

Mt. Hood Community College Earns Four Medallion Wins, Igniting Community Pride!

MHCC Celebrates Outstanding Achievements in Marketing and Communications

Mt. Hood Community College’s Marketing and College Relations team proudly received four distinguished Medallion Awards at the recent District 7 National Council for Marketing and Public Relations (NCMPR) Conference.

These prestigious accolades celebrate outstanding achievements in marketing, communications, and design at community and technical colleges across five states and five Canadian provinces in NCMPR’s District 7, including Alaska, Idaho, Montana, Oregon, Washington, and the Canadian provinces of Alberta, British Columbia, Saskatchewan and Yukon Territory.

MHCC earned gold for our government and community relations campaign centered on the MHCC bond campaign, a true community effort that involved collaboration and support across the college and the broader community. This honor reflects the shared commitment to securing resources that will shape the future of Mt. Hood Community College and our local workforce. Because of the Gold award, the MHCC marketing team will automatically be entered into the national competition in the spring where it will compete against upwards of 1,000 community colleges.

Additional awards include a silver for the Foundation’s auction and gala special event fundraising campaign, and two bronze awards: one for the auction and



From Left to Right: Nell Hart, Colby Sunderland, Margo Whitmire, Jennifer Boehmer, Abby Minnieweather

gala promotional video (long form) and another for the “I Heart MHCC” microsite/landing page.

Mt. Hood Community College VP of Advancement Jennifer Boehmer expressed pride in the team’s accomplishments: “Our success is a testament to the creativity, dedication, and teamwork of our Advancement team, as well as the strong support from our college leadership and community partners. These awards reflect our commitment to engaging and inspiring our community through meaningful campaigns that

advance the mission of MHCC.”

These awards recognize the department’s exceptional ability to craft compelling messages, strengthen community engagement, and elevate the MHCC brand in a competitive landscape. Their work continues to amplify the college’s role as a vital educational and workforce resource in the region.

Summary of Awards:

- Gold: Government or Community Relations Campaign — MHCC Bond Campaign

• Silver: Special Event or Fundraising Campaign — The Foundation’s Auction and Gala

• Bronze: Promotional Video (Long Form) — The Champions Gala and Auction Video

• Bronze: Microsite/Landing Page — “I Heart MHCC” Webpage

Mt. Hood Community College thanks everyone who contributed to these successful campaigns and celebrates the shared commitment to breaking through for student success.



Pat Daniels, Executive Director - Constructing Hope Pre-Apprenticeship Program (Photo Courtesy of Constructing Hope)

Constructing Hope Leader Announces Retirement

Daniels Expresses Gratitude for Team and Supporters

As retirement approaches at the end of the year, Pat Daniels expresses deep gratitude for the support, commitment, and shared belief in Constructing Hope’s mission.

Daniels has led and grown Constructing Hope with dedication and passion. Looking back, this work has not just been her career, but her calling. She is deeply proud and grateful to everyone who has been part of the journey. Together, they have built a unique program

that has launched hundreds of successful careers and transformed lives. The organization has created opportunities and broken barriers, and every milestone reached stands as a testament to the collective effort and heart of the community.

Daniels has often said, “There is no ‘I’ in team.” That belief has never felt truer than it does today. The team at Constructing Hope is strong, passionate, and deeply committed to the mission, and she has absolute confidence in their ability to carry the vision forward and continue to expand the organization’s impact for years to come.

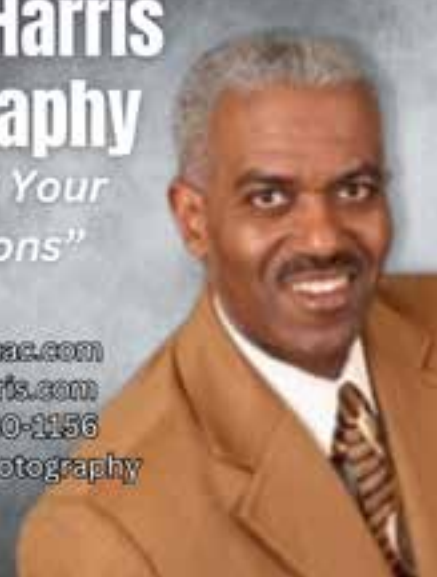
Guided by that same confidence in the organization’s future, the board undertook a thorough and thoughtful process

to assess, evaluate, and support the upcoming leadership transition. The successor to the current leadership role will be Noah Koné, the organization’s Deputy Director. Since joining Constructing Hope, Koné has demonstrated deep passion and genuine pride in the work. He brings a clear vision for the future of the organization, and with his thoughtful leadership, there is full confidence in his ability to guide Constructing Hope to even greater heights.

To all Constructing Hope graduates, thanks are extended for believing in the dream, in the mission, and in what is possible. Though stepping away from day-to-day operations, there will remain a lifelong commitment to championing Constructing Hope.

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'PGE Drive Change Fund' Powers Family Support Services Across Oregon



PDX Diaper Bank provides diapers and diapering supplies to low-income families with young children, older adults, and individuals with disabilities living in Portland and the surrounding areas. (pdxdiaperbank.org)

Celebrating National Drive Electric Month with \$5.8M in Grants

To celebrate National Drive Electric Month, Portland General Electric is recognizing the impact electric vehicles have on communities through its 2025 Drive Change Fund awardees, who are providing vital care, human connection and food for people and their families.

The Drive Change Fund is a grant program made possible by the Oregon Department of Environmental Quality's Clean Fuels Program and administered by PGE, empowering grant recipients to invest in electrification projects across its service area with a focus on benefitting communities.

For 2025, PGE announced a total of more than \$5.8 million to more than 30 organizations, including Oregon Food Bank, Meals on Wheels People, and the PDX Diaper Bank, to partner on electrification projects.

Through the Drive Change Fund, the PDX Diaper Bank will purchase its second electric cargo van, allowing them to replace

a smaller, aging vehicle, increase cargo space for diaper pickups and deliveries, and maximize overall efficiency while reducing emissions throughout its route.

"Our partnership with the PGE Drive Change Fund has been pivotal to the growth and sustainability of PDX Diaper Bank," said Rachel Alston, PDX Diaper Bank Executive Director. "Thanks to this grant program, PDX Diaper Bank can optimally meet our essential mission with increased efficiency, allowing us to support even more children and families in need."

2025 recipient, Meals on Wheels People is also using the Drive Change Fund for electric transportation, adding a fully electric, zero emissions refrigerated truck to deliver meals to seniors throughout the Portland-metro area. The new truck will not only help keep food cold for delivery and pickup, but it will also lower costs, allowing the organization to reinvest funds toward more meals and services for the community's most vulnerable older adults.

"Collaboration makes our work possible, and we're so grateful for this vital partnership with PGE," said Suzanne Washington, CEO of Meals on Wheels People. "This support helps us meet urgent needs today while building a healthier, more sustainable future for our community."

In addition to funding electric vehicles, the Drive Change Fund can also be used toward other electrification projects like electric forklifts. This year, Oregon Food Bank is investing in new energy-efficient forklifts with support from the fund. Every week, the food bank moves roughly one million pounds of food. Oregon Food Bank Facilities Manager, Kira Harrow says electric forklifts will reduce costs, downtime and improve operations overall.

"Our fleet of forklifts are a vital component of this massive food movement operation, running up to 16 hours a day to keep fresh food reaching families across the state. Keeping this aging fleet running requires significant power consumption and ever-increasing maintenance costs," shared Harrow. "This investment strengthens our ability to serve communities across Oregon and Southwest Washington while increasing the environmental sustainability of our operations."

As PGE celebrates National Drive Electric Month, these partnerships demonstrate how electric transportation drives positive change far beyond individual vehicles—creating healthier communities and a more sustainable future.

Applications for the 2026 Drive Changes Fund open in February.

Albina Music Trust



Albina Music Trust is the only full service community archive in the United States, dedicated to the restoration of a Black community's historic musical culture.

www.albinamusictrust.com



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Health Leader Honored for Recovery Work

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LOCAL NEWS

Searching for Answers in Homicide Officials Seek Leads in Killing

The Portland Police Bureau, in conjunction with Crime Stoppers of Oregon is asking for the public's help in solving the homicide of Krystal Pendergraph.

On Saturday, October 11, 2025, at approximately 5:09 p.m., Central Precinct officers responded to Northwest Kearney Street between Northwest 22nd Avenue and Northwest 23rd Avenue on a welfare check. Officers arrived on scene and determined that 39-year-old Krystal Pendergraph had been shot and killed in a parked vehicle.

Anyone with information is urged to submit anonymous tips to Crime Stoppers of Oregon.

Crime Stoppers of Oregon offers cash rewards of up to \$2,500 for information reported to Crime Stoppers of Oregon that leads to an arrest in any unsolved felony crime, but tipsters must remain anonymous.



Krystal Pendergraph

Investigation Continues in 2015 Homicide

Dion Matthews Case Still Active

The Portland Police Bureau is requesting help from the public to solve the homicide of Dion Matthews Jr. ten years after his death.

On Sunday October 18, 2015, at 11:15 p.m., Central Precinct officers responded to the report of a shooting at Southwest 3rd Avenue and Burnside Street. Officers and medical personnel arrived and were directed to a nearby parking lot, where they located Dion Matthews Jr., 23, deceased from a gunshot wound. Witnesses described seeing people running from the area and vehicles being driven away after the shooting.

Portland Police Homicide Detectives responded to the scene to conduct an investigation, and they continue to look into the case today. PPB Detectives believe that people witnessed the homicide, or have information about what happened, but have not come forward.

Anyone with information about this case is asked to contact homicidetips@police.portlandoregon.gov and reference case number 15-363041. Additionally, infor-



PPB needs the public's help solving the 2015 homicide of Dion Matthews. (Photo Courtesy of Portland Police Bureau)

mation can be submitted anonymously through Crime Stoppers of Oregon.

Crime Stoppers of Oregon offers cash rewards of up to \$2,500 for information reported to Crime

Stoppers of Oregon that leads to an arrest in any unsolved felony crime, but tipsters must remain anonymous. Secure and anonymous tips can be left at www.crimestoppersoforegon.com.

Volunteers Needed!



Cascadia scouts at Johnson Lake are all smiles

Have Fun and Help Protect Portland's Treasured Parks and Natural Areas

Portland Parks & Recreation (PP&R)'s No Ivy League invites you to volunteer for the City's 22nd annual No Ivy Day events on Saturday, October 25, 2025, from 9am to 12pm. When left unchecked, ivy vines can grow to the size of large tree branches, harming native trees and reducing biodiversity in our valued Northwest ecosystems.

Join a volunteer event at one of many sites across the Portland metro area to show your support. Since 2011, PP&R volunteers

have removed nearly a quarter million square feet of ivy from Portland's parks and natural areas. Along the way, they've spotted hawks, salamanders, hummingbirds, and other amazing wildlife. Volunteers have also worked with staff to remove trash from our beloved green spaces and plant new, beneficial, native vegetation.

Volunteers should expect the events to involve hiking and working on uneven ground. Please dress for the weather, wear sturdy, closed-toed shoes, and bring a water bottle and snacks. PP&R will provide project instruction, tools, gloves, water, and snacks.

If you have questions, contact PP&R Stewardship Coordinator Monica Hescheles at Monica.Hescheles@PortlandOregon.gov or (503) 823-8367.

ODHS Notifies Households of SNAP Changes

Residents Learn About New Federal Rules

The Oregon Department of Human Services (ODHS) began mailing notices Oct. 15, 2025, to people in Oregon who applied for Supplemental Nutrition Assistance Program (SNAP) food benefits between July 4 through Sept. 30, 2025, and whose food benefits will change or end due to new federal changes from the U.S. Congress and the President.

During the next 10 months, ODHS will use the new H.R.1 laws when SNAP benefits are updated.

These changes are required by federal law and will affect more than 313,000 people currently receiving SNAP in Oregon.

"We know how important SNAP is to families across Oregon," said Dana Hittle, ODHS Acting Deputy Director and co-lead of the agency's federal response team. "We are sharing this information now so people can prepare. Any reduction in benefits makes it harder to put food on the table, and ODHS is committed to helping families adjust and find support."

Key dates include Oct. 15, 2025, when notices will begin mailing to affected households that applied or renewed between July 4 and September 30. On Nov. 1, 2025, the first benefit reductions and case closures will take effect. Additional changes will continue rolling out through 2026 as households renew benefits or when benefits are updated.

Households that qualified for the Full Utility Allowance (FUA) through programs like LIHEAP or Heat and Eat will see changes. Only households with at least one member who is 60 or older or



ODHS has started mailing notices to Oregonians whose SNAP benefits will change or end due to new federal rules.

has a disability will automatically qualify for FUA due to energy assistance. All households that pay for heat or cooling separately from housing will still qualify for FUA, even if energy assistance covers part of their heat or cooling bill. About 29,000 households will lose FUA, reducing their benefits by an average of \$58 per month, and roughly 9,600 households will receive notices on Oct. 15, 2025, about benefit reductions beginning Nov. 1, 2025.

Starting Oct. 1, 2025, Able-Bodied Adults Without Dependents (ABAWD) work rules will expand to include adults ages 18-64 who do not have children under 14 in their SNAP group. People who meet an exemption do not have to follow the ABAWD work rules to receive SNAP; a full list of exemptions is available on the SNAP Work Rules website under the "Who is exempt" section. Those who do not meet the ABAWD work rules may lose benefits after three months. The H.R.1 rules began in Multnomah, Washington, Clackamas, Yamhill, Benton, and Hood River counties on Oct. 1, 2025,

and will soon expand statewide. Approximately 310,000 adults will be newly evaluated for work rule requirements.

If you think these rules may apply to you, don't wait to start planning.

Contact the ODHS ABAWD team at 833-947-1694, email SNAP.ABAWDTeam@odhs-oh.oregon.gov or visit a local ODHS office.

ODHS understands that these federal changes will affect hundreds of thousands of people in Oregon. While the state must follow federal rules, help and resources are available. For food support, visit the ODHS Food Resources website to find local programs in your community. Older adults and people with disabilities can connect with the Aging and Disability Resource Connection of Oregon (ADRC) for assistance in finding government and community resources by calling 1-855-673-2372 or visiting www.adrcforegon.org. Additional support is available through 211info by dialing 2-1-1, texting your ZIP code to 898-211, or visiting www.211info.org.

CCC Holds Teaching and Education Transfer Fair



Photo Courtesy of Clackamas Community College

Meet with University Representatives & Learn About Transfer Pathways

Clackamas Community College will host a Teaching and Education Transfer Fair on Tuesday, Oct. 28, from 11 a.m. to 1 p.m., at the Family Resource Center on the Oregon City campus.

This free event is designed for those considering a future in education. Attendees will have the opportunity to meet with university representatives, learn about transfer pathways and explore options for continuing their education in the teaching field. University advisors will be available to discuss programs, transfer requirements and opportunities at their institutions.

"This is a great opportunity for you to connect with university advisors and start planning your next steps," Mayla Mor-

gan, CCC teaching and education outreach navigator, said. "You'll discover transfer pathways tailored to your goals and learn what makes each institution unique."

Participants at the Teaching and Education Transfer Fair may receive one of three free tuition waivers good for up to four credits at CCC - a value of \$520.

Clackamas Community College is located at 19600 Molalla Ave. Parking is free. For more information, contact Morgan at mayla.morgan@clackamas.edu.

SPORTS

Building a Forward-Thinking Foundation in Women's Basketball



Alex Sarama, the franchise's first head coach

Portland Fire Names Alex Sarama as First Head Coach, Team to Begin Play Next Season

AP —The Portland Fire hired Alex Sarama as the franchise's first head coach Friday.

Sarama is currently an assistant coach for the Cleveland Cavaliers.

The Fire, who begin play next season, had leaked the hire a few days earlier on one of their social media pages.

"Alex represents the next generation of coaching," Fire general manager Vanja Černivec said. "He's not just teaching the game, he's transforming it. His approach to player development, grounded in evidence-based science, research and creativity, aligns with our vision to make Portland a global hub for innovation in women's sports."

Sarama worked with Černivec at the NBA Europe office in Madrid many years ago. The two also worked together at the London Lions women in the British Basketball League.

"The opportunity to build something from the ground up

is unique," Sarama said. "At the Fire, we're not just creating a team — we're redefining how the game is taught and played, through an approach centered around adaptability and supported by evidence-informed methodologies. We want to create a new standard for the game."

Sarama joins Portland after serving as an assistant and director of player development for the Cavaliers.

Sarama is one of the proponents of the Constraints-Led Approach, or CLA training philosophy. San Antonio's Victor Wembanyama and Kelsey Plum are among those who have embraced the method, which eschews repetitive isolated drills and instead encourages creativity and problem-solving by manipulating constraints, including things like rules and time limits.

Sarama wrote about many of the CLA principles in his book, "Transforming Basketball," published in 2024.

Sarama was the director of player development for the Rip City Remix, the Portland Trail Blazers' NBA G League team, for its inaugural season in 2023-24 before joining the Cavaliers.

Earlier this week, the Fire named Ashley Battle as the team's vice president of basketball operations, strategy and innovation.

Battle, a former star at UConn, comes to the Fire from the Maine Celtics, the Boston Celtics' G League affiliate, where she was assistant general manager.

Battle also served as a scout for the Celtics and spent the last three seasons as part of the broadcast team for the WNBA's Connecticut Sun.

Legacy Good Samaritan Medical Center Celebrates 150 Years

Celebrating a Century and a Half of Healing, Innovation, and Community Service



Kevin O'Boyle President of Legacy Good Samaritan. Photo courtesy of Legacy Good Samaritan.

On October 9, Legacy Good Samaritan Medical Center celebrated its 150th anniversary with a commemorative time capsule and a special event honoring the history and future. Founded in 1875 with 50 beds and five staff, Good Samaritan currently employs over 2,000 staff, including 700 nurses and has 220 beds, serving thousands of patients each year. The event will also include a mayoral proclamation highlighting the hospital's role in healthcare.

"We are pleased the City of Portland has proclaimed October 9, 2025, as a day to recognize our hospital for the evolution of care that has taken place over the years. What started as an act of faith has blossomed into a legacy of excellence and a commitment to serve generations to come," said Legacy Good Samaritan President Kevin O'Boyle.

Since its founding by Episcopal Bishop Benjamin Wistar Morris, Good Samaritan has achieved many innovative firsts in medicine impacting lives of patients in the region and beyond:

- 1887 - Opened the first medical school in the region, which later became Oregon Health & Sciences University.
- 1921 - Opened Wilcox, Oregon's first maternity hospital.
- 1965 - Launched Oregon's first dialysis department.
- 1991 - Established the first

bloodless surgery program in the United States.

Legacy Good Samaritan has grown to become a hospital known for specialty programs and clinical excellence featuring nationally ranked programs and services like the Legacy Cancer Institute, Legacy Devers Eye Institute, Legacy Transplant Services, Legacy Weight and Diabetes Institute and the Legacy Rehabilitation Institute of Oregon.

"Generations of healthcare workers contributed to Good Samaritan's success, and we recognize our current dedicated and hardworking Good Samaritan family who will carry that legacy forward," said O'Boyle. "Finally, we extend our appreciation to the people of this community for placing their trust in us for their healthcare needs. Their support inspired us to innovate and expand our programs to provide enhanced services."

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Political



Photo Courtesy of Multnomah County

Make a Plan to VOTE!

Local Elections are Important

The United States Postal Service has begun delivering ballots for the November 4, 2025, Special Election.

Voters in Multnomah County can sign up for our Track Your Ballot service at multnomah.ballottrax.net to receive an alert when their ballots are on the way.

If you do not receive your ballot by Thursday, October 23, take action and contact Multnomah County Elections at 503-988-VOTE (8683).

Multnomah County Elections' popular Track Your Ballot service is available in multiple languages! Voters can choose to receive ballot alerts and updates in English, Spanish, Russian, Somali, Ukrainian, Vietnamese or Chi-

nese. Text, email or voice alerts will tell voters when their ballots are in the mail and then later when their voted ballots have been received.

Alerts also indicate whether ballots have been accepted for counting or whether further action is required by the voter. "Accepted Ballot" messages also include a virtual Oregon "I Voted" sticker ready to share on social media.

You have two choices for returning your ballot. First, you can vote early and return your ballot by mail. No stamp needed!

Oregon law requires all elections offices to count any mailed ballot that was postmarked on Election Day and also arrives within seven days of Election Day.

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Demonstrators in Portland Echo National Call!



Protesting the direction of the country under President Donald Trump, people gathered Saturday in the nation's capital and communities across the U.S. for "No Kings" demonstrations that the president's Republican Party disparaged as "Hate America" rallies. (AP video by Mike Pesoli)

'No Kings' Protests Against Trump Bring a Street Party Vibe to Cities Nationwide

(AP) — Large crowds of protesters marched and rallied in cities across the U.S. Saturday for "No Kings" demon-

strations decrying what participants see as the government's swift drift into authoritarianism under President Donald Trump.

People carrying signs with slogans such as "Nothing is more patriotic than protesting" or "Resist Fascism" packed into New York City's Times Square and rallied by the thousands in parks in Boston, Atlanta

and Chicago. Demonstrators marched through Washington and downtown Los Angeles and picketed outside capitols in several Republican-led states, a courthouse in Billings, Montana, and at hundreds of smaller public spaces.

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Concerns Raised Over Detention of U.S. Citizen by ICE in Portland



The U.S. Immigration and Customs Enforcement building is seen in Portland, Ore., Tuesday, Sept. 9, 2025. (AP Photo/Jenny Kane)

US Citizen Detained and Held at ICE Building for Hours Before Release, Lawyer Says

(AP) — A U.S. citizen in Portland, Oregon, was detained by plainclothes officers and held at the city's U.S. Immigration and Customs Enforcement building for hours before being released, according to his attorney.

Frank Miranda was outside his place of work early on Oct. 2 when multiple agents wearing masks, who did not identify themselves, approached him and told him he was "on an overstay," his attorney Michael Fuller said. In a video that Miranda took of his detention, he can be heard saying, "What do you mean, overstay? I don't know what that is."

He told the officers that he was born in California. After objecting to being taken into custody and saying he hadn't done anything wrong, an officer can be heard on the video saying, "We're gonna put you in cuffs or you're gonna get the dog."

Miranda was then struck from behind, handcuffed and put into an unmarked vehicle that took him to Portland's ICE building, Fuller said. He was held there for several hours before being driven back to his place of work.

ICE and the U.S. Department of Homeland Security did not immediately respond to emailed requests for comment. Fuller said it was the first detention of a U.S. citizen on the pretext of being in the country illegally that he was aware of in Oregon. Such detentions have occurred elsewhere in the country, including in Alabama, Florida and Southern California.

Aggressive immigration enforcement has been central to President Donald Trump's agenda.

Democratic U.S. Rep. Janelle Bynum said she was "infuriated" by what happened to her constituent.

"Masked federal agents aren't welcome in our state and they can't keep kidnapping Americans," she said in a statement.

Fuller, who said he has a copy of Miranda's California birth certificate, sent a tort claim notice to the Department of Homeland Security and a letter to its leader Kristi Noem, requesting the documents and information used to justify the detention. DHS oversees ICE.

"I hope that ICE and the senior officials will just provide us the documentation," Fuller said. "If it truly was an honest mistake that couldn't have been avoided, then we won't go to court. Right now, we've just been given no answers. And so that's all we're asking for at this point, it's just answers."

Squishin' Accomplished, Pumpkins Demolished

Elephants Join Oregon Zoo's Squish Squash

Some of the world's largest land animals demolished some of the area's largest pumpkins today during the Oregon Zoo's 27th annual Squishing of the Squash.

"We gave our elephants some extra-large pumpkins to stomp on and chomp on," said Steve Lefave, who oversees the zoo's Asian elephant area. "First they squashed them, then they noshed them."

At 8 months old, Tula-Tu was not yet old enough to participate in the Squishing — one of this year's pumpkins weighed more than she does! — but care staff presented her with a smaller pumpkin, which she kicked around like a soccer ball before the main event.

The Squishing of the Squash tradition dates back to 1999, when Hoffman's Dairy Garden of Canby dropped off a prize-winning 828-pound pumpkin for the elephant family. Farmers often offered their overstock pumpkins for use in the zoo's groundbreaking animal enrichment efforts — enhancing animals' well-being with stimulating and challenging environments, objects and activities.

This year's pumpkins — which included a 1,000-pounder presented to Tula's big brother, Samudra, and father, Samson — were provided by Pacific Giant Vegetable Growers Club member Larry Nelson.

Asian elephants are considered highly endangered, with just 40,000 to 50,000 remaining in fragmented populations from India to Borneo. The zoo has established a \$1 million endowment fund to help the species and supports a broad range of efforts — including the Association of Zoos and Aquariums' SAFE program to advance conservation across all 13 Asian elephant range countries. The zoo also collaborates with local partners in Borneo to create lasting conservation solutions, from replanting forests and establishing protected corridors



Asian elephants Chendra, left, and Sung-Surin enjoy some giant pumpkins at the Oregon Zoo during its 27th annual Squishing of the Squash. (Photo by Kelsey Erickson, courtesy of the Oregon Zoo)

to fostering peaceful coexistence between elephants and communities.

As part of Metro, the Oregon Zoo helps make greater Portland a great place to call home. Committed to conservation, the zoo acts globally on behalf of species from pikas to polar bears. Over the past 30 years,

it has prevented extinctions, expanded populations, advanced conservation science, and formed powerful communities to protect wildlife in the Northwest and around the world. To plan your trip, go to oregonzoo.org/visit.

Support from the Oregon Zoo Founda-

tion enhances and expands the zoo's efforts in species recovery, conservation education and animal well-being. Members, donors and corporate and foundation partners help the zoo make a difference across the region and around the world. To contribute, go to oregonzoo.org/give.

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Portland Spirit Keeps a Holiday Tradition Afloat



Kids on Cinnamon Bear Lap. Photo by Aaron Greene.

Celebrating 20th Year Anniversary of Cinnamon Bear Cruises

Two decades ago, Portland Spirit had a radical idea: What if we bring back the Cinnamon Bear, Portland's slightly creepy-but-endearing holiday mascot? The Cinnamon Bear story, originally broadcast in 1937 as a national radio production, became a cherished local tradition when Lipman & Wolfe department store adopted the lovable bear as its Christmas mascot. For decades, meeting Cinnamon Bear was among Portland families' favorite holiday rituals until the early 1990s, when the character disappeared from the holiday scene. Today, children are once again lining up to meet Cinnamon Bear. This time aboard a boat. Portland Spirit revived this iconic holiday figure in 2005. Now, in 2025, the Cinnamon Bear Cruise celebrates its 20th year anniversary, continuing a beloved local tradition that has delighted thousands of families and rekindled childhood memories for parents and grandparents who once met the bear themselves as children. "We're honored to keep this Portland legacy alive, especially for those parents and grandparents who grew up with Cinnamon Bear and want to

share the beloved story with their grandkids," said Dennis Corwin, General Manager of the Portland Spirit. "Cinnamon Bear isn't just a holiday cruise, it's a bridge between generations."

The Cinnamon Bear story began in 1937 as a holiday radio serial created by Glanville and Elizabeth Heisch. Portlanders first met the bear through a 26-episode program that aired between Thanksgiving and Christmas. Lipman & Wolfe department stores later brought the character to life in-store, complete with photo sessions and cinnamon bear cookies. In the 1950s, Lipman's introduced Cinnamon Bear Breakfasts, featuring musical performances. Frederick & Nelson continued the tradition when it acquired Lipman's in 1979, until the company's last Oregon location closed in 1991. Just over two decades later, Portland Spirit acquired the rights to produce Cinnamon Bear cruises, reviving the character for a new generation. The inaugural cruise took place in 2005 and was met with great success, with many cruises selling out. The first cruise featured only Cinnamon Bear, but over time more Maybeland characters were introduced, including Queen Melissa, Captain Taffy, Crazy Quilt Dragon, and Jack Frost. Local composer Rick Lewis produced five original songs for the cruise, and Portland Spirit even published a children's picture book, along with

a range of themed merchandise available for sales online and on-board during the cruises.

The cruise took a two-year hiatus in 2020 and 2021 due to the pandemic — though Cinnamon Bear continued in a smaller capacity as part of an outdoor drive-through show at Oaks Park. Portland Spirit brought the cruise back in 2022 with a reimagined format. Today's Cinnamon Bear Breakfast Cruise features reserved seating and a plated hot breakfast, replacing the previous general-admission seating and light continental breakfast. Guests can also look forward to:

- Story time with Queen Melissa
- A live magic show with Jack Frost
- A printed souvenir photo with Cinnamon Bear for every child
- A cinnamon bear cookie for all youth, a nod to Lipman's original tradition
- Character meet-and-greets and photo opportunities throughout the cruise

The enchanting Cinnamon Bear tale follows Jimmy and Judy Barton on their quest to find the Silver Star for the top of their Christmas tree. Guided by Cinnamon Bear, they travel to Maybeland and encounter a host of charming characters, including the mischievous Crazy Quilt Dragon, who has stolen the star.

The Dates for the cruise are November 29–30, December 6–7, 13–14, 20–24, and 26–27.

Boarding Time is 9:00 a.m. at Salmon Springs Dock, 1010 SW Naito Pkwy, Portland, OR 97204. Tickets start at \$70 for adults, \$50 for children (12 and under), and \$15 for babies (includes souvenir photo). Reservations are available at portlandspirit.com/cinnamonbear or by calling 503-224-3900.

Portland Spirit operates a fleet of four boats, including the Explorer Jetboat, and offers a variety of cruises year-round including brunch, lunch, dinner, sightseeing and holiday cruises for both public and private events. The yachts have been equipped with an onboard galley to offer freshly prepared Northwest cuisine on cruises in addition to the ever-changing views. The company has been locally family owned and operated since 1994. For more information, visit portlandspirit.com.

PCRI Expands Affordable Housing in North Portland



Photo Courtesy of PCRI

Permanent Supportive Community Opens

Portland Community Reinvestment Initiatives (PCRI) will cut the ribbon on a much-needed Permanent Supportive Housing (PSH) project in the North and Northeast Portland area on Friday, October 24.

"The opening of Kafoury Court means 40 units will be available for individuals suffering from chronic homelessness and will now be given an opportunity to have a place they can call home," said Executive Director Kymberly Horner. "Our work is rooted in restoring access and dignity for Portlanders who've faced barriers to housing for far too long. This is what community reinvestment truly looks like."

These PSH units will consist of one-bedroom and studio apartments. People with the highest barriers to housing and who are currently experiencing homelessness will be given priority through Multnomah County's Coordinated Access priority pool. Developed for residents who have experienced these challenges, Kafoury Court will do more than just put a roof over their heads.

In partnership with Northwest Pilot Project (NWPP) and Black Community of Portland (BCP), residents will receive onsite supports right from the start, including assistance during the leasing process. PCRI will also place permanent Support Specialists onsite to work with NWPP and

BCP. Acting as a liaison for residents after move-in, the Support Specialists will ensure long-term housing and health stability. Once settled, individuals can receive voluntary supportive services and community-based connections to help maintain stability, pursue personal goals, and improve overall well-being.

"Northwest Pilot Project is so pleased to be part of this new housing option for older adults who've experienced chronic homelessness," said Laura Golino de Lovato, Executive Director at Northwest Pilot Project. "Older adults are the fastest growing segment of the homeless population in the Portland Metro area. Kafoury Court represents safe and lasting housing stability for one of the most vulnerable populations in our community. We're looking forward to working in partnership with Black Community of Portland, and with PCRI."

The building is designed to foster community and connection, with gathering spaces on each floor where residents can enjoy the sunlight and spend time together outside their apartments. These shared spaces help prevent the isolation that can often occur when living alone. The main-floor community room will feature a piano, open to anyone who wishes to play or simply relax and enjoy the music.

PCRI invites you to the Grand Opening of Kafoury Court on Friday, October 24, 2025, at 4080 NE Grand Avenue in Portland. The celebration will run from 11:15 a.m. to 2 p.m., marking an exciting new chapter for the community.

New Tillamook Shelter Expands Recovery Housing Access

Expanding Access to Behavioral Health Resources on the Oregon Coast

A new recovery housing shelter in Tillamook is expanding access to behavioral health resources on the Oregon coast, providing temporary housing, restrooms and showers, and onsite services to help residents achieve long-term housing and employment.

The Anchor Night-by-Night Shelter and the West Shelter Village, part of the Tillamook Micro Shelter Project led by Community Action Resource Enterprises (CARE), celebrated its grand opening with a ribbon cutting Oct. 10.

"We are thrilled to see recovery housing becoming available in Tillamook for those in need of a safe and stable place to call home," said Ebony Clarke, behavioral health director at Oregon Health Authority (OHA). "Our mission is to ensure that everyone has access to the housing and support they need to thrive."

OHA awarded approximately \$1.7 million in Measure 110 Behavioral Health Resource Network funding to support this project, including more than \$700,000 for the capital project. This investment aligns with the agency and Governor Kotek's commitment to addressing the social factors that impact health, including access to stable housing.

The new housing is part of Tillamook County's efforts to provide compassionate, low-barrier shelter and supportive services to individuals and families experiencing homelessness.

The Tillamook Micro Shelter Project features a congregate shelter, individual



Staff from Community Action Resource Enterprises (CARE) celebrated the opening of a new Micro Shelter Project in Tillamook on Oct. 10

"micro-shelters" for temporary housing, ADA-accessible restrooms and showers, and onsite services to help residents achieve long term housing and employment. A micro-shelter is a small, simple structure designed to provide basic protection from the elements.

The Anchor shelter will be open from 9 p.m. to 7 a.m., providing emergency shelter for up to 10 adults in a safe, warm space. It is open to adults 18 and over.

"With compassion and community at the heart of our mission at CARE Inc., we're proud to open the doors of our new shelter in Tillamook — a safe haven and stepping stone for our houseless neighbors to rebuild, reconnect and reclaim hope," said Koren Karlovic, project manager for the Houseless Action Network at CARE Inc.

The Village welcomes both individuals and families. As a "low-barrier" shel-

ter, it does not require sobriety or a mental health diagnosis for entry. Residents participate in CARE's shelter program to address barriers toward permanent housing. Stays are limited to six months, while the Anchor offers nightly shelter on a first-come, first-served basis.

Anyone in need of housing should come to the CARE Inc office at 2310 First Street in Tillamook to make an appointment with a peer for an assessment.

Demonstrators in Portland Echo National Call!

CONTINUED FROM PAGE 6

Trump's Republican Party disparaged the demonstrations as "Hate America" rallies, but in many places the events looked more like a street party. There were marching bands, huge banners with the U.S. Constitution's "We The People" preamble that people could sign, and demonstrators wearing inflatable costumes, particularly frogs, which have emerged as a sign of resistance in Portland, Oregon.

It was the third mass mobilization since Trump's return to the White House and came against the backdrop of a government shutdown that not only has closed federal programs and services but is testing the core balance of power, as an aggressive executive confronts Congress and the courts in ways that protest organizers warn are a slide toward authoritarianism.

In Washington, Iraq War Marine veteran Shawn Howard said he had never participated in a protest before but was motivated to show up because of what he sees as the Trump administration's "disregard for the law." He said immigration detentions without due process



Daniella Diener participates with other protesters in the "No Kings" rally and march in downtown Albuquerque, N.M., on Saturday, Oct. 18, 2025. (Chancey Bush/The Albuquerque Journal via AP)

and deployments of troops in U.S. cities are "un-American" and alarming signs of eroding democracy.

"I fought for freedom and against this kind of extremism abroad," said Howard, who added that he also worked at the CIA for 20 years on counter-extremism opera-

tions. "And now I see a moment in America where we have extremists everywhere who are, in my opinion, pushing us to some kind of civil conflict."

Trump, meanwhile, was spending the weekend at his Mar-a-Lago home in Florida.

"They say they're referring to me as a king. I'm not a king," the president said in a Fox News interview that aired early Friday, before he departed for a \$1 million-per-plate MAGA Inc. fundraiser at his club.

A Trump campaign social media account mocked the protests by posting a computer-generated video of the president clothed like a monarch, wearing a crown and waving from a balcony.

Democrats have refused to vote on legislation that would reopen the government as they demand funding for health care. Republicans say they are willing to discuss the issue later, only after the government reopens.

The situation is a potential turnaround from just six months ago, when Democrats and their allies were divided and despondent. Schumer in particular was berated by his party for allowing an earlier government funding bill to sail through the Senate without using it to challenge Trump.

"What we are seeing from the Democrats is some spine," said Ezra Levin, a co-founder of Indivisible, a key organizing group. "The worst thing the Democrats could do right now is surrender."

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Make a Plan to VOTE!

CONTINUED FROM PAGE 6

You can also return your ballot to an Official Ballot Drop Site. Return your ballot to any 24-hour Official Ballot Drop Site in the state or to any 24-hour Multnomah County Library Drop Site. All Multnomah County Official Ballot Drop Sites are listed at: multco.us/dropsites.

The Voting Center Express at 600 N.E. 8th St. in downtown Gresham is now open with weekly hours from 8 a.m. to 5

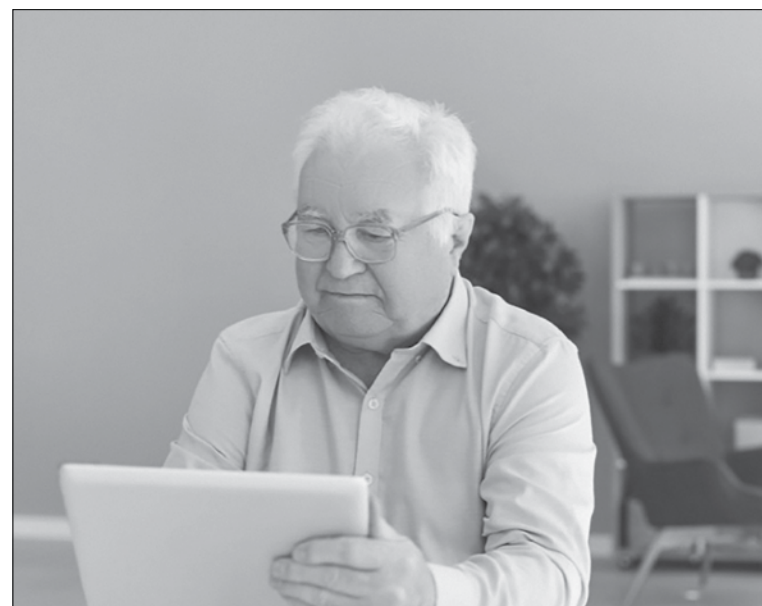
p.m. Located inside the Multnomah County East Building, voters can visit the Voting Center Express to return their ballots or get a new ballot to replace one that has been lost or damaged.

Extended hours for voter assistance will start Saturday, Nov. 1, 2025. As Election Day approaches, Multnomah County Elections will offer some weekend and evening hours for voter assistance at both the Voting Center Express (600 N.E. 8th St., Gresham) and the Multnomah

County Duniway-Lovejoy Elections Building in Southeast Portland (1040 S.E. Morrison St., Portland).

In advance of the Nov. 4 Election Day deadline, Multnomah County Elections is urging voters: Let's Make a Plan to VOTE! The action-focused checklist walks voters through the five steps needed to ensure their vote is counted: Register to VOTE. Get your ballot. VOTE your ballot. Return your ballot. Have a VOICE and make a difference.

Open Enrollment Starts for Medicare County Offers Volunteer Support



Medicare Open Enrollment Now Open

Multnomah County wants to remind community members that the annual Medicare Open Enrollment period began Wednesday, Oct. 15, and that County volunteers can help.

During this enrollment period, people with Medicare have the opportunity to make changes to their health plan or prescription drug plan, choose a Medicare Advantage plan, or return to Original Medicare (also known as Medicare Part A and Part B).

Medicare health and drug insurance plans can change their costs and offerings every year. A person's individual health needs can change each year, as well. Now is the time for Medicare beneficiaries to review their coverage options and make a choice that best meets their needs. But knowing what options are available and how to make the change in a person's plan can be tough.

The first step is for people on Medicare to pay close attention to their "Plan Annual Notice of Change" packet, which recipients should have received from their current plan by Wednesday, Oct. 1, 2025. This packet contains specific information about any changes in insurance coverage, costs or participating providers that will go into effect Jan. 1, 2026.

Medicare participants can make plan changes by calling 1-800-MEDICARE, and they can compare options and enroll in plans online at www.medicare.gov. Additionally, the State of Oregon's Senior Health Insurance Benefits Assistance (SHIBA) program creates a guide to Medicare plans available in Oregon, which can be found at shiba.oregon.gov.

The Multnomah County SHIBA program is also an important resource to know about. The County provides free one-on-one counseling to help consumers understand their plan changes, identify major issues and compare their current coverage with the Medicare plans available in 2026. This assistance is free, unbiased and available to anyone on Medicare regardless of their income.

"SHIBA is so valuable to our community," said John Henry Crippen, the Multnomah County SHIBA program supervisor. "When people needing help with Medicare get connected to the SHIBA program, they are so relieved to discover that there are free, unbiased experts in their corner."

Choosing Medicare coverage is very individual, and everyone approaches it differently. Some basic questions to ask include whether the plan covers your prescriptions, whether it covers the doctors you want to see, and whether you can afford the costs associated with the plan.

SHIBA Medicare counselors are available to assist with answering these questions and to help find a plan that meets a person's needs at the most affordable cost.

The SHIBA Program will provide Medicare Open Enrollment assistance in person at numerous sites throughout the community beginning October. Participants must register in advance for the one-on-one counseling sessions. Call 503-988-3646 to schedule an appointment.

A SHIBA appointment is not required for making plan changes during Open Enrollment. Medicare participants can make plan changes by phone by calling 1-800-MEDICARE, and they can compare options and enroll in plans online at www.medicare.gov.

Anthony Jordan Receives Fora Health Freedom Award

Health Leader Honored for Recovery Work

Anthony Jordan, Interim Behavioral Health Division Director at the Multnomah County Health Department, is the recipient of this year's Fora Health Samuel C. Wheeler Freedom Award. The award was presented at the 2025 Hope and Freedom Gala on Oct. 4, an evening dedicated to celebrating the power of recovery.

Fora Health, formerly De Paul Treatment Centers, provides trauma-informed, evidence-based treatment for adult substance use disorder. They offer a full continuum of care, dedicated to making recovery accessible by welcoming everyone regardless of their background or ability to pay.

According to Fora Health, "Mr. Jordan is being recognized for his exceptional and transformative service in the field of addiction and his personal commitment to sobriety, embodying the spirit of recovery for over 30 years. Anthony has witnessed many choose the road to re-



Anthony Jordan, Multnomah County Interim Behavioral Health Division Director, with Fora Health CEO Devarshi Bajpai. (Image credit: Fora Health)

covery and sees a glimmer of hope even in the worst circumstances."

"This award is a recognition of dedication and it's a testament to the fact that when leaders like Anthony pair compassion and persistence with a clear-eyed strategy, we can rewrite the future for countless individ-

uals and families impacted by one of the biggest issues of our time," said Rachael Banks, Multnomah County Health Department Director.

"Anthony has shown us that by focusing on people first, and addressing both behaviors and the underlying causes, we can help

people achieve sustainable recovery and build a system where hope and healing are always within reach."

With 33 years of experience in a variety of settings, Jordan possesses significant expertise in behavioral health. He holds a Bachelor of Science degree in Social Science with a minor in Administration of Justice, and an Executive Master's degree in Public Administration from Portland State University. In 2021, then Gov. Kate Brown appointed him to serve as a commissioner on the Oregon State Alcohol and Drug Policy Council, where he later became chair.

Throughout his career, Jordan has demonstrated a remarkable ability to work with community partners, elected officials and the community at large to address complex issues related to behavioral health and substance use. Most recently, he provided essential leadership on Multnomah County's response to the 90-Day Fentanyl Emergency Declaration, also declared by the City of Portland and State of Oregon, and Jordan played a key role in developing the County's deflection services program and Coordinated Care Pathway Center.

In his spare time, Jordan enjoys traveling the world with his wife, cooking and spending time on the golf course.

Expanding Pathways to First-Time Homebuyers!

PHC Receives \$100,000 Multiyear Grant Expand Pathways to First-Time Homebuyers

Portland Housing Center (PHC) is honored to receive a \$100,000 multiyear Community Possible grant from the U.S. Bank Foundation. This award strengthens PHC's Homeowner Basics pathway, including bilingual financial education, HUD-certified counseling, and mission-driven lending services that help first-time buyers move from preparation to keys in hand.

"Home is more than a place, it's dignity, stability, and a foundation to build for the future," said Dana Fuller Shephard, Exec-



Enrique and his family became homeowners with the assistance of Portland Housing Center, and advocate them to everyone.

utive Director of Portland Housing Center. "This grant from the U.S. Bank Foundation helps us keep homeownership opportunity within reach for our neighbors who have

historically been locked out, with culturally rooted classes, one-on-one coaching, and fair-chance lending that meet families where they are."

"Safe and stable housing helps children, families, and communities thrive," said Meghan Valley, Community Affairs Manager, Oregon & SW Washington, U.S. Bank. "We are proud to support Portland Housing Center as it works to equip first-time homebuyers with the knowledge and tools to own and sustain a home."

The U.S. Bank Community Possible platform invests time, resources, and team member volunteerism across three pillars, Work, Home, and Play, to create lasting change. The grant from the U.S. Bank Foundation will underwrite core operations that make PHC's continuum possible, from the Financial Fitness series and culturally specific courses like Getting Your House in Order and Decide Tu Futuro (taught in Spanish), to counseling, down-payment navigation, and a vetted partner network of realtors, lenders, and inspectors.



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30,000 Health Workers Demand Better Pay and Staffing

Planned 5-day Strike at Kaiser Permanente Health Care Facilities Ends

(AP) — A planned five-day strike by thousands of registered nurses and other Kaiser Permanente health care workers in California, Hawaii and Oregon ended on Sunday, union leaders and the health care system said.

California-based Kaiser Permanente said it welcomed back about 30,000 employees who participated in the strike, which began Tuesday and ended Sunday morning. Its statement said its facilities were “staffed by physicians, experienced managers and trained staff, along with nearly 6,000 contracted nurses, clini-



Kaiser Permanente health care workers hold signs and chant slogans while on strike in front of Kaiser Permanente San Diego. (AP Photo/Gregory Bull)

cians and others who worked with us during the strike.”

Plans call for bargaining to resume this week, with a focus on “economic issues,” the

statement said. While unions also raised staffing and other concerns, “wages are the reason for the strike and the primary issue in negotiations,”

the statement said.

The United Nurses Associations of California/Union of Health Care Professionals, which represents registered

nurses, pharmacists, nurse midwives and other health care professionals in California and Hawaii, said in a statement that more than 500 hospitals and clinics were impacted by the strike. It said the strike sent a message that “patient care and safe staffing must come first.” It announced plans to resume bargaining later this month. Sarina Roher, president of the Oregon Federation of Nurses and Health Professionals, in a statement said Kaiser Permanente “cannot fix its staffing and access crisis without competitive wages that retain and recruit the skilled professionals our patients depend on.”

Kaiser Permanente is one of the nation’s largest not-for-profit health plans, serving 12.6 million members at 600 medical offices and 40 hospitals, largely in western U.S. states.

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