



**north<sub>by</sub>northeast**  
COMMUNITY HEALTH CENTER

**Black Health Matters**

North by Northeast Community Health Center is the only clinic in Oregon devoted to African American health. We provide welcoming, high quality health care to adults who have Oregon Health Plan. Since 2006, our priority has been to serve the local African American community and to reduce the deadly effects of high blood pressure and diabetes. We are accepting new patients, and if you're uninsured, we can help you get covered!

**north<sub>by</sub>northeast**  
COMMUNITY HEALTH CENTER

To make an appointment or learn about our services, contact us:  
[www.nxneclinic.org](http://www.nxneclinic.org)  
(503) 287-4932  
714 NE Alberta Street  
Portland, Oregon 97211

We want to see our community stay safe and healthy during the COVID-19 pandemic. Please:



Protect yourself and others by getting the COVID-19 vaccine (and booster when you are eligible). Call us at (503) 287-4932 to schedule a vaccine appointment.



Wear a well-fitting mask over your mouth and nose, ideally a surgical, N95 or KN95 mask.

# Change is Coming for Portland

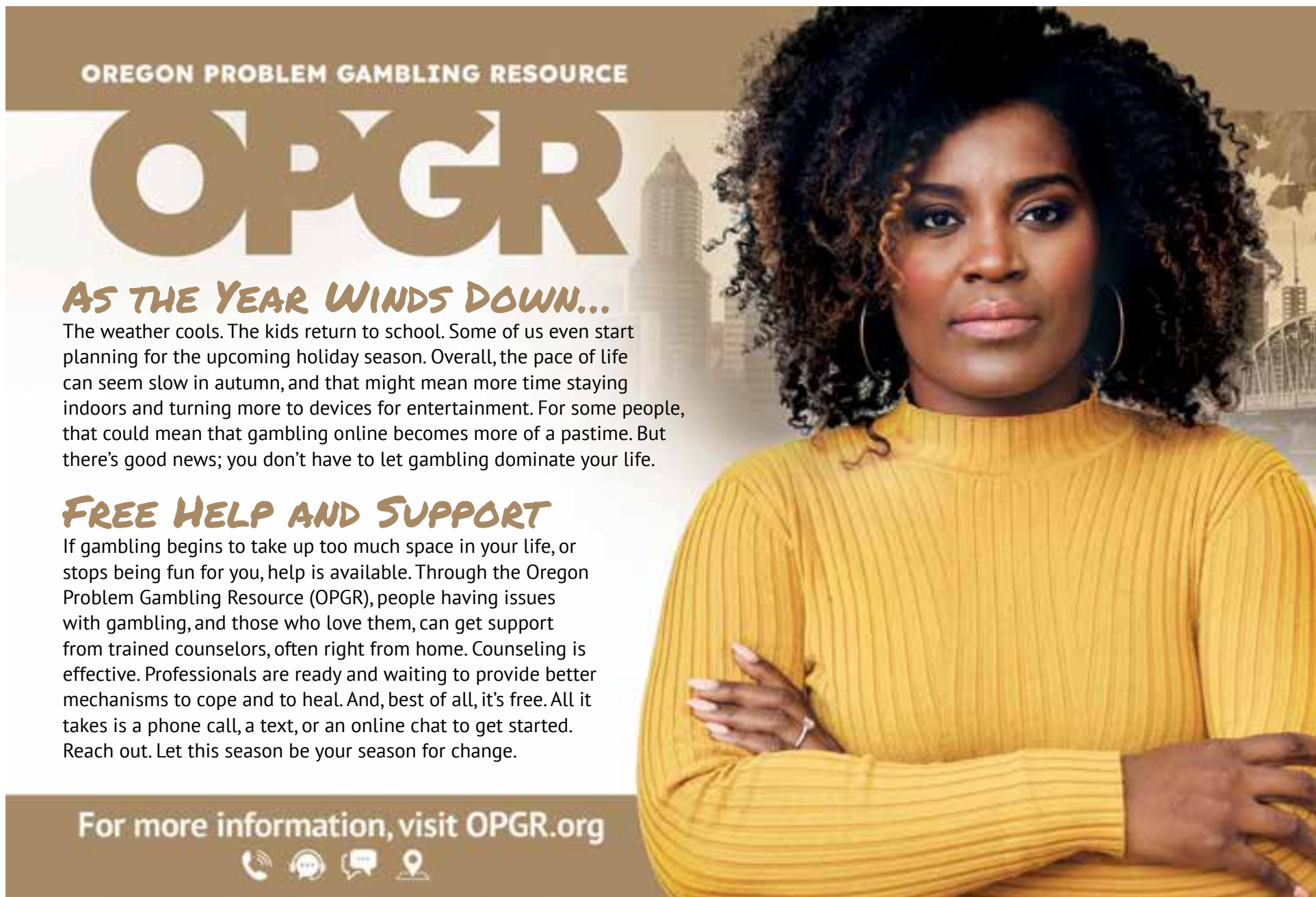
## Gonzalez prevails over Hardesty in Portland City Council Race



Rene Gonzalez, Portland City Commissioner

Rene Gonzalez wins against Jo Ann Hardesty in the race for Portland City Commissioner. Hardesty was popular among voters in North and Southeast Portland. Election data shows that she beat Gonzalez handily along most of the east riverbank — especially in the Buckman, Kerns, Hosford-Abernethy, King and Eliot neighborhoods. Gonzalez was able to get a majority of the voters in East Portland. Gonzalez's election was an indication that Portland voters are looking for change, as they also approved a measure that will completely overhaul the city's form of government. From day one, the council race was dominated by voter concerns over homelessness and crime; these are two major issues that polls show are priority for Portland voters. Gonzalez's pledge to

come down harder on homelessness and crime was well-received by many Portlanders. Gonzalez promised voters he would push to hire hundreds more police officers, dramatically ramp up the number of arrests by police for low-level crimes, and try to get the city's entire homeless population in shelter. Rene for Portland tweeted "Comm. Hardesty just called to congratulate & wish me luck in my new role." "I want to thank her for her service to the city. Will have more news on celebration & transition soon, but do want to thank staff, donors, vols & my family for all the help." "Time to restore Portland!" Gonzalez's campaign added.



**OREGON PROBLEM GAMBLING RESOURCE**

# OPGR

**AS THE YEAR WINDS DOWN...**

The weather cools. The kids return to school. Some of us even start planning for the upcoming holiday season. Overall, the pace of life can seem slow in autumn, and that might mean more time staying indoors and turning more to devices for entertainment. For some people, that could mean that gambling online becomes more of a pastime. But there's good news; you don't have to let gambling dominate your life.

**FREE HELP AND SUPPORT**

If gambling begins to take up too much space in your life, or stops being fun for you, help is available. Through the Oregon Problem Gambling Resource (OPGR), people having issues with gambling, and those who love them, can get support from trained counselors, often right from home. Counseling is effective. Professionals are ready and waiting to provide better mechanisms to cope and to heal. And, best of all, it's free. All it takes is a phone call, a text, or an online chat to get started. Reach out. Let this season be your season for change.

For more information, visit [OPGR.org](http://OPGR.org)

