drank the last bit of water early last night. A quick stop at the market to remedy that, as well as my immediate need for the caffeine/nicotine combo that keeps me so tolerant of the noise and danger that stirs me at every passing car. I have Jack and 4,000 miles to go and cannot think of a single thing I want. I am completely free.

Untitled

by Frank Quiroga

I'm a lost soul just walking amongst the people, crying out loud for help
but every time falling on deaf ears
I close my eyes and all I see is darkness, with blood all around
At times I feel I'm trapped below heaven, yet so close to hell I can feel the heat
My soul is twisted way beyond repair
I want so bad to be the real me day after day, and always the same thing
I'm lost and alone, can't find my way home

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- 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.

Bud Clark Commons

665 NW Hoyt Ave
Feb 3.....8-10 a.m.
Feb 17.....8-10 a.m.

City Team Portland

526 SE Grand Ave
Feb 10.....8-10 a.m.
Feb 24.....8-10 a.m.

Clackamas County

Transition Center
1024 Main Street,
Oregon City
Feb 09.....1-3 p.m.
Feb 23.....1-3 p.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.

Street Roots

211 NW Davis
Feb 2.....8:30-10:30 a.m.

Union Gospel Mission

3 SW 3rd Ave
Feb 16.....2-4 p.m.
Feb 23.....2-4 p.m.



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