

Thank for a Job Well Done

I would just like to say, that I very much appreciate your paper. Though there are many news letters in the community, I feel that your paper stands out from the rest.

I had to write a note of appreciation, and please accept the enclosed poem as a way of saying thanks for a job well done.

Thinking positive in N.E. Portland. Thanks.

The Unseen Poet

Starry Night

Wondering, how the stars shine so bright.
White, gold and yellow turning darkness into light.

Hanging in the sky or floating through space . . .
When day begins where is it's resting place.

If space were not so very far away, I could reach
Out and touch this wondrous place. Starry Night . . .

A wandering star into the night, gliding on air to
Who knows where . . . Can I hang with you tonight,
Starry night.

Shine bright for me tonight, starry night.

Take my hand, come fly with me . . . across the land . . .
Above the sea. There is paradise within the stars . . .
Space, to keep us apart. I'm reaching out to touch
This place. Starry night. Closing your eyes . . . let
Your thoughts become on with mine . . . Such a beautiful
Sight. Starry night.

Grow strong with me, and you will see . . . my world, our
World as it should be. Look toward the sky, open your
Mind. Gaze upon a star . . . reach out. Space keeping us apart.

I wonder how a star shines so bright, and I'm wondering
How darkness turns into light.

Shine bright for me tonight . . . STARRY NIGHT.

Written by

The Unseen Poet

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reproduced in any form.

Thoughts At Bedtime

I write what I feel . . .
Feel what I write.

Mind over matter . . .
With matter on mind.

A thought with a plan . . .
And room to expand.

Motion to move . . .
Worlds to improve.

Satisfaction to the rule.
Using mind as a tool.

Do not understand? Neither do I . . .
One more try.

Postive action . . .
Is my reaction.

Under control . . .
So we are told.

Decisions to make . . .
Choices at stake.

Empty thoughts in my head . . . tired . . .
Time for bed.

The mind is powerful,
So I will give it a rest.
For this is best.
It will wander until I fall asleep . . .
For no time it has to keep.
Good Night!!!

Written by

The Unseen Poet

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School's Open—Drive Carefully

School is open, and Oregon AAA cautions motorists to drive very carefully. AAA also asks that parents make sure their children know the safest route to school and how to interpret traffic signals.



Clockwise from upper left: certified nurse practitioner Diane Solomon examines Toni Dykstra in the prenatal care clinic; Kathy Oliver (left), executive director of Outside In, talks with some clients on the front porch of the center; and Anita Quiton, Outside In's youth employment manager, gives job counseling to Tony Lee (left) and Jim Allen.

Outside In: Caring For The Community

A modest two-story house in downtown Portland that began as a medical and drug counseling center for young people in 1968 now serves a different population. Today, Outside In Socio-Medical Aid Station, a United Way agency, provides medical and mental health services for low-income people and a program for street youth.

Outside In operates on the philosophy that medical care should be available to everyone, regardless of income.

"Each patient is asked for a donation and those that can't afford to pay usually barter with us," says Kathy Oliver, executive director of Outside In. "We often exchange fee for service. Clients will wash windows, clean chimneys, or do whatever needs to be done around here. Prescriptions and lab fees are given free of charge if the patient can't afford it."

Outside In is the oldest community health clinic in Portland and although there is no residency limitations, most patients live in Multnomah County. Last year, the agency's staff of 21 volunteer professionals served 1,084 clients.

Outside In's prenatal care clinic offers prenatal and postpartum care, counseling/education for pregnancy and birth, and referrals for low-cost delivery. More than half of the clients are single and between the ages of 16 and 21. Last year 213 women were served. The clinic is a satellite of Oregon Health Sciences University's State Perinatal Program. Besides United Way, funding also is provided by the Multnomah County Health Services Division.

Walk-ins and ongoing counseling is another service provided by Outside In.

"Many of our clients are young people who don't fit the state's definition of chronically mentally ill. We deal with less severe case and mainly

help people who are in a temporary crisis situation," explains Oliver. "We focus on teaching coping skills."

More than 75 percent of the clients that seek counseling are between 21 and 40 years old. Last year, Outside In clocked 1,000 hours of counseling to 300 patients.

A large part of Outside In is the Street Youth Services program which recently received \$10,000 in funding from the United Way. Additional money comes from Multnomah County's Mental and Emotional Disabilities Division, the Health Services Division, State Homeless Funds, Community Action Agency of Portland and the Private Industry Council.

"The kids we take in are the ones where home is no longer an option. Many of them leave because of sexual or physical abuse, or because of alcoholic parents," says Oliver. "Many kids believe that once they leave home they'll be free. But because most of them don't have a high school diploma, they can't get a job. They soon learn that their only options are prostitution, stealing or dealing drugs."

Services offered to youth include emergency services, a transitional housing program, an employment program and help for youth involved in prostitution.

Oliver has many sad stories to tell, but there are some with happy endings.

"Last year we had a young man that went through our 90-day transitional training program. After completion he entered Portland Community College and became the first to finish the program and go on to college," says Oliver. "He worked part time while attending school too. As a matter of fact, he got so enthusiastic about school, he would use the copy machine in our office to reproduce textbooks he couldn't afford to buy. Unfortunately, we couldn't allow that to continue, but like many of the kids he was a survivor and was willing to do what he had to in order to make it."

Please Drive Carefully

In 1985, almost 20 percent of all pedestrian injuries involved children under 15 years old. Oregon AAA asks motorists to drive very carefully. Remember, many youngsters are still learning the pedestrian safety rules.

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