

Free Fall Fun October 26 - 1 to 4 pm

Enjoy the Hoyt Arboretum in its full fall color when the Hoyt Arboretum Friends Foundation offers an afternoon of music, fun, and activities. Bring a picnic lunch and enjoy fresh apple cider and music at the Picnic Shelter. Follow that up with a leisurely walk on the Fall Color Trail and participate in many of the activities set up along the trail. An apple cider press will be available all afternoon for your use. Bring your own apples. Come join us for this afternoon of free fall fun. ALTERNATE RAIN DATE: November 2nd.

For more information, call (503) 228-8732.

Free Day at OMSI

Pack up the kids, the family, your friends, (why not the whole neighborhood!) and come up to OMSI October 31st. Why October 31st? Because we're throwing open the doors to say thank you in a very "free" way!

As a special thank you to the city of Portland for a \$25,000 grant and to the people of Oregon who have supported and helped make our summer exhibit one of prehistoric proportions, we will be open free from 1 to 8 p.m. on Friday, October 31st.

For more information, call OMSI at 222-2828.



Army and Air Force Hometown News

Army Private 1st Class Shannon M. Moreland, daughter of Barbara T. and Stephen L. Moreland of 1911 N.E. Thompson, Portland, Oregon, has completed the traffic management coordinator course at the U.S. Army Transportation School, Fort Eustis, Va.

The course was designed to prepare enlisted personnel to supervise, coordinate and control movement of personnel and cargo by air, rail, highway and water.

Talking Earth

Lois Marie Lewis, Poet, Lecturer, HOST: K900 RADIO "TALKING EARTH". Tune your dial to 90.7 FM, the 3rd Thursday of each month join Lois, and Guest Poets, October 16, 1986 - 11:00 PM.

Red Cross Home Nursing Course Offered

Now, through training, almost anyone can learn the basics of home nursing. The American Red Cross is sponsoring a five-part course, "Helping You Care."

"Helping You Care" will be held on Mondays, November 3 through December 1, from 12:30 to 2:30 p.m., at Red Cross Headquarters, 3131 N. Vancouver Ave.

People with elderly parents or other family members who need constant attention but cannot afford private nursing care at home, or who do not want to send their loved one to a nursing home, now can receive appropriate skills for home nursing. The five-session class includes: coping with caregiving; understanding aging and the aged; medication use and misuse; caring with dignity and imagination; and creating a safe and healthy environment.

The cost of this class is \$20. Pre-registration is required by calling 284-7090.

Oregon NOW Celebrates NOW's Twentieth Anniversary

Oregon NOW (Oregon National Organization for Women) will celebrate NOW's twentieth anniversary on October 25th at 7:00 p.m. at the Chumaree Comfortel at the Market Street exit in Salem.

There will be hours of oevures, dancing, and entertainment provided. Cost is \$25.00 for members-\$40.00 non-members.

Join us and celebrate twenty years of progress for women.

For more information, write Oregon NOW Anniversary, 640 W. 10th, Albany, Oregon 97321.

\$60.00 PER HUNDRED PAID

For remailing letters from home! Send self-addressed, stamped envelope for information/application.

Associates
Box 95-B
Roselle, NJ 07203

Community Of Black Catholics Celebrate Mass With Archbishop William Levada

The Black Catholic community of Portland invites all to a mass and reception welcoming newly installed Archbishop William Levada. The mass will be celebrated Sunday, October 19th, 1986, at 2:00 p.m. and will be hosted by the Knights and Ladies of St. Peter Claver, and the Black Lay Caucus. The mass will be held at Immaculate Heart Church, 2926 N. Williams Avenue and the reception will follow the mass at Immaculate Heart Hall.

There will be an offering of canned food gifts as well as a collection for the poor of the inner-city during the mass. All children who plan to attend this special celebration should bring a can of food to offer. The mass will also involve the participation of the choirs of St. Andrews, Holy Redeemer, and Immaculate Heart parishes. For more information about this celebration, please contact Fr. Charles Lienert, 287-3724, Fr. Gary Pometta, 285-4539, and Fr. James Coleman, 281-4429.

Walnut Park Lock & Key
533 N.E. Killingsworth
503-288-6338

9:30-5:30 Mon-Fri
10:00-5:00 Sat

24 hr. Emergency Service

SAFEWAY

2nd BIG WEEK

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Be Sure To Look In Your **This Week** MAGAZINE for your Safeway Shopping Guide for a complete list of specials on sale this week at Safeway!

Safeway's 1/4 INCH SUPER-TRIM

Beef Blade Chuck Roast

Safeway "Select" grain-fed beef...Tender, juicy and full-flavored. Oven roast with potatoes & vegetables.

Lb. 99¢

Save Up To 70 Lb. No Limit!

Golden or Red Delicious Apples

Extra fancy, Northwest grown...Great for lunch bags, for snacking, fruit salads, gelatins and much more!

Lb. 49¢

Save Up To 50 Lb. No Limit!

10-Lb. Bag Russet

Ea. 69¢

Fancy Vegetables

Choose 16-Oz. Cut or Sliced Green Beans or 17-Oz. Whole Kernel or Cream Style Corn or Sweet Peas

3 For 1

Save Up To 77¢ On 3

6-Roll Marina

Bath Tissue, 2-Ply White. Soft, absorbent tissue!

\$1.39

Save Up To 60¢ No Limit!

Apple or Grape Juice

Bel-air, frozen concentrates...Pure apple juice or sweetened Concord Grape juice. 12-Oz. Can

2 For 1

Save Up To 98¢ On 2, No Limit!

Ad Prices Good 10/8 Thru 10/14/86 At Your Nearby Safeway Store. Sales Limited To Retail Quantities. No Sales To Dealers.



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