

Sullivan's Gulch (continued from Page 5)

Technical Advisory Committee prepared the revision. Once the Planning Commission agrees on a final recommendation, the document will be sent to the City Commissioners for approval or rejection.

City staffers and citizens making up a Steering Committee and a Technical Advisory Committee prepared the revision - once the Planning Commission agrees on a final recommendation, the document will be sent to the City Commissioners for approval or rejection.

Though generally praising the proposed revision, I stated on behalf of the Sullivan's Gulch Trail Committee that we believe that more emphasis should be given to multi-use trails that bar motorized traffic -such as our own project, the North Portland Greenway, and other similar routes.

The revised draft plan concentrates first on developing more "Bicycle Boulevards" in the city - shared roadways in which bicycles are given priority. While certainly a worthy concept, studies by Prof. Jennifer Dill at PSU, as well as by others, have shown that having cyclists completely separated from motorized traffic does more to encourage ridership (especially among women) than any other approach.

Trails were also to be relegated to "Tier 2" status in the draft plan for 2030, which could have no other effect than slowing their development - a number of speakers protested this downgrading of Trails relative to other projects. City staff will take into account all the written and oral input and prepare a response before the Planning Commission forwards its final recommendation to the City Commissioners.

While nearly everyone can see the benefit of having a multi-use trail parallel to the railroad tracks along the north side of Sullivan's Gulch, actually getting there is a very long process indeed.

Remaining active and appearing at relevant hearings to testify on behalf of the Trail is one of the primary functions of the Sullivan's Gulch Trail Committee.

For more information on the Trail and the Committee's work, visit the website at <http://www.sullivansgulchtrail.org/index.php> . or leave a message for Robert at 503-928-4655.

Make a difference...(cont. From page 1)

Sisters of the Road was founded 30 years ago by two social workers when street people revealed that what they most wanted was a place where they could barter for a meal if they didn't have cash, and be treated with respect. Their "Gentle Personalism" seeks to recognize everyone's humanity, regardless of their situation. Sisters' focuses on identifying privilege, and empowering those impacted by decision making. (Think about all the privileges you may unconsciously carry with you. It could be race, ethnicity, sex, gender identification, an "able" body, or simply being in the accepted majority.)

Ask yourself why are the mentally ill on the streets? And why are the streets a dumping ground for the addicted? A high percentage of people on the streets have been wiped out by medical challenges and the cost of medical care. Far from being lazy or shiftless, many are employed at part-time, minimum wage jobs, without benefits, and do not earn enough to obtain the most basic "affordable" housing. Frequently, women and young people on the streets are there because of physical or sexual abuse. The wait lists for a shelter bed are too long, the beds too few. Of course, shelters don't address the long term solution of building affordable housing.

Bob feels the word "homeless" is exclusionary, identifies people solely by what they don't possess, and implies "you don't exist." As one street person told the writer, "We are the invisible people." So, what can we do to open our eyes, our hearts? Go downtown to Sisters and sit at the counter and have a meal (Monday through Friday, 10am to 2pm.) Look around you. Acknowledge others: with a smile, a nod, a friendly hello. Take a look at: www.sistersoftheroad.org. You may feel moved to volunteer. Most importantly, the next time you see a person on the streets, simply acknowledge them - with a smile, or "Hello, how are you doing?" People need to be recognized, their stories need to be heard. Let's try to avoid assuming and judging. It's all US, not us versus them. Let's think about how we, as individuals, can make a difference, how North Tabor residents can make a difference.

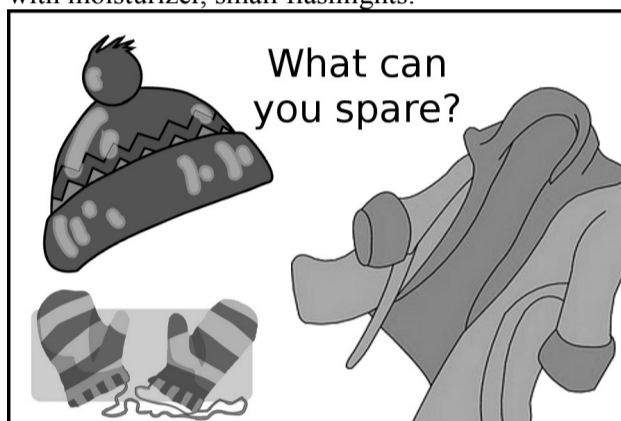
Leave Your Donated Items at Commercial Refrigeration

In the spirit of giving, Bob Gallagher, owner of Commercial Refrigeration Inc., a longtime North Tabor business, has generously offered space in his building for a donations drop-off site for neighbors with the following items to donate to assist those in need this winter. You may drop off the following items Mon-Fri between 8am and 4:30 pm in the boxes provided at 5920 NE Glisan St. Questions may be directed to editor@northtabor.org or by calling 503-928-4655.

Please respect Commercial Refrigeration by dropping off only the items requested into the boxes provided and only during the hours and days listed.

Volunteers to help deliver collected items to appropriate organizations and agencies or to pick up or receive donations from those who are not able to drop them during the listed hours also needed and can call or email the contact information above.

Items needed include (new or gently used in clean and in good condition) sleeping bags, tarps, blankets, winter jackets & sweaters scarfs, hats, socks, for both men & women, boots travel size toiletries, protein bars/nuts, tubes of hand sanitizers with moisturizer, small flashlights.



Family Warming Center Opens at 1435 NE 81st Ave

Elizabeth Fischer

Family homelessness is a genuine concern in our community. People are living in cars, tents, or other places not meant for human habitation.

In reponse to this crisis, Human Solutions opened the Homeless Families Warming Center at 1435 NE 81st Avenue in Portland this month. Open from 7pm to 7am every day, the center provides a safe place for homeless families to sleep.

Donations and Volunteers Needed!

Volunteer Needs: Recreation Room Attendant from 7pm to 10pm and Food area helpers from 7pm to 8pm. To volunteer, please contact Lauren, Director of Development, at 503-548-0228 or email lrimestad@humansolutions.org.

Food Items needed:

Instant and canned soups, microwave dinners breakfast cereals, sweet rolls or muffins, potatoes, bananas, grapes, oranges, apples, plums, mini carrots, hot pizzas, gift cards for pizza places, ground coffee, sugar, creamer, hot cocoa mix, tea, milk, juices, bread, cold cuts for sandwiches, condiments for sandwiches.

Household Items needed:

Pillows, blankets, sheets, pillow cases, moses baskets, coats for all ages, new scarves, hats, mittens, gloves, socks for all ages, strollers, backpacks, new toiletries, new towels, toilet paper, paper towels, paper plates and bowls, plastic cups and eating utensils, latex gloves, first aid supplies, hand sanitizer, disinfectant wipes.

Do yourself and your community a favor—if you have any of the listed items sitting around unused and taking up space, consider donating them to the shelter, or pick up a few extras items while shopping. Please bring all donations to the Warming Center at 1435 NE 81st Avenue (Clackamas - Halsey) during open hours, from 7pm to 10pm.

Want to know more? Contact the writer at housingadvocatepdx@gmail.com.



Festive Foods (Continued from Page 1)

Raspberry Coulis, Makes 1 to 1 1/2 cups

1 lb frozen raspberries, thawed
1 - 2 tbsp agave syrup or sugar
1 or 2 tbsp orange liqueur



Purée the raspberries and any accumulated juice in a blender or food processor until smooth. Using the back of a large spoon, press the purée through a fine-meshed sieve into a bowl. Discard the seeds.

Stir the sugar and liqueur into the purée. Taste and adjust the sweetening, if necessary. The raspberry sauce can be refrigerated for up to 1 week or frozen for up to 1 month.

Candy Cane Cocoa, Makes mix for 12 mugs

1 cup powdered milk

1 cup cocoa powder
1 cup sugar
1/2 cup crushed candy cane
1/2 cup mini chocolate chips
1 tsp salt



Add ingredients to a quart jar in the order listed. Cap with a lid and decorate. Include the following directions with each jar: Pour mix into a large bowl and stir ingredients together. Return to jar. Use 1/3 cup of mix per mug of hot water.

Limoncello, Makes 2 quarts. Start 3 weeks in advance.

10 lemons
1 liter vodka
3 cups sugar
4 cups water



Zest the lemons, and place zest into

a large glass bottle or jar. Pour in vodka. Cover loosely and let infuse for one week at room temperature.

After one week, combine sugar and water in a medium saucepan. Bring to a boil. Do not stir. Boil for 15 minutes. Allow syrup to cool to room temperature. Stir vodka mixture into syrup. Strain into glass bottles and cap. Let mixture age for 2 weeks at room temperature.

Chris Musser owns Lost Arts Kitchen and teaches cooking, baking, and food preservation classes at her home in NE Portland. Visit lostartskitchen.com for information about holiday class offerings.

Flu Season is Here

Catherine Lowe, LAC

A novel (new) virus, H1N1, previously called "swine flu", has many people concerned for their health this year. This article will review the cause, symptoms, precautions and treatment of this new influenza from a western medicine (allopathic) and Chinese medicine perspective.

In both allopathic and Chinese theory the illness affects the lung system. The "virus" attaches itself to the lung tissue. The lungs become inflamed and the body reacts with "flu-like" symptoms. In Chinese theory a "warm-heat" pathogen enters the body. The symptoms of this illness may include fever, cough, runny or stuffy nose, sore throat, headache, shortness of breath, body aches, sometimes vomiting or diarrhea, eye inflammation and fatigue.

Most people recover after rest and supportive care (rest, fluids, staying home for at least 24 hours after the fever is gone, except to seek medical care or other necessities). However, the emergency warning signs for a child include fast breathing or trouble breathing, bluish skin color, not drinking enough fluids, not waking up and interacting, being so irritable the child does not want to be held, flu symptoms that improve and then return with fever and worse cough, or fever with a rash. For adults the emergency signs are difficulty breathing or shortness of breath, pain or pressure in the chest or abdomen, sudden dizziness, confusion or severe or persistent vomiting. For those with these symptoms, medical care is advised.

For H1N1 those at higher risk are people with asthma, diabetes, weakened or suppressed immune systems, heart or kidney disease, neurological or (continued on Page 7)