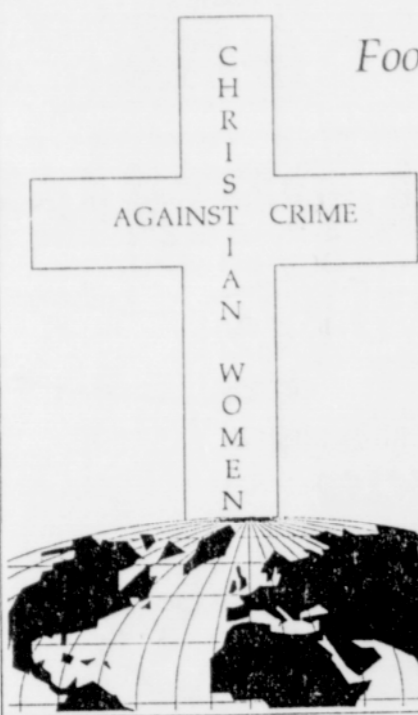


KBMS 1480  
&  
CHRISTIAN WOMEN AGAINST CRIME

Sponsors The  
**6th Annual Food Drive**  
Monday, Nov. 15th  
until  
Saturday, Nov. 20th

Bring Canned or non-perishable food items to  
Christian Women Against Crime at:  
120 NE Ivy (Next to Morning Star Baptist Church)  
or KBMS - 1480 601 Main St. Suite 400 • Vancouver, WA



Food will be distributed to Families  
in need for Thanksgiving

Cash donations accepted  
to purchase food items.

Volunteers are needed to pack  
food baskets on Mon., Nov. 22  
and to distribute food baskets on  
Tue. & Wed, Nov. 23rd and 24th

For additional information  
call KBMS 1480 at: 222-1495  
or  
CWAC at: 282-1316

**In Need Of  
Thanksgiving  
Dinner ?**

**Check With The  
Arkansas Club  
Of Oregon**

Charles Green 254-8605  
Marge Moore 283-9433  
Ida Mae Miller 287-9908  
Ethel Holmes 287-5720

**Community Sponsors  
Homeless Women**

Every year, concerned members of the community "sponsor" residents of the West Women's and Children's Shelter for Christmas. This year, the need is greater than ever for such giving.

The West became a program of the Salvation Army's Recovery Road in July of 1990. Since then, the numbers of homeless women and children have grown. In addition, the severity of their problems has increased. The West is home to nearly 60 women and children. Nearly 400 individuals were served last year alone. The program offers food, shelter, and a vast array of support services to its residents.

In an attempt to provide a joyous Christmas for all, the West offers "sponsorship" as a means of funneling the community's generosity. Families are available for sponsorship as well as single women who do not have children or do not have custody of their children. Residents write "wish lists" from which donors may choose items to give them.

To sponsor a family or single woman, please call the West at 224-7718. We depend on the generosity of the community at Christmas time and throughout the year.

**Oregon Lottery  
MegaBucks**

Wednesday, November 10, 1993  
27-26-05-11-41-13  
Saturday, November 13, 1993  
39-03-22-40-21-20

**Powerball**

Wednesday, November 10, 1993  
25-23-31-36-28 PB 39  
Saturday, November 10, 1993  
13-23-22-18-15 PB 35

**Insurance Industry Responds  
To California Fires**

"Many insurance claim adjusters from Oregon have been sent to Southern California to assist their colleagues in helping homeless homeowners with extra living expenses," says Marianne Macina, CPCU, regional manager for the Western Insurance Information Service (WIIIS).

"The insurance industry has learned its lesson well from the Oakland Hills Fire catastrophe," adds, Macina. "The industry's first concern today is to set up centers in southern California where their policyholders can go to get advance money--say, \$4,000 to \$5,000 against their additional living expenses of contents coverage--to pay for clothes, food and temporary housing."

Getting the actual homeowner's claim adjusted and the claim check in the hands of the policyholder so that the house can be rebuilt as soon as possible is the next major concern of the insurance companies, according to Macina.

"Homeowners can assist in the claims handling process by notifying their company representative as soon as possible after the loss, having a home inventory ready (even if you have to try to recreate one) and, by keeping all receipts for expenses after the fire occurs," explains Macina.

"That's why we remind homeowners every year that they should complete a home inventory and update it every year--January is a good time in order to add expensive Christmas presents. Just remember to keep inventories in a safe place away from the home. A safety deposit box in your local bank is a good idea."

Homeowners should know what their responsibility is in protecting their property before and after a fire from additional damage. "They also need to be familiar with how to file a

claim before a loss ever occurs," Macina adds.

Free consumer brochures on taking inventory and how to file a claim and how to settle a claim after a disaster are available from the regional WIIIS office at 11855 SW Ridgecrest Drive, #107, Beaverton, OR 97005.

In response to questions about rate increases, Macina said that the rates always reflect the cost of the losses and usually only impact the territory in which the losses occur. "The losses in California will not be tallied until they have all been paid and then individual companies will weigh their loss costs versus the premiums they have collected. If the claim experience shows the need for a rate increase, the companies must individually file for the increase--showing justifiable cause--with the appropriate state insurance department," Macina explains. "Some states are required to file rate increases with their state insurance department first, others allow the companies to implement the increases and then file for approval. In these later cases, if the rate is unacceptable, the companies must return the additional funds to their policyholders."

According to Macina, the fires in southern California will not impact Homeowners' insurance rates in Oregon.

**Open House Slated  
To Celebrate**

Dishman Community Center  
77 NE Knott  
Renovation Completion  
Saturday, November 20,  
1993, from 1pm to 4pm.

**FOOD & NUTRITION**

The Portland Observer

**USDA Criticizes School Meal Programs**

**Espy: A Good School Lunch Or Breakfast Is Just As Important As A Good School Book**

A report criticizing the nation's school lunches and breakfasts, which shows that 99 percent of the schools need to improve the nutrition in their programs, was released today by Agriculture Secretary Mike Espy.

"With the school lunch being one of the most important meals of the day for many of our children, we must do better," said Espy at a news conference in Washington, D.C., at the Brent Elementary School cafeteria. "A good school lunch or breakfast is just as important as a good school book. You can't get what is in the book, unless you energize the mind and the body. So the news here is simple: We can't continue to deep fry our children's health."

The report, called The School Nutrition Dietary Assessment Study, surveyed the meals offered in 545 schools and interviewed 3,350 students attending those schools. Overall, more than 25 million children participate in the school lunch and breakfast programs that are offered in more than 90 percent of the schools nationwide.

The report showed that school lunches exceed dietary guidelines for fat by more than 25 percent, saturated fat by 50 percent and sodium by nearly 100 percent. It also found that children who ate the school lunch consumed a significant higher amount of calories from fat than children who got their lunch elsewhere.

Further, the report showed that virtually no schools conform to the dietary Guidelines for Americans, established in 1980 by the Department of Health and Human Services and USDA.

"Only one percent of schools offered lunches that provide an average of 30 percent of less of calories from fat as recommended by the dietary guidelines," said Ellen Haas, assistant secretary for Food and Consumer Services, who directs the federal nutrition programs. "USDA does not require compliance with the Dietary Guidelines and school meals don't follow the guidelines. We must provide the leadership to meet our national responsibility to children."

Haas added, "There is scientific consensus that diet is linked to health. Diets high in fat and sodium lead to chronic disease such as cancer, heart

disease and stroke. And chronic disease often begins in childhood."

Said Espy, "We have a federal policy on what make a healthful diet. The responsibility is clear. Our school meal programs must meet the Dietary Guidelines for Americans and provide all children with healthful, nutritious meals."

"We want to use the results of this major new study to bring change

to a program that has been long neglected."

Earlier this year, Espy announced he was moving toward improving the school meal programs by purchasing twice as much fresh fruits and vegetables for this school year and directing Haas to hold a series of four field hearings to gather consensus to make the changes.

**IGA Recognizes Key Contributors**

Key contributors to the IGA System were recognized with awards during the 1993 IGA Merchandising, Advertising and Promotions (M.A.P.) Conference, held here September 30-October 3.

The annual awards were presented to all segments of the independent alliance, including manufacturers, wholesalers and retailers, for their outstanding commitment and performance throughout the year.

IGA International Retail Counselors of the Year Awards--These are new awards this year, given to the top three IGA retail counselors who best exemplify the spirit of IGA by providing leadership and inspiration to the IGA retailers they serve. The following winners each received a jacket, and engraved ring and a crystal globe trophy.

Mike Ludlow--Fleming Companies, Inc., Portland (Oregon) Division.

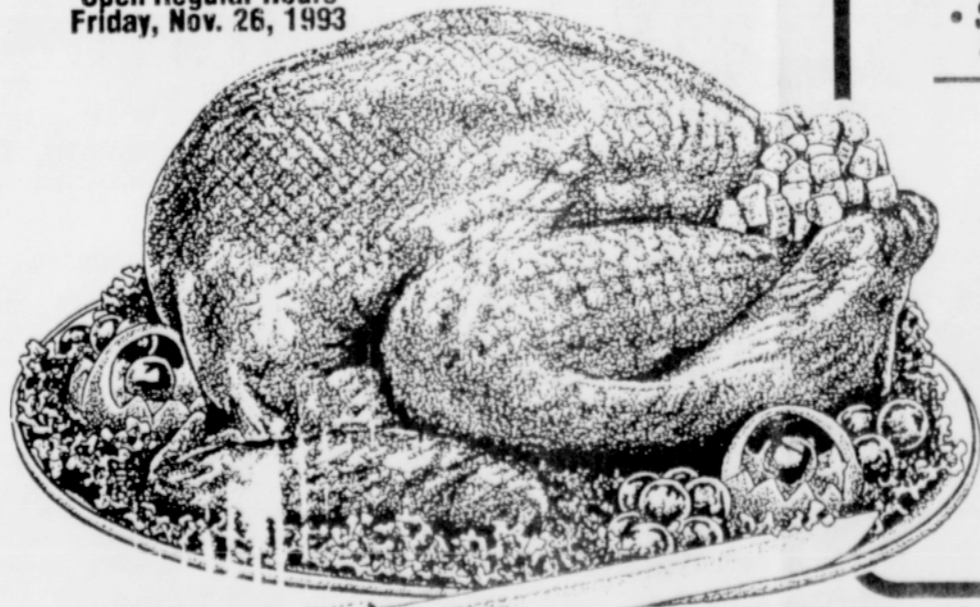
IGA, INC. is the largest voluntary supermarket network, with aggregate sales of \$16.0 billion annually. Through its global of 4,000 supermarkets, it ranks sixth in the world and third in North America in supermarket-related sales. IGA supermarkets are located in 49 states, Australia, the 10 provinces of Canada, Japan, Korea and Papua New Guinea. IGA, INC. is owned by its 21 wholesalers.

**Thanksgiving Savings**



Safeway  
**OPEN**  
Until 3 PM on  
Thanksgiving Day.

All stores will be  
Open Regular Hours  
Friday, Nov. 26, 1993



Ad Prices Good November 17 through November 24, 1993 At Safeway.

**Young Tender  
Grade A Turkeys**

- Tender Gold Brand
- 17 to 23-Lb.
- FIRST 1, with \$25 purchase, additional at 55¢ per pound

**45** ¢  
**lb**

• SAVE UP TO  
54¢ per lb.

**Mrs. Smith's  
26-Ounce Pies**

• Assorted

• SAVE UP TO  
\$5.47 on 3

**3** \$  
**5**  
for

Look In The This Week  
Magazine for your Safeway  
Shopping Guide for a complete  
list of specials on sale this  
week at Safeway!



Enjoy Extra Savings With The  
New 'In-Store'  
Safeway Shopping Guide  
Available at your Safeway store.