

Hawthorne

Wild Life Gifts and Home Furnishings
Spring SALE and CLEARANCE! MONTH OF APRIL
 OPEN EVERY DAY 10-7 • 3962 B SE Hawthorne Blvd • Portland • 503-236-3862 **PARKING IN BACK!**

In Her Image Gallery



Sherrie Taha
 Artist Reception
 Sunday, May 4th, Noon-5pm

See our website for First Sunday shows: www.inherimagegallery.com
 Tues-Fri 11-7, Sat-Sun 12-5 • 3208 SE Hawthorne • 503-231-3726

Out with the Old In with the New



ESSENTIAL
 lotions & oils


710 NW 23rd Ave. • 503.248.9748
 3638 SE Hawthorne • 503.236.7976

Come try our mouth watering vegetarian and vegan meals. We feature a delicious Tofu & Potato Burrito and a Tofu Sweet Tequila Burrito. We can make any of our dishes vegan. Just ask!

Eat Fresh • Eat Healthy • Eat Delicious

iUNAMAS!

Mexican Grill



3832 S.E. Hawthorne Blvd. Portland • (503) 236-5000
 914 N.W. 23rd Ave. Portland • (503) 226-9600

Coventry Cycle Works



Professional Service
 Comfortable Bikes
 Recumbents a Specialty!
 (COME SEE WHY!)
 Open Tuesday-Sunday
 230-7723
 2025 SE Hawthorne

MacRory Tip to Clip

Have An Escape Plan

If your Mac freezes, escalate your escape in small, gentle steps:

1. "Command Period" (⌘+) will solve some freezes
2. A "force quit" (⌘+Option+Escape) may be needed for others
3. A "soft boot" uses ⌘+Power+Control (or Shift for some Macs)
4. Press your Mac's physical "acupuncture point" reset button
5. Unplug the machine and wait 60 seconds


MacRory@macrory.com
 (360) 695-6929
 "I optimize Macs & teach people to use them."

Dharma Rain Zen Center

2539 SE Madison Portland, Oregon 97214
 503-239-4846 Fax: 503-239-5217
 E-mail: Staff@Dharma-Rain.Org
www.Dharma-Rain.Org

Dharma Rain Zen Center is a Soto Zen Temple for Lay practice, bringing people together to build community and wisdom through practice. DRZC offers retreats, classes, introductory workshops, and sesshins. The Zendo space is shared with groups in the Vipassana, Tibetan, & Zen traditions, creating a unique atmosphere and opportunities for learning about Buddhism and its daily application.

Kyogen and Gyokuko Carlson, resident teachers.



Help us Prevent CANCER!

We need **men** to take part in a **prostate** cancer prevention study that is supported by the National Cancer Institute.

This important study is testing the effectiveness and safety of certain vitamin and mineral supplements in the prevention of prostate cancer.

We Need Your Help!


To find out if you or someone you know may qualify, call:
503-216-6267
800-677-6752
 (x-66267)

www.cropor.org



Columbia River Oncology Program

April 20 is the beginning of National Volunteer Recognition Week!



Volunteering for The Hambleton Project is a special gig. Sometimes you don't hear from me for a LONG time. Sometimes our clients don't ask for help for a LONG time. And sometimes I ask for help TOMORROW!

I just want to say as loud as I can from all corners of my heart THANKS to all of you who give rides, make friendly phone calls, work on committees, work at tables, build wheelchair ramps and book shelves, who transport clients to appointments, advocate and educate clients about "the process", clean house, work on fundraisers, help clients and the office with computer skills, write letters and articles, brainstorm, do outreach, send me new volunteers, donate monthly as "Office Angels", answer phones when I'm not here, assemble newsletters, and respond to my requests with honesty and compassion.

And a HUGE Thanks for Ellen and Izetta for the support group! Your generosity is priceless.

As one of our clients says frequently, "Hambleton Project volunteers Rock!"

Nicki Eybel, Volunteer Coordinator