

Portland Health

New Directors Guide Health Department

Four new managers have been named to oversee programs in the Multnomah County Health Department.

Carol Ford has been named deputy



Consuelo Saragoza

of the department.

Ford was the county's acting budget officer and benchmark and strategic planner. She has a background in finance and budget for The City of Portland, Portland Development Commission, and local government in Florida.

"I am excited to work where I can care passionately about the services



Jane Spence

being provided," Ford said. "The Health Department's commitment and values match mine providing quality services and creating a respectful environment for employees and clients."

Bonnie Kostecky will head the department's Division of Planning and Development. She holds Masters Degrees in both nursing community health and public administration and is currently adjunct faculty at the Oregon Health Sciences University School of Nursing, Linfield College, and Washington State University. Her previous employment spanned over nine years with the Southwest Washington Health District and the Oregon Health Division.

Consuelo Saragoza has been named Director of Neighborhood Health. She is a former manager of the health department's West County Health Center and La Clinica de Buena Salud. In her new position, Saragoza will provide oversight and assure quality services are directed to citizens. She brings 20 years of public and private sector experience to the position.

Jane Spence becomes Division Director for Corrections Health, the program providing health services to inmates at five adult county jails and the Juvenile Justice Center.

"Multnomah County Corrections Health is nationally accredited program. My goal is to continue to provide quality physical, dental, and mental health care while inmates are in jail," Spence said.

Spence is a former administrator of mental health and addiction medicine at Kaiser Permanente. She is a licensed professional counselor, a registered nurse, and holds a Masters Degree in Education with over 30 years of experience in the health fields.



Carol Ford



Bonnie Kostecky

The Doctor's Corner

Don't Make Friends Live by Your Rules

By John Oda, Ph.D.
for The Portland Observer



Dear John,

I have had a problem accepting my friend's homosexual relationships, especially how open and honest he is about them. If I disapprove of his lifestyle, I question whether we should still remain friends. Please advise.

Anonymous

Dear Anonymous,

I need to find out a couple of things. How do you define the word friendship? Maybe if this person were truly your friend, it wouldn't make a difference. I have a question, if he had a female would it be a problem with you. If you answered no, I feel you need to check yourself, and stop making your friends live by your rules. You don't have to follow his life style, and you can still be his friend.

I feel you handled this very immaturely. Your friend deserves someone that is true to himself.

Take some responsibility for your actions and grow up.

Dear Doctor John,

I'm a high school student, and I can't get along with two of my teachers. They remind me of my mother. How can I work things out with them?

Renee of N.E. Portland

Dear Renee,

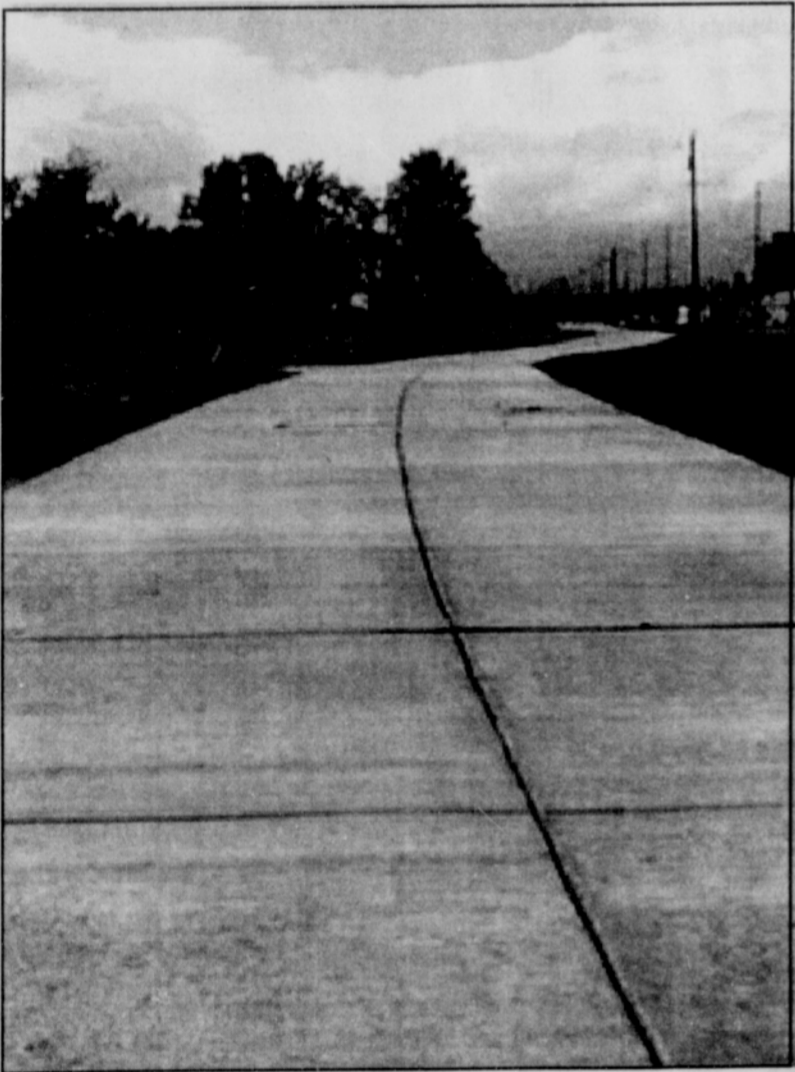
It appears that you are displacing your anger that you have toward your mother with your teachers. It's time to realize that these teachers are not your mother. It's also time to work things out with your mother. Sometimes people remind us of other people and it appears that you need to step up by showing your teachers a respect.

I suggest that you apologize to your teachers and explain to them what's going on with you and seek counseling and work things

out with your mother.

It's time to enjoy your high school years in a healthy way and find new "tools" of dealing with your anger issues. Make your school year awesome!

John P. Oda, Ph.D., NLP is a Peak Performance Expert with 13 years experience in the mental health field and a regular featured writer for the Portland Observer. If you have any questions for The Doctor's Corner, email your question to news@PortlandObserver.com.



Landscaping is all that remains to be added to a new pedestrian walkway along North Columbia Boulevard

North Portland Walkway Nearly Complete

The cement is cured and just some landscaping remains to be done for a new walkway along North Columbia Boulevard.


This month crews will be adding trees, shrubs and grass to complete a pedestrian and bike path along the boulevard from Chautauqua Avenue to Argyle Way and Kenton Park.

The \$422,000 community enhancement project is part of the city's overall Columbia Slough Combined Sewer Overflow program that includes construction of a big pipe sewer. Stormwater and sewage that once overflowed into the

Columbia Slough is now diverted through the Big Pipe to the Columbia Boulevard Wastewater Treatment Plant in North Portland.

Next summer, phase two of the project will extend the path west from Chautauqua to Portsmouth Avenue.

Under the stewardship of Environmental Services, plans for the North Columbia Boulevard walkway were developed jointly by Portland Parks and Recreation, Urban Forestry Department, Portland Transportation, and a citizens committee comprised of people from the local neighborhoods.



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SPECIAL OFFER: NOVEMBER 2-12 ONLY

Donate two non-perishable food items between November 2 and 12, and receive FREE ADMISSION to the **Portland Art Museum** or **PICA** (Portland Institute for Contemporary Art). In addition, you'll be entered in a raffle to win one of 25 pairs of FREE tickets to **Oregon Ballet Theatre's The Nutcracker**.

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