What makes Quick Control big news? It's simple

about it. Our

There's nothing Join Any Class Any Time

new Quick Control" plan puts you in control fast. And it's hassle-free, so it's easy to stick with. You'll choose from delicious pre-planned menus of the foods you love. Meals that are a snap to prepare with minimal weighing and measuring. Quick Control. So get with

Call Collect 1-503-297-1021 Weekdays 8:30 a.m. to 5:00 p.m.

the plan and you'll see, success has never been this simple.

NORTHEAST PORTLAND

Maranatha Church	Tillamook Park Bldg.	
4222 N.E. 12th	2108 N.E. 41st Ave.	
(Enter on Skidmore)	Mon.	7:0
Sat. 9:30 a.m.	Tues.	7:0
	Wed. 9:30 a.m. &	5:0
Temple Baptist Church	Thurs.	7:0
1319 N.E. 7th	Fri. 9:30 a.m.	
Fireside Room		

12:15 p.m. Nationwide Insurance 919 N.E. 19th Ave Wed. 11:30 a.m.

NORTH PORTLAND

Rivergate Community Church 4737 N. Lombart St. Tues. 7:00 p.m.

Tues.

University of Portland 5000 N. Willamette Blvd. Columbia Hall (Enter From Portsmoth) Wed. 5:00 p.m.

2. Fundraising

5. Board Participation

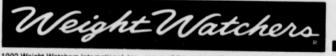
7:00 p.m.

7:00 p.m.

5:00 p.m.

7:00 p.m.

You've Got It In You To Get It Off You."



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Volunteers Needed

Toll-free lines to Department of **Revenue available**

Taxpayers with questions can call the Department of Revenue toll-free. These lines will be open 24 hours a day, 7 days a week and will provide recorded information about taxes. You can also reach department staff during office hours, which are weekdays 8 am to 5 pm, except Wednedsays, 9 am to 5 pm.

Callers can order tax forms and listen to messages about current tax topics, such as how to determine residency for tax purposes. Beginning March 1, taxpayers can get information about their refunds.

'If people call during office hours, and have questions the recorded messages don't answer, they can stay on the line to talk to a staff representative," according to Margaret Loftis, Manager of the Tax Help section. The system gives instructions for using either touchtone or rotary dial phones.

These lines will be open through April 30, 1992. The phone numbers are: From Portland: 243-2833, from Salem: 378-4988, From elsewhere in Oregon: 1-800-356-4222

There will be no toll-free service after April 30, but taxpayers may still call the Salem office for information. The TDD number is 373-1826. This

is not for voice use. Loftis also reminds taxpayers to

attach the labels which are mailed on tax packets or postcards to their returns for faster processing.



Commission Meeting

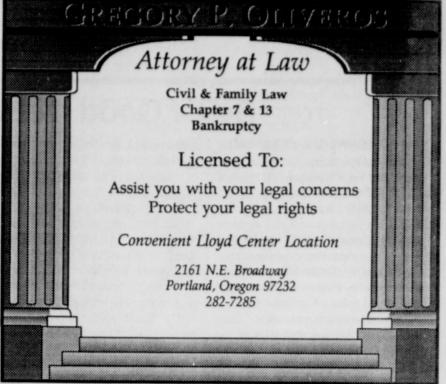
Date: January 15, 1991 Place: Portland Building 1120 SW Fifth Ave., 11th Fl. Portland, OR Time: 10:00 a.m.

Commission meetings are open to the public. A complete agenda is available at PDC. Call 823-3200. PDC is the City of Portland's urban renewal, housing and economic

Cold-weather goods needed

As winter nears, blankets, heavy coats and other cold-weather clothing are once again atop our list of desperately needed items. Among the other needs: workboots, rain gear and tents (for the homeless), . blankets, pillows, bedsheets, baby blankets, pots, pans, dishes, kitchen utensils, tables and chairs, chests of drawers. For details: 284-6878.

January 8, 1992...The Portland Observer...Page 7



Progressive Realty, Inc.

317 NE Killingsworth St. 283-4542 Fax 283-2977



Progressive Realty is strategically located in inner North/Northeast Portland. We are your Neighborhood Realtors, we live in the neighborhood, we know the real estate market out there. We are professionals equipped with tools and Agents to serve your neighborhood in both buying and sell-

G.

31.

1:30

.....

We contend that it is not necessary for the North/ Northeast neighborhoods to take the neighborhood out of the neighborhood for buying and selling Real Estate. There are other great Real

Estate Companies in Portland, but Progressive Realty is located in the neighborhood and can give you better service. We care about our neighborhoods and strive to circulate moneys earned at least two to three times in the neighborhood before leaving it.

Why not give Progressive Realty a chance to handle all your Real Estate needs. Call C.F. (Cliff) Richardson or any of the Agents in the company.

BOSTON'S MINI MARKET NEEDS YOUR SUPPORT! PLEASE SUPPORT YOUR COMMUNITY STORE IT'S A MUST. PLEASE REFRAIN FROM DRINKING ON THE STORE GROUNDS AND ON THE OLD FRED MEYER PARKING LOT. IT CAUSES MANY UNNEEDED PROBLEMS.

OWL.

development agency

Older Women's League On Saturday, January 11, from 10:00 a.m. to noon, mid-life and older women are invited to the Portland Chapter of the Older Women's League (OWL) at 2145 N.W. Overton. The topic will be "TAX REFORM:

Free Health Screenings

For Seniors (Age 55 +)

Offered At

Neighborhood Sites

ior Center, 7508 N. Hereford, 9 a.m. to

noon. Please call 289-8208 to schedule

1430 SW 12th, 9 a.m. to noon. Please

call 222-7467 to schedule appointment.

Senior Center, 1820 NE 40th Ave. 9

a.m. to noon. Please call 288-8303 to

Jewish Community Center, 6651 SW

Capital Hwy., 9 a.m. to noon. Please

call 244-0111 to schedule appointment.

ings are blood chemistry tests which

include cholesterol, glucose, and ame-

nia measurements, blood pressure, lung

function and hearing testing. Vision

and glaucoma assessments, nutritional

counseling and foot care evaluation are

also usually offered. Appointments are

necessary and may be made by calling

the screening site. There is no charge

for the screenings which are funded by

Legacy Health System hospitals and

healthcare organizations.

schedule appointment.

appointment.

February 7, 1992, Peninsula Sen-

February 14, 1992, Clay Tower,

February 21, 1992, Hollywood

February 28, 1992, Mittleman

Among the services at the screen-

How It Could Impact Older Women's Issues." Speakers will be John Mullen, Co-Chair, Human Services Coalition of Oregon, and a representative from the Bradley-Angle House. The meeting is open to the public at no charge. No-host coffee is available. There is ample street parking. There is wheel-

chair accessibility. Tri-Met available on NW 12st or NW 23rd. Call 245-4271 for directions or information about

vertise

ing real estate.

nterested in Community Development in Northeast Portland? The Northeast Genesis Project needs your help!

We need volunteers interested in:

- 1. Community Service
- Community News Letter

Please call Rose Marie Davis @ 281-8976 any time.

COME BY FOR ALL YOUR SHOPPING NEEDS. WE WORK WITH OLCC. LOCATED AT 726 N.E. KILLINGSWORTH

282-6776

Transition Home Opens In Northeast Portland

Give Us This Day Inc. has announced the opening of the new Transition Home for high risk female adole scents (ages 12-18). The home is occupied by the young women on a short term 90 day program, until they are reconciled with their families, become emancipated or learn independent living skills.

Multnomah County, with the efforts of commissioner Gary Hansen donated the house to Give Us This Day Inc.

Extensive remodeling was done in order for the house to be liveable. Volunteers who gave their time on this project were: Hartley Oil Co., JJ Lock Service, Michael Hunter, Seaside River of Life Community Church, Elder Willie Castle, Floyd Mitchell and Rev. Clay Drayton.

"In the Transition Home program there are house rules to follow, chores to do, homework to do in addition to volunteer work. Basically, our objective is for the young women to become more responsible, productive citizens in our community," says Rev. Joshua Phillips, Administrator of Give Us This Day. Inc.

Give Us This Day, Inc. was founded in 1979 providing family counseling. Help for unwed mothers began in 1980. The Exteded Family Homes Program for high risk adolescents began in 1985, and was later adopted as a model program by the State of Oregon Children Services Division.

To operate the Transition Home, Give Us This Day welcome donations of furniture, clothing, bedding, and kitchen items. For more information regarding the program, contact Renee Watson-Taylor, Program Director at 288-4335.

