

**Free**

by Henry Miller

As the time slowly ticks away  
I watch your life so softly fade  
Thinking of all the days we shared  
And all the memories that we've made

To lose a dear old friend like you  
Is going to hurt me down to the core  
But that's a selfish thought of my own  
When it's you who will hurt no more

With so very many ups and downs  
Yet we could always find a smile  
So many times talking of tomorrow  
Thinking surely we'd have a while

But again this world will show us  
How our time is a precious thing  
To enjoy our friends through every day  
Never knowing what tomorrow will bring

Now your soul is free to wander  
Doing all you ever wanted to  
As you gaze far down upon me  
You'll know I always think of you

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their four children identify more as Mozambican than American, said Cowley.

As a family, they understand the challenges of adapting to different cultures.

"We have been outsiders, but we have privilege because we come with money," he said. "So, the plight of refugees is something we relate to a little bit, not from the hardship perspective, but from an acculturation perspective."

Cowley grew up a "military brat" in the suburbs of Pennsylvania and Virginia, but was introduced to traveling abroad when he went on a mission to Portugal when he was in high school.

His wife, Naomi, is American but grew up in Brazil, where her parents taught literacy to an Amazonian tribe and translated the Bible into the local language.

After meeting at a small Ohio college in the early 1990s, the couple married and started a family, but were both drawn to traveling the world while working with nonprofits as they raised their kids.

Before moving to Portland this past year, they had spent 13 years in Malawi and Mozambique, where Cowley produced a documentary film series called "Sick in Africa."

While living abroad, Cowley said he saw first-hand "a lot of the handout mentality, and how that just destroyed people's whole way of being."

For example, he said, donated clothing from first-world countries had undercut and destroyed local textile markets in Africa.

"I think the best way of helping people isn't through giving money, but supporting them through business or something like that," Cowley explained, "because there's no issues with a dominant versus a subservient."

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