

### Memories of the Beach

by Maddy Brown-Clark

Another lazy rainy day came and went  
 And I dreamed of the ocean  
 The raging sea  
 It had been so long  
 Since I'd seen it  
 Since I'd felt the sand beneath my feet.  
 But now I walked  
 The city streets  
 Never knowing who  
 I might meet  
 And my fondest memories  
 were of the beach.

### A Better Home

by Ron Sanford

Woohoo! I dreamt of this day for so long  
 pictures remind me how weak I'd become,  
 How far I'd gone ... It would take a novel  
 to fully describe war stories, and  
 the things better left unsaid

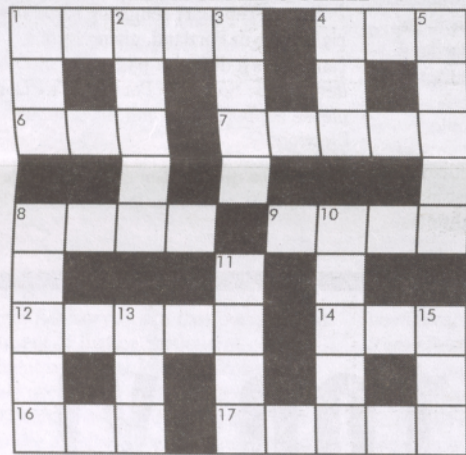
Instead I'm focused on the future with hope renewed  
 I learned long ago not to deride social programs  
 and help for the poor. But for the grace of God  
 go I, what can I say? For me a better home  
 means better health as I live one day at a time.

### Autumn Breezes Speak

by Don Grubb

What goes up? must come down  
 What grows up? must fall down  
 like trees we grow  
 what's been left behind is sure to show  
 The third of four seasons  
 Nature's reluctant release of leaves  
 for the ground to receive  
 But listen quietly to the sound of  
 Autumn breezes.  
 As if she's saying "Just let go"  
 Autumn speaks: she says  
 I am letting you go, if you return to  
 me then we were meant to be.

### DOUGHNUT CROSSWORD PUZZLE



**ACROSS**

- 1. Fermentation agent
- 4. Have a bite
- 6. Tree fluid
- 7. Cake ingredient
- 8. Three-ply cookie
- 9. Hook's henchman
- 12. Ground grain
- 14. The gift of \_\_\_
- 16. Tease or ridicule
- 17. Francis or Kevin?

**DOWN**

- 1. Affirmative!
- 2. Type of fritter
- 3. Analyze or try
- 4. Cake ingredient
- 5. Tres
- 8. Deal
- 10. Potter's practice
- 11. Nosh!
- 13. Late rapper; abbr.
- 15. \_\_\_ appétit

22 SW 3RD AVE. / 1501 NE DAVIS ST. PORTLAND, OR

Did you **serve** in the  
**Armed Forces**  
 and are experiencing  
 or at **risk** of  
 becoming  
 homeless?

**Transition  
 Projects**

Please call 855.425.5544  
 or visit 650 NW Irving Street

**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:

<b>Bud Clark Commons</b> 665 NW Hoyt Avenue 10/12 ... <b>FLU</b> ..... 8-10a.m. 10/26 ... <b>FLU</b> ..... 8-10a.m.	<b>Portland Rescue Mission</b> 111 W Burnside 10/06 ... <b>FLU</b> ..... 8-10a.m. 10/13 ..... 8-10a.m. 10/20 ... <b>FLU</b> ..... 8-10a.m. 10/27 ..... 8-10a.m.
<b>City Team Portland</b> 526 SE Grand Ave 10/19 ... <b>FLU</b> ..... 8-10a.m.	<b>Union Gospel Mission</b> 3 SW 3rd Ave 10/18 ... <b>FLU</b> ..... 2-4p.m. 10/25 ..... 2-4p.m.
<b>Clackamas County Transition Center</b> 2219 Kaen Road Oregon City 10/05 ... <b>FLU</b> ..... 1-3p.m. 10/19 ..... 1-3p.m.	<b>Veterans Memorial Coliseum</b> 300 North Winning Way 10/01 ..... 10a.m.-2p.m.

Learn about  
 our **FREE phone\***

\*ACTUAL PHONE MAY VARY.