

Nero & Associates

Adds Advertising and Public Relations

With the addition of veteran Portland advertising man Tige Branch as Vice President, Nero & Associates, Inc. (NAI) will now offer full service advertising and public relations capabilities to local, regional and national clients. Branch previously headed his own agency.

According to David M. Nero, Jr., NAI Chairman and C.E.O., the firm's client roster for advertising and public relations includes Ringlax, USA, a distributor of waste water treatment technology, Coho Charters of Ilwaco, Shadowfax Jewelry and ComCorp, a new company providing total communications services for new and existing office buildings. Advertising and



Tige Branch

public relations services will be provided to clients from NAI's corporate headquarters in the Cascade Building, 520 S.W. Sixth Avenue, Portland.

NAI will continue to provide facilities engineering, management, and operations services as well as research and management consulting in the areas of energy, environmental, transportation, marine biological sciences, and other fields, Nero stated.

Port Offers Free Summer Bus Tour

Free public bus tours of the Port of Portland marine facilities and Portland International Airport are scheduled to begin Tuesday, June 3, and continue each Tuesday and Wednesday afternoon through August 27. Tours will also be offered on the following Saturdays, June 7, July 12, and August 2. All ages are welcome.

During the three-hour, narrated tour, you will have an opportunity to observe Portland International Airport operations, the Portland Ship Repair Yard, the Port's industrial property, and the activities of this city's marine harbor.

This tour will help you understand why the Port of Portland leads the Pacific Northwest in domestic and international trade.

Some highlights of what you will see include:

- Portland Ship Repair Yard with its four floating drydocks — including one of the largest floating drydocks

in the U.S.

- The West Coast's most modern container ship handling facility — the John M. Fulton Terminal 6 on the Columbia River.
- One of the most distinctive airport terminal buildings in the country.
- Operation of an airport facility which handled more than 5 million passengers in 1985 and ranks 34th in the nation.
- Portland's last major close-in industrial park — 139 acre Mock's Landing.

The free tours depart at 1 p.m. from the parking lot at 17th and N.E. Multnomah, near Lloyd Center. Reservations must be made in advance by calling the Port's Public Affairs Department at 231-5000, extension 208.

The Port of Portland also offers other types of tours of Portland International Airport or marine facilities. Call for details.

Microwave your vegetables with wine!

If you've been trying to cut down on salt, wine may offer some help because it reacts on your tongue very similar to the way salt does.

The next time you set out to cook some frozen vegetables, please disregard the cooking instructions that direct you to "simmer the vegetables in two cups of water until next Tuesday." Who needs it? Instead, place the defrosted vegetables in a plastic ziplock bag with two or three tablespoons of dry, white wine. Microwave to taste.

(Be sure to leave a vent hole or the thing will explode like the Hindenberg and you'll have succotash all over the walls!)

If you wish, you can add a tablespoon or two of olive oil to the zip-lock bag, along with the wine. The olive oil will add flavor, and there is growing evidence that it is quite healthful. (At least that is the latest theory, and since I love olive oil, it sounds good to me.)

Enjoy your cooking, and eat to be well!

Summer Day Camps Focus on Sports and Conditioning

Do you want to have something to show for your summer vacation? How about better sports skills?

Basketball, volleyball, and wrestling day camps designed for young people ages 10 and up will be held this summer at Peninsula Park Community Center, 6400 N. Albina.

Each two-week session is taught by professionals. The camps will focus on fundamentals, skills development, and body conditioning.

The Women's Basketball Camp will take place July 7 through July 18, Monday through Friday, from 10 a.m. to noon. The Women's Volleyball Camp will take place July 7 through July 18, Monday through Friday, from 1 to 3 p.m. The Wrestling Camp will be held July 21 through August 1, Monday through Friday, from 11 a.m. to 2 p.m. The fee for each two-week session is \$25.

934 Series Problems

From September 1982 to January 1985, the Raytheon Company in Lexington, Mass., gave complete physicals to 4,839 employees over the age of

40. The exams uncovered 101 cases of heart disease, 22 cases of cancer, 493 cases of high blood pressure, 175 cases of diabetes, and 143 cases of glaucoma.

Fever Sufferers

There's a new prescription drug on the market for hay fever sufferers that — unlike other antihistamines — rarely causes drowsiness. It's called "Seldane" (generic name: "terfenadine") and its only major side-effect seems to be its high cost — \$29 to \$35 for a month's supply. Kids and pregnant/nursing women can't take it, but others might find it a Godsend. Ask your doctor about it.

Red Cross Baby Care Course Offered

The American Red Cross is offering a Baby Care class in four parts on Tuesdays June 3, 10, 17 and 24, from 7:00 p.m. to 9:30 p.m. at the Red Cross Headquarters, 3131 N. Vancouver Ave.

This course is for expectant, new and adopting parents and/or grandparents to prepare them to understand and fulfill the special needs of infants through their first year of life. Taught by Red

Cross volunteer instructors, the subjects covered will include feeding, handling and bathing, characteristics of the infant, family adjustments, growth and development during the first year, and safety and health care for infants.

Pre-registration is necessary since class size is limited. A charge of \$15 per couple or individual will be made to cover costs of materials. Scholarships for Baby Care and other Red Cross

courses are available. Call Red Cross at 284-1234, ext. 175, to register.

Exercise can reduce a diabetic tendency and can also lower blood pressure. Furthermore, expending 2,000 or more calories a week in vigorous exercise such as biking, jogging, and rowing is associated with a declining rate of coronary heart disease.

Sale prices good Wed., May 21, thru Sat., May 24, except as noted. Most items at reduced prices.

MAY			
WED	THURS	FRI	SAT
21	22	23	24

STOREWIDE SALE

SEARS HOME IMPROVEMENT SPECTACULAR

MEMORIAL DAY VALUES ON PAINT AND ACCESSORIES



YOUR CHOICE
987 gal.
Reg. \$16.99



SEARS Our Premium Quality
WEATHERBEATER
Acrylic Latex House and Trim Paint
10 Year Durability Warranty

SAVE \$7
Easy Living® and Weatherbeater® paint
Easy Living satin flat 50 decorator color choices, and bright, white ceiling. Weatherbeater 10 flat A finish that stands up in any weather! 40 one-coat colors.
Above paints, 10-yr. warranty.
For one-coat results, all Sears one-coat paints must be applied as directed. Limited warranty for years indicated. See store for details.
Sale ends May 31.

\$6 OFF
Driveway coating and filler
Reg. \$22.99
16.99 5-gal. pail
Heavy-duty rubberized coating with filler seals, protects driveway. Fills cracks up to 1/4-in.
Sale ends May 31.

\$4 OFF
Wall paint
Reg. \$9.99
5.97 gal.
One-coat interior paint, 12 colors. 2-yr. warranty.
Sale ends May 31.

\$2 OFF
Primers
Reg. \$10.99
8.97 gal.
Interior, exterior primers for top-coat adhesion!

\$7 OFF
Interior
Reg. \$18.99
11.87 gal.
Easy Living semi-gloss 40 colors. 10-yr. warranty.
Sale ends May 31.

\$2 OFF
Housepaint
Reg. \$6.99
4.97 gal.
Exterior latex coat for economy, beauty! White only.
Sale ends May 26.

\$5 OFF
Porch latex
Reg. \$16.99
11.99 gal.
Tough acrylic latex resists wear. For concrete or wood.
Sale ends May 26.

\$8 OFF
Exterior
Reg. \$19.99
11.97 gal.
Weatherbeater 10 40 colors. 10-yr. warranty.
Sale ends May 31.

\$6 OFF
Latex stain
Reg. \$15.99
9.97 gal.
Weatherbeater semi-transparent solid color exterior stain.
Sale ends May 31.

\$4 OFF
Rubberized enamel for garage floors
Reg. \$19.99
15.97 gal.

\$20 OFF ladder
6-ft. wood step ladder. 200-lb. capacity.
Reg. \$39.99
19.99

VALUE! Brush set
3 paint brushes in 1-in., 2-in. and 3-in. sizes for all jobs.
Reg. price 14.900
5.99

SAVE \$15 to \$30

ELECTRIC GROOMING TOOLS

A Brushwacker® 1/4-HP electric hedge trimmer. 18-in. double-edge blade cuts in either direction.
Reg. \$54.99
39.99

B Sears Best! 3/4-HP Weedwacker® electric line trimmer. 17-in. cut.
Reg. \$79.99
59.99

C Sears Best! 1 1/4-HP electric edger/trimmer. Edges to 1 1/4-in. depth.
Reg. \$99.99
79.99

D 1-HP electric blower. peak 125 mph blast.
Reg. \$99.99
69.99

SAVE \$30 to \$50

GAS GROOMING TOOLS

A 26.2cc gas Weedwacker® line trimmer. All-position carburetor. 15-inch.
Reg. \$139.99
99.99

B 28.0cc blower. Peak 150-MPH blast at nozzle moving 340-CFM.
Reg. \$169.99
139.99

C Sears Best! 3.5-HP edger/trimmer. Edges to 2 1/4-inch depth.
Reg. \$289.99
239.99

D 28.0cc Edger-2 blade trimmer. 10-inch blade.
Reg. \$269.99
229.99

11147
Weed-B-Gon
Weed-B-Gon Rebate offer
Regular \$7.99
SALE 4.99
Mail-in Rebate 1.00
Your price **3.99** qt.

11225
Kleen-Up
Kleen-Up Rebate offer
Regular \$3.99
SALE 2.99
Mail-in Rebate 1.00
Your price **1.99** 24 oz.

11537
Weed-B-Gon
Weed-B-Gon Rebate offer
Regular \$3.99
SALE 2.99
Mail-in Rebate 1.00
Your price **1.99** 24 oz.

80651
Assorted 4-lb. Fertilizers
Rebate offer
Regular \$2.49
SALE 1.74
Rebate .75
Your price **99¢**

11286
Systemic Rose food
Reg. \$4.99
2.99

1961
Ortho Whirlybird
Reg. \$11.99
Fertilizer spreader spreads 6 to 10 ft. path.
8.99

Satisfaction guaranteed or your money back.
Sears, Roebuck and Co., 1986

Clackamas
11800 S.E. 82nd Ave.
652-2280

Vancouver Mall
4911 N.E. Thurston Way
256-8333

Washington Square
9800 S.W. Washington Blvd.
620-1510

KELSEY'S Dry Cleaners & Laundromat

1759 N.E. Dekum

FREE Pick-Up Delivery Service from Noon til 8 p.m.

FREE COFFEE Every Sat. & Sun. Come and Enjoy a free cup of coffee with Kelsey's

HOURS: 8 a.m.-8 p.m., * 7 days a week on laundromat

Dry Cleaning 9 a.m. to 6 p.m. Mon.-Fri. Sat. 8 a.m. to 3 p.m.

WATCH FOR MONTHLY SPECIALS

283-0176

Drapes/Blankets/Robes We Do Bedspreads/Comforters

There's more for your life at SEARS