

Fear Itself

by Ron Sanford

Like anger fear is irrational
 So when it starts to come on
 Take a deep breath. Take a step back. Look.
 Listen. Obama won't take all of your guns away.
 A stray asteroid
 will not destroy the earth.
 The communists won't take us over...the IRS?!
 Breathe deep. Relax. Pray or meditate.
 Only you can invite the change, the change
 that must come from within.
 Okay. You're on your way, happy Portlander!
 Whether Blue or Red, your life has meaning
 You are your own person. You're a rock star!

Here on Earth

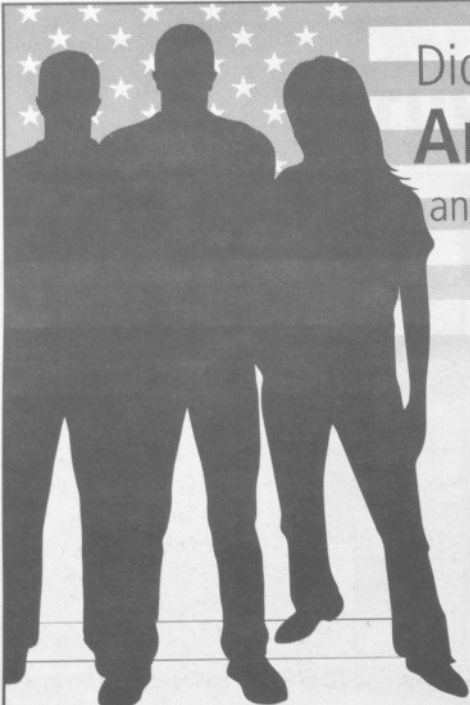
by Michone Nettles

I'm living the illusion of freedom.
 When I close my eyes
 I travel around the planet.
 Seeing things that otherwise
 would not be seen.
 Our mothers' care is why we are here,
 birth mother and Mother Earth have me
 in good hands.
 The roots of men are from a woman,
 the roots of women are unknown.
 Look into the eyes of an alien,
 they will tell you your life from
 birth to death.
 No words will be spoken but
 the message is clear.
 "Love makes the world go round."

To Feel Human

by Eileen Vizenor

I can go anywhere, any place at any time, when I write.
 Writing gets me out of myself.
 It takes me above the clouds.
 To the coast, the waves, the mountains.
 On the back of a horse, or on the wings of a bird.
 It takes me away from poverty, homelessness.
 It gets me out of "survival mode."
 It makes me feel human, once again, if only for a few moments.



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



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:

<p>Bud Clark Commons 665 NW Hoyt Ave 11/09 8-10 a.m.</p>	<p>Impact NW 10055 E Burnside St 11/18 9-11 a.m.</p>
<p>City Team Portland 526 SE Grand Ave 11/16 8-10 a.m.</p>	<p>Portland Rescue Mission 111 W Burnside 11/03 8-10 a.m. 11/10 8-10 a.m. 11/17 8-10 a.m. 12/01 8-10 a.m.</p>
<p>Clackamas County Transition Center 2219 Kaen Road, Oregon City 11/02 1-3 p.m. 11/16 1-3 p.m. 11/30 1-3 p.m.</p>	<p>Union Gospel Mission 3 SW 3rd Ave 11/29 2-4 p.m.</p>