



Photo by M. Washington

Nature's on Fremont has many expanded departments and services. Stop by the store for an impromptu tour and enjoy the experience.

Nature's on Fremont:

Continued from front page

Food Adventure

To sample the cuisine's of the world stop by this department. Specialty cheeses, an eclectic selection of wine and beer, a charcuterie filled with cured and dried meats and fish. And the shelves are stocked with unique and delicious condiments and ingredients for the most adventurous of cooks.

Meat - Fish - Poultry

Free Range Rocky chicken and turkey grown by the Diestels; beef grown by Oregon Country Beef - all grown without the use of feed antibiotics and growth hormones. Plus we carry the freshest seafood available that has been harvested by local fishers and delivered to us directly. We have over 40 different types of homemade sausages - all made with fresh ingredients and a complete selection of prepared and marinated items that are ready to take home and cook.

Groceries

Our grocery department boasts the largest

selection of natural and organic products available in the area. We also carry a selection of convenience items. We are a WIC approved store.

Floral and Home Décor

Our floral department will create a beautiful arrangement for you or you can choose your own flowers to take. We have a large selection of home décor items that range from candles to picture frames to rugs, vases, kitchen towels and more. We also carry a complete selection of kitchen items and cookware.

Spa & Salon

Nature's Spa and Salon is located on the mezzanine level of the store and features a full service salon with technicians who specialize in a variety of hair types. Our day spa fea-

tures a staff of massage therapists and estheticians. The spa and salon are a beautiful and relaxing experience for men and women.

Self Care Center

The Self Care Center features movement classes and health and education lectures. Yoga, Callanetics, QiGong, Pilates, Physio Ball and NIA are in the schedule as well as lecture series provided by local health care professionals. Stop by the reception desk on the mezzanine level for a schedule of classes.

Resource Center

Located on the mezzanine level we have a resource center with computers, books, newsletters and general information for you to enjoy and use.

CONGRATULATIONS

1 9 9 9
BENSON HIGH SCHOOL GRADUATES

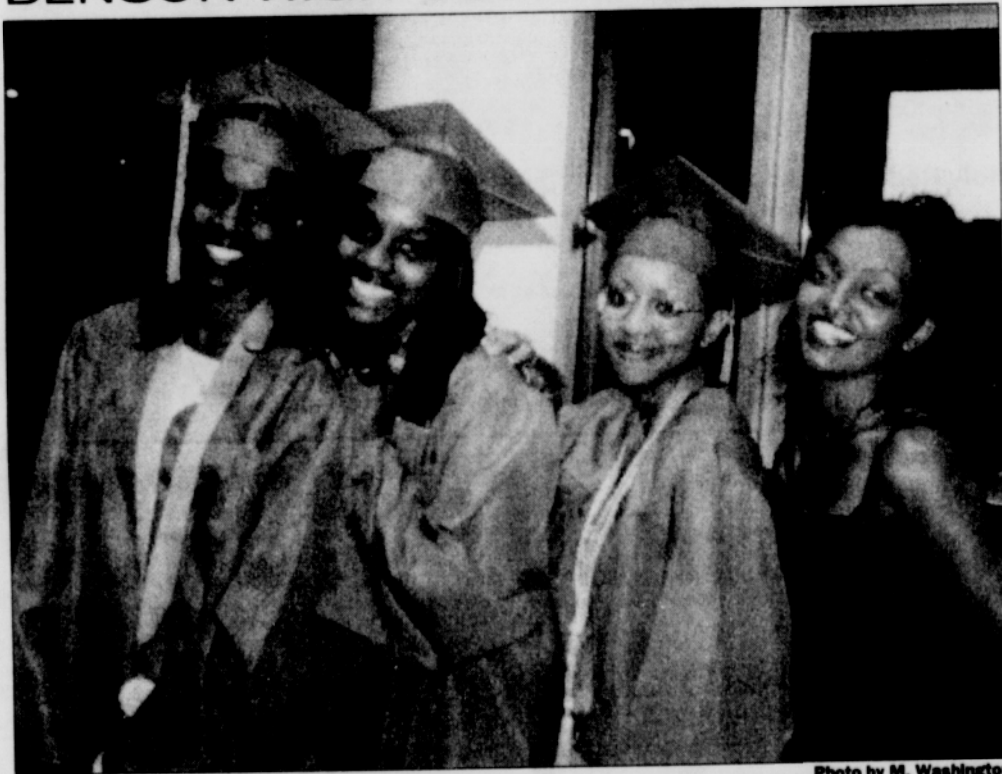


Photo by M. Washington

Quayana Washington, Lacoys Richardson, Keanna Vincent, and Rahwa Sessehazlon gather together for keepsake snapshots and last good-byes after the ceremony, as some students prepare to head off for college. Congratulations Girls! You made it!!

KENNEDY SCHOOL McMenamins EVENTS

Hudis James Trio

Thursday, June 10 at 7pm in the Gymnasium

John Bunzow and Steve Bradley

Thursday, June 17 at 7pm in the Gymnasium

Good In The Hood

Thursday, June 24 in the Gymnasium
Doors Open at 6:30pm

Mary Kadderly Jazz Band

7:30 to 10pm

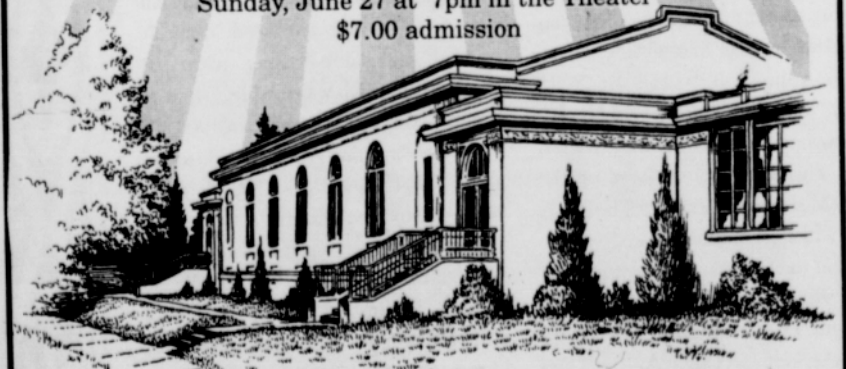
Shoehorn

Tap Dancer & Saxophone at 7 to 7:30pm

Ms. Petal the Clown

Jon Koonce & The Gas Hog Reunion

Sunday, June 27 at 7pm in the Theater
\$7.00 admission



McMenamins Kennedy School

5736 NE 33rd · Portland, Oregon · (503) 249-3983
All ages welcome · No cover charge unless noted