

**CLEAN AIR, from page 12**

This diesel particulate matter is small enough that it can penetrate deep into the lungs and even cross over into the blood stream. Long-term exposure to diesel emissions is linked to both lung and bladder cancer.

Children are particularly vulnerable to the impacts of diesel pollution because their lungs are still developing and they breathe, on average, 50 percent more air per pound of body weight than do adults. Oregon's reliance on old diesel engines translates into a significant public health cost, including 469 premature deaths a year. To learn more, take a look at an important report from the Oregon Environmental Council that describes the many negative and avoidable impacts of dirty diesel: <http://bit.ly/DirtyDieselOR>.

2016 has been a turning point for our work to clean up Oregon's air. As a result, looking ahead to 2017 we see once-in-a-generation opportunities to improve the way Oregon regulates air pollution to a degree that will truly improve public health, especially for environmental justice communities. We invite you to join us January 18th for dinner and a workshop about diesel pollution in N/NE Portland. With your help, we can make the most of this moment.

For more information visit *Neighbors for Clean Air*: [www.whatsinourair.org](http://www.whatsinourair.org).

**Birthday and X-Mas**

by Vendor M

Is another year of what is  
and what is not. This year  
I am feeling (sober)-minded  
in my thoughts and wisdom.  
I feel stronger this year than last year.  
Glad to have been above ground  
to see myself grow.  
Happy Birthday and Merry X-Mas  
Mother Earth.

**The Pen**

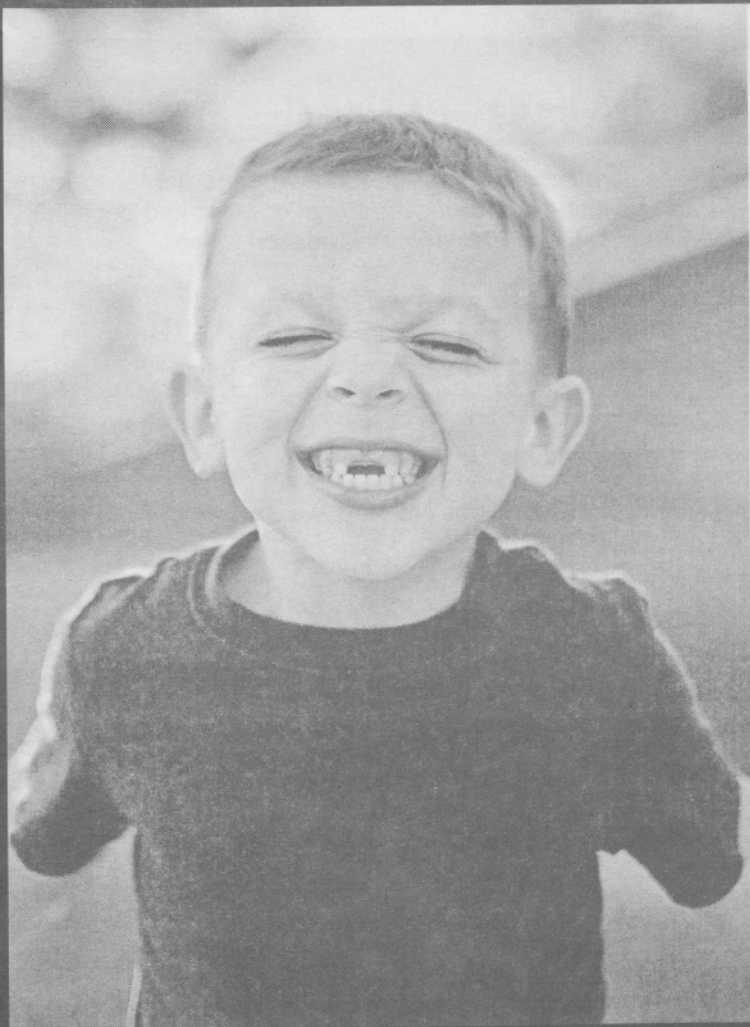
By Daniel Cox

I bought this pen to write  
this poem. What is on the edge of  
the mirror. Perhaps truth be told,  
If it is false statement,  
Uttered a word. Who knows,  
I know, I bought this pen  
To write this poem,  
These words be honesty.

**Almost Winter**

By Maddy Brown-Clark

It's almost winter  
A chill is in the air  
Bundled up people  
Are everywhere  
Every day is damp and wet  
But it isn't showing yet  
Falling leaves fly in the breeze  
From the gold and reddish trees  
Soon the snow will blow and fall  
All amidst the raven's call  
Winter draws close everyday  
Freezing weather's on its way



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