

HOODVIEW NEWS

GRESHAM, BORING, SANDY, ESTACADA, DAMASCUS, HAPPY VALLEY JANUARY 2024

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AMEE CURTIS
Mighty
WOMAN

Amee Curtis has been called a creative genius. She operates a business that helps others unleash their own creativity. She is beloved by those who know her. She has also overcome a debilitating illness that would have derailed most people.

— PAGE 8

Photo: Emily Lewis



STRANGE OREGON — PAGE 18
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Don't lower standards. Defend them.

A couple of years ago, the State of Oregon Department of Education suspended the requirement to pass standardized testing as a qualification for graduating from high school. Reportedly, they have recently extended this suspension of testing to the 2027-2028 school year.

Also, the Oregon State Supreme Court has watered down the requirement for practicing law in Oregon from passing the rigorous Oregon State Bar Exam to either passing the exam, or alternatively, substituting about five months of lawyer-supervised legal work, which is then graded and approved by state bar officials.

These are wrong-headed ideas. They are lowering standards that have been in place for many years. In the case of the bar exam, since before WWII. Frankly, they are also insulting. It has been suggested that these changes are at least partly due to efforts to give people in "historically disadvantaged" groups a leg up. In fact, lowering the standards is just the subtle bigotry of low expectations. It is another form of paternalism, a quiet way of saying, "You're not quite up to it. You need our help."

Help them achieve

Here's a better idea. Instead of lowering standards, why not work to make sure that young people have the quality of education necessary to pass the standardized tests? Instead of making it possible to become a lawyer in Oregon without passing the bar exam, why not help those who aspire to be lawyers actually pass it?

In recent years, we have seen standards lowered for becoming a police officer and fire fighter in the cause of "diversity, equity, and inclusion." We are seeing standards being lowered for serving in the American military in an era where tensions are rising with hostile near-peer world powers. Today more than ever, we need a fighting force of men and women who have met high, but achievable, standards of fitness and character.

Previous generations of Oregonians who originally decided on these standards weren't mean or arbitrary. They did not implement strict standards and high requirements by accident or just to pur-

PUBLISHER'S PERSPECTIVE

— Mike Wiley



posely make things hard for people. They recognized that the standards were in place to make sure that those who graduated high school were competent to read, write, and think well enough to be good citizens, good employees, good partners, and good

The standards weren't easy, but they were necessary. With hard work, perseverance, and dedication, they were achievable for almost anyone who would make the effort.

parents. They were in place to assure those seeking legal counsel that the lawyer they hired had passed rigorous requirements. The same was true for engineers, for doctors and surgeons, for scientists. Standards were set for food purity, for drug efficacy, and for accounting standards.

The standards weren't easy, but they were necessary. With hard work, perseverance, and dedication, they were achievable for

almost anyone who would make the effort.

The privilege of JFK, Jr.

If anyone could have been said to have been born to privilege, it was John F. Kennedy, Jr.. Yet, he famously failed the New York State Bar Exam twice, before passing it on his third try. His wealth, his famous parents, his famous name, and his good looks did not pass the bar exam for him. He had to meet the standard or he wouldn't be a lawyer in New York. If he had failed a third time, he would not have been eligible to serve as a prosecutor, which was his goal. After his second bar exam failure, Kennedy vowed that he would take it continuously until he was ninety-five years old or until he passed it. He didn't whine, or ask that the standards be lowered. He simply determined that he would succeed or die trying.

Everyone suffers injustice of some kind

The reality is that life is not easy for anyone, no matter your ethnicity or the economic status into which you were born. Everyone — everyone — faces troubles and challenges. People who succeed are those who refuse to be victims, but who dig in, persevere, and make it happen. Read our cover story this month. Many of these troubles and challenges in life are unfair. Perhaps that's why the greatest rewards in the Bible are promised to *overcomers*. With faith and, sometimes, just plain dogged determination, we can succeed despite our lack of advantages or the challenges that are allowed to come our way. In the end, life is not about how much money you make, or how much fame you achieve, but the kind of character you forged and how you treated others around you. It is facing challenges and meeting them that shapes and molds our character.

Lowering standards is not the way to rectify injustice or unfairness, real or imagined. Dumbing things down and lowering standards hurts everyone, but especially those it purports to help. Diversity is good. But, lowering standards to achieve it is not.

Achievement and excellence are good things, not bad things. It's time we start encouraging them again — for everyone. **HVN**

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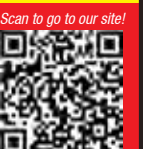


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Saving Dr. King's American Dream

By **MIKE WILEY**
Publisher

On January 15, we will celebrate Dr. Martin Luther King, Jr. Day in the United States. Dr. King was the courageous leading voice in the 1950s and 60s, speaking out for desegregation and equal opportunity for all regardless of race. He was jailed at various times for his convictions and was targeted for surveillance by the FBI, among other persecutions. But, he persevered with grace and dignity. Tragically, he was assassinated in 1968. His work greatly helped to bridge racial divides across the nation and enriched the lives of all Americans by working to bring people together without regard to race.

Dr. King in my life

The two most influential mentors in my life were Black men. One taught me how to read with insight and about the importance of developing my spiritual life. The other believed in me and gave me opportunities that no one else did, opportunities without which I would not be who I am today. Both of these men gave of themselves with no thought of repayment. It is doubtful that I would have had either of these mentors in my life without the larger influence of Dr. King. For that I am grateful.

That which remains

The passage of time tends to reduce things to their essence. In 500 years, it is likely that Dr. King will be remem-

bered for two things — his work toward racial reconciliation and for the words in the speech he delivered at the March on Washington for Civil Rights in 1963. He said, "I have a dream that my four little children will one day live in a nation where they will not be judged by the color of their skin but by the content of their character." He spoke of reconciliation, brotherhood, and "little white boys and white girls as sisters and brothers."

Dr. King argued for a color-blind society, one in which the content of a person's character, not their race, was the important thing. These were ideals that Americans supported. That's why we celebrate Dr. King this month.

These are great, noble words that belong with other great American words like the Declaration's, "We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness."

Dr. King wasn't working to "fundamentally transform" America. He had

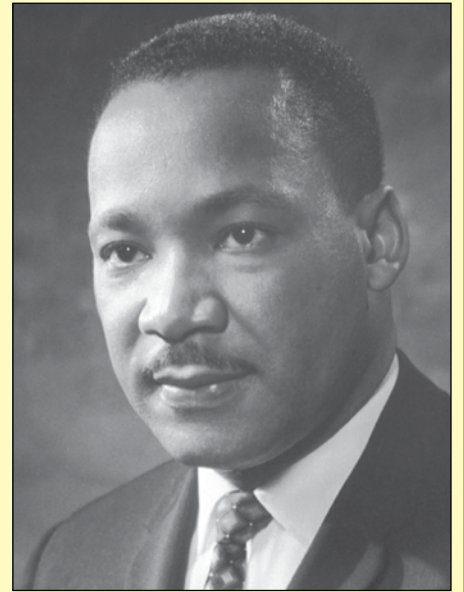
little dispute with the basic virtues of the nation. He was simply asking that America live up to its fundamental ideals in regard to Black Americans. He believed that for America to fulfill its promise of "liberty and justice for all," that Black Americans must have equal opportunity for the American dream. Dr. King argued for a color-blind society, one in which the content of a person's character, not their race, was the important thing. These were ideals that Americans supported. That's why we celebrate Dr. King this month.

Legacy of brotherhood under attack

However, today, Dr. King's legacy is under siege from a loud minority pushing resentment, who are working to upend Dr. King's legacy. These are people who, far from Dr. King's dream that race shouldn't matter, astonishingly argue that race is essentially *all* that matters. They are pushing the neo-Marxist idea that society is divided into either oppressed or oppressors, and that a person's race, regardless of their character, is the main factor determining into which class you fit. To these neo-Marxists, the race into which you are born determines whether you are of the oppressed or oppressor class, even if you are a child. This is being taught to children in public school.

To say that this is a recipe for tribalism, resentment, and division is an understatement. It is not what Dr. King stood for.

Of course, the intellectuals pushing this ideology are working hard to "prove" that Dr. King also shared their divisive views.



Dr. Martin Luther King, Jr.

Dr. King, like all of us, was a complicated person. However, his words show that he was committed to reconciliation and brotherhood, not resentment and division.

This year, as we once again observe Dr. Martin Luther King, Jr. Day, let us resist the siren song of division and resentment, and once again stand for the truths for which Dr. King will likely be remembered 500 years from now — the reconciliation of all races under the brotherhood of humanity and that all people should be judged by the content of their character, not by the color of their skin.

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HOODVIEWNEWS NEWS BRIEFS

Sad Survey: A majority of Portland residents would leave if they could

A survey conducted from December 2 to December 7, 2023 by DHM Research on behalf of the Portland Police Association found that a stunning 56% of Portlanders surveyed would leave Portland to live elsewhere if they could afford it professionally and personally. Of the 500 respondents surveyed, 68% also responded in the affirmative to the statement “Portland is losing what made it special.” Only 21% agreed that “Portland is good and its best days are ahead of us.”

Portland, once feted by residents and visitors from across the nation alike as a desirable place to live and work, celebrated tongue-in-cheek by the fictional television program, Portlandia, as “the city where young people go to retire,” has perhaps lost its allure.

Apparently homelessness and crime have reached a tipping point for many residents with 43% citing homelessness, 22% citing crime, and 20% citing drugs as the most important problems facing Portland today, according to the survey.

Oregon modifies requirement for gaining license to practice law

Passing the bar exam in a state was once considered the gold standard for determining whether a person had the knowledge and skill to be a licensed attorney and competently practice law. However, beginning in May, 2024, this will no longer be the case in Oregon. According to reports, the Oregon Supreme Court gave approval to an alternative licensing program. Law school graduates must work 675 hours, between 4 and 5 months of 40 hour weeks, under the supervision of an experienced attorney and create a sampling of legal work that bar officials will then evaluate for admittance to the state bar, instead of having to pass the traditional bar exam.

Oregon high school graduation testing standards suspended until 2027 school year

In 2022, Oregon suspended standardized testing requirements for high school graduation. Prior to this, students had to demonstrate through standardized testing that they were proficient in essential skills, including “reading, writing, math, critical thinking, technology usage, and civic and community engagement” before they could receive a high school diploma. The move by Oregon to suspend this requirement drew criticism, but the state, partially blaming the COVID-19 school lockouts, stuck to its guns and kept the standardized testing requirements suspended.

Last summer, Oregon’s State Board of Education again extended its suspension of the requirement to successfully complete standardized testing before graduation out

to the 2027-2028 school year.

However, according to the Snopes fact-checking web site, not much has really changed. “SB 744 did not alter or remove the existing and continued requirement, in state law, that Oregonian high school students must obtain at least 24 credits, including in English, mathematics and science classes, in order to get a high school diploma — a less standardized but still substantial form of de facto proof that a given student possesses many of the same basic academic competencies in question,” wrote Snopes.

Oregon population declines... again

The U.S. Census Bureau has estimated that Oregon’s population has declined for the second straight year. Most states experienced population increases, but Oregon was one of eight states that had an estimated population decrease. The other states experiencing decreases were California, Hawaii, Illinois, Louisiana, New York, Pennsylvania, and West Virginia. New York had the greatest estimated decrease. Nearly 102,000 residents were estimated to have left New York state in the last year. Oregon was estimated to have lost a little over 6,000 residents in the last year and more than 16,000 in the previous year.

A declining population could spell trouble for Oregon as state government revenue forecasts for things like pensions and infrastructure have assumed a growing population. If population numbers remain stagnant, or even continue declining, revenue expectations, and resulting state government spending plans, are not reigned in, then the state will be forced to require current residents to pick up an increasing tax burden.

Blue states New York, California, and Illinois have the highest state tax rates in the nation. However, the Portland metro area is also among the highest taxed metropolitan areas in the country, even surpassing New York City by some estimates.

Low tax states such as Texas, Florida, and North Carolina saw massive estimated population increases in the past year. Conservative Idaho also saw a big influx of newcomers from California and Washington state. The majority of the newcomers have registered to vote as Republicans, according to the Idaho Secretary of State.

The exodus of mostly tax-paying citizens from high tax “blue” states to lower taxed “red” states is having a positive impact on red state budgets, but is threatening to upend the budgets and spending plans of the high tax blue states that are experiencing population declines due to exodus of more productive residents.

According to the Wall Street Journal, if the present trends continue, Oregon could be one of the six states to lose at least one congressional seat after the 2030 Census. ■

Sandy to hold public reception for police chief candidates

The City of Sandy has designated three finalists for the position of Police Chief: Joseph Hogue, Gary Jensen, and Sean Lundry. The community is invited to a “meet and greet” reception on Wednesday, January 3rd, from 6:30 - 8:30 p.m. at the Sandy Library Community Room, 38980 Proctor Blvd. Community members will have an opportunity to hear from the finalists, engage in small roundtable conversations, and provide feedback. For questions please contact HR Director Angie Welty at awelty@ci.sandy.or.us or 503-489-0940.



Joseph Hogue

Joseph Hogue began his public service career with the City of St. Helens (OR) Police Department. Working his way through multiple positions and assignments, in 2016 he was promoted to Lieutenant, a role in which he manages the department’s operations including the detective division. Lieutenant Hogue holds a certificate from the FBI National Academy Class as well as a certificate from the Oregon DPSST in basic, intermediate, and advanced Law Enforcement.



Gary Jensen

Gary Jensen has 36 years of law enforcement experience, most recently as Chief of Police with Logan City (UT), a position he held for almost 14 years. Additionally, he has served as a Detective / Assistant Administrator of the Davis Metro Narcotic Task Force, as a member of the SWAT / PTRU (Paramedic Tactical Response Unit), and as a firearms instructor. Chief Jensen obtained his master’s degree in criminal justice from Weber State University.



Sean Lundry

Sean Lundry has 21 years of law enforcement experience including progressive leadership roles, overseeing all facets of police operations and administrative duties. He is currently the Interim Chief of Police with the Sandy (OR) Police Department, and has also worked as a Police Detective, Sergeant, and Lieutenant for Sandy Police. Chief Lundry began his law enforcement career in 2002 as a police officer for The Dalles (OR) Police Department. He holds a Master of Science degree in management with a concentration in organizational leadership from Strayer University, and has earned executive level certification from Oregon DPSST. ■

Commentary

2023: “Year of Universal School Choice”

By Kathryn Hickok

Executive VP, Cascade Policy Institute

Nationwide polling this year revealed seventy-one percent of voters say parents should “have the right to use tax dollars designated for their child’s education to send their child to the public or private school which best serves their needs.” State policymakers should note it’s increasingly important to families to match their children’s educational needs with school environments that serve them best.

Oregon should expand students’ education options, and many ways exist to achieve that successfully. In a December article in Forbes, Michael McShane, Director of National Research at Ed Choice, explains why 2023 should be called “The Year of Universal School Choice”:

Policymakers in 40 states debated 111 educational choice bills....As the months ticked by, a total of seven states enacted new choice programs and 10 expanded ones already in operation....[E]ight states have joined Arizona and West Virginia in offering all students choice, making 2023 the Year of Universal Choice....[A]pproximately 20 million students—or 36 percent—are now eligible for a private choice program.”

Ten states now have universal or near-universal school choice laws: seven Education Savings Account programs, two voucher programs, and one tax credit program. Each of these approaches empowers parents to choose the best education options for their children. States can learn valuable lessons from each other’s policy approaches as they craft programs that suit the needs of their own families and voters. ■

Kathryn Hickok is Executive Vice President at Cascade Policy Institute, Oregon’s free market public policy research organization, and Director of Cascade’s Children’s Scholarship Fund-Oregon program.

“Every culture that lasts, I suspect, understands that living within limits — limits set by natural law, by cultural tradition, by ecological boundaries — is a cultural necessity and a spiritual imperative. There seems to be only one culture in history that has held none of this to be true, and it happens to be the one we’re living in.” — Paul Kingsnorth



Does Oregon's cold and wet climate lead to more colds and flus in the winter?

Some Oregonians worry that the rainy, cold winter climate may be making them more vulnerable to seasonal illnesses. Are they right? It depends.

By HOODVIEW NEWS
Staff Report

Can Oregon's wet and cold winter weather contribute to Oregonians having more seasonal illnesses like colds, flu, and COVID, than places that stay drier and warmer in the winter?

Well, yes. But, it's not the only factor. According to experts, Oregon's wet climate can contribute to an increase in seasonal illnesses, but don't blame it completely. Here's a breakdown of some of the

factors that increase the odds of winter illnesses in Oregon:

Increased moisture:

- Mold and mildew: Damp environments favor mold growth, which can trigger allergies and respiratory problems.
- Mosquito breeding: More stagnant water means more mosquitoes, which can spread diseases like West Nile virus.

Virus survival:

- Some viruses, like the common cold and flu,

thrive in humid conditions, potentially leading to more infections.

Reduced sunlight and vitamin D deficiency:

- Less sunshine can lead to lower Vitamin D levels, which can weaken the immune system and increase susceptibility to infections.

Seasonal affective disorder (SAD):

- The lack of sunlight during winter months can contribute to SAD, a type of depression that can worsen



existing health conditions.

Behavioral changes:

- Staying indoors: People tend to stay indoors more during rainy weather, increasing close contact and the spread of germs.
- Less physical activity: Outdoor activities are limited in wet weather, potentially leading to a less active lifestyle and weakened immunity.

Other factors contribute

However, it's important to note other factors, too,

such as individual susceptibility. People's immune systems vary, so some may be more affected by these factors than others. We all know Oregonians who like to tell us, "I haven't been sick in years." They are probably right. Perhaps their circumstances, diet, or natural immune systems have protected them. However, pride cometh before a fall, and previous good health doesn't mean they aren't likely to fall prey to seasonal illnesses in the future. On the other hand,

if you feel like you have been afflicted with more than your share of seasonal illnesses, you may enter a time when you are the one who avoids them for several years. Let's hope!

How you can help yourself

There are things you can do to help yourself remain healthy and avoid serious colds and flus, too. Try these:

Hygiene practices: Proper hygiene like handwashing can significantly reduce the spread of germs, regardless of the weather.

Maintain your healthcare: Good healthcare infrastructure like having a good primary care physician, can help diagnose and treat illnesses promptly.

Overall, Oregon's wet climate can play a role in seasonal illnesses, but it's a complex interplay with various factors. By being mindful of the risks, taking preventive measures like staying active, maintaining good hygiene, and getting enough Vitamin D, Oregonians can stay healthy even during the rainy season.

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Gresham Chamber and local businesses lead the way for Adopt-a-Cop in January

McCord Construction is managing the project to renovate and expand the Fire and Police annex/gym as a place for fitness and recuperation

By HOODVIEW NEWS
Staff Report

A remodeling project for the City of Gresham Fire and Police Departments is underway. The Gresham Area Chamber of Commerce has organized a fund raiser to accomplish the renovation of Gresham's Fire and Police Annex/Gym. The goal for the effort is \$50,000.

Local business owner, Donivon McCord, of McCord Construction, is acting Project Manager and he is helping coordinate and facilitate the remodeling project. He helped organize

the contributors, architects, engineers, and others, who have donated their services for this project.

CEO of the Gresham Area Chamber of Commerce, Stayce Blume, said, "The Gresham Area Chamber of Commerce appreciates Donivon McCord and McCord Construction for their contributions and help in facilitating the updating of this resource for our first responders."

Gresham's "Adopt-a-cop" starts this month

McCord, a member of the Gresham chamber Board, is also a pro-

moter and sponsor of the Adopt-A-Cop program, coordinated by the Gresham Chamber. January is Adopt-A-Cop month. The way it works is that local businesses and individuals volunteer to "adopt a cop" through the month of January. Participating businesses will be supplied with signage for storefront and business windows, as well as a digital "tool kit" with a variety of ways to celebrate their "adopted" police officer(s).

Tuesday, January 9th, is National Law Enforcement Appreciation Day. This is part of the local commu-

nity's way of supporting and honoring the policemen and policewomen in Gresham, and bringing recognition to the public of the people who serve them through law enforcement and as first responders.

Gresham police and fire supported

The Police Department expresses their commitment and vision for the community on their website. "We're committed to providing high-level service through continued community engagement that seeks to improve the quality of life and maintain

the safety of our residents.

"Recognizing that our employees are a critical resource in this commitment to our community, we will strive to ensure that our officers are highly trained, ethically sound professionals who are focused on serving the needs of the community."

The Gresham Fire Department tells of their duties and commitments in a posting on their website. "Gresham Fire and Emergency Services provides life safety services to city residents and contract districts for residents living in the cities of Fairview,

Troutdale, Wood Village and areas of unincorporated Multnomah County."

They are appreciated

Police, fire fighters, and first responders often serve without enough appreciation for the important work they do. The Gresham Chamber and local business owners are donating time, supplies, and labor to help make sure they know they are appreciated.

Asked about his involvement, McCord said, "I'm a local business owner, and I care about the community and in helping the community and our safety." **HVN**



JANUARY IS NATIONAL ADOPT-A-COP MONTH!

If you support the Gresham Police Department, this program is for you!

Let's rally around our officers, for the third year in a row, with a month dedicated to showing our appreciation for all they do for our community!

Step 1: Make sure you're registered for the program.

You'll receive a tool-kit that includes a bright colored window poster, an "adoption certificate," and lots of ways to show appreciation to your adopted officer!

Step 2: Get to work!

Place your poster where everyone driving by can see it, choose one or two ways to thank your officer, and (optional) start fundraising for the Annex Remodel Project (details on left).



Presented By:

Edward Jones
Christina J Price

Gresham Area
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AMEE CURTIS

Mighty WOMAN

Amee Curtis has been called a creative genius. She operates a business that helps others unleash their own creativity. She is beloved by those who know her. She has also overcome a debilitating illness that would have derailed most people.

By JOAN WILEY
Co-Publisher

Photo: Emily Lewis

At first, it started out as just a water fight between some employees.

But then, as happens with these kinds of things, it didn't stay contained. Others got involved. Citizens, then businesses, even children! People were demanding action. It grew far faster and bigger than anyone could have imagined. The fire department got involved. In the midst of the unfolding mayhem, fire-fighters deployed trucks and hoses. Finally, the chief of police had to step in before the thing was finally over. Even he did not escape the battle unscathed.

Still, everyone knew who was ultimately responsible — Amee Curtis. And, she was defiant. "We're going to be doing it again this summer," she declared.

And everybody cheered.

Amee Curtis is a rock star. She excels in many fields. She runs an innovative, diverse, creative business in downtown Gresham. Her business enables people with an abundance of creative talent, but not an abundance of money, the resources they need to make their dreams and visions come true. Her hard-won, resilient, positive perspective on life, and her refusal to accept limitations, shines like a supernova in a world that too often tries to convince people to be victims.

Amee is not only extraordinarily talented, but she is extraordinary in the way she deals daily with the challenging, painful condition of rheumatoid arthritis, which she has had since she was young.

The event above, described a little tongue-in-cheek, really did start with an idea of a water fight for Amee Curtis's partners and employees. However, when others found out about it, they wanted to participate, too. It blossomed into including many in the downtown Gresham community. With help from others, such as Shannon Chisom, owner of SRC Community Consulting, it culminated in the Splash Day at the Arts Plaza in August. This free event, where all supplies for the "water fight" were provided, not only drew people from the community, but also the Gresham Police Department, including Chief Travis Gullberg, and the Gresham Fire Department. They joined in to have a face-off water fight. Local businesses set up booths, people had fun and children were able to have a positive experience with police and fire department personnel. Amee says, "We're going to be doing it again this summer....hopefully even bigger and better. I've got a line on a dunk tank...a little sneak peek of the fun that's going to be coming."

Visionary

Curtis is the visionary behind this epicenter of creation in historic downtown Gresham. It's a place to dream, to collaborate, and be inspired to create. It's a 5,000 square foot space, located at the iconic intersection of NW 3rd and Main Street. It's called the SDF Collective. Of course, the inspiration and hard work that makes it all happen is Amee herself.

Client and friend Brittani Morton said, "If someone was like, 'Hey, tell me about



CENTER OF CREATION: Amee Curtis in her office at the SDF Collective on Main Street in Historic Downtown Gresham. At the SDF Collective, entrepreneurs and creatives can join through a gym-style membership. They can collaborate and create without having to have a big budget. She also runs her design company, Synergy Design Firm, out of this office, as well as administrating all that goes into SDF Collective. (Photo: Mike Wiley)

Amy,' I call her a wizard. I call her a creative goddess. I have never brought an idea to her that she has not created in the most mind-blowing, beautiful, and perfect way. She has the most insane ability to listen to somebody. It's almost like she pictures exactly what they're saying. If I could quote something about Amy, I would say that she is a creative genius."

Born in Germany

Even though her name is spelled "Amee," it's pronounced like "Aimee." Amee was born in Landstuhl, Germany in 1987. Her father, Al Taylor, was career Air Force. He and his wife, Kim, were stationed in Germany. Six months after

Amee's birth, her family moved to Florida, where they lived until she was 7. Their next move brought them to Oregon where Amee grew up. She attended East Orient School, West Orient Middle School, and her high school years were spent at Gresham's Barlow High School. She lives in Boring today.

Amee speaks highly of her family. "We're a very integrated family. Like, we literally help each other in all that we do — our successes, our struggles. I mean, 'Circle the wagons,' I think came about from my family. Whatever it is, you'll see my family involved in it. Whether it was church, we'd all be involved. If it

was foster care, we were all involved. If it was school, playing, extracurricular, we were all there for each other," said Amee. She has a sister who is 11 years older. Three more siblings came after Amee.

'Sure kid. Come on.'

After graduating high school, Amee enrolled at Mt. Hood Community College where she earned her Associate of Arts and Sciences degree. She specialized in television production technology. Amee relates a key incident in high school that pointed her toward her life's pursuit.

Amee said, "I am a part of a very creative family.... each of us sort of found our

own creative avenue. For me, I loved theater. One of the natural progressions of theater is, obviously, acting and acting kind of leads into film. I was on a television show when I was in high school, late high school, called Rose City News. One day, I was in the green room. One of the people I was acting with was driving me bonkers," said Amee with a smile "In an effort to preserve her lifespan, as well as my freedom from the judicial system, I asked the producer of the show if I could follow him around that day. He said, 'Sure kid come on.' I say this all the time. That 'sure kid come on,' changed my life. What I

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Amee Curtis

■ CONTINUED FROM PAGE 9

observed though, behind the producing side of it, was this man who seemed to have the answers. He had the ability to problem-solve on the spot, he was the go-to person, the lynch pin in terms of keeping everything moving smoothly. I was so in awe of the pace at which he worked, the quality in which he performed, and the respect in which his actions garnered him. [When] I walked out of that studio that day, my mom picked me up, and I told her, 'That's what I'm going to do with my life.' Within a year, I was in the Integrated Media Department [at MHCC]. I did that for a couple of years. Absolutely loved the program. I cannot say enough good things about it. It gave real world experience, but allowed each student to be

their own captain as it were. Which is fantastic for me, because that's how I was raised. I was always raised to explore, discover, rework it and then just keep figuring it out kind of life," she said.

"I was actually diagnosed with juvenile rheumatoid arthritis right before my seventh birthday. That is the beginning of it."

Choosing positive

When meeting Amee, the first thing people often notice is her smiling, friendly face,

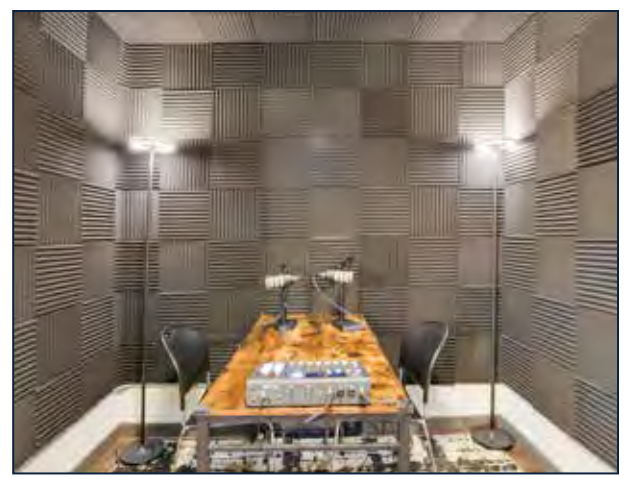
her positive attitude, and her welcoming manner. This is an attitude and mindset that Amee has deliberately chosen. The reason is that Amee has a physical challenge she has to face and overcome daily.

It began to be apparent when she was only 6 years old while the family was still in Florida. "It was around that time that we began to see some physical issues with myself," Amee said. "We were walking across the sandy beaches and I couldn't keep up. It was exhausting. I would complain about pain."

After moving to Oregon, the underlying problem was diagnosed. Amee said, "I was actually diagnosed with juvenile rheumatoid arthritis right before my seventh birthday. That is the beginning of it. It was when I was literally that young. They think that I had it the

entire time; it would explain a lot. So, for me, there is no other reality. I remember things, having capabilities, but they're almost like trying to remember a dream. You know, like cartwheels or sitting on the floor, things like that." She explains further, "I was actually born with a more rare kind of strand of it. Most people, when they get rheumatoid arthritis, they're older. And it affects a single joint, maybe two or three, a shoulder, a knee, an elbow. I drew the lucky card in the universe, I have it in every single joint. Every bendable, movable, part of my body aches all the time."

Rheumatoid arthritis is a considered a debilitating disease. It is even more severe when it starts young. Yet, despite what for most people would be a life-altering and likely dream-ending disease, Amee was determined that it would not stop her or even really slow her down. She is a woman with the dream, the drive, and the vision to make a place where the creativity of others is encouraged, supported with tutoring, supplied with materials; where dreams of others, as well



The SDF Collective features resources for creators, including a ready-to-go podcasting studio. (Photos courtesy Amee Curtis)

as her own, can become a reality.

Nothing was affordable

Amee first envisioned this enterprise when she herself was looking to hire someone to do a website for her first business.

Amee relates the journey to opening her company. "I was looking for help with a website and a logo. I couldn't find anybody that was affordable. Everybody was quoting me, like five grand, six grand, for a logo and a website. At the time, I was like, 'I can't pay

that. There's no way.' But I couldn't even find anyone who would cut me a break, who would let me make payments, nothing." But Amee was not deterred. "I thought to myself, in true Taylor fashion, 'You know what, I'm a smart woman, I can figure this out.' So I did, I taught myself graphic design. I taught myself web design and I built my first website."

But, she soon found that she had friends who also

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Amee: The lesson of driving with Dad and a spoon

How Amee Curtis's father helped her to succeed when she didn't think it was possible and taught her a valuable lesson.

She relates the story, "Everybody at 16 is excited to get their license, right? When I was 16, I was not quite as excited as the rest because my wrist doesn't bend in such a way that it was easy to turn a key in a car, back when there were keys you had to turn. I was mortified. I was like, 'Obviously, I'm not gonna pass a driver's test if I can't even turn on the car.' I was incredibly discouraged. Very mopey, I'm sure. But my dad threw me in the car and took me to Goodwill. He said, 'Pick out a spoon.' And I was like, this is super weird, but okay. I remember I picked out a spoon that had like these Braille kind of bumps on it. It's just a cool looking spoon."

"He took me home, he drilled a hole in the handle, took a nut and a bolt and bolted the key to the spoon. And I was like, this is a really weird teaching, but okay I'm going to trust you. And he says, 'Come on, get in the car, we're going, you're going to drive somewhere.' And I was like, 'No, I can't.'"

"He said, 'Get in the driver's seat.' I put the key in and what he did for me changed everything. I sort of get choked up thinking about it. Because I don't think you realize what he did for me. But the spoon, instead of me having to turn my wrist, I could just rotate



DAD'S IDEA: An old spoon and dad's inspired idea helped Amee get on the road. (Image Deposit Photos)

the spoon handle up and pull down on it. That lever action moved the key so that I could start the car. It was still me. I was still the one starting the car, it was just the tool that I used to do it. And a 99¢ spoon literally made it so that I went from a moment of thinking, 'Oh my god, I'm useless. I'll never be able to even drive anywhere in this world, let alone make something of myself,' to suddenly everything being possible. I could drive anywhere I wanted. I could do anything."

"I wish for everybody to have somebody in their life like I had that can show you that there's more than an obvious 'I can't.' Maybe it's what fuels me to help other people. Like I said, it changed my world." **HVN**





Amee's husband Cody (left) and her son Asah (middle), and dog "Lilah" are the center of her life and also help her make Synergy Design Firm and The SDF Collective a success. (Photo Emily Lewis)

Amee Curtis

■ CONTINUED FROM PAGE 10

needed help. "A friend of mine was needing help at the time, and I'm a big bleeding heart. So of course, I said, 'Yes.' And then a friend of theirs needed help and a friend of theirs. It became very, very obvious very quickly, that there was this vacuum hole in terms of an industry that was so inflated in self worth. Because I was doing quality work at a fraction of the price and there was no need for me to have inflated prices for people for these things that I was doing. So that is really where Synergy Design came from," said Amee.

Becoming the break she couldn't find

She relates her thought process at that time, "I'm going to open up a design firm that specializes in just advertising of stylized imagery, because that's really what makes my heart flutter. And so, I opened up Synergy Design Firm."

"It started out as something else. But, you know the saying, best laid plans of mice and men. We became something that the community needed."

Amee adds, "So it was then that I had promised [myself] that I would always be the break that I couldn't find back then. So that's why our prices are significantly lower. It's why our timelines are significantly faster." She goes on to say, "It's so

odd how the world works like this, but I'm not somebody who's very physical. Obviously, I can't work on a labor intensive job. I sort of found myself in a world where I was very good at what I do, technologically speaking. It always amazes me how you just sort of fall into place exactly where you need to be when you need to be there," said Amee.

Synergy Design Firm opened in 2014 and business was beginning to build. Still, Amee felt that there was more she needed to do.

"So it was then that I had promised that I would always be the break for others that I couldn't find for myself back then."

She was hearing about needs that were not being met. She said, "I was constantly hearing from my customers, 'You know, Amy, I think I could do this if I just had the equipment, if I just had the training, if I just had the space.' And it got me thinking about just how constrained we are in terms of affordable access to tools

we're required to use for our creative and business endeavors. That's what got the seed going [for The SDF Collective], which is what most people know me as right now."

Amee's desire to help others began to take shape. "One day I was getting lunch with a friend over at Sunny Hans [restaurant on Main Street in downtown Gresham] and I saw this phenomenal space for lease across the street. I had looked at it my whole life. I was that creative person [who was] going over to Cafe Delirium, sitting down and working on her projects, trying to make everything work. I've walked by this building, and I've always looked in the windows and thought, 'Gee, what if? Boy, if that was my space, what would I do with it?' So, when I saw this lease, I said, 'You know, I'm just gonna call. What can be the harm,'" said Amy laughing. "You know, I joke that that's the biggest lie any woman has ever told herself. Because like two weeks later, I had keys to 5,000 square feet and a bit of a stomachache. But we opened up the collective and that is its singular goal...to provide affordable access to the tools that entrepreneurs and creatives alike need."

The concept

While shared creative spaces were not new, Curtis envisioned doing something

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What's Next in Water Treatment Plant Battle?

In November, a Multnomah County hearings officer gave conditional approval to the City of Portland's plan to build a massive water filtration plant on local rural farm land. What's next?

HOODVIEW NEWS Update Report

The proposed planning and siting of a large water treatment plant in east Multnomah county, very near the Clackamas County line, has attracted much local controversy (*Hoodview News*, June, 2023).

After public hearings this past year, residents and Portland city planners awaited the decision of a Multnomah County Land Use Hearings Officer as to whether full construction of the plant could go forward. On November 29th, the Hearings Officer released an 88-page ruling giving

conditional approval for the controversial project.

The large parcel of farm land designated for the proposed new plant is located in Orient and Pleasant Home neighborhoods, between Bluff Road and Dodge Park Boulevard. Local residents opposing the project expressed disappointment in the ruling. Brent Leathers has been one of the local residents helping to organize opposition to the siting of the plant. In reaction to the ruling, he said, "The neighborhood at large is quite disappointed in [the hearings officer's] decision. We really believed that the [Portland] Water Bureau's

proposed industrial plant represents such an incredible change to the character of the area that we would prevail at the county level."

Background

For over a century the Bull Run Water system has provided drinking water to the city of Portland and the larger region. The system is gravity fed, which means it doesn't rely on an extensive pumping system. The water quality and pipeline system are nearly unmatched. Most major cities are not so fortunate. Their water isn't from pristine snow melt. Their water is susceptible to parasites and requires extensive



TANKS: Water tanks for a local Water District sit on land adjacent to the proposed water treatment plant site. (Image Mike Wiley)

treatment. People can taste the difference.

However, the federal government was concerned over the increasingly frequent appearance of the parasite cryptosporidium during regular testing. This eventually led to the federal Environmental Protection Agency (EPA) creating a federal mandate for mitigation of the parasite in the Bull Run water. This kind of requirement almost inevitably means new methods of filtering the water. The Portland Water Bureau has argued that only a new, large scale filtration plant of the kind they have proposed and planned makes sense for this to be accomplished.

As a result of the federal government's requirements, the City of Portland has in place a Bilateral Compliance Agreement with the Oregon Health Authority that requires the Water Bureau to begin delivering the new treated and filtered water to customers by September 30, 2027, less than four years from now.

All of this is very complicated and involves multiple agencies and interests. However, the bottom line is that this will require the Portland Water Bureau to build and maintain an extensive facility, one that comes with enormous impacts to the community surrounding the proposed site and high costs, which will be passed onto rate payers. In 2018, after briefly considering other locations, the Bureau zeroed in on 94 acres of productive farmland on the border of Multnomah and Clackamas Counties as a site for the proposed water treatment plant. It's far outside of the city. Much of the

land for the proposed site was purchased by the Water Bureau several decades ago for possible future storage or conventional filtration. At the time, no one visualized what's being proposed today, or what the impact of five or six years of construction would be on the surrounding farming and residential area.

Many still unaware

In spite of the importance of the project, most of the residents and businesses in the region have been unaware of what is being planned, or how much it will cost. In recent months, awareness and concern have grown. Affected property owners are not comfortable with the responses to many of their concerns.

The location for the proposed water treatment plant is in Multnomah County, but barely. It borders the Clackamas County line and some residents in Clackamas County who will be significantly affected by the proposed plant feel like they have not had enough say in the planning. They have expressed frustration and some Clackamas County Commissioners have gotten involved.

The current site location, far outside the city of Portland, enables the City of Portland to avoid a protracted legal battle with city residents should it have tried to place the plant in the city. But, there has still been strong opposition from local neighbors, school districts, and public safety providers who argue that the plant will be very disruptive to the previous character of the area, as well as violating land use policies. The testimony during the public hearing

was almost all in opposition.

Non-conforming use

The proposed siting of the plant is regarded as a "non-conforming use," meaning it isn't compatible with the existing farmland zoning. That means the Portland Water Bureau must meet a long list of conditions in order to build and operate the plant. The list of required permits is formidable. Most are complex applications that could add time to the proposed construction schedule. Consequently, the project construction could take over seven years for completion.

Safe street access

Providing safe street access is the first requirement for building a new home, a Walmart, or any other project. For residents in the area of the proposed plant, traffic safety is very high on the list of project concerns. However, the local roads around the proposed site, in the rural Dodge Park area, were not designed for a heavy volume of construction traffic. Bluff Road, the main route through the area, has poor visibility. The approval assumes that traffic will be minimal after completion, but a real concern is traffic safety during what is likely to be five or six years of nonstop construction.

Local emergency service providers oppose the project because they may not be able to respond to accidents or other emergencies in a timely manner. Large trucks will be accessing Dodge Park Boulevard from Cottrell Road. Much of Dodge Park Boulevard is already in poor condition. Carpenter Lane is not even marked for two lanes and is currently in poor condition even for a rural road. These roads weren't designed for the large number of trucks and heavy machinery that will have to use it during the lengthy construction phase. It is likely that road damage, costing upwards of millions of dollars, will occur to local roads if the project moves forward. The possibility of traffic accidents due to construction activity is real.

Latest developments in the controversy

Oregon's Land Use system is complex. Just trying to follow the various forums, hearings, and appeals can be daunting. Appealing the decision in court is typically an expensive endeavor that few can afford. However, the State of Oregon provides a fast track appeals process through the Land Use Board of Appeals (LUBA) in Salem. The

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Water treatment plant

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Cottrell CPO (Community Planning Organization) and the Pleasant Home Neighborhood Association have presented extensive evidence in opposition during the county process. Anyone who has participated in the earlier process is eligible to file a LUBA appeal.

The latest development is that the Cottrell CPO has filed an appeal with LUBA. According to Brent Leathers, the Pleasant Home Community Association and Fire District 10 are likely to be filing as intervenors supporting the Cottrell CPO appeal. He believes that there may be at least one more intervenor as well.

A decision from LUBA can take up to six months, but, even with the LUBA decision pending, in wake of the decision of the county hearings officer, the City of Portland is allowed to start actual development of the site.

Grounds for appeal

What are some areas that constitute grounds for appealing the county hearings officer decision to LUBA?

The aforementioned traffic safety concern is one grounds for appeal. There

are several other grounds for appeals as well.

Another major consideration is that the property is near a grade school, the Oregon Trail Academy Public Charter School. Years of construction will likely impact the education of children at the school. Their ability to focus and learn will likely be affected by the noise and dust generated a short distance away. It is estimated that during the 3 to 5 year construction period, up to 350 dump trucks a day will be traversing Carpenter Lane and the surrounding access roads, which include Cottrell Road, Bluff Road, Dodge Park Boulevard, and Lusted Road.

Losing farm land

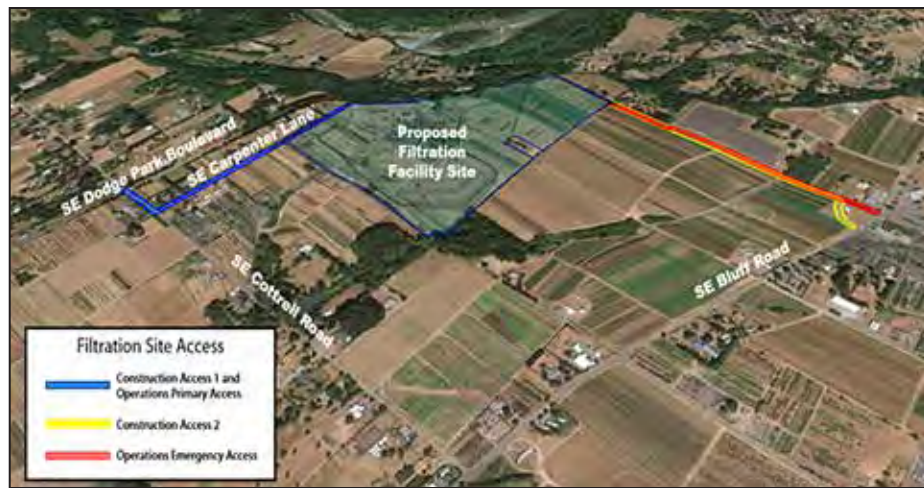
Compelling arguments have also been made by property owners who've farmed the area for decades. When Oregon's ground-breaking land use law was approved by the Legislature in 1973, protecting farmland was a primary goal of the law. Opponents of the current site plan argue that sacrificing almost 100 acres of high value farmland for development is not compatible with the Oregon Land Use Plan. The proposed water filtration plant serves several smaller municipalities, but the main customer is the City

of Portland.

As *Hoodview News* reported in June, "The city limits of Portland is around 162nd Avenue. Yet, the water filtration plant, designed to mainly serve the city, is planned to be located near 352nd Avenue. Though the proposed site is far outside the city, the city owns the 100 acre site. However, the incongruity of siting a large, noisy, intrusive industrial plant, designed to serve mainly the city of Portland, in a rural area far outside the Portland city limits, is not lost on local residents."

No choice

Because of the discovery of contamination of cryptosporidium bacteria in water from Bull Run, federal courts have ruled that Portland has no choice but to construct a treatment plant. Those in opposition to the current location don't argue that the plant isn't necessary. From the beginning, the concerns have been about whether or not the location is suitable and compatible, and whether it is possible for the City to meet all of the conditional use requirements. For residents, conditional approval from the Multnomah County hearings officer in November does not clear up these concerns.



RURAL: Map showing the proposed site and the local roads which will be used to access the site during construction and afterward. (Image City of Portland)

Costs have skyrocketed

Although it isn't part of the land use approval, there is another aspect to the location and proposed design. It's the cost. Since 2017, estimated costs have ballooned to over four times the original estimates, from \$350-\$500 million initially to \$1.8 billion most recently. Hundreds of millions of dollars will have to be financed and paid for by the rate payers in the city of Portland and across the region served by Bull Run. According to a FAQ for the water treatment plant on the portland.gov website:

"These investments in the future of our drinking water are funded through customer rates. To help

maintain water rate affordability, we secured a low-interest federal loan that allows us to smooth water bill impacts from the Bull Run Treatment Projects over time. Borrowed money will be repaid over many years so more future ratepayers who are getting the benefits of the projects help share in the costs."

Alternatives?

Anticipating these rate increases, municipal water customers of the Portland Water Bureau have discussed alternatives, including developing their own sources of municipal water. For many in the local area, the cost for construction and loss of productive farmland do not seem justified. They

argue that there is still time to look for another location for the water treatment plant that does not pose the same degree of difficulties and concerns of the current plan.

Brent Leathers said, "Despite the fact that this legal process is quite expensive for our neighborhood to bear, we intend to pursue it as far as it takes, because we recognize that the impact of this facility will be quite significant on the livability of this area."

So, although the Multnomah County hearings officer has made a decision, it doesn't appear that the local water war is over. **HVN**

Les Poole was a major contributor to this article.



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Amee Curtis

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on a level that had not been done previously. “Basically, we’re taking it 10 steps further than it’s ever been done before. We all know of co-working spaces we all know of maker spaces. I took the two and merged them together. We’re using a membership model. In this space, we provide access to photography, videography, graphic design, animation, podcasting, audio recording, hair, special effects, makeup, costuming. The list goes on and on and on. In addition to just having access, I provide all the equipment and software that you need as well. So cameras, lights, gimbals, lavalieres, bounce cards, alien bees, I mean, you name it, it’s there daily. We provide teleprompters, podcasting [equipment], I mean, everything you need, we have the equipment for you. Then we also took it one step further beyond that, we went to the software as well. Upstairs in our media lab, we have every single Adobe program that you could possibly need, like every single one is there. So if you need to do graphic design, editing, audio editing, website design, if you needed to create apps or augmented reality, 3d modeling, all of it is there. Licensing for every single program for every single station. Because what it does is it allows the member to reduce their overall costs while maximizing their potential. They now don’t need to have an Adobe subscription for \$89 a month. They can come here and be a member for \$99 a month and they get all of those programs plus the equipment plus the space plus the rental time.”

Family helps

Amee is not alone in this endeavor. Several family members work alongside

her at SDF Collective. Her father, Al, is a talented set designer. Her mother, Kim, has the title of Assistant Logistics and helps Amee organize the many community events held at the Collective. Her husband, Cody, and even at times her 11 year old son, Asah also help. Talking about her family, Amee says, “That is an absolute gem of a topic for me. There’s nothing I love more than my husband and my son. They’re my everything. I always tell them, ‘You’re my heart,’ because that’s what they are.”

Amee met her husband Cody by fortunate chance. Amee said, “I met Cody, in a backyard in the middle of eastern Oregon, in a teeny tiny town named Athena. Cody and I started talking that night and we have never stopped since. He has been my person since that day.” They were married in 2011.

“There’s nothing I love more than my husband and my son. They’re my everything. I always tell them, ‘You’re my heart,’ because that’s what they are.”

They have a son, Asah, who is now 11 years old. Amee tells how being pregnant with Asah had a very positive side effect on her disease. “I honestly didn’t know how that whole process with my autoimmune disease was gonna go, but it was amazing. I absolutely loved being pregnant. I went into remission for the first time in my life. You healthy people,



FRIENDLY “FIGHT”: This last August, the SDF Collective-inspired Splash Day at the Gresham Arts Plaza started small, but grew into a large event that attracted kids, vendors, and exhibitor booths. It even featured a “water fight” between the Gresham Fire Department (left) and the Gresham Police Department. Amee is committed to holding the event in 2024 as well, where she hopes it will include a dunk tank! (Photo courtesy Amee Curtis)

Oh my goodness, wow, you have it awesome.”

Describing Asah, Amee says, “If you’ve ever seen that show, ‘Young Sheldon,’ it’s like they put a camera in my life. You know, that first scene in episode one where he’s like, ‘Mom, I can’t find my bow tie.’ Yes. I literally had that conversation with Asah one time.” She continues, “I’m such an artistic person that when I had Asah, I thought it was going to be all finger painting and Popsicles. Let me tell you, that couldn’t be further from the truth. He’s my little tech head. Yes, he does actually come to the Collective. He actually has the whole third floor to himself. He does online academy, so he manages his own schooling, his own tutors. He manages his own schedule entirely. In fact, he interviewed and handled all of his own tutors this last round. Yes, I know I have it very easy with that child. He actually is very technologically driven. He does five computer languages. He

codes his own video games. He can actually go in and change video games. It’s pretty cool what he’s been doing. In fact, just a couple of nights ago, I was making an offhand comment about how I really wished that the SDF Collective had a member check-in system, and Asah, within the next 24 hours coded a program that would work for our business with over 200 lines of code. I am proud of everything

that child is. I’m proud of his character, his kindness, his love for everybody. I’m proud of how hard he works at his skills.”

Embraced by the community

Although SDF Collective is a fairly new business, the local business community has recognized the value the Collective adds to the community. Asked to relate one of the high points she has

experienced in her new business, Amee says, “A high point was, I mean, the collective hadn’t even been open a full eight months. And we were nominated and selected for the Gresham Business Excellence Award. And that was incredibly humbling, just so fantastic.”

SDF Collective was presented with the Gresham Area Chamber’s Business Excellence Award for Small Business in 2022. Amee says, “When we moved there, we had a lot of struggles, a lot of difficulties. So just to simply be recognized for a level of excellence really was phenomenal. Because again, that’s what we strive to be. Synergy’s tagline is literally ‘Quality is a matter of commitment.’ And that’s what we are committed to doing, something of excellent value.”

Another high point she cites is one that encapsulates Amee’s heart. “But I would say my high point is, every single time I have a customer with the Collective or Synergy, who comes to me absolutely frazzled, for lack of a better word, or overwhelmed or they feel like they’re drowning in the process of creating a better life for themselves through entrepreneurial-

■ CONTINUED ON PAGE 38



SPLASH KIDS: Kids also got in on the Splash Day action. Water tanks were available for participants to load up their squirt guns and water devices. (Photo courtesy Amee Curtis)



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LETTERS TO THE EDITOR

“Come now, and let us reason together...”
— Isaiah 1:18

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CHUMOV STORY
SEEMS SIMILAR TO
TODAY

To the editor:

Your introductory quote by Aleksandr Solzhenitsyn of jackbooted political arrests in the former Soviet Union that began your Ben Chumov feature (*Hoodview News*, Dec., 2023) struck me as eerily similar to the fascist Biden administration and their corrupt Justice Department.

They ignore the crimes of the Biden crime family and arrest their political opponents on phony charges that often don't exist or have any precedent. FBI swat teams descend in surprise pre-dawn raids of law-abiding Republicans in bed. Yet their accomplices in the fake

news somehow have been waiting to cover live! Then Obama judges ignore the Constitution, the law, and legal precedent conducting show trials applauded by the lying state media.

***“We as a nation
cannot allow
ourselves to be
subjected to the
tyranny of an
administration bent
on maintaining
dictatorial power...”***

This isn't just Trump, many Republicans and their lawyers face this persecu-

tion and can't afford a costly legal battle. They go to jail (Jan. 6 trespassers) often forced to plead guilty to crimes they did not commit to avoid harsher trumped up (pun intended) charges or testify to whatever the government wants them to say to avoid prison.

We as a nation cannot allow ourselves to be subjected to the tyranny of an administration bent on maintaining dictatorial power by ignoring our rights and the separation of powers. I pray we throw Biden out of office in 2024. Besides his abuse of power, his failure in every facet of his presidency calls for his ouster! America must return to a constitutional, not a banana republic.

Vic Scarpone
Sandy ■

Have an opinion? Have a different view? Information to share? Great! Email your Letter to the Editor. Letters should be polite, thoughtful, timely, and 300 words or fewer (Exceptions may be made for well-written letters expressing opposing views or which are of special significance). Letters will be edited for grammar, content, and space. Unfortunately, not all letters can be published. Deadline is the 20th of the month. Email your letter to: letters@hoodviewnews.com



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Circuit Rider Chronicles: Parts 1 & 2

Early Oregon circuit preachers had unconventional ways and strange tales

From accidentally marrying off the best man instead of the groom, to rescuing a man about to be lynched, the traveling pioneers lived a crazy, adventurous life

By FINN J.D. JOHN
Writer

Editor's Note: While often forgotten today, in the early days of the American republic, pioneers, missionaries, and settlers moved west faster than organized religion could keep up. However, the hardships and dangers of the pioneer life tended to cause consideration of the state of one's soul. There was also need for someone to hold funerals, marriages, and baptisms. This led to the rise of the "circuit rider." Circuit riders were preachers who would ride in a "circuit" to various early settlements, preaching on Sundays and ministering to the spiritual needs of the people. Marriages often had to be scheduled for the next arrival of the preacher. After a few weeks in one settlement, the preacher would move on to the next station in the "circuit." The early Methodists in particular made "circuit riders" a mainstay of their spiritual

efforts. "Circuit riders" tended to be tough, straight-talking, and not always refined. Their sermons tended to be of the "turn or burn" variety. Yet, they had a huge impact on frontier life in America. Oregon's "circuit riders" helped establish settlements across the state and are memorialized by the "Circuit Rider" statue on the capital grounds in Salem.

In the early years of Oregon Country, back before it was a state — back even before Idaho and Washington were separate territories — newly arrived settlers found themselves completely on their own. There were some circumstances in which Native American tribes might help out, but most of the time, the early arrivals had to shift for themselves as best they might.

That meant, of course, that folks had to grind their own

wheat, whipsaw their own lumber, and birth their own babies without any kind of professional assistance. For the most part, they made do pretty well.

But one category of professional was in particularly short supply, especially in the more rough-cut districts and mining camps of Eastern Oregon: preachers.

Preachers might not seem, to a secular modern reader, to be nearly as important as, say, doctors, or even blacksmiths. But to those old-time pioneers, they very much were. There was a whole lot of sinning going on, especially in those mining camps on Saturday nights. And yes, once in a while there was a funeral to be preached on Sunday morning as a result of those sins — but most Sundays there were just several dozen grimy miners with emptied purses and repentant headaches, trying to get close enough to the Almighty to



IN THE SADDLE AGAIN: A circuit rider leaving one call heading toward his next stop. You can tell its Oregon by the rain and the muddy road. (IMAGE: cover picture from the Oct. 12, 1867, issue of Harper's Weekly, drawn by Alfred R. Waud)

sort of whisper an apology in His ear before taking up the pickaxe and pan for another week in the toils.

To help these poor souls get back into Heaven's good graces, a cadre of itinerant clergymen took up the task of ministering to their souls. Called "circuit riders," these preachers would travel from village to town to camp, making a regular circuit; upon arriving, they'd usually stay with a hospitable family for the night, preach a rousing sermon the next day, perform any marriages and other ceremonies that might be required, and ride on for the next town.

Marriages posed a problem

Marriages, in particular, posed a problem in pioneer communities. Legally, the local Justice of the Peace could do the job; but the quality of that experience varied rather widely from place to place. One J.P., in the town of Murphy (in what's now Idaho), employed a ceremonial style with minimal input from the bride and groom, dispensing entirely with that whole "I do" rigmarole. "Take hold of hands," he'd instruct the happy couple. "What God and me put together nobody can put asunder. Now you buss [kiss] her. Now you're married!"

Like the green frontier moonshine dispensed in the nearby saloon, this ceremony was a bit rough, but it got the job done. Well, most of the time it did. On at least one occasion, the Justice of the

Peace accidentally grabbed the wrong dressed-up gent, and twelve seconds later — before anyone could interrupt him — he'd married the bride off to the best man.

But even at its best, this quasi-legal swearing-at lacked a certain dignity and solemnity which many affianced couples looked for in a wedding celebration. So they'd wait for a week or two, and present themselves ready for nuptials when the circuit preacher arrived in town.

The stories of Lemuel

One particular circuit rider — Lemuel H. Wells, who would one day become Episcopal bishop of Spokane — seemed to have a particular knack for getting into strange situations (or maybe he just had a great talent for telling a good story, and a little human weakness when it came to strict adherence to the letter of the Ninth Commandment). In fairness, these episodes weren't always random misfortune. Some poor decision-making on his part occasionally played a role.

One fine day, the Rev. Wells arrived in the town of Weston, near Pendleton; and he was invited to stay for the night at the home of a local Episcopalian family. When bedtime came along, he found the arrangements very crowded: two beds in a single room, with Mama and Papa in one and their three children in the other. Wells was to sleep on the bed with

the children.

In the middle of the night, though, the four-year-old boy started having a nightmare, and with a shriek kicked out, catching poor Wells in the solar plexus. This happened two more times, and the last time, the exasperated and exhausted Wells secured a length of cord from his valise and set about tying the lad's feet to the bedpost.

Now the boy really did start to scream, bringing his parents running. Upon arriving at his bedside, they found their son lashed to the bed and Wells guiltily fumbling at the knots.

We can imagine how the subsequent conversation went. In fact, we have to, since Wells doesn't give the details; nor does he mention where he spent the rest of the night. But, "They never came to church again," he writes. "And I never received another invitation to their home."

The next time Wells came to Weston, he was on his own for a place to stay — word having apparently gotten around. So he bedded down for the night in a haystack, piled up against a fence to which he tied his horse.

The horse, who knew a good thing when he saw it, spent the evening taking bites of the hay and yanking them over the fence so that he could enjoy them at leisure. Sometime in the wee small hours, having developed a desire for a

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CIRCUIT RIDERS

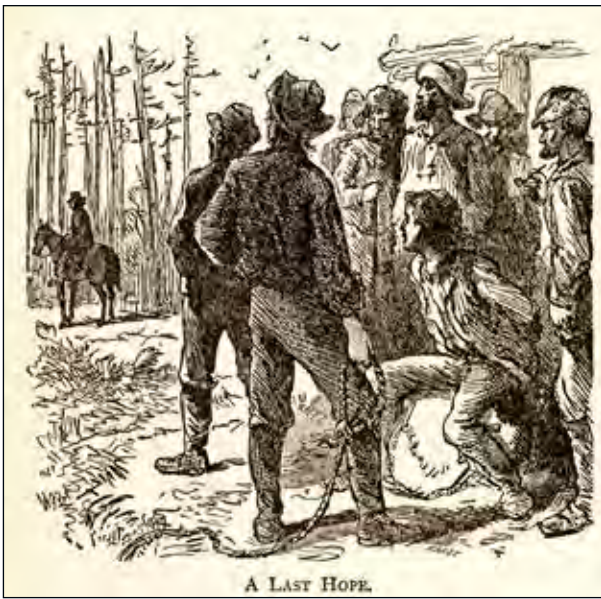
■ CONTINUED FROM PAGE 18

midnight snack, the horse stretched his neck over and got a big mouthful of hay — with Wells' trouser cuff in it. The horse gave a lusty yank, and the snoozing Wells came flying over the fence and down into a heap at his horse's feet.

Freezing bath

Quite possibly Wells' most picturesque misadventure — and, I'd argue, the one that it's hardest to believe consists purely of plain, unadorned Gospel truth — was one that he had in a small town in northern Idaho. In the hotel there, he requested a bath, and was told a tub would be ready for him in the morning at the head of the stairs. Upon coming out the next day, he found the tub — one of those old-style giant washbasins that one sometimes sees miner-'49er types using in old Western movies, half full of water. It was the dead of winter, and the foyer of the hotel was about 20 degrees; so, shivering in the chilly air, the Reverend leaped into the tub to get his morning ablutions over with as fast as possible, so that he might put clothes on and get warmed back up.

He immediately made two unpleasant observations.



LAST HOPE: An illustration from an 1874 book about circuit riders showing a suspected horse thief, about to be lynched, being rescued by a circuit preacher. (Image: Schribner & Sons)

The first was that the water in the tub was just above freezing; he broke through a skim of ice on his way into it. It seemed the hotel owner had prepared the bath the night before, so as not to have to bother with it in the morning; so it had had all night to get very cold in the pre-dawn winter's chill of the unheated hotel lobby.

Naked "toboggan"

But the second discovery made Wells forget all about the coldness of the water. It seemed the tub leaked a little. It had been leaking out

onto the floor throughout the night, forming a small puddle which had then frozen like black ice on a highway. When Wells had hopped into the icy water, the momentum of his leap had set the tub in motion on that sheet of ice. Majestically and inexorably it sailed straight toward the top of the staircase ... and decanted its contents over its rim.

And so the Reverend Lemuel H. Wells, shivering cold and stark naked and helpless in the hands of a

■ CONTINUED ON PAGE 20

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CIRCUIT RIDERS

■ CONTINUED FROM PAGE 19

cruel fate, rode a half-full washtub down the stairs of the hotel, tumbling with it to the bottom and ending up with the tub perched triumphantly atop his battered and shivering body in a great puddle of freezing water on the landing below.

This was, of course, hardly a silent procedure. The crashings and clangings of the tub, and the terrified shrieks of its helpless passenger, roused every person in the building and probably several neighbors to boot. Luckily, he wasn't badly hurt. He was escorted back to his room as discreetly as was possible under the circumstances, where he tried to warm himself as best he could and get ready for a day's preaching of sermons to people who had, a few hours earlier, seen him naked under the most undignified of circumstances.

Just another day on the job, right?

Early-day circuit preachers could also be tough characters, as we see next.

Saving "Rogue River Jim"

In their later years, most old frontier circuit riders looked back on their itinerant-preacher years through a nostalgic haze from a considerable distance – as most

of us do when we get older. Days of mud and misery and discouragement went forgotten; days of joy and exhilaration and success were relived at every family gathering and church event, often growing noticeably more joyful and exhilarating and successful at each retelling.

These recollections are, of course, just as unreliable as any other kind of memoir. Although they hold themselves to a higher standard than most of us do, preachers are only human. But they make for very interesting reading.

Of course, the most common kind of story they tell is the inspirational kind, of the "Rogue River Jim" swore he'd never come to Jesus, but after I pulled him out from under a landslide the Lord spoke to his heart and he got saved on the spot" sort. Such stories are all well and good if one is in the mood for them; but, and let's be honest here – they're far from the most entertaining.

"Compelling" them to come in

Luckily, some of those old preachers kept a lively frontier sense of humor, and passed on a few less respectable yarns.

Episcopalian Rev. Lemuel Wells was one such. Wells

worked the circuit in the old Oregon Territory that included the area of Oregon, Washington and Idaho roughly centered around Walla Walla, and in later years he settled in Washington Territory as bishop of Spokane. Wells had a bit of the lovable rascal in him, and at one point in his career he found himself in Tacoma, up in Washington Territory, helping with the founding of Trinity Church. When it was built, the community wasn't quite as welcoming as had been hoped, and Wells found he was having difficulty filling the pews.

Not to worry: Wells had a plan. Under his direction, the ushers of Trinity arranged themselves in ambush at the front of the church and waited for passers-by to walk along the street.

"They selected the most pleasing man in the congregation," Wells recalls in his memoir, "who would stand in front of the church and when anyone appeared in the street passing by, would step up to him and say, 'This is Trinity Church, I suppose you are looking for it,' and without waiting for a reply would take him by the arm, volubly telling him what a fine lot of men we had, and what a good fellow the clergyman was and what a

fine preacher, until in spite of resistance he would firmly but gently push the would-be passer-by toward the church steps. The ushers would rush out to join the party, shake hands with the stranger – and help with the pushing. The protests of the victim would be drowned out by the cordiality of the ushers and before he knew it the poor man would be seated in the front pew."

"Strange to say, this method was rather liked by the victims," Wells adds, "and many an attendant and eventually a communicant was gained in this way."

Preaching in saloons

Other itinerant men of the cloth found it convenient to cooperate with the proprietors of the more secular temples at which frontiersmen were wont to worship: saloons. Another future Episcopal bishop, Ethelbert Talbert, built a church in Murray, Idaho, right next door to the local saloon. Both buildings were quite flimsy and very close together, so the prospect loomed of noisy barroom activity disrupting services. Fortunately, the Rev. Talbert got along very well with the publican next door, and soon had worked out an arrangement: At the

■ CONTINUED ON PAGE 21



INFLUENCE MEMORIALIZED: The Circuit Rider statue next to the Oregon State Capitol in Salem on the Capitol Mall. Circuit riders played a major role in settling Oregon. (Image: Oregon State Archives)

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Lila Leathers, founder of Leathers Fuels

The owners of Leathers Fuels would like to say "Thank You" for your business and the relationships we have built. Leathers was established in 1958. After 65 years in business, we have sold our stations and stores in Oregon and are retiring. Our founder, Lila Leathers, and her successors, daughter Kathy and son Brent, so appreciate the connections with our customers and friends in East County, Gresham, Sandy, and Estacada, and throughout the state of Oregon.

Lila passed away last year. If she could, she would greet you with her beautiful smile, and express her appreciation for being her customer. God bless! **Kathy, Brent, and the Leathers family**

Thank you



CIRCUIT RIDERS

■ CONTINUED FROM PAGE 20

time for services, on Sunday morning, the saloonkeeper would close up shop for two hours. "That's all for now, gents," he'd holler. "Let's all step over and hear the Reverend talk!"

Out the door and around the corner would go the crowd of day-drinkers to sit down in the pews next door and soak up some religion, before returning to resume their celebrations.

"Many of the fellows fresh from their drinks were hardly able to realize just where they were," Talbot later recalled.

Objecting to the 'publicans'

On one particular occasion, Talbot selected a sermon on the parable of the Pharisee and the Publican – a gracious nod to his saloonkeeper friend next door.

"I proceeded to condemn the pride and self-complacency of the Pharisee, and, in correspondingly strong language, to praise the publican for his humility and self-abasement," Talbot said.

But it soon became clear that one of his audience members – one of the saloon patrons who'd come next door when the bar closed – was not having any of it. As the sermon continued, he glared fiercely, then started

muttering angrily to himself as his fellow congregants eyed him nervously. Finally he leaped to his feet, apparently able to take no more.

"Tha'sh all wrong," he yelled resentfully, and would have continued, but the other bar patrons – perhaps pleased to have an opportunity to leave the church without offending the keeper of the only saloon in town – leaped to their feet and hustled him, still incoherently protesting, out the door.

Back in the saloon, everything became clear. The disruptive day-drinker was a hard-core Democrat, and all the praise of the 'Publican' party without so much as a nod to the Democrats had simply been more than he could take.

Of course, it was all well and good for an Episcopal pastor to make friends with the saloon keeper. For preachers of denominations with less worldly attitudes toward Demon Rum, that sort of thing would have been unthinkable.

Beating a booze wagon

Legendary Methodist circuit rider James H. Wilbur – better known as Father Wilbur – rather set the tone for his denomination's attitude in the Umpqua gold fields in the 1850s, during the California gold rush.

Wilbur was leading a team of Methodist ministers holding a week-long revival event of sorts for nearby miners, and had attracted a considerable crowd. This crowd had, in turn, attracted the attention of a duo of itinerant liquor peddlers. These two gentlemen had a wagon loaded with distilled spirits and a big tent they'd pitch beside

The disruptive day-drinker was a hard-core Democrat, and all the praise of the 'Publican' party without so much as a nod to the Democrats had simply been more than he could take.

it, forming a portable saloon; the wagon sides would serve as the bar. Like modern "tailgaters" partying in the parking lot at a Beavers game, they now came and set up this booze wagon as near to the revival tent as they dared, ready to slake the miners' always-prodigal thirst.

You can imagine how this went over with the Methodists.

The men of the cloth tolerated the interlopers for several days, putting up with the nearby whoops and howls of drunken revelry during services in hopes that the booze-wagon soon would move on; but finally, several days into the revival, things came to a head.

The event that set it off was a gang of drunken miners, fresh off the wagon, who decided to attend services. At the back of the congregation, they started laughing and disrupting the meeting. Finally Father Wilbur could take no more. "Sing something," he muttered to the other preachers. "I'll be right back."

Slipping out the back of the meeting, Wilbur made his stealthy way to the booze wagon. He caught its two proprietors alone and completely unawares.

Fired up with righteous wrath, the good pastor seized a bottle of whiskey and, using it as a club, set about getting the local earthworms drunk as skunks. Shards of glass flew; cheap whiskey and rum spattered everywhere. The two liquor peddlers, belatedly realizing they were under attack, leaped upon Wilbur; but Wilbur was a very large and powerful



SALOON PREACHER: "Fired up with righteous wrath, the good pastor seized a bottle of whiskey and, using it as a club, set about getting the local earthworms drunk as skunks." (Photo from stock for illustration only.)

man, and more than a match for two half-drunk liquor men even when he was not animated with a spirit of crusading fury. They didn't have a chance.

Wilbur didn't stop swinging until he saw that every bottle had been broken. Then, bleeding from several cuts inflicted by flying glass, he ordered the two liquor men to pack up and move on (which they meekly did, on the spot), and returned nonchalantly to his congregation – where, his face and

shirt smeared with blood, he finished his sermon as if nothing had happened. **HVN**

Part 3: Continued on next page

Sources: Sources: Bromberg, Erik. "Frontier Humor: Plain and Fancy," *Oregon Historical Quarterly*, Sept. 1960; Wells, Lemuel H. *A Pioneer Missionary*. Seattle: Progressive Publishing, 1930; Kennedy, G.W. *The Pioneer Campfire*. Portland: Marsh Printing, 1913

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Circuit Rider Chronicles: Part 3

A longshoreman's funeral sparks a union furor in early Tacoma

1880s waterfront workers, they were hard-punching, hard-drinking, bluff and hearty men, but sentimental in ways that a modern reader might not expect.

By FINN J.D. JOHN
Writer

One fine day, in around 1886, the Rt. Rev. Lemuel Wells was approached by a deputation from the local Longshoremen's Union. The burly dockworkers had a sad story to tell, and a request for the Reverend's spiritual help. It seemed one of their members, while stumbling home following an epic spree, had fallen in the water and drowned. His body having been retrieved, the longshoremen now wanted Wells to give their poor deceased pal a decent Christian burial service.

Wells had been quite possibly the first working Episcopalian pastor to set foot in the Oregon country, just after the Civil War. Based out of Walla Walla in the Washington territory, he'd been responsible for the spiritual well-being of Episcopalian residents from Gold Beach to Tacoma and as far east as the Idaho-Montana border.

But in 1885, the church had reassigned him to Tacoma. He'd gone from a lawless frontier to a rough-hewn new city that was just as lawless, albeit in different ways.

They stole a corpse

Tacoma was a new port city that serviced a growing blue-water sailing fleet, and although its waterfront sordidness was not yet in a class with Portland or Astoria, it was catching up fast. In his memoirs, Wells recounts an early-1880s incident that would have been worthy of Portland's legendary Joseph "Bunco" Kelley: It seems a boardinghouse operator named Brown stole a corpse from the local undertaker's parlor and, representing it as a drunk sailor sleeping soundly in the forecas-

tle, cashed it in for a \$10 "blood money" bonus from a ship captain.

Sentimental tough guys

So that was the scene in which the longshoremen in Wells' office earned their daily bread. Like most West Coast 1880s waterfront workers, they were hard-punching, hard-drinking, bluff and hearty men, as quick with a joke as they were with a fist, but sentimental in ways that a modern reader might not expect. The untimely loss of their friend had hit them hard, and they wanted to do right by him – to say their goodbyes and send him off with what they considered to be proper respect.

Wells was, of course, happy to help. He followed the dockworkers back to a rough, cheap saloon in Old Town Tacoma, where he found the drowned man laid out in a room upstairs.

"There was a staircase running down into the saloon from the room and a stream of longshoremen passing up and down," Wells writes in his memoirs. "The group around the body was weeping and saying, 'Poor Bill, he was a fine fellow, poor Bill; let's have a drink,' and down they would go into the saloon below. When they came up again they would be still more grief-stricken. Each visit to the bar would increase their tears and call out longer eulogies and greater professions of sorrow. I said to the president of the longshoreman's union, 'We'd better begin right away or these fellows will be too drunk to attend the funeral.'"

Fight at the funeral

Accordingly, the presi-

dent called for order; Wells led the mostly-sozzled mourners in a calming prayer; pallbearers were selected; and the drear burden was taken up. Down the stairs they solemnly went, through the saloon and out to the waiting hearse.

But when the pallbearers went to climb into the hack that had been brought to carry them to Trinity Church for the funeral, they found their seats had been hijacked by drunken longshoremen, who stubbornly refused to give them up.

Protracted negotiations ensued with the president of the union. These talks ended with the president agreeing to provide hacks for the members so that they would not have to walk.

That worked fine for getting this particular crew of squatters out of the pallbearers' seats. But by this time there were a lot of longshoremen on the scene, and even if the union president could have swung it financially, he couldn't have found and hired enough hacks for all of them to ride. Some of them were still going to have to walk.

So when the hired hacks started to appear, there followed a huge, drunken melee among aspirants to their seats.

"They all tried to get into the first one, and a free fight ensued, and when the cab was filled they dragged off the driver and two mounted the box and drove off," Wells recounts. "The crowd made a rush for the next vehicle and so on until they were all (filled)."

Salvaging some dignity for the solemn occasion was doubtless a little dif-

ficult after that display, but Wells did his best, and soon the funeral procession of hijacked cabs was on its ponderous way through the streets of Tacoma, surrounded by resentful, footsore longshoremen exchanging hostile glares with their comfortably seated comrades.

Guarding their seats

Upon arrival at the church, the pallbearers declined to leave their seats and take up their sorrowful burden. They knew the minute they did so, their envious comrades would pounce upon those coveted seats, and they'd have to walk the rest of the way.

So Wells and his undertakers, joined by the president of the union, lugged the body into the church, and Wells preached the funeral service to the rows of empty pews, while the members of the congregation eyed one another warily in the parking lot outside.

So Wells and his undertakers, joined by the president of the union, lugged the body into the church, and Wells preached the funeral service to the rows of empty pews...

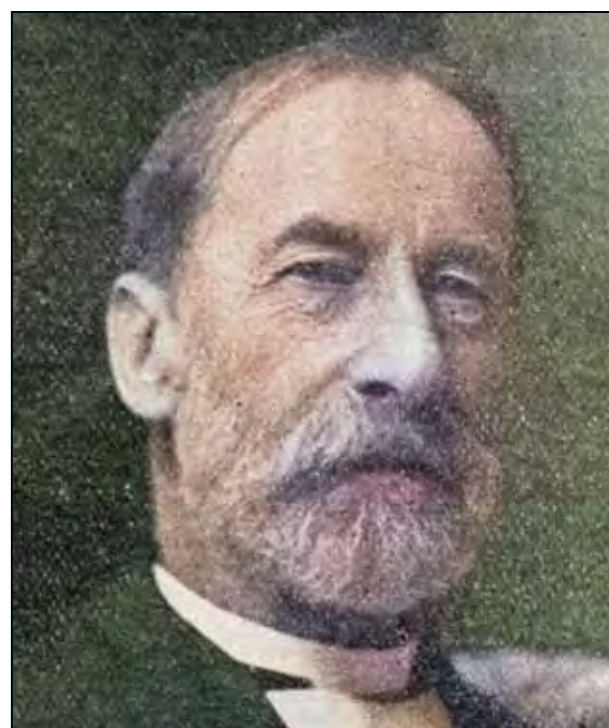
"On returning with the body to replace it in the hearse, we saw the men all grimly seated in the carriages waiting for us," Wells recalls. "When we arrived at the grave nobody would get out of the carriages, so the undertakers and I had to bury the deceased."

Once the graveside service was preached, and Wells and his helpers were throwing dirt onto the top of the coffin, the men in the hacks drove off, followed by the longshoremen on foot – leaving to Wells and his helpers the task of moving about five cubic yards of earth into the open grave.

This kept them busy for some time – probably half an hour or so. Afterward, they climbed aboard their hearse and started back toward the church.

Something startled them

But before they even got out of the cemetery, they saw something that has to have provoked a curse



TOUGH PREACHER: The Rt. Rev. Lemuel Wells as he appeared in the early 1920s, from a photo published in *Up to the Times Magazine* in 1923. (Image courtesy Joe Drazan, *Bygone Walla Walla*)

word or two from even a mild, kindhearted man of the cloth like Lemuel Wells:

"Just outside the cemetery gate there were a number of roadhouses, as they were called – disreputable places with bars for the sale of liquor," Wells writes. "When we reached the roadhouses, the carriages were all standing empty in front of them."

The fact that none of those grim riders clinging stubbornly to their seats in the hijacked cabs would bestir themselves to help bury their friend, even though the roadhouses were just a few hundred yards away from the cemetery gates, has to have rankled Wells. And although he claims no responsibility for what followed, it's hard not to wonder if he perhaps

had a little something to do with it:

"Just then something startled one of the teams," he writes, somewhat coyly; "which ran away and ran into the next one and started that and so on down the line till they were all running at top speed; running into one another and wrecking and making sad havoc. The longshoremen's union had to pay several hundred dollars for the damage."

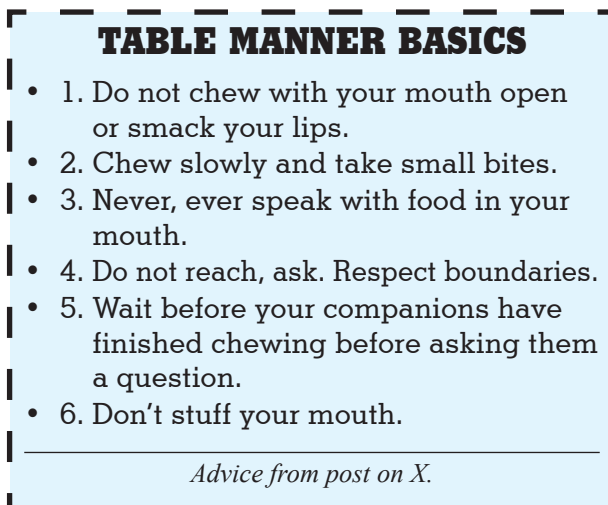
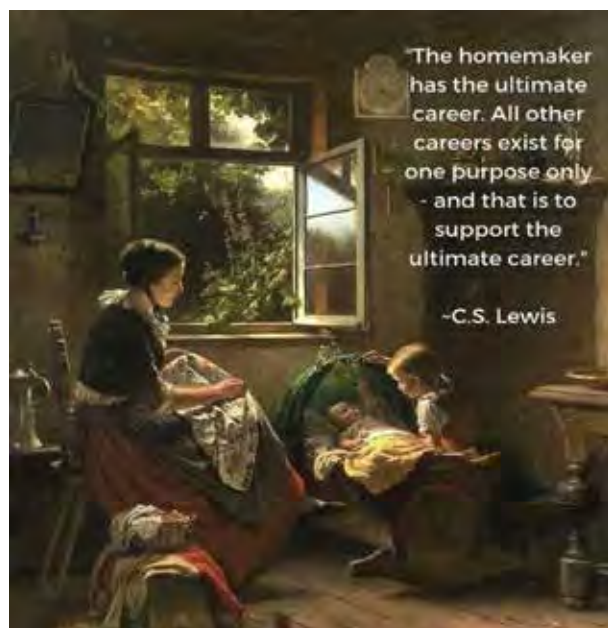
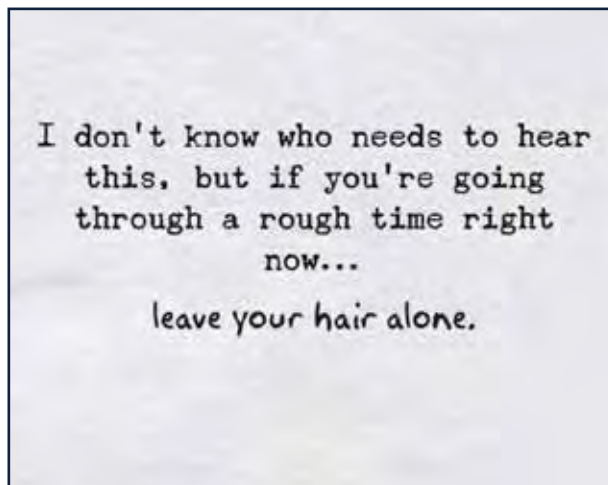
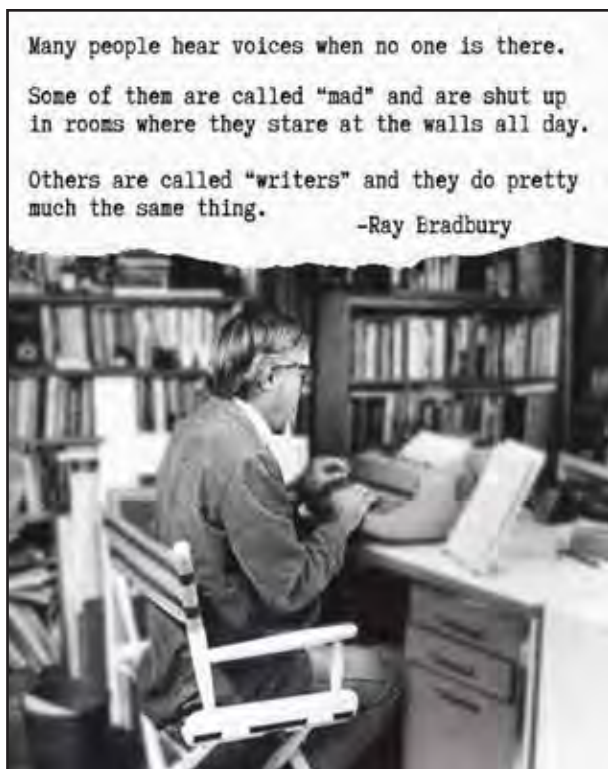
Wouldn't you just love to know exactly what that "something" was? **HVN**

Sources: Bromberg, Erik. "Frontier Humor: Plain and Fancy," *Oregon Historical Quarterly*, Sept. 1960; Wells, Lemuel H. *A Pioneer Missionary*. Seattle: Progressive Publishing, 1930



NICE HORSE: Circuit riders continued into the early 20th century, but apparently grew more genteel. Pictured in his Sunday-best suit on a horse, is the Rev. Harry Chappell, a circuit-riding Methodist Episcopal minister in Montana circa 1910. (Image: Seattle Public Library)





Can't

By EDGAR A. GUEST
1881-1959

*Can't is the worst word that's
written or spoken;
Doing more harm here than
slander and lies;
On it is many a strong spirit broken,
And with it many a good purpose dies.*

*It springs from the lips of the thoughtless
each morning
And robs us of courage we need
through the day:
It rings in our ears like a
timely-sent warning
And laughs when we falter and
fall by the way.*

*Can't is the father of feeble endeavor,
The parent of terror and
half-hearted work;
It weakens the efforts of artisans clever,
And makes of the toiler an indolent shirk.
It poisons the soul of the man
with a vision,
It stifles in infancy many a plan;
It greets honest toiling with open derision
And mocks at the hopes and the dreams of
a man.*

*Can't is a word none should speak
without blushing;
To utter it should be a symbol of shame;
Ambition and courage it daily is crushing;
It blights a man's purpose and
shortens his aim.
Despise it with all of your hatred of error;
Refuse it the lodgment it seeks in
your brain;
Arm against it as a creature of terror,
And all that you dream of you some day
shall gain.*

*Can't is the word that is foe to ambition,
An enemy ambushed to shatter your will;
Its prey is forever the man with a mission
And bows but to courage and patience
and skill.
Hate it, with hatred that's deep
and undying,
For once it is welcomed 'twill break
any man;
Whatever the goal you are seeking,
keep trying
And answer this demon by saying:
"I can."*

Edgar A. Guest was one of the most prolific and inspirational poets of the 20th century, regularly published in hundreds of newspapers.



JANUARY—WHITES COUNTRY MEATS HAS NEW HOURS

Be sure to mark your calendars to shop at White's Country Meats Tuesday through Saturday. Beginning in January, Whites Country Meats will no longer be open on Mondays. This day of being closed is in addition to being closed on Sunday. So do all your shopping Tuesday-Friday, 9am to 6:30pm or Saturday, 9am to 6pm.

JANUARY—COSMIC TUBING ON MT. HOOD

Mt. Hood Skibowl, 87000 E. Hwy. 26, Government Camp, will be holding their Cosmic Tubing on Mt. Hood. Cosmic Tubing is the best party on the

mountain. Enjoy over 600,000 LED lights, laser light shows, black lights, colored lights, rocking music and more. It will be the most fun you've had all weekend. Don't bother walking up the hill with that big tube, just jump on Mt. Hood's only dual conveyor lifts dedicated to tubing, and relax all the way to the top! Great fun for the whole family! Reservations and advanced purchasing of tickets will be required for all guests. For dates, and to buy tickets, go to Mt. Hood Skibowl website, www.skibowl.com.

JAN. 1—NEW YEAR'S DAY RIDE

The North Valley Chapter of Oregon Equestrian Trails, which is a non-profit organization, invites you to join them

for a Trail Ride (weather dependent) on Monday, Jan. 1st, starting at 11am. This ride will begin at Milo McIver State Park on South Springwater Road, Estacada. They will break into smaller groups if necessary to accommodate those horses/riders who may need to ride in smaller groups. They ask that you let them know you are coming so they are able to get a headcount. Their email address is: northvalley@oregonequestriantrails.org.

JAN. 1-5—ZOO LIGHTS AT THE OREGON ZOO

ZooLights is presented by U.S. Bank and runs from Nov. 23, 2023 to Jan. 5, 2024, excluding Dec. 25 at the Oregon Zoo, 4001 SW Canyon Rd., Portland. In addition to the classic walk through a dazzling display of 1.5 million lights, you can bring your family and friends to explore the lights by car with a drive-through experience on select nights. All tickets are timed-entry and must be purchased in advance online; subject to availability; per-transaction limits apply. ZooLights raises funds to support zoo operations like caring for the animals and supporting conservation and education programs. For more information and to

schedule your visit, go to www.oregonzoo.org/lights.

JAN. 1-31—ADOPT-A-COP MONTH

Adopt-A-Cop is a Gresham-wide celebration open to all Gresham area businesses and residents. January is Adopt-A-Cop month! Participating businesses will have signage in their store windows featuring a variety of ways to celebrate your police officer. The campaign starts Sunday, January 9th on National Law Enforcement Appreciation Day. Contact the Gresham Area Chamber of Commerce for more information. (See page 6.)

JAN. 2-15—TEEN ART CONTEST

Submit your artwork for the 2024 Teen Art Contest! Each year libraries in Clackamas County look to local teens to design the Teen Summer Reading artwork. Young artists in grades 6-12 can submit their original artwork for this year's theme: Read, Renew, Repeat! The winning entrant will receive a \$100 cash gift card and their artwork will be featured county-wide on 2024 Summer Reading materials. An honorable mention prize of \$25 will also be awarded. Submit your artwork between December

1, 2023 - January 15, 2024. Size: 8 1/2 x 11"; No words; In color; Computer-generated images may be used, but must be original; Limit two (2) entries per contestant. View the contest rules. www.ci.sandy.or.us/library

JAN. 2—ROUTE 26 CRUISERS MEETING

Come check out the Route 26 Cruisers car club on Tuesday, Jan. 2nd from 7pm to 8:30pm. They are always looking for new members to join and help promote the car hobby. Route 26 Cruisers meet on the first Tuesday of every month at Clackamas County Bank, 38975 Proctor Blvd, in Sandy. The entrance to the meeting is in the middle of the block to the left of the actual bank entrance.

JAN. 3—SANDY CHAMBER MORNING PERK

Sandy Area Chamber of Commerce will be holding their January's Morning Perk at AntFarm, 39140 Proctor Blvd., in Sandy on Wednesday, Jan. 3rd from 7:30am to 9am. Morning Perk includes networking, round table discussions, Chamber updates, and each month they highlight a local nonprofit organization. Chamber Members and their guests have

an opportunity to share about their company and any announcements they may have. Come by and meet your fellow Chamber members.

JAN. 3—LEGO CLUB

The Gresham Library, 385 NW Miller Ave., Gresham, has a Lego Club that will meet Wednesday, Jan. 3rd from 6pm to 7pm. Bring your Lego skills to the library and let your imagination flow. Each time, they'll build a new structure to put on display. Bricks and supplies provided. For kids ages 5-11. All abilities are welcome. For disability accommodations, call 503.988.5123 or email help@multicolib.org 2-3 days before a program.

JAN. 3—FREE COMMUNITY CLIMBING DAY

Rock Haven Climbing Gym, 355 NE 223rd Ave., Gresham will be holding a Free Community Climbing Day on Wednesday, January 3rd. Gresham residents can climb for free on the first Wednesday of the month. The free pass includes a day pass and climbing shoes. Chalk is available for purchase. Rock Haven requires all participants to sign a waiver upon arrival.

■ CONTINUED ON PAGE 25

CONCEALED FIREARM PERMITS

When: **Sunday, Jan. 7th, 2024 • 12pm - 5pm**
Future Classes: TBA

Where: **Clackamas County Bank - Gresham**
1101 NE Burnside Rd • Gresham
Utah, Arizona, or Florida - Cost: \$80
Oregon - additional Cost: \$20
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■ CONTINUED FROM PG 24

Children under 18 must have a guardian's signature. To register: Climbers and observers should visit rockhavenclimbing.com/ first-visit and watch the safety video. Next, select Day Pass, set up your account, and complete the required information for yourself and/or your minor. When finished setting up your account, choose Classes from the menu on the left, then find "Gresham Climb Day" for the month you would like to attend. If you are unable to pre-register online or have any questions, call 503-512-5511 or stop by the gym. At the gym, new participants will sign a waiver, get their free rental shoes and be ready to climb. Rock Haven reserves the right to ask for ID at entry to verify the free climb registration. Information: RockHavenClimbing.com. For more information about this Gresham Parks and Recreation

sponsored series, contact ParkQuestions@GreshamOregon.gov.

JAN. 5—GRESHAM CHAMBER FRIDAY AM MEETING @ RIVERVIEW BANK

The Gresham Area Chamber of Commerce Friday AM meeting is an opportunity to connect with other businesses and business owners in the local community. The Chamber will be meeting on Friday, Jan. 5th from 7:20am to 9am at Riverview Bank, 225 NE Burnside Rd., Gresham. This meeting will be hosted by Riverview Bank. You do not have to be a member to come and visit a chamber meeting.

JAN. 5, 12, 19, 26 — FRIDAY NIGHT BASKETBALL

Middle and high school youth can attend free basketball practice, skill building and game play on Friday nights. Come from 6m

to 10pm on Fridays, Jan. 5, 12, 19, 26 to H.B. Lee Middle School, 1121 NE 172nd Ave., Portland. Open to boys and girls in grades 6-12. Learn new skills, make new friends, play basketball. Adult supervision and mentorship provided by the Portland Opportunities Industrialization Center (POIC). Schedule: 6pm to 8pm for grades 6-8; 8pm to 10pm for grades 9-12. Registration and waiver form required. For more information, contact Coach Michael Magnum at 503-374-4820. Sponsored by the City's Youth Services with partner POIC.

JAN. 5—TEDDY BEAR SLEEPOVER AT SANDY LIBRARY

Drop your favorite stuffy off at the Sandy Library, 38980 Proctor Blvd., Sandy, on Friday evening, Jan. 5th, between 5pm and 6pm. Your stuffed animal will stay overnight for a sleepover at the library. Come back to the library the next morning at 10am for a special

■ CONTINUED ON PAGE 26

"Words make worlds."



NEW ROUTE BEGINS IN JANUARY!

Please join us to celebrate new transit connections in Clackamas County - expanding Sandy connections and providing transit options in Boring and Damascus.

Launch Party January 11th 2:00 pm Sandy Transit Center

Sandy to Clackamas Town Center Route



Launch Party Jan. 11th 2:00pm

Sandy Transit Center, Centennial Plaza (Hoffman Ave) Sandy, OR 97055




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■ CONTINUED FROM PG 25

Teddy Bear themed story-time and to pick up your stuffy along with pictures of their adventures! For more information go to www.ci.sandy.or.us/library.

JAN. 6—DOG NAIL TRIM @ GEREN'S

Geren's Farm & Landscape Supply, 33680 SE Kelso Rd., Boring, will be having walk in nail trims for dogs on Saturday, Jan. 6th from 11am to 2pm. No appointment needed. All sizes, breeds welcome. Please have dogs on a leash. Cost: \$15 for your first dog, \$10 for each additional dog in your household.

JAN. 6, 13, 20, 27—SATURDAY NIGHT BASKETBALL

Middle and high school youth can attend free basketball practice, skill building and game play on Saturday nights. On Saturdays, Jan. 6, 13, 20, 27 from 8pm to 12am, meet at Friends

of the Children, 424 NE 172nd Ave., Portland. Open to boys and girls in grades 6-12. Learn new skills, make new friends, play basketball. Adult supervision and mentorship provided by the Portland Opportunities Industrialization Center (POIC). Schedule: Grades 6-8 play from 6pm to 10pm; Grades 9-12 play from 10pm to 12am.

JAN. 7—CONCEALED FIREARMS PERMIT CLASS



Officer Larry Raglione is a certified instructor for concealed carry.

If you don't have your permit, you can't legally carry a firearm in

Oregon. On Sunday, Jan. 7th, from 12pm to 5pm, a Concealed Firearms Permit Class will be held at Clackamas County Bank-Gresham, 1101 NE Burnside Rd., Gresham. The class will be taught by Officer Larry Raglione, a certified instructor. The Concealed Firearms Permit -Utah, Arizona, or Florida, costs \$80. Oregon can be added to this for an additional \$20. This permit is good in up to 35 states. To register call 503-781-6080 or go to www.2ndrightscfp.com.

JAN. 8—MEN'S BOOK CLUB

Sandy Library Men's Book Club will be held on Monday, Jan. 8th, starting at 7pm at the Sandy Public Library Community Room, 38980 Proctor Blvd, Sandy. The book selection for this month is "Piranha" by Clive Cussler. For further information please email mhouck@ci.sandy.or.us.

JAN. 8, 22—CREATION STATION AT SANDY LIBRARY

The Sandy Library, 38980 Proctor Blvd., Sandy, hosts the Creation Station, a twice monthly interactive program that welcomes adults with developmental disabilities on the 2nd and 4th Monday of each month at 10am. Art Lab, on the 2nd Monday, Jan. 8th, will offer several arts and crafts stations with a variety of materials to accommodate different interests and abilities. Maker Lab, on the 4th Monday, Jan. 22nd, will offer puzzles, games, LEGOs and other building and problem solving materials. January's featured activities will be: Art Lab, Jan. 8 - Rock Painting; Maker Lab, Jan. 22 - Button making. For

more information email kmurphy@ci.sandy.or.us.

JANUARY 9—NATIONAL LAW ENFORCEMENT APPRECIATION DAY.

Tuesday, January 9th is National Law Enforcement Appreciation Day. Please take time on January 9th to show your appreciation to the law enforcement professionals by:

Wear blue in support of law enforcement; Send a card or letter of support to your local police department, county sheriff, tribal or state agency; Tell an officer "Thank You"; Share a story about a positive law enforcement experience on social media; Participate in Project Blue Light - Proudly display your blue light in support of law enforcement; Turn your social media channel blue; Fly a blue ribbon on your car antenna, mailbox, or anywhere a ribbon can be tied. Most importantly, if you see a police officer, thank a police officer.

JAN. 9—LITTLE TROUT PLAY PARK

The Little Trout Play Park is an event by the City of Troutdale and is open the second Tuesday of the month at the Sam Cox Building 1110 E. Columbia River Hwy., Troutdale, in Glenn Otto Park from 10am to 11:30am. It's 90 minutes of fun and frolic! They have the toys. The cost is just \$2 per child, ages 0-4 years old. No registration is required. For more details visit www.TroutdaleOregon.gov/rec

JAN. 10—OMSI REEL SCIENCE: KEIKO

On Wednesday, Jan. 10th from 6:30pm to

■ CONTINUED ON PAGE 27

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■ CONTINUED FROM PG 26

8:30pm the Oregon Museum of Science and Industry (OMSI) will be showing Reel Science: Keiko: The Untold Story of the Star of Free Willy. OMSI is located at 1945 SE Water Ave., Portland. Watch and learn at The Empirical Theater as OMSI brings the science of your favorite movies and documentaries to life on the big screen. Perfect for science and film lovers alike, this series combines the best Science Pub with the fun of movie night, bringing in experts to amplify your movie-watching experience. Schedule: 6:15PM | Doors Open; 6:30PM | Keiko: The Untold Story of the Star of Free Willy (1hr 15 mins); 7:45PM | Q&A with Filmmaker Theresa Demarest and Guests. Tickets: \$8 adults; \$7 youth/seniors; OMSI members receive 15% off. For more information and tickets, go to www.omsiedu/events.

JAN. 11-LAUNCH PARTY FOR NEW SAM ROUTE

Sandy Area Metro (SAM) will begin their new route to Clackamas Town Center (CTC) this month. The route covers Sandy, Boring, Damascus and ends at CTC. The

new route is scheduled to begin January 12th, and will be celebrated with a launch party on Wednesday, January 11th, 2pm at the Sandy Transit Center at Centennial Plaza, 39295 Pioneer Blvd., Sandy. This new route will provide access for people from all of these communities to travel to the nearby cities for both work and pleasure. Come help kick off this new, much needed improvement to the travel options of our communities at this event.

JAN. 11—WOMEN'S BOOK CLUB

Sandy Library Women's Book Club will be held on Thursday, Jan. 11th, starting at 6pm at the Sandy Public Library Community Room, 38980 Proctor Blvd, Sandy. The Women's Book Club meets the second Thursday of each month. This month the Women's Book Club will be discussing "Rules of Civility" by Amor Towles. For the Zoom link, contact Maureen Houck at mhouck@ci.sandy.or.us

JAN. 11—AMPHIBIAN SCIENCE TALK

Wall Street Pizza, 201 N Main Ave., Gresham will be hosting the Amphibian Science Talk

on Thursday, January 11th, from 5:30pm to 7:30pm. Watershed Scientist Katie Holzer will discuss the ongoing amphibian egg mass surveys. The presentation will include information about the status of amphibian populations in the Portland Metro Area, and how amphibians use constructed stormwater ponds to survive. This event is free to attend. We encourage the purchase of food or drink to support Wall Street Pizza. Space is limited. Please RSVP to attend and for more information email Katie.Holzer@GreshamOregon.gov.

JAN. 12—GRESHAM CHAMBER FRIDAY AM MEETING

The Gresham Area Chamber of Commerce Friday AM meeting is an opportunity to connect with other businesses and business owners in the local community. The Chamber will be meeting on Friday, Jan. 12th from 7:20am to 9am at Alejandro's Mariscos & Bar, 331 N. Main Ave., Gresham. You do not have to be a member to come and visit a chamber meeting.

■ CONTINUED ON PAGE 28

JB Powersports will get your "fun machines" running great

Everyone seems to have one. It's that 4-wheeler, ATV, side-by-side, dirt bike, street bike, or snowmobile that's just sitting in the garage. The problem is that it needs something — it needs a part, it won't start, it needs a repair. You mean to get it fixed, but you just haven't gotten to it yet.

Well, you don't have to put it off any longer. JB Powersports is a top flight local repair shop for all kinds of motorized sports machines. The owner, John, has spent many years gaining the experience to repair your machine and get it in great shape for your next adventure.

Located just outside of Sandy on Hwy 26, just east of the old Calamity Jane's Restaurant.

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■ CONTINUED FROM PG 27

JAN. 13TH—GUIDED HISTORICAL TOUR OF LONE FIR CEMETERY

The Friends of Lone Fir Cemetery invite you to come for an informal history lesson while enjoying the beauty and tranquility of Lone Fir Pioneer Cemetery, 2447 SE Morrison St., Portland. Friends of Lone Fir Cemetery conduct monthly tours, highlighting Portland's founders, pioneers, its famous and infamous alike, as well as interesting headstones and monuments. Explore 30 acres of mature trees, a very special rose garden and fascinating architecture in this unique place, the only cemetery in Portland listed on the National Register of Historic Places. Suitable for all ages. Wheelchair accessible by arrangement.

The tour will begin at the Soldiers Monument at 10am in the center of the cemetery and will last approximately 2 hours. Donations/tickets are \$10 and you can reserve a spot in advance on their website. info@friendsoflonefircemetery.org

JAN. 15—TEEN HANGOUT

Teen Hangout program happens the first and third Mondays of the month in the Sandy Library Community Room, 38980 Proctor Blvd., Sandy from 4pm to 6pm. This program provides teens, ages 12-17 or grades 6th-12th, a dedicated space to hangout, watch YouTube and anime on the big screen, play board games, listen to music, ignite creativity using art and craft supplies, pique a new interest, and connect with a community. Popcorn, snacks, water, and juice provided. For more information go to www.ci.sandy.or.us/library.

JAN. 16—HOODLAND BOOK CLUB

The Hoodland Book Club invites you to join them on the 3rd Tuesday of each month for a book

discussion starting at 4pm. January's book will be "Dinners with Ruth: A Memoir on the Power of Friendships" by Nina Totenberg. The library is located at: 24525 E. Welches Rd., Welches. For more information call 503-622-3460.

JAN. 18—THIRD THURSDAY FOR SHOPPING AND FUN

Stay later in downtown Gresham for community-based activities, art, live music, kids' fun and more on Third Thursday, Jan. 18th, when the downtown Gresham businesses extend their hours from 5:30pm to 8:30pm. Bring the family for a fun evening downtown. For more information, contact the Historic Downtown Gresham Business Association at explore-gresham@gmail.com.

JAN. 19—GRESHAM CHAMBER FRIDAY AM

The Gresham Area Chamber of Commerce Friday AM meeting is an opportunity to connect with other businesses and business owners in the local community. The Chamber will be meeting on Friday, Jan. 19th from 7:20am to 9am at Friends of the Children - Portland, 424 NE 172nd Ave., Portland. You do not have to be a member to come and visit a chamber meeting.

JAN. 21—TECH HELP DROP-IN

Gresham Library, 385 NW Miller Ave., Gresham says they can help you with technology! Come to the library on Sunday, Jan. 21st from 1pm to 3pm to receive Tech help. Meet one-on-one with a friendly, knowledgeable Tech Helper who will help you find answers to questions about mobile devices, websites, getting started with tech, and more. Call 503-988-5123 for more information and confirm scheduling.

JAN. 22—JOB HELP @ THE GRESHAM LIBRARY

Meet in person with one of the staff members at the Gresham Library, 385 NW Miller Ave., Gresham, who can help you get started with your job search, create a resume or cover letter, research career paths as well as refer you to helpful community organizations. No registration required, drop in on Monday, Jan. 22nd, 3pm to 6pm, for first come first served help. Sessions are generally 30 minutes. Call 503-988-5123 for more information and confirm scheduling.

JAN. 24—D&D AT SANDY LIBRARY

Following old-school D&D rules from 1980 – just like in the hit show "Stranger Things" – a friendly group of players, both experienced and new to the game, gather around the table at the Sandy Library, 38980 Proctor Blvd., Sandy, the 2nd and 4th Wednesdays of each month from 6pm to 9pm. They play the traditional way, rolling dice in-person around a table using "theater of the mind" and are open to players aged 13 years old and up. Seats are limited. Registration is required. For more information contact Dungeon Master Steve Williamson at gaming@ruckerworks.com

JAN. 27—SEEDY SAT. SEED SWAP

Welcome gardeners to the 5th Annual Seedy Saturday Seed Swap held at the Sandy Public Library Community Room, 38980 Proctor Blvd., Sandy. Meet other local gardeners and share growing tips on Saturday, Jan. 27th, beginning from 2pm to 3:30pm. Bring your organic, non-GMO garden seeds to share. It is not required that you donate seeds to be able to participate. Bring what you have, and take what you need. For more information contact: Brianna Chase bchase@ci.sandy.or.us

**"The school of hard knocks works out really
well for some people"**
— Kim Maricle



Offended!

By GREG ROSEN
Writer

As I was preparing for this column, I saw one that I had written before. I liked it so much I decided to revise it a little and update it with a few comments at the end of this column. Here goes...

Since the old year is wrapping up, I like to assess how things went. I realize I had amazing growth! I went from 185 pounds to 200 pounds. This resulted in my pant size changing from 34 to 38. I am reminded of an episode of Seinfeld where it was revealed that he would secretly change the 34" tag on his jeans to a 32" so nobody would know he had gained weight. I am curious if this is a real thing, because if it is, I'm in.

Share a room?

Also, I seem to keep losing my belt. It's there when I get dressed in the morning, but then as the day goes by, it seems to disappear back into my "waist," only to be found again with a little probing. I am looking forward to the New Year though. I heard elastic waist bands are back in style and that most women prefer a man with a little extra baggage. My weight gain became obvious when my cousin, who is 9 months pregnant, joked that we could share a hospital room for our deliveries.

You would think that would be enough motivation to get me to lose weight.

If you did, you would be wrong.



Throwing me back?

The tipping point happened last summer. I remember that day perfectly, I was at the beach in Lincoln City. While lying peacefully at the ocean's edge the waves were coming in and out, ever so gently splashing over my new, larger body. Suddenly my reverie was shattered when a group of college kids from Green Peace started throwing buckets of water on me! Then, four or five of them tried to roll me back into the ocean! The nerve.

January, 2024 Update: Show me the money!

I considered suing Green Peace, but I could not find an attorney anywhere that would take the case. Then I got an idea. What if I said that I was offended?! Once I decided on that path, I had attorneys calling me 24/7. The attorney I got was able to get the case to be heard in Portland because, he said, and I quote, "Portland juries

love to pay big bucks when you are offended." We are asking for \$11.5 million, but my attorney thinks we can get 6-7 million easily! Maybe this whole new woke world they keep talking about over the last three years will not be so bad after all. I need to thank someone for this, I am just not sure if it's Joe or Obama. If anyone knows who is running things, please let me know so I can thank them personally. ■

Editor's Note: A version of this column appeared in the January, 2019 edition of Hoodview News.

Greg Rosen is a Father, Husband, Realtor, and humorist writer for several major newspapers. Questions or comments are appreciated: grosen@pacificpioneer.com.



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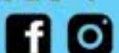
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Shop Local



By NATHAN BEGLEY
Attorney-at-law

Have you ever ordered something online only to open the box and find a cheap imitation of the advertised product? In this era of fast fashion and overnight shipping, foreign companies make millions off of products that are fraudulently advertised and hastily assembled by slave labor. Safe behind the protections of tyrannical governments, those companies don't care that you didn't get what you paid for. Power is abused when there is a lack of accountability.

Community accountability

I don't do well in large cities. I have lived in several metro areas across America and I always run into the same issues. In a big city, people have a degree of anonymity which is not afforded to those living in a rural area. It is hard to hold people accountable when you don't know who they are. In a small town, you have to think twice before flipping a driver off in traffic, as it might be someone from your church or parent-teacher association.

In the country, reputation matters and word-of-mouth beats Google every day of the week.

A new resolution

That's why I'd like to challenge you to add one last thing to your New Year's Resolution list; Shop Local. Invest in your community. Where possible, engage local professionals, laborers, and service providers; because accountability matters, especially in times of trouble. I bank at a small regional branch because when I have an issue, I can walk in and not only do the tellers know my name, they know the names of my two dogs and how my sister's root canal went. That's where I keep my money, because those are the kind of relationships I believe in and want to invest in.

This very publication is

a small business that I support, and if you look through these pages, you will find your friends and neighbors, names you know and places you recognize. These are the people and the causes that I hope spring to mind when you need something. This year, when you open your wallet, ask yourself, what am I investing in? My resolution for 2024 is to keep my money within the shadow of Mt. Hood. I hope you will do the same! ■

Attorney Nathan Begley is an experienced probate, estate planning and elder law attorney in Gresham. He can be reached at (503) 492-4229. By email at nathan@goodadvice-law.com.



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Chart Your Course: For 2024, unleash the power of goal setting

By MIKE WILEY
Publisher

forward with the promise of fulfillment.

Set SMART Goals

But not all goals are created equal. Setting ineffective goals can be as detrimental as navigating with a faulty compass. Vague ambitions like “be happy” or “achieve success” may sound lovely, but they lack the specificity needed to translate into action. This is where the magic of SMART goals comes in. SMART stands for Specific, Measurable, Achievable, Relevant, and Time-bound. Let’s unpack each element:

- **Specific:** Define your goal clearly. Instead of “get fit,” aim for “run a 5K within three months.” This gives you a concrete target to work towards.
- **Measurable:** How will you know you’ve reached your goal? Include quantifiable metrics. Running a 5K in 30 minutes is measurable, whereas “looking toned” is not.
- **Achievable:** Set goals

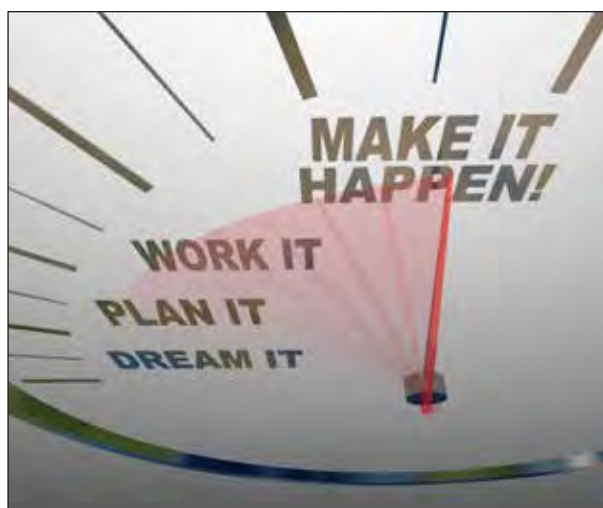
that are challenging but attainable. Aiming for a sub-20-minute 5K as a beginner might set you up for disappointment. Start with smaller, achievable steps and gradually increase the difficulty.

- **Relevant:** Choose goals that align with your values and aspirations. Does running a marathon spark joy or dread? Prioritize goals that resonate with your inner compass.
- **Time-bound:** Give your goals a deadline. “Run a 5K by July 1st” adds urgency and a sense of accountability.

Set effective goals

Beyond SMART, here are some additional tips for effective goal setting:

- **Dream big, plan small:** Start with your ultimate vision and then break it down into smaller, actionable steps. Climbing Mount Everest requires conquering countless base camps first.
- **Embrace collaboration:**



Seek support from a friend, coach, or accountability partner. Sharing your goals can add encouragement and keep you on track.

- **Celebrate milestones:** Don’t wait for the finish line to acknowledge your progress. Celebrate every conquered step, every milestone reached.
- **Embrace flexibility:** Life throws curveballs. Be willing to adjust your goals as needed, but don’t abandon them altogether.

Remember, goal setting is not about achieving perfection; it’s about empowering your journey. It’s about taking the reins of your life and actively shaping your desired future. So, my friends, I urge you: set your goals, chart your course, and unleash the incredible power within you!

Some goal ideas

Here are some examples of SMART goals to inspire you:

- **Personal:** Learn a new language in 6 months by taking online courses and completing daily practice exercises.
- **Professional:** Get promoted to senior manager within 1 year by exceeding sales targets and attending leadership development workshops.
- **Creative:** Write a novel before the end of the year by setting daily writing goals and participating in a writing critique group.
- **Health:** Lose 10 pounds in 3 months by adopting a balanced diet and exercising 3 times per week.
- **Financial:** Save \$5,000 within 1 year toward a downpayment on a house

or new car by reducing unnecessary expenses and setting up automatic transfers.

One final key step

There is one final key step to goal setting that people often leave out, and therefore fail at achieving their goals.

To achieve your goals, you must take time to write them down, either on physical paper, or in a place on your phone, tablet, or computer where you can review them daily.

People sometimes feel that they are too busy to even sit down for a few minutes, think about what they want, and then write down their goals one at a time. However, those who succeed in navigating to their destination take the time to do just that. The famous body builder, movie star, and politician Arnold Schwarzenegger took the time on New Year’s day every year, January 1st, to write out his goals for the coming year. Since most people have the day off, it might be a good example to follow.

The possibilities for goal-setting are endless, my friends. So, grab your map, set your sails, and let the adventure of goal setting begin! ■

Mike Wiley is the publisher of Hoodview News.

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COLLECTIVE

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Cursing “Chad” and the new you

By D.B. Haverford
Humorist

Happy New Year everybody! With the new year comes the new you. Time to ramp up your personal expectations to an unrealistic level for a month and a half, only to find yourself at midnight, in mid-February standing in front of your fridge cursing because all “new you” has purchased for food is rice cakes.

The new year tends to seem like a cruel joke on all us adults. We are whimsically taken on a magical journey of cookies, cake and extravagant dinners all accumulating in a grand celebration where we are encouraged to stay up all night indulging in adult beverages, only to wake up the next morning in the cold new year’s light with the condescending voice of the “new you” in your ear. The new you is not interested in your lame excuses about hangovers and will proceed to bully you into strapping on the spandex and joining the other chubby uglies at the gym in an attempt to burn off all that Christmas joy.

Meeting “Chad”

Once arriving at the gym you will be promptly greeted by a man named Chad. Chad looks like he wakes up at dawn so he has time to use the entire bottle of hair gel. He will immediately offer to “take you under his wing” for a free personal training session. The focus of this session will be Chad explaining that he is concerned about your heath. He wants you to be



your best self and you should definitely pay him \$900 a month to achieve this.

Once you have paid Chad half your paycheck to have him shout encouraging phrases at you till you barf on his shoes, he will cheerfully explain that you losing your cookies is all part of “the process.” The “new you” will also want to take a look at your eating habits. At the encouragement of Chad you should remove all temptation from your home. Because of the “Holidays” you have likely just gone shopping so you can have the extra delight of laughing at “old you’s” ridiculous food purchases. Ha! Cheetos! How quaint, “new you” would never fill your body with such poison. Chad would never approve.

Face reality now, while you still can

My suggestion is to forego the pain and humiliation of letting the “new you” take over. Simply sit yourself down and explain that you will not be participating in this bettering yourself nonsense. Instead, sooth your new year’s guilt by giving

yourself small obtainable new year’s goals like washing your hair or making a deal with yourself not to snork down more than one bag of chips in a single sitting. Making it a goal to never leave the house without shoes is another achievable new year’s goal.

Imagine hearing your friends discuss their new year’s accomplishments of losing weight and getting fit. You will have something to add to the conversation, “Have you noticed how I have shoes on today? I even remembered my socks!”

No matter how you choose to celebrate the new year I hope that you find it in yourself, at the very least, to be happy. As long as you can avoid the rice cakes, I think you will be. You don’t need Chad to tell you that you’re beautiful, I will do it for the much more reasonable price of \$9.99! And I will even give you a call every once in a while to make sure that you are fully clothed. Have a wonderful year friend. ■

D.B. Haverford is the pen name of an Oregon-based humor writer.

Make sure you have what you need

By LESLIE PARKER
Medicare advisor

When it comes to health insurance, January is the time of year when we need to check that we have everything we need to begin the year.

If you changed your plan, do you have your new member card? If not, you can either call your insurance company and ask for a replacement card to be sent and/or sign into your on-line member account with your insurance company. Most plans offer the service to print a copy of your card from your member portal. If you changed your plan, have you updated your pharmacy with your new coverage? This will be important if you have automated refills, so they won’t be turned down because the coverage has not been updated. When you go to your appointments make sure you have your new member card to update your billing information with your medical provider. If you have a co-pay for your primary care or a specialist, confirm the amount before you go so you are only paying what is required.

Open Enrollment Period

For those on a Medicare

Advantage plan, I want to remind everyone that starting January 1, 2024, we begin the Open Enrollment Period. I call it the Oops period. This enrollment period is for members on a Medicare Advantage plan that for some reason determine their current plan is not going to be a good fit for the benefit year. This could be because your doctor is no longer in network. It may be because a medication you are taking has risen in price and you want a plan with a lower cost. Whatever the reason, you can make a change during this Open Enrollment Period. The opportunity to make a change ends March 31, 2024.

Primary care physicians?

When it comes to access to doctors, I am going to restate that finding a Primary Care, currently is still a struggle no matter which insurance company you are with. If you have a Primary Care that is retiring in an existing practice, likely you will be reassigned within that practice, at this time that is the best decision. It does not mean you cannot look for another PCP, but it may take a while to find a doctor you like who is accepting new patients. The current practice will be in a better position to continue to manage your care. If you need to find a new primary care, please



call your insurance company, and ask for a list of doctors who are accepting new patients. You can also search using their provider search tools within your member portal. However, the data is only as good as the updates it is provided. I have seen lists of doctors who are accepting new patients listed on the search tools, only to find out the information is not current, and more calls are needed. Patience and persistence is the name of the game.

I wish you all a very Happy and Healthy New Year ☺ ■

Leslie Parker is the owner of Health Benefits 411 and a Medicare advisor and licensed health insurance agent for over 10 years.

Her web site is healthbenefits411.com. She can be reached at 503-891-5793



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Caring for Aging Parents

From JARED TJADEN and
SAM SARKISSIAN
Financial Advisors

Many adults have aging parents who are in need of health-care and living assistance. There are a number of resources today that can help them grow old gracefully, either in their existing home or in a facility, along with multiple options for financing the cost of the care.

Living Options: Living alone

Depending on the independence of your parents, living alone in their existing house may be an option. However, you may need to make several modifications — some of them expensive — to make their home environmentally safe and suitable for an aging person. For instance, important safety features such as a first-floor bathroom, grab bars in hallways and bathrooms, and an emergency response system may be necessary.

If your parent requires assistance with meals or chores, there are several services which can provide support, such as Meals on Wheels, which are free for anyone over 60.

You may also want to consider an in-home aide if your parent needs additional personal assistance.

Living with Family

Some families choose to move an aging parent into their own home. If you can do this with minimal conflict, this can be beneficial as it avoids having to maintain a second

home — and of course can be less expensive. If your parent has dementia or other health issues, adult day care can be helpful, as it allows them to socialize with other adults.

Assisted living

If your parents are independent and can care for themselves, they may be eligible to enter a continuing-care retirement community, where they can rent (or purchase)

Consider purchasing long-term care insurance, which can help pay for nursing home costs or the cost of an in-home aide.

an apartment and be eligible for nursing care, if it becomes necessary. Consider purchasing long-term care insurance, which can help pay for nursing home costs or the cost of an in-home aide.

Nursing home

If your parents need more extensive care and require a nursing home, research the options extensively. You may need to reserve a space far in advance, as waiting lists are often long at popular facilities. The government provides limited financial assistance for families paying for nursing home care. Financing long-term care can be a tremendous challenge for many adults.

Financing Long-Term Care

Medicare will only pay the full cost of professional help if a physician certifies that your parent requires nursing care and if the services are provided by a Medicare-certified home health care agency. However, Medicare will pay for nursing home care for the short-term only, with benefits restricted to low-income individuals with limited assets.

You can offset some of these costs, as you can claim a federal tax credit up to \$3,000 off the cost of in-home care or day care.

You can use a flexible spending account, too, which helps you pay for a certain amount of covered expenses with pretax dollars.

With the cost of elderly care continually on the rise, financial planning can be an important step in providing adequate support for your parents' future well-being. ■

This article provided by Jared Tjaden and Sam Sarkissian, financial advisors located in Sandy. They can be reached at 971-414-6050.



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Crossword Puzzle on Page 30

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What is Gasoline Direct Injection?

By KAREN JOHNSTON
All About Automotive



Fuel injection is one of the major improvements over carburetors, in the evolution of today's modern vehicles. Fuel injection was around in the 1950's but was not utilized very much in manufacturing of most vehicles until the 1990's. Fuel injected systems started with Throttle Body Injection, then was redesigned into Port Injection and today, most, if not all, vehicles have a Gasoline Direct Injection System.

Gasoline direct injection (GDI) engines work by injecting fuel at high pressure directly into the combustion chamber. This is far more precise fuel control than older fuel-injection systems or carburetors. This direct injection results in a more complete combustion and cooler temperatures inside the cylinder.

In a GDI engine, fuel is also injected at higher pressures so that the fuel droplet sizes are smaller. Injection pressures are in excess of 2000 psi, whereas the prior fuel injection systems, such as Throttle Body Injection, works at 9 to 13 psi, a Port Injection System works as high as 60 psi. Listed below are the components in a GDI system:

Gas direct injection system components

- High-pressure injector. The high-pressure injector provides the interface between the fuel rail and the combustion chamber.
- HDP high-pressure pump.
- Fuel rail - Gasoline direct injection.
- Electronic engine control unit.
- Fuel-supply module.

The key to longevity of any and all of the fuel injection systems is regular cleaning. In the State of Oregon, we are a dumping

ground for bad unregulated fuel. I just attended a class that did a study of vehicle fuel in the State of Oregon, and they are finding as much as 33% water of contamination in fuel pulled out of vehicle gas tanks. This causes corrosion, lack of lubrication and failed components. This manifests itself with symptoms such as a lack of engine performance and power, your engine having rough idling or running issues and even misfire conditions.

It is crucial, especially in our state, to use top tier fuel, and have additives used in your fuel tank to keep fuel dry, then have your fuel injection cleaned every 10,000 miles or at least once a year. We would recommend talking to your trusted repair facility or you can call us at All About Automotive, 503-465-2926, to find out the best way to service your fuel system. Happy Motoring! ■

Steve and Karen Johnston have owned All About Automotive in Gresham for 20 years. Karen and All About Automotive can be reached at 503-465-2926.



Face licking, puppy discipline, and cat and dog not feeling the love

By SAM MAZZOTA
Paw's Corner

PUPPY LICKS VISITOR FACES

DEAR PAW'S CORNER: Every time someone comes to visit or says hello at the park, my puppy, Jake, jumps up and tries to lick their face. It's embarrassing, and I don't know how to stop it. Can you help? — Sean

DEAR SEAN: Jumping up is a common problem for dog owners (for dogs, not so much; they love it). So much so that it's one of the first things a trainer addresses with an owner.

What you'll need to do is to improve Jake's overall response to commands as well as train him not to jump on people. Here's how you do it, step by step:

1. Train the "sit," "stay," and "come here" commands every day, at home and at the park. Teach him to walk on the leash calmly at your side.
2. Work with a companion who will ring the doorbell from outside, while you command Jake to sit after the bell sounds.

3. Put Jake on a leash. Answer the door to the companion; when Jake tries to jump up, tug the leash once and command him to sit. Remember to use positive reinforcement during training -- lots of praise, with a treat when he follows a command correctly. Avoid negative enforcement like scolding, yelling or hauling on the leash.

Jake will not be perfectly behaved for some time; you should keep his leash attached at home when you expect visitors. If he gets overexcited when a visitor arrives and he won't sit, take him to his crate or another room until he calms down. Even after he masters the training and is better behaved at home and on the leash, you'll need to train him regularly so that he doesn't slip back into his jumping-up habit.

SHOULD OWNER PUNISH A PUPPY AFTER ACCIDENT?

DEAR PAW'S CORNER: I bought a puppy a few weeks ago who was between 2 to 3 months old. Star is wonderful, and house-training has been OK. But yesterday, he pooped in the hallway while we were out. My boyfriend says I need to push his nose into the mess and punish



him. I don't think that's the right way to train a puppy. What do you think? — Daria

DEAR DARIA: Your instinct is spot on, and you should trust it more. That's the wrong way to train a puppy. It's aggressive, negative and doesn't teach the puppy anything -- except to be afraid.

Young puppies are learning machines, picking up habits quickly -- both good and bad. They need to be constantly supervised to keep them safe and to correct them (not punish them) on the spot so they learn what they can and can't do in the household. When they're not supervised, I recommend placing them in a properly sized kennel crate. Think of it as a den for your puppy, a safe spot. Again, not a place to punish him.

Furthermore, puppies need to pee and poo more frequently than adult dogs -- about four times daily at Star's age, but sometimes more. It's up to you to make sure their elimination schedule is adequate and that you are there to supervise them. Star couldn't wait for you to get home, so he went in the hallway. That's on you, not on Star.

Clean up the mess (spray with an odor eliminator) and continue your training schedule with Star. And keep following your instincts about the best way to train and correct him.

NO PEACE ON EARTH FOR VISITING DOGS AND CATS

DEAR PAW'S CORNER: My aunt and uncle insist on bringing their toy poodle, Frank, to the family gathering at my house for

Christmas. The trouble is that my cat, Maximilian, cannot stand any dog. Especially Frank. Last year, Maxi chased Frank all around the house and scratched his snout pretty badly. I know they're going to bring Frank again, because they bring him everywhere. I don't want to tell them not to come. How can I have peace in the house on holidays? — Shane

DEAR SHANE: I'm already envisioning your aunt and uncle as the sort who let their poodle run rampant throughout the house, clambering on laps and begging for bits of food under the table, right? And they want everyone to think of Frank as a charming little guy.

Maxi's aggression toward Frank isn't surprising. Cats are territorial, and most instinctively don't like dogs. Some barely tolerate other cats. Frank's presence is very stressful for Maxi, and one visit a year will not help the two become more socialized. Since Frank is coming to the party no matter what, you need to concentrate on reducing Maxi's stress and plan for ways to keep him comfortable and away from the poodle. Designate a room in your house as Maxi's refuge on the day of the family gathering. Place his bedding, toys, food and water in it and keep him there during the event.

What if the gathering takes place over two or more days? You'll need to talk with your aunt and uncle and work out a schedule so that Maxi can roam the house while Frank is placed in a room, and vice versa. ■

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Look Ahead to the New Year ...and the One After That

By **RUSSELL BIRD, DMD**
Blue Bird Dentistry



Paying for dental care is challenging for some folks, and the topic can be worrisome for patients who anticipate needing expensive procedures or appliances. If you have a progressive condition resulting in bone loss or tissue degradation, such as diabetes or long-term gum disease, looking ahead to what you might need can help you plan financially. That kind of peace of mind keeps you going from one year to the next.

Predicting your needs

Your dental history and age are good markers for future oral care needs. Cavity prone? Expect to replace current fillings or get new ones down the road. A cracked tooth that your dentist is keeping an eye on? You might need a crown soon. And as you age, you will probably need more maintenance or artificial supports.

Your behavior is another predictor of potential problems and expenses. Do you brush, floss and rinse daily? See your dentist twice a year? Negligent self-care or missed exams and cleanings allow plaque to build up to unhealthy levels. You might experience painful episodes or emergencies due to teeth breaking or tissue getting infected.

As dentition degrades, related health conditions may arise. Advanced gum disease, or periodontitis, raises

your risk for heart disease, pregnancy complications and even pneumonia. Treating these issues can pile medical bills onto the cost of your dental care.

Consider cost needs

Don't wait until trouble happens to consider financing for needed treatment. Procedures like tooth extractions and replacements or surgeries can run into thousands of dollars. Likewise, the need for crowns and more comprehensive implants, bridges and dentures.

Dental insurance is affordable but won't cover much beyond routine exams and cleanings. Health savings accounts (HSAs) have a nice tax-free incentive; eligible expenses include many maintenance and cosmetic procedures, as well as supplies such as power toothbrushes and Waterpiks. If you are able to save, simply putting aside funds in a dedicated HSA or regular savings account ensures you'll have the money for oral care needs.

Don't be afraid to budget more severely to save for dental work. If that's not possible, you may find coverage through state Medicaid or Children's Health Insurance (CHIP) programs. You might find discounted treatment or low-cost payment plans offered by dental colleges as well. Whatever it takes to tackle big issues and preserve your bite and your smile, get started ahead of time. Then you can look forward to a happy new year—this year and the next. ■

Russell Bird DMD of Blue Bird Dentistry in Sandy, Oregon, brings over a decade of professional expertise and love for the local community to dental care for children and adults. Dr. Bird y su personal hablan español y dale bienvenidos a gente de todos orígenes. Contact: (503) 668-1300; sandyordentist.com; <https://www.facebook.com/BlueBirdDentistry/>.



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Heart “repolarization” and liver illness concerns

By DR. KEITH ROACH
Columnist

HEART REPOLARIZATION?

DEAR DR. ROACH: I am 22. I had an electrocardiogram (EKG) last year, which indicated an incomplete right bundle branch block and early repolarization of the ventricles.

Are these two related to each other? Are they serious to any extent, since I don't have any symptoms? How can my heart rate be normal if the ventricles repolarize early? — B.A.N.

ANSWER: Both early repolarization and an incomplete right bundle branch block are common findings in young people who are getting EKGs, usually as part of a school physical and often as an evaluation for athletes. Depolarization of the heart muscle is seen on the surface electrocardiogram and corresponds to the contraction of the ventricle (called the QRS waves). The muscle cells must then “repolarize” — that is, restore their electrical potential to get ready for the next contraction.

Early repolarization is a normal variant where the ventricle gets electrically ready for the next beat faster than average. In fact, one way to be sure that the EKG finding really does signify early repolarization is to put the person on a treadmill to raise their heart rate. The early repolarization will then go away, since faster repolarization is appropriate for a quicker heartbeat.

About 15% of young athletes with early repolarization will also have an incomplete right bundle branch block, which represents slowing of the electrical impulses within the ventricles and a widening of the QRS complex.

Fortunately, these findings almost never represent serious disease in people without any symptoms.

CALCIUM WITH PBC?

DEAR DR. ROACH: I am a 60-year-old female who was diagnosed with primary biliary cholangitis (PBC) [an autoimmune disease of the liver] in 2020. At the time, I had a bone density scan that showed osteopenia of the left femoral neck with a T-score of -1.3. My 10-year risk of any fracture was 6.9%, while my risk for hip fractures was 0.5%.



My hepatologist [a specialist in the organs of the liver, gallbladder, biliary tree, and pancreas], wants me to take a calcium supplement, even though my calcium level has always been normal. I have always been overweight and led a very sedentary way of life. I had vitamin D tests done yearly, but the deficiency was, negligently, never addressed by my doctors.

So my first question is, do I really need to take this supplement? I am concerned that too much calcium may do more harm than good, and my osteopenia may not have been caused by my PBC.

The other question is, would taking vitamin K2 along with vitamin D and calcium help absorb vitamin D better so that it would not accumulate in my kidneys and damage them in the process? — R.Z.

ANSWER: PBC is an autoimmune disease where the body attacks the bile ducts. Without treatment, it can cause loss of the bile ducts, eventually leading to cirrhosis and liver failure. Since ursodeoxycholic acid has been available, fortunately the majority of people with this condition have a normal life expectancy. Few develop cirrhosis.

A lesser-known complication of PBC is osteopenia and osteoporosis. There are several theories as to why this occurs, including decreased growth factors and toxicity to bone-producing cells. Low vitamin D and, possibly, vitamin K2 may play a role as well.

It's important for all people with osteopenia or osteoporosis to have adequate calcium in their diets. Calcium blood tests are not a reliable indicator of calcium stores in the body, since inadequate calcium intake will cause the body to take calcium out of the bones so

that the blood levels remain normal. You can be severely deficient in calcium and dangerously osteoporotic with normal calcium blood levels.

Ensuring adequate dietary calcium then becomes of the utmost importance. If you aren't getting 1,000-1,200 mg of calcium in your diet, then changing your diet to add more or taking a supplement is recommended. Kidney stones are a complication of calcium supplementation, and there is controversy surrounding whether the calcification of blood vessels is more likely in people who take calcium supplements. For these reasons, dietary calcium is preferred, if possible.

Many people with osteoporosis need supplemental vitamin D to keep their blood levels in the recommended range, which is 30-48 ng/mL (75-120 nmol/L) for a person with PBC and osteopenia, in my opinion. Although studies in Japan have shown benefit when using vitamin K2 supplementation in people with osteoporosis, I don't generally recommend it, based on multiple other studies that failed to produce a benefit.

However, for bone disease associated with PBC in particular, K2 is reasonable for those who wish to try it. Vitamin K2 works through its mineralization effect on the bone itself. By carefully monitoring vitamin D blood levels, you can avoid the unusual complication of vitamin D excess. ■

Dr. Roach regrets that he is unable to answer individual questions. Answers do not constitute medical advice. Consult your physician before making any health care or routine changes. Readers may email questions to ToYourGoodHealth@med.cornell.edu. (c) 2023 North America Synd., Inc. All Rights Reserved



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*Wisdom from the saints***Charles Finney on prayer and revival**

"Nothing tends more to cement the hearts of Christians than praying together. Never do they love one another so well as when they witness the outpouring of each other's hearts in prayer."

"Revival is a renewed conviction of sin and repentance, followed by an intense desire to live in obedience to God. It is giving up one's will to God in deep humility."

"If the presence of God is in the church, the church will draw the world in. If the presence of God is not in the church, the world will draw the church away."

—Charles G. Finney

DISCIPLESHIP TOOLS**Read through the Bible**

By following the daily reading schedule below, in a year you will read through the Old Testament once, the New Testament, Psalms, and Proverbs twice.

JANUARY**JANUARY**

<input type="checkbox"/> 1 Ps. 1,2; Gen. 1,2; Mt. 1,2	<input type="checkbox"/> 16 Ps. 19; Gen. 31,32; Mt. 24,25
<input type="checkbox"/> 2 Ps. 3; Gen. 3,4; Mt. 3,4	<input type="checkbox"/> 17 Ps. 20; Gen. 33,34; Mt. 26
<input type="checkbox"/> 3 Ps. 4; Gen. 5,6; Mt. 5	<input type="checkbox"/> 18 Ps. 21; Gen. 35,36; Mt. 27,28
<input type="checkbox"/> 4 Ps. 5; Gen. 7,8; Mt. 6	<input type="checkbox"/> 19 Ps. 22; Gen. 37,38; Mk. 1,2
<input type="checkbox"/> 5 Ps. 6; Gen. 9,10; Mt. 7,8	<input type="checkbox"/> 20 Ps. 23; Gen. 39,40; Mk. 3
<input type="checkbox"/> 6 Ps. 7; Gen. 11,12; Mt. 9,10	<input type="checkbox"/> 21 Ps. 24; Gen. 41,42; Mk. 4
<input type="checkbox"/> 7 Ps. 8; Gen. 13,14; Mt. 11,12	<input type="checkbox"/> 22 Ps. 25,26; Gen. 43,44; Mk. 5
<input type="checkbox"/> 8 Ps. 9,10; Gen. 15,16; Mt. 13	<input type="checkbox"/> 23 Ps. 27; Gen. 45,46; Mk. 6,7
<input type="checkbox"/> 9 Ps. 11; Gen. 17,18; Mt. 14	<input type="checkbox"/> 24 Ps. 28; Gen. 47,48; Mk. 8
<input type="checkbox"/> 10 Ps. 12; Gen. 19,20; Mt. 15,16	<input type="checkbox"/> 25 Ps. 29; Gen. 49,50; Mk. 9,10
<input type="checkbox"/> 11 Ps. 13; Gen. 21,22; Mt. 17	<input type="checkbox"/> 26 Ps. 30; Ex. 1,2; Mk. 11,12
<input type="checkbox"/> 12 Ps. 14; Gen. 23,24; Mt. 18,19	<input type="checkbox"/> 27 Ps. 31; Ex. 3,4; Mk. 13
<input type="checkbox"/> 13 Ps. 15; Gen. 25,26; Mt. 20,21	<input type="checkbox"/> 28 Ps. 32; Ex. 5,6; Mk. 14
<input type="checkbox"/> 14 Ps. 16; Gen. 27,28; Mt. 22	<input type="checkbox"/> 29 Ps. 33,34; Ex. 7,8; Mk. 15
<input type="checkbox"/> 15 Ps. 17,18; Gen. 29,30; Mt. 23	<input type="checkbox"/> 30 Ps. 35; Ex. 9,10; Mk. 16
	<input type="checkbox"/> 31 Ps. 36; Ex. 11,12; Lk. 1,2

BE CHRIST'S DISCIPLE: Separate from the world

1 John 2:15-16

"Do not love the world nor the things in the world. If anyone loves the world, the love of the Father is not in him. For all that is in the world, the lust of the flesh and the lust of the eyes and the boastful pride of life, is not from the Father, but is from the world."

1 John 2:15-16

D-3

NASB 95

MONTHLY MEMORY VERSES

Few things will help you grow in the Christian life like Bible memorization. Cut out the verses to the left and keep them with you. Say the reference before and after each verse. There will be two new verses each month. Memorize the new ones, review the old. The series will follow the well-known Navigators Topical Memory System.

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BE CHRIST'S DISCIPLE: Separate from the world

Romans 12:2

"And do not be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what the will of God is, that which is good and acceptable and perfect."

Romans 12:2

D-4

NASB 95

Why I memorize scripture

By DEE DUKE

Pastor, Jefferson Baptist Church

I spend 30 to 45 minutes almost every day working on memorizing Bible verses.

One of my goals this year is to spend one hour a day, seven days a week, working on memorizing new Bible verses and reviewing the old verses I have already memorized. I currently have 700 verses memorized well; my goal is to up that to 800 in the next year. I am presently 248th among about 100,000 people with this same memory app that I have. The app ranks every person in the memory program, giving points for each verse reviewed successfully. My goal is to be higher than 200th place by the end of the year.

**My motivation**

So, what motivates me to pursue such a goal? Memorizing Bible verses is the most mentally fatiguing exercise that I do. It takes a great deal of self-motivation and self-control to keep this commitment every day, and I wouldn't be able to do it if there wasn't some very compelling reason motivating me. Let me mention five reasons;

Keeps mental sharpness

Lately, I have noticed that I forget things, mainly the names of people. We all forget things, but the problem has been growing noticeably. I also have had several friends my age who have been diagnosed with the beginning stages of dementia. In all of my studies, memorizing is the best therapy and prevention that there is for mental problems, so I am going to work hard on this so that the typical losses in mental sharpness that come with growing old aren't part of my life.

Getting the mind of Christ

A second blessing of Bible memorization is that God's living, active, supernatural Word will give me a healthy, growing soul and heart. Psalms 19:7 says, "The law of the Lord is perfect, restoring the soul."

The verses I am memorizing are the Word of God, the Mind of Christ, and the

Sword of the Spirit. The Word of God is living, active, supernatural, and works in the core of my being, spirit, and soul. I desire to become like Jesus in character, think like Him, feel like Him, and act like Him in every way. I believe the Word of God in my heart will transform me into the Image and likeness of Jesus Christ, my Lord and Savior.

Growth in wisdom

A third benefit is that I will become increasingly more wise. Wisdom is knowing the best thing to do and say in any circumstance God sovereignly puts me in. I need much wisdom as a pastor, as a husband, as a father, and as a grandfather. Psalms 119:98-100 "Your commandments make me wiser than my enemies, For they are ever mine. I have more insight than all my teachers, For Your testimonies are my meditation. I understand more than the aged, Because I have observed Your precepts."

Sin less

A fourth reason to spend an hour every day working on memorizing the Bible is that I will sin less and less as God's supernatural words work in my heart. Psalms 119:11 says, "Your Word I have treasured in my heart, that I may not sin against You."

Knowing God more

A fifth powerful motivator for me to work hard at memorizing the Word of God is that I will know God intimately. The Apostle Paul declared that everything in life was garbage compared to knowing Jesus Christ. The command to seek the Lord is given in the Bible over a hundred times. Most of the commands to seek God have a blessing attached, such as in Psalms 34:10, "The young lions do lack and suffer hunger, but they who seek the Lord shall not be in want of any good thing." The best blessing is that if we seek the Lord, we will find Him, and if we draw near to Him, He will draw near to us (2 Chronicles 15:2). James 4:8 says, "Draw near to God, and He will draw near to you."

The best way to seek the Lord is in His Word, to memorize it, meditate on it, and hide it in my heart is a very effective way to seek Him with all of my heart, soul, mind, and heart." ■

Dee Duke has been the senior pastor of Jefferson Baptist Church in Jefferson, Oregon for over 40 years. He is in demand as a speaker for men's events. Read his excellent daily blog at deeduke.me.



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FULLY EQUIPPED: The upstairs of the SDF Collective features high-end computers and loaded with Adobe software, as well as open-source software. (Photo courtesy Amee Curtis)

Amee Curtis

■ CONTINUED FROM PAGE 15

ism, and being able to be that relief that they need. I've literally had people cry when the projects were [completed]. They were just so relieved, because they felt it was never going to happen. That's going to be the thing that will forever be my high point. I mean, I wake up every day excited to get to work. I love being the relief for somebody else."

Amee's positive attitude is difficult for some to understand because of her disease and constant pain. Amee's response to this is,

"There's a lot of choices with all things that happen to us. And of course, I look at arthritis and it's something that I didn't have a choice on, right? Once you kind of swallow that, that realization, your life becomes measurably different. Then [the question] becomes how you handle it. Those are the choices that I'm talking about."

Avoiding standard drugs

For her own treatment, she has chosen to avoid taking standard drugs, which often come with significant side effects. Instead she monitors and maintains her health

through exercise and diet. She continues to share her positive perspective, "Another choice is the outlook that everybody seems to notice. Everybody always says, 'Amee, I can't believe that you're so positive about all of this.' And the reality is, that's a choice. Nobody would fault me if I wanted to sit on a couch and baby my arm, which by the way, right now is on fire [at the time of the interview]. But I only have one life. So I get to be the one that chooses how to spend it. Now, whether my arm is hurting, whether I was born without a leg, whatever the case may be, it doesn't

matter. Your outlook on things is your choice. How you interact with the world is your choice. I choose every day to remember the fact that the world is not a punching bag that I need to take my anger out on. I feel it's my personal responsibility. You know, oftentimes when you're sore, you find yourself cranky or irritable or short tempered. It took me a long time to figure out how to not be those things to the world."

Amee also gives credit to her parents and her upbringing. She says, "I would say that the way that I handle the world is a composite of so many experiences. It would be the experience of watching my mom care for foster care kids. My mom specialized in drug and alcohol affected newborns. So we would get newborns immediately out of the hospital that were detoxing. And to see the kind of pain that they went through, it enlightens you as to the fact that your pain is not the only pain. I grew up in a family where kindness begets kindness. I've grown up in a world where, yeah, the choices that I've made, I've made because I know the pain that I live with every single day. I acknowledge that there are different kinds of pain in the world. I know that my pain



OUT FRONT: Amee stands in the plaza of the SDF Collective on NW 3rd and Main Street in Gresham. (Photo Emily Lewis)

is not the premier. I know that I don't need to share that with anybody."

She highlights something her younger brother did as being a big influence on her. Amee says, "My outlook, my ability to be joyful — I think it just truly comes from a place of my gratitude. I remember when I was very young, still in high school. I remember being so sore, that holding my backpack hurt. So my younger brother, who was two years younger than

me, he would actually wake up really early to carry my bag all the way down the hill to the bus stop. The bus would arrive, he'd actually get up on the bus to put my bag at whatever seat I chose, then get off the bus, go home, and then begin his day. I remember even then thinking, 'I didn't ask this of him.' And if somebody can show that level of kindness, how dare I ever let the excuse

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Amee Curtis

■ CONTINUED FROM PAGE 38

of pain stop me from being just as kind. Wow, pain is not an excuse to be leaned on, like some crutch. It's simply one more thing that we experience in the day."

Rough business start

Challenges in business are also part of the process that Amee has endured. "I've had a few good kicks to the derrière," she said.

Early on, remodeling the 5,000 square foot building was hampered by the entire bottom floor flooding. And, despite trying not to step on the toes of other businesses, she still faced some negativity. "We had done market research, so we knew we weren't a [direct] competitor with anybody. But, without others knowing that, you know, fear and worry, definitely colored our arrival. Certain individuals maybe weren't thrilled that we were here," said Amee.

But Amee's reaction says much about her positive attitude. "Every time something happened that was contrary to the plan, I had to very specifically remind myself that momentary setbacks are not permanent situations. You know, how we respond is almost 100% of the solution. I could combat negativity with

negativity, but what would that get me? So in certain situations, I told everybody that was working here and everyone that was volunteering here, 'This is how we're going to respond. We are going to respond with kindness, we are going to respond

"At the end of the day, I have one life. We all have one life. And you're literally one decision away from changing your life... It just takes a choice. Which choice do you want to live with?"

with invitations of inclusion."

Amee is a hard worker and loves what she does. To say that Amee's work schedule would put most people to shame is an understatement. Besides being a business owner, she is a member of the Gresham Area Chamber of Commerce, the Soroptimist Club, a board member of the Historic Downtown Association [Gresham], and board member of the Mt. Hood Repertory Theater. She also works long hours at the Collective. "We're open from 9am to 7pm, seven days

a week. I'm here most of the time, six out of those seven days. Most of the time I'm here on the Sunday too. I usually get here about an hour before we open and I leave about an hour after we close some days," she says.

"My father taught me very early on that 'can't' is a matter of perception," said Curtis.

Always ready to help

People who have worked with Amee praise her hard work, resilience, and creativity. Shannon Chisom is the owner of SRC Community Consulting. She helped Amee with organizing Splash Day in August. She said, "Amee has incredible energy and enthusiasm for her community. She is always ready to jump in and help on any project, has endless creative ideas, and always finds ways to collaborate with community to get them done."

Her mother, Kim Taylor, also works with Amee at SDF. She said, "Amee was a force to be reckoned with from the start. Her tenacity in the wake of challenges is a defining piece of her personality. That, coupled with an immense sense of kindness and willingness to help others, peppered with a delightful sense of humor and drive to continually

learn new things and share them with anyone in need makes her quite a magnetic personality! I am incredibly proud of all my children and their unique talents, but I believe Amee has found her unique stride with the SDF Collective. I see many successes in her future and am delighted to be a part of it!"

Client Curt Hugo of Beyond Boring Brand says, "I have been working with Amee for a handful of years, and she has been instrumental in helping me get several ventures off the ground. Through Synergy Design Firm, she has helped me create not just logos, but a brand identity. She also designed my website. Even more importantly, took the time to show me the basics of how to understand and use the technology, all of which was new to me. Amee's dedication to her clients and willingness to go above and beyond extends to her new venture as well, the SDF Collective, which we have utilized for photo sessions and a creative space. She is always a valuable source of information, creativity and a willingness to help her clients succeed. Amee's positive influence extends beyond her professional clients as she and her team pour their creative outreach into the community, plan-



WELCOME: Amee sits on the ornate couch in the welcome area at The SDF Collective. (Photo Mike Wiley)

ning activities and inclusive events for the local area, often offering these family-friendly events for free."

"It's just a choice"

Amy says, "I just hope that other people can know that it's possible, whether they look at me or they look at their neighbor. If that means starting a business, if that means making a podcast, if that means, you know, trying to paint for the first time in your life, maybe it's getting to the gym and taking better care of your body. Yeah, you might not be able to do it the same way as someone else, but that doesn't mean you can't. It just means that

you're responsible now to figure out how.

"At the end of the day, I have one life. We all have one life. And you're literally one decision away from changing your life. One decision. It just takes a choice. Whether it's to choose to be happy, choose to be productive. It's just a choice. Which choice do you want to live with? Which choice is going to get you to where you want to go?" **HVN**

Mike Wiley contributed to this story. Some quotes have been lightly edited for clarity and brevity.

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