

Low Cost Spay & Neuter

If you are a low income individual who needs assistance with spaying or neutering your pets call:



503-626-4070
ext. 1

or log onto
www.poppainc.org

"Help stop pet overpopulation and be a responsible pet owner by spaying or neutering your pet."

COB1705

OMSI Hosts Safety Safari



Local kids will get safety tips directly from emergency medical providers and other safety officials at this weekend's Safety Safari at OMSI.

Gulf Coast disaster a reminder to be ready

Kids and their families will learn about everything from emergency preparedness to preventing everyday household injuries during the Safety Safari on Saturday and Sunday, Sept. 24 and 25 at OMSI.

The 7th annual event is sponsored by the Northwest Osteopathic Medical Foundation is free for kids age 13 and under, and \$9 for adults.

Thirty-five safety organizations are offering activities and demonstrations, making Safety Safari the Portland Metro area's

largest health and safety festival for kids and families.

Participants can explore emergency vehicles, watch a simulated mountain rescue, talk with officers from the Portland Police, and map how vulnerable their own neighborhoods could be in a major earthquake.

Visitors will also learn how to build a 72-hour emergency kit, create and practice a family emergency plan, what to do in various emergency scenarios, and how to volunteer and become involved in a

Neighborhood Emergency Team.

"What we've seen recently in the Gulf Coast tremendously highlights how important it is to educate families about emergency preparedness, and more specifically, how critical it is to have an emergency kit in every household for use during the time between a disaster and when first responders can arrive to help," explained Rachel Jacky, community service manager with the Portland Office of Emergency Management.

funny?

jam night

sketch
improv
comedy

dance
jazz
funk



9:00pm every friday - \$7

8131 n denver ave | portland, OR 97217 | 503.735.4184

Donated Food Buys a Movie

See a film for just three cans of food and help fight hunger at the 25th annual Cans

Film Festival, Thursday, Sept. 22.

Donate three or more non-perishable food items at any Regal Cinemas and receive free admission to a movie and a free small box of popcorn. The offer is good for all shows except "no pass" attractions.

Moviegoers donated more than 111,000 pounds of food at last year's Cans Film Festival.

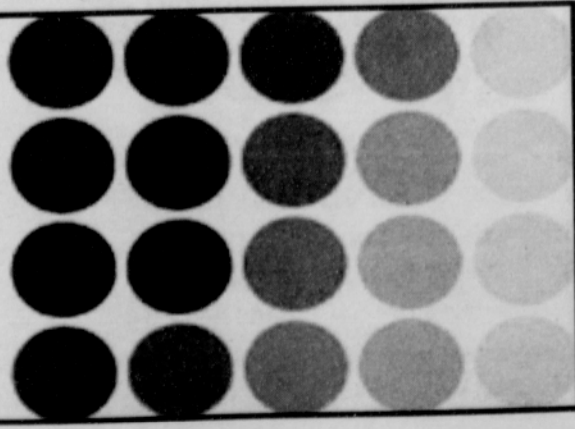
All food donations directly benefit the Oregon Food Bank

Network in the communities where the food was collected.

"While we are working with our national network of food banks to aid in helping Katrina refugees, we are also seeing unprecedented levels of hunger in Oregon and Clark County," said Rachel Bristol, executive director of Oregon Food Bank. "Cans Film Festival is a great opportunity to replenish supplies for hunger relief right in our local communities."

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kmhd



2/25/05 PHOTOS