



TO BRING THE YOUTH AWARENESS WORKSHOP TO A CLOSE, ROCHELLE EASON RECITED A MOVING POEM THAT CHALLENGED YOUNG PEOPLE TO LOOK AT OPTIONS IN MAKING LIFE DECISIONS. THE WORKSHOP SPONSORED BY THE NATIONAL COUNCIL OF NEGRO WOMEN, INC., TRI-COUNTY SECTION. AMONG THE TOPICS

COVERED BY PSYCHOLOGISTS DR. BRENDA ANDRIEU AND JASPER ORMOND WERE PEER PRESSURE, DRUGS, SEX, EDUCATION AND RESPECT FOR YOURSELF, TO NAME A FEW. THE WORKSHOP WAS HELD AT MT. OLIVET BAPTIST CHURCH LAST SATURDAY.

Photo by Richard J. Brown

"Words & Music"

On Saturday, September 13th at 10:30 a.m., a 40-minute program by Triple Invention shows children how songs are put together. There's lots of audience participation, so come and join the fun!

Multnomah County Library, Albina Branch, 3605 NE 15th, 287-7147

Community Picnic

Woodlawn United Methodist Church is sponsoring a Community Potluck Picnic at Woodlawn Park on Sunday, September 7, beginning at 1:00 p.m.

The picnic is being held as a part of Kickoff Sunday. The day will begin with Sunday Church School at 9:30, which will include study, singing and sharing. At 10:30, there will be refreshments and fellowship.

The worship service at 11 o'clock will emphasize the theme: "Catch the Spirit: New Life in Jesus Christ".

All of every age are invited to any and all of the events.

WANTED: SIGHTED VOLUNTEERS TO LEARN BRAILLE

For the 28th consecutive year, Volunteer Braille services, Inc. is offering free braille transcription classes. Transcribers put a variety of print material into braille, ranging from literature to computer texts. Classes are taught by Library of Congress certified transcribers, every Monday from 10 AM to Noon, starting September 22 and continuing thru April, 1987.

Call 284-3339 for an application. Interviews will be conducted during the week of September 15. For additional information, contact Betty Carson, 284-3339.

HICKORY SMOKED BACON
OLD TIMER THICK SLICED
\$1.69
POUND PKG.

GALLO MEATS
DELI-STYLE
• HAM
• TURKEY
8 oz. PKG. **\$2.69**

ITALIAN DRY SALAME
8 oz. PKG. **\$3.59**

FRANKS
BALL PARK
\$1.49
POUND PKG.

KIENOW'S SHOP
FOR BRANDS you know
VARIETIES you like
SIZES you want

The Friendliest Stores in Town Since 1908

- 6411 SE Milwaukie
- 55th & East Burnside
- 122nd & NE Glisan
- N. Lombard at Oswego
- Eastlough Hill, Beasly
- 102nd & SE Division
- Oak Grove
- 14th & SE Morrison
- 33rd & NE Hancock
- 39th & SE Division
- 23rd & West Burnside
- Lake Oswego RD 9 & E
- King City

Members of UNITED FOODS

Cascade Naturopathic Clinic

STEVEN BAILEY, N.D.
NATUROPATHIC FAMILY PHYSICIAN
(503) 289-9914
819 N. KILLINGSWORTH, PORTLAND, OR 97217

As primary health care providers we offer a full range of naturopathic health care service. The naturopathic physician provides preventative, holistic and natural family health care for a wide range of acute and chronic conditions and minor traumatic injuries.

The following is a list of services available through the clinic. Feel free to call and discuss your questions about the naturopathic approach to health and how it applies to you and your family.

- STANDARD LABORATORY AND DIAGNOSTIC TESTING
- HAIR MINERAL ANALYSIS
- PHYSIOTHERAPY, MANIPULATION AND MASSAGE
- EXERCISE THERAPY
- CLEANSING PROGRAMS AND FASTING
- COUNSELING
- BOTANICAL MEDICINE
- HOMEOPATHY
- HYDROTHERAPY
- COMPLETE PHYSICAL EXAMS
- CONSULTATIONS FOR SPECIFIC PROBLEMS
- GYNECOLOGIC EXAMS AND WOMEN'S HEALTH CARE
- NUTRITIONAL AND DIETARY ASSESSMENT
- ALLERGY TESTING AND CLINICAL ECOLOGY
- GERIATRICS
- CHILDREN'S MEDICINE
- SCHOOL AND JOB PHYSICALS
- PRENATAL AND POSTNATAL CARE

YOU ARE WELCOME TO WORSHIP AT
84 N. E. Killingsworth • 281-0499
"A warm spirit of fellowship always"

To the Glory of God
The Ark of Safety
Church of God in Christ
FOUNDER: The Holiness Preacher, Bishop UV Peterson, D.D., Bishop-Prester

the Bible says...
Follow peace with all men, & holiness without which no man shall see the Lord

Worship Schedule:
Tuesday Bible Band 7:30 p.m.
Thursday Choir Rehearsal 7:00 p.m.
Sunday
Sunday School 9:15 a.m.
Morning Worship 11:15 a.m.
Y.P.W.W. 6:30 p.m.
Evangelistic 8:00 p.m.
Tuesday-Friday Noon Day Prayer
Friday The Pastor Speaks 7:30 p.m.
Saturday Morning Prayer 9:00 a.m.

Minister of Music: George, Unalaska
Sunday Morning: 10:00 A.M.
Singing: FAAR, HELAN Lee

MRS. C's WIGS

WIGS **\$5** and up
Special of the Week

Betty Cabine, Proprietor

Featuring wigs by NAOMI SIMS, ANDRE DOUGLAS, NATALIE COLE & MICHAEL WEEKS

Wig Styling **\$7.50 AND UP**
(long or specialty styles slightly higher)

\$6.95
It's New Angel

MRS. C's WIGS
707 N.E. Fremont 281-6525
Closed Sun. & Mon. OPEN Tues. thru Sat. 11:30 AM to 8:00 PM

Lost Luggage . . . Packing Right Can Save a Lot of Grief

Although it may sound fatalistic, it's always best to pack for a trip with the thought that your luggage could take an unscheduled side-trip of its own. Here are a few tips:

- Put your name, address, and phone number on the *inside* of your luggage. You may want to use a business address and phone number on the outside.
- Consider putting some unique "marker" on the outside of your bags if your luggage looks just like everyone else's (e.g., unique-looking luggage tag, elastic suitcase band, ribbon/yarn handle tie, etc.) to help prevent others from plucking your luggage from the carousel.
- Lock your luggage.
- Pack jewelry, important papers, money, medicine, eyeglasses, and all valuables in a small carry-on bag or briefcase. On trips from home, it's a good idea to pack an extra set of underwear, a clean shirt, toiletries, and pajamas in case your luggage doesn't land with you.
- Checking your luggage in one hour before your flight's departure will help assure that it gets on the same plane you do. (Note: checking your luggage in too soon is almost as risky as checking it in too late.)

Don't leave the reservation desk before making sure that the ticket agent has put the correct destination label on each piece of your luggage. (If you don't understand the airport's destination code, ask.)

7.51%
YLD
FSLIC INSURED
ONE YEAR CD
CALL FOR OTHER RATES & TERMS
W. WILSON FINANCIAL
421 SW 5th 227-3144

BUY AT WHOLESALE NO LIMIT!

Flour 8c lb.
Tuna Fish 6 1/2-oz. 49c
Alpo Dogfood, 15-oz. 3/51
Dry Dogfood:
Name-brand mix:
50 lbs. \$8.49
OJ, frozen 12-oz. 59c

* ALSO *

Cosco Baby Stroller . . . \$24.99
Huffy "Workhorse" Exerciser . . . \$129.95

FOODSTAMPS WELCOME!

THE BEE CO
800 N. Killingsworth St.
Portland (503) 283-3171
Open Mon-Sat,
9:30 a.m. - 6 p.m.

Au Pairs Available

Now in your community:

- Young British and English speaking Europeans will provide in-home child care for one year.
- Choose from our profiles of carefully selected and screened Au Pairs.
- \$150 per week includes Au Pair's pocket money, airfare, medical insurance and local supervision.
- First legal Au Pair/cultural exchange program with U.S. Government designation.

Send for our Free brochure
Au Pair in America

AIFS
102 Greenwich Avenue
Greenwich, CT 06830
(203) 869-0990

ALLEN TEMPLE CME CHURCH

Corner of 8th and Skidmore
Sunday School 9:15 a.m.
Sunday Worship 11:00 a.m.
Christian Youth Fellowship 6:00 p.m.
(second and fourth Sundays)

Phillip S. Nelson (Pastor)

COMMUNITY CHURCH of GOD
202 N. E. Skidmore
281-5678
284-5559

Services:
9:45 a.m., Sunday School
11:00 a.m., Morning Worship
7:00 p.m., Evening Worship
7:00 p.m. Wednesday, Prayer Meeting

Victor R. Brown, B. Theology, Pastor
Dr. Hazel L. Brown Sr., D.D., Assistant Pastor

SMILE — GOD LOVES YOU

THE MOUNT OLIVET BAPTIST CHURCH
N. E. First & Schuyler • 284-1954

John H. Jackson, Minister, M. Ed., M. D.
9:30 A.M. Church School
11:00 A.M. Congregational Worship
5:00 P.M. Vesper Service
10:00 A.M. Baptism Fourth Sunday
11:00 Communion Each First Sunday

The American Baptist Convention, American Baptist Churches of Oregon; Lott Carey Foreign Mission Convention; National, Oregon, Portland Ecumenical Ministries, American Bible Society, M. & M. Board.

"To accommodate your busy schedule"

EDWARD E. WARD, DMD
GENERAL DENTISTRY
"DENTAL CARE FOR THE WHOLE FAMILY"

Dr. Edward G. Ward
610 SW Alder, suite 1008

503-228-3009
Payment Plan Available

- PREVENTION ORIENTED
- FRIENDLY PROFESSIONAL STAFF
- INSURANCE GLADLY ACCEPTED
- SEDATION FOR SENSITIVE PATIENTS
- FEES DISCUSSED PRIOR TO TREATMENT
- VISA-MASTERCARD
- NEW PATIENTS WELCOMED
- ALL BUS LINES - VALIDATED PARKING
- OFFICE HOURS MONDAY-SATURDAY, 8 AM - 5 PM
- EVENINGS AVAILABLE
- ADA MEMBER