

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.

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)

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

The Ark of Safety Church of God in Christ
"The Bible says... Follow peace with all men & holiness without which no man shall see the Lord"

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 Worship 8:00 p.m.
Tuesday-Friday Noon Day Prayer
Friday "The Pastor Speaks" 7:30 p.m.
Saturday Morning Prayer 9:00 a.m.
"Showers of Blessings" broadcast Sunday morning, 10:00 A.M. Sat. 10:00 A.M. Sat. 10:00 A.M. Sat. 10:00 A.M.

"To accommodate your busy schedule"

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

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

503-228-3009

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

Payment Plan Available

Apples, grapes, cranberries, plums and cherries should be stored in the refrigerator immediately after purchase and are best eaten within a week.

Why do more families call Cox's at time of need?

Cox Funeral Home has a staff dedicated to the families in their hour of need with low cost funerals, dignity and liberal terms.

Shipping • Cremation • Burial
2736 N.E. Rodney • (503) 281-4891
Portland, Oregon 97212

Peninsula Park Christian Church
5949 N. Albina
(Ainsworth & Albina)
281-3576

Sunday Bible Lessons 9:45 A.M.
Sunday Worship Service 11:00 A.M.
Wednesday Prayer Hour 6:30 P.M.
Friday Bible Studies Class 6:30 P.M.

Recreation Activities

- Participation in the State Games of Oregon
- Compete in the Portland Basketball League
- Camping hiking and retreat facility accessible to church groups and families
- Family social hour weekly activity

Harold Bishop, Minister

"Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize." 1 Cor 9:24 (NIV)

Shriners Hospital Reunion

A reunion for former staff and patients of Shriners Hospital at 82nd & Sandy Blvd. in Portland, Oregon, is scheduled for Saturday, August 1, 1987 at 12:00 p.m. through 10:00 p.m. at the Milwaukie Senior and Multi-purpose Community Center located in North Clackamas Park off Hwy 224 at Rusk Road. Contact Harry Howell 238-1684 or Mrs. Lenny Langley 665-5855 or W. Loutzenhiser 281-3528.

Public Service Announcement

Parents Anonymous is Helping Parents Succeed. Put your parenting experience or problem solving skills to good use by volunteering to be a Parent Support Group Sponsor. Training provided. Call our office at 234-7532.

Children are our most precious resource.

YWCA Day Camp Has Openings!!

Looking for a place for your child this summer that is fun, exciting, educational and well supervised? Enroll today in the YWCA Summer Day Camp!

Youth, ages 5½ to 12, can explore, learn about the community and develop communication and leadership skills.

Weekly camp sessions run through September 4. Arrival time is from 7:30 - 9:00 a.m. and departure time is from 4 - 5:30 p.m.

Camp activities include games and singing, in-city field trips, bus trips, swimming and overnight campouts.

Registration is now open. Please call 223-6281, ext. 235, for the Registration and Health History form.

Summer Meeting

The Travel Information Council will hold its summer quarterly meeting Wednesday, July 15, at 10 a.m.

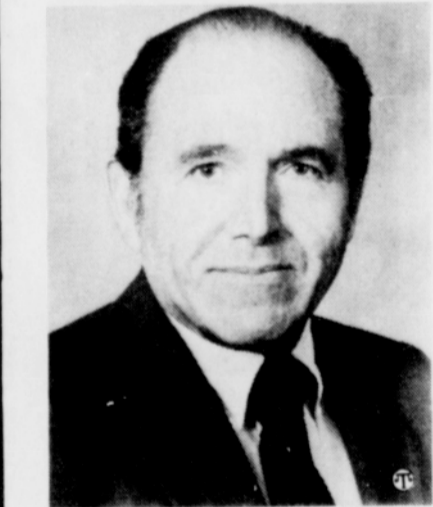
The meeting will be held by way of a telephone conference call. Persons wishing to participate may contact the council in advance at 378-4508 in Salem.

Cheryl Gribkov, executive director, said the meeting agenda includes rule changes for the highway logo sign program, a legislation update and a report on a rest area traveler information radio system recently installed in Southern Oregon. The council will also hear logo sign program applicant appeals.

The council administers the rest area Travel InfoCentre and highway logo sign programs that direct motorists to services such as restaurants, lodging and gas stations.

Franchising: For You?

By Robert E. Kushell
There is a young entrepreneurial movement in our country that has heralded a new breed of individual business people.



The phenomenon is called "franchising."

There are now about 500,000 owners of franchises in the United States, and about 2,000 franchising companies, or franchisors. Before one thinks about starting his own business by buying one of these franchises, there are a number of questions one should ask oneself. These would include:
How much money can I afford to invest?

What is my ability to borrow? What type of training is offered? Does the franchisor offer financial assistance?

To assist prospective franchisees in making the best evaluation of a franchise offering, a series of tapes answering 100 of your most difficult questions, have been developed.

Because of the many franchising questions prospective franchisees have, I'll be happy to answer one question about franchising to anyone who sends a stamped, self-addressed envelope to: Franchise Learning & Consulting Ctr. Ltd., Dept. S, 20 Lattingtown Road, Glen Cove, NY 11542.



Dr. Ralph D. Abernathy, Pastor, West Hunter Street Baptist Church, Atlanta, Georgia, was in Portland this past weekend. Dr. Abernathy, who is the current president of the Southern Christian Leadership Conference, participated in services held at Vancouver Avenue First Baptist Church

Friday, Saturday and Sunday. He also took part in the Davis family reunion. (L-R) Rev. O.B. Williams, Vanc. Ave. First Baptist Church; Dr. Abernathy; Rev. John Jackson, Mt. Olivet Baptist Church.
Photo by Richard J. Brown

Patients Expect White

Doctors should wear white coats and maintain a formal manner say patients that were polled.

Dr. Thomas H. Lee of Harvard Medical School polled 200 patients in Boston and San Francisco. 74% said they prefer to call their doctor by his or her title and last name. And 65% said that M.D.'s should wear white coats, 53% disapproved of physicians in jeans and 27 percent disliked docs in sneakers or running shoes.

"When you're sick, you want to be treated by someone who deserves respect, if not reverence," says Dr. Lee. "You want a doctor to look like a doctor."

Beat Fatigue

Find yourself sluggish behind the desk, fatigued at work? Take a three minute walk at break time in one of these modes: long strides with arms swining, or walk with a natural gait.

Psychologist Sara Snodgrass of Skidmore College in Saratoga Springs, NY studied 79 students and their walk. She found that those who walk purposefully, with their arms swinging and eyes ahead, feel much better after a walk.

The right walk can be a good pick-me-up for the mind as well.

Bob's U-SAVE
N.E. KILLINGSWORTH AT CULLEY BLVD. MON-SAT. 9AM-9PM; SUN. 10AM-7PM

BARBECUE SPECIAL! TENDER, TASTY
T-BONE STEAK PORK STEAK
"THE KING OF STEAKS"
\$3.39 LB. \$1.68 LB.

SPARE RIBS COUNTRY STYLE PORK \$1.68 LB.
PORK ROAST A SUNDAY DINNER FAVORITE \$1.58 LB.
LINK SAUSAGE TRI-MILLER \$1.79 LB.
HOT DOGS BULK ALL MEAT \$1.39 10 LB. BOX \$12.50 (OPEN 11:25-11:51)

MAYONNAISE BEST FOODS \$88¢ QUART JAR
WITH THIS COUPON AND \$10.00 PURCHASE*

TRUE VALUE TUNA WATER PACK 6.5 OZ CANS 2 \$88¢ SAVE 70¢
ALPENROSE COTTAGE CHEESE PINT 58¢ SAVE 30¢
GERBER'S STRAINED BABY FOODS 4.5 OZ JARS 4 \$88¢ SAVE 28¢

KRUSTEAZ PANCAKE MIX COMPLETE BUTTERMILK 3 1/2 LB BAG \$1.49
SENECA APPLE JUICE 48 OZ BOTTLE \$1.49
TRUE VALUE TOMATO SAUCE 8 OZ CANS 5 \$1.00
MINCED OR CHOPPED GORTON CLAMS 6 1/2 OZ CAN \$1.19

BETTY CROCKER ASSORTED HAMBURGER HELPER 5.5 OZ PKG. \$1.29
NEW KERR-READY TO USE JEL-JAM PECTIN MIX 32 OZ \$2.49

DELI SPECIALS
DAILY 9AM-8PM SUN 10AM-6PM
CRISPY DEEP-FRIED CHICKEN 3-PIECES with JOJO'S \$1.49
ROAST BEEF SANDWICH WITH CHEESE \$2.19 \$1.99

WALLA WALLA SWEETS 29¢ LB.
RADISHES & ONIONS 4 \$1 BUN
ZUCCHINI SQUASH 39¢ LB.
PEACHES OR NECTARINES \$1.41 LBS.
BANANAS \$1.41 LBS.

PRICES EFFECTIVE 7/8 THRU 7/15