

Family Living

Do You Know Your Rights?

It has been said that if you don't know your rights you may not have any. And like it or not we all live in a world where we are at the mercy of a system of justice that we as average people know little or nothing about.

The top ten percent of the people in this country have always had attorneys on retainer and always will; maybe that's why the rich just keep getting richer. And the bottom ten percent of the people in this country have court appointed attorneys; maybe that's why the poor just keep getting poorer.

Then there are the 80% of us in the middle who are financially locked out of the legal system that's supposed to protect our rights and in the hands of the

rich and powerful is often used against us.

Lawyers are our connection to a world most of us have little understanding of and therefore fear and because fear paralyzes us we often ignore a small thing and allow it to become a major problem in our lives and often a much greater expense than it would have been if we were able to take care of the situation right away. In fact in most cases a 7 to 10 min conversation with an attorney will resolve 70% of our legal situations and the effect that the remaining 30% has on us emotionally and financially can be greatly minimized by prompt action.

The inscription on the halls of justice above the supreme court

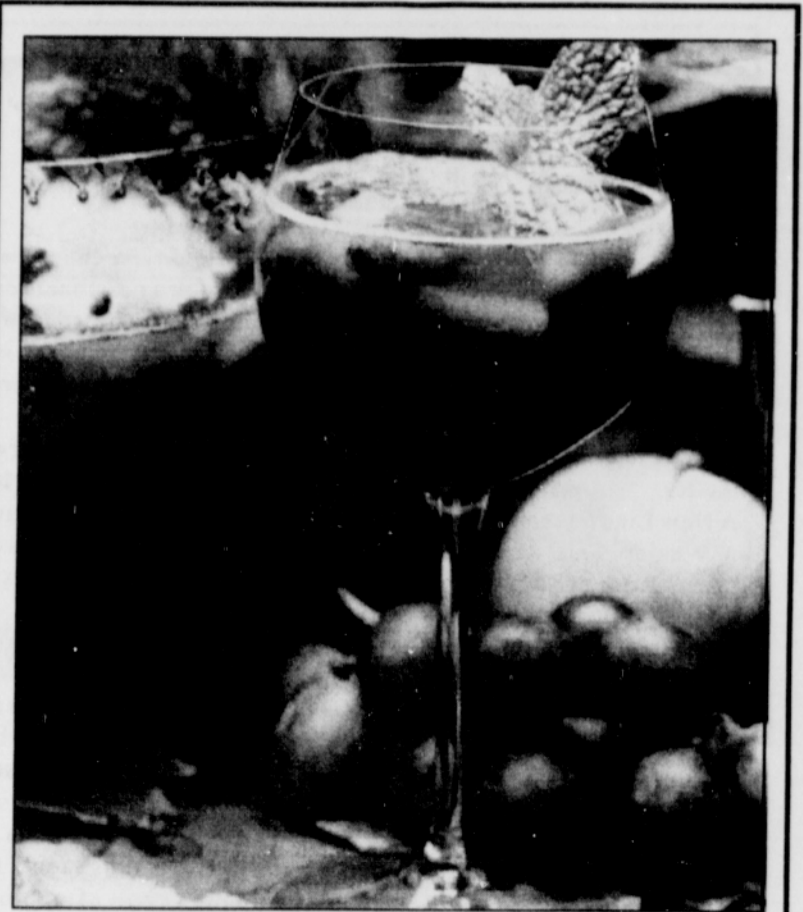
in WA. DC states Equal Justice For All Under The Law. Unfortunately there's nothing written there about how to pay for this justice. Recent events have shown us that some are more equal than others under the law, when the weight of their wallets are used to balance the scales of justice.

But what about me and you good hard working people who are the backbone of this great country don't we deserve good and competent attorney to protect our families with out fear of having to beg steal or borrow the money drain our hard earned savings or mortgage our futures and ruin our dreams of retirement.

You bet we do and now we have them; some of the best at-

torneys in the country are part of a sort of legal health plan or legal service plan that has been around for 25 years but only recently in 1995 came to Oregon since that time more than 9500 Oregonians have become members of this plan that for only pennies a day provides unlimited phone access to attorneys, a will, moving traffic, courtroom representation civil trial representation and work related criminal representation.

IRS, audit protection as well as members only discounts for other services. The full extent of this coverage is too detailed to cover here but I will be pleased to cover in detail for all interested parties. Sincerely John C. King (1-503-516-2597).



Ring In The New Year

Just in time to celebrate New Year's, Marinelli's introduces new Sparkling Apple-Grape, a non-alcoholic, 100% pure juice combo in a festive champagne bottle.

The bubbly and fruity blend of grape juice and sparkling cider brightens the most intimate gathering or the most extravagant gala. Pick up Sparkling Apple-Grape at your favorite store, and offer merrymakers a delicious and nutritious new treat.

Full of the mellow flavor of ripe grapes and the crisp taste of fresh apples, Sparkling Apple-Grape is a delightful new ingredient for non-alcoholic cocktails. Sparkling Apple-Grape Punch is an elegant addition to any festivity. Combining Martinelli's Sparkling Apple-Grape with the tang of citrus and the smooth sweetness of fruit nectar is an easy recipe for a refreshing, ruby-red punch that will dazzle your guests.

This season complement your meals with the trio of Martinelli's Gold Medal champagne alternatives: new Sparkling Apple Grape, Sparkling Cider and Sparkling Apple-Cranberry.

Martinelli's Gold Medal Apple Juice, Cider and Sparkling Cider contain absolutely no added water, no preservatives, no sweeteners or additives of any kind and are made from a special blend of only U.S. grown, fresh apples.

Sparkling Apple-Grape Punch 1 bottle (25.4 oz)
Martinelli's Sparkling Apple-Grape 1 cup peach or apricot nectar 1 juice orange, halved and thinly sliced

1/2 fresh or frozen sweetened sliced strawberries 1 tsp. sugar (optional)

Chill Martinelli's Sparkling Apple-Grape juice. If using fresh strawberries, place the slices in a bowl, and sprinkle with sugar to draw out the juices. Combine the nectar, citrus slices and strawberries in punch bowl or pitcher, stirring to mix flavors. Chill until ready to serve. Pour in Sparkling Apple-Grape, and stir to blend. Serve with ice block, ring or cubes. This recipe makes 5 cups before ice is added and 10 servings. Double or triple the recipe if you like.

Birth Announcements

Hevani Shaliyah Fifita

Nov. 12, 1997

7 lbs 7 1/2 oz. 20 1/2 in.
Born to: Sione Lui Fifita and Nia Green

Jalon Marquise Fields

Nov. 11, 1997

9 lbs 4 oz.
Born to: Billy & Yoland Fields

Chrisha'yla Denise Harris

Oct. 24, 1997

6 lbs 13 1/2 oz.
Born to: Cheryl Lynn Green

Shantakneya Arianna Cane

Nov. 11, 1997

6 lbs 10 oz
Born to: DeAngelo Cane and Shuntina R. Bilbrew

Youth Challenge Program

The Oregon National Guard Youth Challenge Program will be starting its next class on January 18, 1998. Applications are now being accepted. Student's ages 16-18 who desire to achieve the G.E.D. or high school credits are eligible. This is a cost free program that offers a "second chance" for teens. The activities offered are diverse and educational. The goals of this program are to provide young people with values, self-esteem skills, education and to succeed as students and young adults. The Youth Challenge Program is designed as a preventative/intervention program rather than punitive. It is an "at-risk" youth program which targets unemployed and underemployed young adults

ages 16 to 18. The Program's mission is to provide work skills and alternative learning opportunities to meet the unique individual needs of students in order to increase positive behavioral and academic skills. The student is better prepared for transition to and subsequent success in his or her next learning or work environment by promoting learning, goal setting and self image building.

This ten week residential program is conducted at the Central Oregon Training and Education Facility (COTEF) in Bend, Oregon. Core components consist of citizenship, preparation for the GED or high school completion, work skills, community involvements and projects, health, hy-

giene, skills, training, leadership, fellowship and physical fitness.

The eligibility/selection criteria for entrance into the program are that the participant must be a volunteer, within the ages 16-18, a citizen or legal resident of the U.S. and of the State of Oregon; drug free; must not possess felony or capital convictions and must have physical capability to complete the program within reasonable accommodations for physical challenges. If you have any questions regarding the program or would like to enroll, please write or call for more information. Thank you for your vision and interest in the future of our youth. The Oregon National Guard Youth Challenge Program is looking forward to a successful 1998.

Happy Birthday

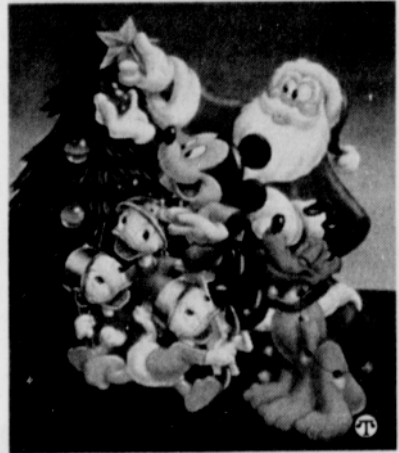
Leva Beatrice Donovan



Brighten The Season With Movie Magic

(NAPS)—'Tis the season to be jolly, so add a little sparkle to your holiday spirit with fun-filled home videos. Here's a sampling:

• It's only three days until Christmas, and Frogtown Hollow is hopping with excitement! In *Emmet Otter's Jug-Band Christmas*, Emmet and his mother have always been poor, but they are rich in love and good cheer. They enter a talent contest in hopes of buying special gifts with the prize money.



• Make way for a Disney winter wonderland filled with all the joy and magic of the season. Join Santa, Mickey, Minnie, Donald, and the gang for this collection of six classic cartoons in *A Walt Disney Christmas*.

• Doug considers himself an ordinary 12-year-old kid who can lead a pretty exciting life in *Brand Spanking New Doug: Doug's Secret Christmas*. While he secretly celebrates the season in his room, his mom and dad come through with a real surprise for the holidays.

• Available only on video is the musically-charged animated tale *Pooh's Grand Adventure: The Search for Christopher Robin*, in which Christopher Robin looks for a way to tell Pooh that it's time for him to go away to school.



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PRICES EFFECTIVE DECEMBER 1997						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
14	15	16	17	18	19	20

Prices Effective Wednesday December 10, 7am thru Tuesday December 16, Midnight

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FAMILY FAVORITES!



Fresh Oregon Grown Fryers

Thrifty Pack. First 3 (Washington Fryers sold in Washington.) SAVE up to 61¢ lb.

58¢ lb.



Safeway Vegetables

14.5-oz. Cut or Sliced Green Beans. 15 to 15.25-oz. Whole Kernel or Creamed Style Corn. SAVE up to \$1.36 on four

4 for 1



Seedless Navel Oranges 10-lb. Bag

Grown in California. First 1 SAVE up to \$1.00

1.98

Additional, \$2.98 ea.

NOBODY DOES IT BETTER FOR LESS.