

### Simple Times

by Aileen McPherson

We never know how far we'll go, when life  
pulls us to and fro, through mountains cold, over  
Rivers bold, past an ocean vast, along a path to a house so  
old it looked as if the forest round should swallow whole.

Not much to look at slat board walls, moss encrusted  
small garage where stuff got lost in, it was the yard  
Loved most. Beautiful trees full of ghosts,  
as Spanish moss hung like tinsel on the Christmas  
tree, ornaments of sweet meats rain down around,  
waiting for little hands to collect in baskets, these  
gifts upon the ground, crack them open here and there  
payment for our work dear.

Crisp clean air, squirrels everywhere, hear her calls  
Chilins come in the night is falling, bring your  
gatherings it's time to make pies divine, pecan  
you see granmama made the best, we shelled  
all the baskets small,  
three pies in the time, so delicious  
worth it all.

### Computers Are Here To Stay

by Ron Sanford

Like it or not, computers are here to stay  
Nowadays computers are in the wrong hands.  
One could reasonably say, but who is to blame.  
Unintended consequences up your arse  
Everywhere you go there is an invisible charm  
linking your life to this soulless bastard  
like the proverbial monkey on your back.

More background checks, medical records, resumes,  
Details of your family, church and politics  
Laid bare in unreal time for all to see  
is the cold, sterile information piling up  
There's no way to logout of your Modern Master  
The best you can do is to regulate your self  
The organic PC on our shoulders leading the way.

What can I say? Computers are here to stay  
Make the most of it or you will be left behind  
Clean out all of the trash inside of your mind  
Greet the new day, your true friends are all waiting.

## Need help getting health care?

CareOregon's goMobile Team and our partners make it easy for you to get covered under the Oregon Health Plan and Medicare at these locations.

At OHP Navigation Clinics, we will:

- Check your eligibility
- Enroll you in Medicaid or Medicare
- Make your doctor appointments

#### BEAVERTON CITY LIBRARY

12375 SW 5th St, Beaverton  
July 13 ..... 2:30-4:30 p.m.

#### BUD CLARK COMMONS

665 NW Hoyt Avenue  
July 05 ..... 8-10 a.m.  
July 19 ..... 8-10 a.m.

#### CAREOREGON

315 SW 5th Ave, Portland  
July 06 ..... 12-2 p.m.  
July 11 ..... 12-2 p.m.  
July 13 ..... 12-2 p.m.  
July 18 ..... 12-2 p.m.  
July 20 ..... 12-2 p.m.  
July 25 ..... 12-2 p.m.  
July 27 ..... 12-2 p.m.

#### CLACKAMAS COUNTY TRANSITIONS

2219 Kaen Rd, Oregon City  
July 19 ..... 1-3 p.m.

#### CLACKAMAS SERVICE CENTER

8800 SE 80th Ave, Portland  
July 25 ..... 1-4 p.m.

#### EARL BOYLES PARK

SE 107th Ave & Francis St, Portland  
July 30 ..... 5-7:30 p.m.

#### GOOD ROOTS FOOD BANK

1908 SE Courtney Rd, Portland  
July 15 ..... 9 a.m.-12 p.m.

#### KNOTT PARK

11427 NE Sacramento St, Portland  
July 28 ..... 5-7:30 p.m.

#### PORTLAND RESCUE MISSION

111 W Burnside, Portland  
July 06 ..... 8-10 a.m.  
July 13 ..... 8-10 a.m.  
July 20 ..... 8-10 a.m.  
July 27 ..... 8-10 a.m.

#### SACAGAWEA HEALTH CENTER

1060 Eisenschmidt Ln, St Helens  
July 3 ..... 9 a.m.-1 p.m.

#### UNION GOSPEL MISSION

3 NW 3rd, Portland  
July 18 ..... 2-4 p.m.  
July 25 ..... 2-4 p.m.

#### PORTLAND WORLD CUP SOCCER TOURNAMENT 2017

Delta Park at N Denver and MLK Jr Blvd, Portland

July 21 ..... 9 a.m.-8 p.m.

July 22 ..... 9 a.m.-8 p.m.

For more information about this event, please contact Som Subedi at 503-260-2487 or email som.subedi@portlandoregon.gov

[careoregon.org](http://careoregon.org)

Questions: Caleb Green  
503-416-4883

