

What one person can do to fight hunger

Thanksgiving and Christmas come once a year, but hunger has no respect for time or season. Yet, the upcoming holidays do provide a climate for Americans to reflect upon and actively show their concern for hungry people.

But what can one person do? Bread for the World, the 49,000-member grassroots Christian citizens' anti-hunger movement, offers 10 holiday anti-hunger steps for concerned citizens to take against hunger.

#1—Become better informed. Learn about (and from) hungry people in your area. Read books, magazine articles and newspaper stories on local, national and international hunger issues.

#2—Discuss the problem of hunger with family and friends. Parents especially can do themselves, their children and others a great favor by putting this front and center in family discussions.

#3—Interest others. Share what you learn without anger or self-righteousness.

#4—Give to your church hunger program or a relief agency. Overhead is low and delivery assistance is high for proven agencies. They do immeasurable good and deserve increased support.

#5—Help form a local or church hunger group. Groups can be formed within churches, across denominational lines or in other ways to study and provide solutions to hunger.

#6—Simplify your lifestyle. Perhaps you can consume less, waste less, eat, drink, drive or air condition less. Fast on occasion and use the money saved for hunger relief.

#7—Become a citizen advocate. Join an organization that supports public policies in Congress that help hungry people worldwide. Write letters to and visit your members of Congress.

#8—Pray. Pray daily for people who do not have enough food; for those who lead; for the wisdom to see your role in solving the problem.

#9—Begin now. If you wait for a better time to come along, it probably won't. Do something now. One step

leads to another.

#10—Don't become discouraged. Start small, if necessary, but start. And stick to it.

For more information on how you can help eliminate the causes of world hunger, call or write Bread for the World, 802 Rhode Island Avenue, NE, Washington, DC 20018 (202-269-0200).

JACKSON'S OWL RADIO, TV & RECORD CO.
Northwest's Largest Gospel Record & Tape Selections
Authorized Zenith Color TV Sales and Service
SALES & SERVICE SINCE 1952
WEST T. JACKSON, SR., Owner
GARY A. JACKSON, Certified Technician & Service Manager
4623 N. Vancouver
Portland, OR 97217
Office: 287-2042

Give TO THE SUNSHINE BARREL
HELP FILL EMPTY STOMACHS THIS CHRISTMAS.

No Need to Fear Low Prices are Here!
Men - Women - Kids
Underwear T-Shirts
Socks Baby Clothes
Stockings and Much
Dresses More to See
Robin & Chris Clothing Store
525 N. E. Killingsworth
282-8252



You work an honest day... you get an honest deal at **SAFEWAY.**

Regular Ground Beef
Approx. 5-lb. Chub
Lb. 89¢

Fresh Head Lettuce
Crisp Iceberg Variety
Lb. 29¢

Star Kist Chunk Tuna
Water or Oil Pack, 6.5-oz.
58¢

Assorted Pork Chops
Center & End Cut Chops
Lb. \$1.39

Premium Saltines
Nabisco Crackers 1-lb. Box
88¢

6-Roll MD Tissue
Asst. Colors, 2-Ply
\$1.49

Look for your 12-Pg. Shopping Guide in 'This Week'

Prices effective Nov. 27 thru Dec. 3 at all Portland Metro Area Safeway Stores. Sales limited to retail quantities only.

© COPYRIGHT 1978, SAFEWAY STORES, INC.



CHILD-SIZE RELIEF



THE DORCOL PEDIATRIC FORMULAS

REGULATED BY THE FEDERAL GOVERNMENT