

# News

## Globes

cont'd from pg 6

by actually saying nice things. (“Bradley Cooper: You are hot!” “Jeff Bridges, I wish you were my Dad!”) The bit didn’t get uproarious laughs but was pleasant, well, pleasant.

### BUT ... SATAN?

Was this the first time Satan got a shout-out in an acceptance speech? If so, we have Christian Bale to thank. The Welsh actor was accepting his award for “Vice,” in which he made a stunning transformation into a chubby and bald Dick Cheney. After thanking castmates and director Adam McKay, he extended a “thank you to Satan for giving me inspiration for this role.” He also mused that he might try to play Senate Majority Leader Mitch McConnell next.

### A DECENT NIGHT FOR ‘OLD MEN’

“Mary Poppins Returns” may have gone home empty-handed, but 93-year-old Dick Van Dyke, who has a wonderfully spry cameo in the film, got a big ovation when he came out with Emily Blunt, who plays Mary. And Michael Douglas, winning his Globe for “The Kominsky Method,” exulted that “alte kakers rule!,” using the Yiddish term for “old man.” The 74-year-old actor also dedicated his award to his 102-year-old father, Kirk Douglas.

A TIME’S UP CHAL-

### LENGE

A year after the Globes carpet was a sea of shimmering black, worn in solidarity with #MeToo and Time’s Up, colorful gowns were back — though some attendees wore ribbons saying “TIMESUPx2,” marking the second year of the gender equality movement. On the carpet was actress Alyssa Milano, who sent the tweet that made #MeToo go viral; she noted that in the past year, a “really wonderful sisterhood has formed.” It was actress Regina King of “If Beale Street Could Talk,” though, who made the most memorable reference to Time’s Up, resisting the orchestra’s efforts to play her off, and vowing that in the next two years, her producing projects would be staffed by 50 percent women. She challenged those in other industries to do the same.

### OH TURNS EMOTIONAL

After an opener with Samberg full of zingers, Oh suddenly became emotional, explaining that she’d agreed to host the show — and overcome the fear — to celebrate the diversity of the nominated casts. “I wanted to be here to look out on this audience and witness this moment of change,” she said. “I am not fooling myself. Next year could be different. But right now this moment is real.” Soon after, Oh herself won best actress in a TV drama for “Killing Eve,” and thanked her parents, movingly, in Korean.

### UP CLOSE AND PERSONAL

When Close won best actress in a movie drama, she seemed as shocked as everyone else. But then the 71-year-old actress made a heartfelt connection between her role in “The Wife,” in which she plays a wife who sublimates her own ambitions to those of her husband in a stunning way, and her own life. “I am thinking of my mom who really sublimated herself to my father her whole life,” Close said.

She added that women are expected to be nurturers, “but we have to find personal fulfillment. We have to follow our dreams. We have to say, I can do that and I should be allowed to do that.” The crowd rose to cheer.

### GAGA’S WIN

At least Lady Gaga didn’t go home empty-handed: She won as a co-writer for best song, “Shallow,” which she performs with Cooper in “A Star is Born.” In her speech, she too referred to the challenges women face, not in the film industry but in music. “As a woman in music it is really hard to be taken seriously as musician and as a songwriter,” she said, adding that her co-writers “lifted me up, they supported me.” Gaga wrote the song with Mark Ronson, Anthony Rossomando and Andrew Wyatt.

### COLMAN’S ‘FAVOURITE’ THING

Not every speech had a serious tone to



This image released by NBC shows Regina King accepting the award for best supporting actress in a motion picture for her role in “If Beale Street Could Talk” during the 76th Annual Golden Globe Awards at the Beverly Hilton Hotel on Sunday, Jan. 6, 2019 in Beverly Hills, Calif.

it. Olivia Colman, who won best actress in a musical or comedy for “The Favourite,” in which she plays a comically troubled queen, told the crowd: “I would like to tell you how much this film meant to me, but I can’t think of it.” She also noted that one of her “favourite” things about making the film was that she “ate constantly through the film.”

### WHAT WAS THAT, DUDE?

We’re not really sure what he was saying in his rambling speech accepting the Cecil B. DeMille Award — especially when he started talking about ships, and saying, “Tag, you’re it!” But hey, Jeff Bridges is best known as a stoner icon in “The Big Lebowski,” so it was sort of apt that he wasn’t so easy to follow. It was simply fun to experience his joy; it’s just too bad he wasn’t wearing a bathrobe. Harrison Ford, coming next, was even

crustier than usual. “Nobody told me I had to follow Jeff Bridges,” he said.

### WOW, SHE KNOWS ME?

It was a sweet red carpet moment as Elisabeth Moss, star of “The Handmaid’s Tale,” discovered that Taylor Swift was a fan. Ryan Seacrest presented her with a video from Swift, gushing about the show.

“I can’t believe she even knows who I am!!” Moss exulted.

## 9 Natural Ways to Beat the Winter Gray

By Dr. Jasmine Streeter, DVM



Dr. Jasmine Shanelle Streeter Veterinarian

When I first moved to the Pacific Northwest in the

summer of 2015 I was all smiles. As a Georgia girl raised on years of eternal sunshine, I thought nothing of the winter ahead. As darkness increased and precipitation began, I noticed I felt more sluggish and a bit less enthusiastic about the days ahead. After speaking with others in the area, I learned I was experiencing symptoms of winter depression.

According to the American Academy of Family Physicians, between 4 and 6 percent of Americans suffer from seasonal affective disorder (SAD). Between 10 and 20 percent exhibit a milder form of SAD. The cause of SAD is unknown but a link between overproduction of the hormone melatonin, low Vitamin D, or difficulty regulating key neurotransmitters involved in mood may be responsible. Below, I’ve listed natural tricks that can help you embrace and enjoy the winter gray until the sun returns.

### Music

For centuries the magical properties of music have been appreciated. Sound has the ability to lift our spirits, shift our perspectives and boost creativity. While you are taking in the gray skies, tune in to your favorite melodies and dance the day away.

### Learn a hobby

Winter is the perfect time to focus on a new hobby and practice creativity. Take a class to get instruction in a social setting or pick up a book at Goodwill and teach yourself.

### Mini lights

I can think of no better way to embrace the gray and rain than with mini lights. Mini lights are an excellent option for brightening your space and adding an enchanting vibe. Discounted Christmas lights which can be plugged in indoors or outside work just as well. I say, light it up.

### Light therapy

The winter months are draining. Daily exposure to bright artificial light can help relieve your winter blues. Purchasing a light box or replacing lamp bulbs

See WINTER on page 11

## Need health insurance?

CareOregon’s goMobile Team can help you sign up for Oregon Health Plan (OHP).



SNAP assistance available at ALL locations

### CLACKAMAS COUNTY

- MULINO CHILDHOOD DEVELOPMENT COALITION**  
13700 S Freeman Rd, Mulino  
Jan 15..... 9:15-11:15 a.m.
- SALVATION ARMY NORTH CLACKAMAS**  
8495 SE Monterey, Happy Valley  
Jan 18.. 11:30 a.m.-12:30 p.m.

### MULTNOMAH COUNTY

- CAREOREGON**  
315 SW 5th Ave, Portland  
Jan 2 .....9-11 a.m.  
Jan 9 .....9-11 a.m.  
Jan 16 .....9-11 a.m.  
Jan 23 .....9-11 a.m.  
Jan 30 .....9-11 a.m.
- CLACKAMAS SERVICE CENTER**  
8800 SE 80th Ave, Portland  
Jan 8 ..... 10 a.m.-12 p.m.
- DEPARTMENT OF HUMAN SERVICES**  
50 SW 2nd Ave, Portland  
Jan 8 .....9-11 a.m.  
Jan 15 .....9-11 a.m.  
Jan 22 .....9-11 a.m.  
Jan 29 .....9-11 a.m.

- DEPARTMENT OF HUMAN SERVICES SE**  
8129 SE Malden St, Portland  
Jan 8 .....1-3 p.m.
- FIR ACRES**  
19401 SE Yamhill St, Portland  
Jan 3 ..... 10-12 p.m.
- JOIN**  
1435 NE 81st Ave, Ste 100, Portland  
Jan 10 .....12-2 p.m.
- LENTS COMMUNITY CLOSET DAY**  
8835 SW Woodstock Blvd, Portland  
Jan 3 ..... 4-7:30 p.m.
- NXNE COMMUNITY HEALTH FAIR**  
714 NE Alberta St, Portland  
Jan 11 ..... 2-5 p.m.

- PORTLAND RESCUE MISSION**  
111 W Burnside, Portland  
Jan 10 .....8-10 a.m.  
Jan 24 .....8-10 a.m.
- UNION GOSPEL MISSION**  
3 NW 3rd, Portland  
Jan 22 ..... 2-4 p.m.

### WASHINGTON COUNTY

- BEAVERTON LIBRARY**  
12375 SW 5th St, Beaverton  
Jan 9 ..... 1-3 p.m.
- CENTRO CULTURAL**  
111 N Adair St, Cornelius  
Jan 23 .....1-2 p.m.

For information, or to host our team, call Tamara at 503-416-1479 or Caleb at 503-416-4883.

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