



Family Living



Free Labor Day concert in Pioneer Courthouse Square

CONTRIBUTED STORY FOR THE PORTLAND OBSERVER

KXJM Jammin 95.5 is hosting a free Labor Day Concert at Pioneer Courthouse Square on Monday September 4, 2000. Artists scheduled to appear include Mya Kandi, Trina, Timbaland & Magoo and Jayo Felony. "These artists sing some of the hottest dance and hip hop cuts on Jammin right now and we're excited to show our listeners how important they are by giving them a free show to end their summer with," says Program Director Mark Adams. Featured songs by the performing

artists include "Pull Over" by Trina, "Case of the Ex" and "It's All About Me" by Mya, "Luv 2 Luv Ya" by Timbaland & Magoo, "I Can Give it to You" by Jayo Felony and "Don't Think I'm Not" by Kandi. This is Kandi's first hit song as a singer however she has been a successful songwriter for other artists including TLC (No Scrubs) and Destiny's Child (Bug-a-boo).

Gates will open at Noon with Jammin mixers Mark Mac, DJ Reckless and DJ Envious spinning the music on 3 turntables. Jammin 95.5's dance team, the Jam Squad will perform at 1:30 and 3pm with artist performances

beginning at 3pm. Capacity will be limited. Tickets will be available on Monday September 4th at Pioneer Courthouse Square beginning at 11am. There will be no in and out privileges. No lawn chairs or outside food or beverages will be allowed.

KXJM-FM Jammin 95.5 is a Rhythmic Contemporary Hits Format Radio Station owned by Rose City Radio Corporation, which also owns 750 KXL AM. Rose City Radio Corp. is owned by Paul Allen whose primary companies include Vulcan Industries, the NBA Portland Trail Blazers and the NFL's Seattle Seahawks franchise.

Girls on the move

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Girls on the move is a 10-week biking expedition that begins in Portland, Ore. and finishes in New York City. The kick-off will begin in Portland from September 7-10. Girls on the Move includes:

- A 3,865 mile cross-country bicycling expedition, from Portland to New York City.
- Powerful community education and outreach across the country addressing issues of self-esteem, body image, and self-reliance.
- Exciting Girls Festivals in Portland, Denver, Chicago, Philadelphia and New York City with entertainment, educational activities, interactive physical exhibits and special celebrity appearances.

There are 18 million girls aged 9-18 in America. Soon they will be women...and leaders, teachers, scientists, athletes, mentors and mothers of the new millennium. While girls at this age have so much to celebrate, at the same time they also face many challenging

obstacles, especially depression and self-esteem issues. This is the message more than 60 incredible women will be communicating this fall as they bike across the country with Girls on the Move.

At the heart of Girls on the Move is a cross-country bicycling expedition from Portland to New York by riders selected for their personal stories and their ability to be role models and change lives. They'll stop in communities along the way to inspire, celebrate and educate girls, women and communities. Top academics, distinguished celebrities, corporate sponsors and non-profit organizations have helped build and grow this groundbreaking initiative that will directly impact thousands of girls across the country. Girls on the move is a special project of Outward Bound, created by a group of female instructors who saw remarkable improvements in girls' self-esteem after completing an adventure based educational experience. Our riders include a 72 year-old woman who escaped Nazi Germany, one of the world's premiere paraplegic athletes, a breast cancer survivor and dozens of other incredible stories. Riders range from 17 years to 72 years old.

Meal income guidelines announced

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The Oregon Department of Education announced the policy for free and reduced-price meals for students in schools operating the National School Lunch and Breakfast Programs and for free milk in schools offering free milk through the Special Milk Program. Free and reduced-price meals are available for students unable to pay the full price for meals. Some schools that do not offer the National School Lunch or Breakfast Programs may offer free milk to eligible students. Eligibility is determined by household size and income. In some cases, foster children are eligible for benefits regardless of household income. Qualifying students receive meals or milk without charge or may pay a reduced price of no more than 40 cents for lunch and 30 cents for breakfast.

Children from households whose income is at or below the following levels are eligible for free or reduced-price meals or free milk:
INCOME ELIGIBILITY GUIDELINES (Effective from July 1, 2000 to June 30, 2001)

Children in households receiving Food Stamps, Temporary Assistance to Needy Families (TANF) or Food Distribution Program on Indian Reservations (FDPIR) are eligible for free meals or milk. In August, Adult and Family Services sends a notice/certification letter to households receiving Food Stamp benefits advising them of their eligibility for free meals or milk at schools operating the National School Lunch, School Breakfast or Special Milk Programs. The school will accept the AFS notice/certification letter from students as proof of eligibility for free meals or milk. No other application or verification of eligibility is required for students listed on the AFS notification letter.

Households not submitting the AFS notice/certification letter may complete a confidential application for free or reduced price meals or free milk. An official at the school will review the confidential application and determine eligibility. Applications may be submitted anytime during the year. Information provided on an application may be verified at any time during the school year. An application cannot be approved unless it contains the following information:

- A Food Stamp or TANF case number for each child or an indication that the household is receiving Food Distribution Program on Indian Reservations and the signature of an adult household member.
- OR • The names of all household members; the amount and source of income received by each household member in the prior month, the signature of an adult household member and the social security number of the adult household member who signs the application (or a statement that the person has no social security number).

Parents or guardians dissatisfied with

the ruling of the school official who determines eligibility may discuss the decision with the official. Parents wishing to make a formal appeal may make a written or oral request to the school's hearings officer (contact the school for the name, address, and phone number of the officer) for a hearing on the decision.

Households that receive free or reduced-price benefits must report to the school when their income increases more than \$50 per month or \$600 per year, when there are decreases in household size, or when they no longer receive Food Stamps, TANF or FDPIR benefits.

PORTLAND ART MUSEUM



FREE ADMISSION THROUGH SEPTEMBER 17, 2000

FREE FREE FREE

Join us as the Portland Art Museum celebrates the grand opening of its new third wing, the culmination of a two-year renovation and construction project, featuring the Centers for Northwest Art and Native American Art. With more than 60,000 square feet of new space, more art than ever before is on view in the Museum's newly designed galleries.

Ride Tri-Met to the Portland Art Museum during Free Admission Month and get a FREE ride home on Tri-Met!

PORTLAND ART MUSEUM 1219 SW Park Ave Portland, OR 97205 portlandartmuseum.org
Free admission is made possible by Louisiana-Pacific and the Confederated Tribes of Grand Ronde

The Portland Observer

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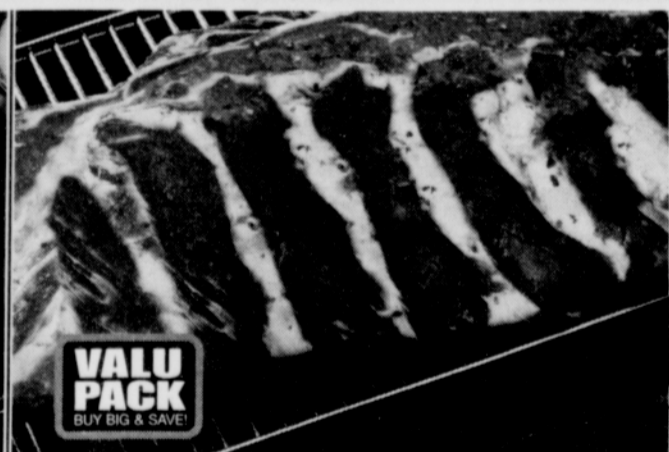
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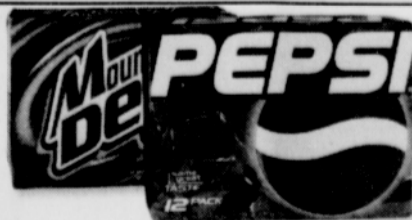
LABOR DAY SAVINGS!



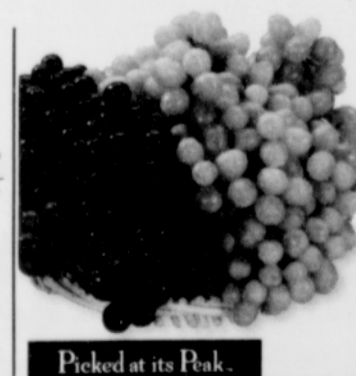
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