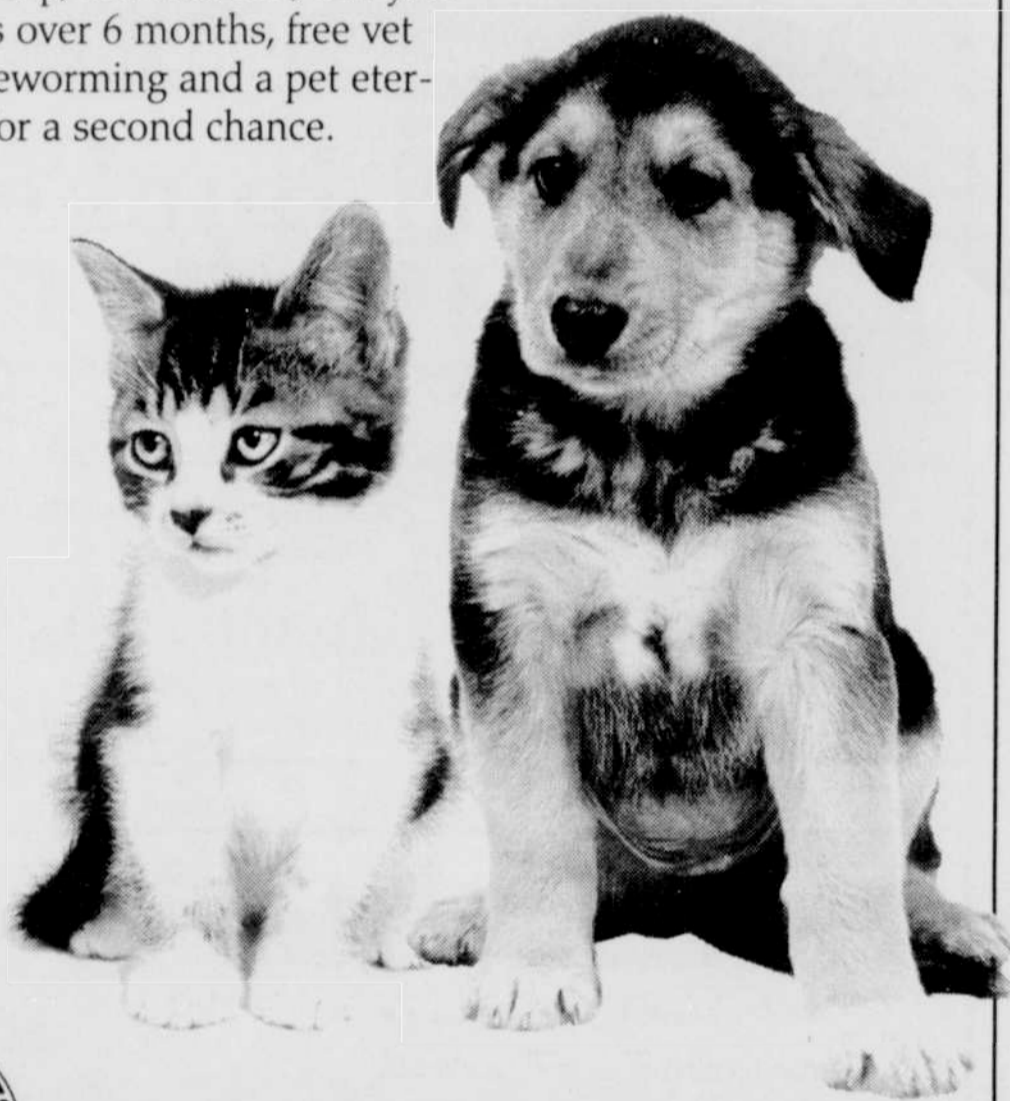


LOOKING FOR A NEW BEST FRIEND?

Waiting is harder when you don't know if anyone is coming. Come visit our wonderful pets today.

Our adoption fee includes spay/neuter surgery, microchip, vaccinations, one year license for pets over 6 months, free vet exam, collar, deworming and a pet eternally grateful for a second chance.



"Saving Pets One at a Time"

Multnomah County Animal Shelter in Troutdale
1700 W. Historic Columbia River Highway
Tues-Fri 11 am - 6 pm and Saturday-Sunday 11 am - 4:30 pm
503-988-7387
www.multcopets.org (check our website for lost or found pets)

What is life with HIV?
sex love secrecy
fear friends meds
talking (safe) family
loneliness
contagious

Are you a sexually active, poz gay or bi man?
We're doing a study with 5 sessions over 12 months about life with HIV.
We'd like your views.

Participants are reimbursed for their time.

SHAPE
A New Study For Poz Men

Toll Free: 1.877.758.0042
A Project of the UW School of Social Work
<http://depts.washington.edu/shape>



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Clearly the best

MILGARD HAS A WINDOW FOR EVERY HOMEOWNER

VINYL is the perfect choice for those who never want to paint windows ever again.

ULTRA is for those who want color on the outside and the option to paint their new windows.

WOODCLAD is perfect for those who love the beauty of real wood on the inside of their windows.

We are certified Milgard installers and have been selling and installing Milgard windows for over 26 years in the Portland area. If you would like to change your old windows to new Milgard windows at a reasonable price, please call anytime for a courteous in-home proposal.

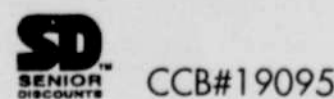
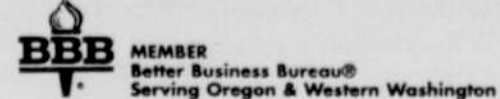
INSULATED WINDOW CORPORATION

503 283-9481

8124 N. Denver www.insulatedwindowcorp.com



Garland Horner
Owner



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."