

HEALTH

Wellness for the Whole Family

The African American Health Coalition invites the public to their 17th annual Wellness Village on Saturday, Oct. 20 at the Ambridge Center, 1333 N.E. Martin Luther King Jr. Blvd., from 9 a.m. to 3 p.m.

The free and family-friendly event brings together clinics, health organizations, and the community to promote health education and provide free health screenings in a fun, lively envi-

ronment. Children are welcome.

Activities include free dental, hearing and vision checks, flu shots, massage therapy, diabetes and blood pressure screening, self defense and travel safety awareness as well as free food, live music, and cooking demonstrations. Other activities include Zumba, Yoga, a Macy's fashion show and fun for the kids provided by the Police Activities League.

Beaverton Family Resource Fair

Beaverton City Library, 12375 S.W. Fifth St., is hosting a free family resource fair, a community event for families with children on Saturday, Oct. 20 from 10 a.m. to 2 p.m.

"This is a wonderful, fun-filled event where citizens can learn about vital community services and information that is critical to parents and caregivers," said Mayor Denny Doyle. "Anyone with children or grandchildren will find this fair very beneficial."

More than 30 local nonprofit organizations will fill the library meeting rooms with displays and children's activities. Highlights include children's health care, educational support for kids of all abilities, mom's groups, fine arts, mentoring and more.

Parents and caregivers can learn about low-cost and no-cost programs. Children ages three to five years old, not already tested in other programs, can receive free vision screenings.

Chimney Fire Caution Urged

Now is the time to get your chimney or flue cleaned because cooler temperatures are tempting homeowners to light fires in their wood stoves and fireplaces.

Chimney fires can crack the chimney mortar allowing fire to enter the attic, quickly spreading flames throughout your home. Flue fires also can spew sparks and cinders onto roofs and into gutters.

Fire Department officials say chimney fires often start from the

buildup of creosote from burning wood. The substance collects and dries out over the summer making it a very flammable material. The first hot fire of the season in the fireplace or stove will ignite the build-up.

Hillsboro Fire and Rescue recommends annual cleaning of flues and chimneys for frequently used fireplaces and wood stoves. You can find local chimney sweeps on-line or in the phone directory.

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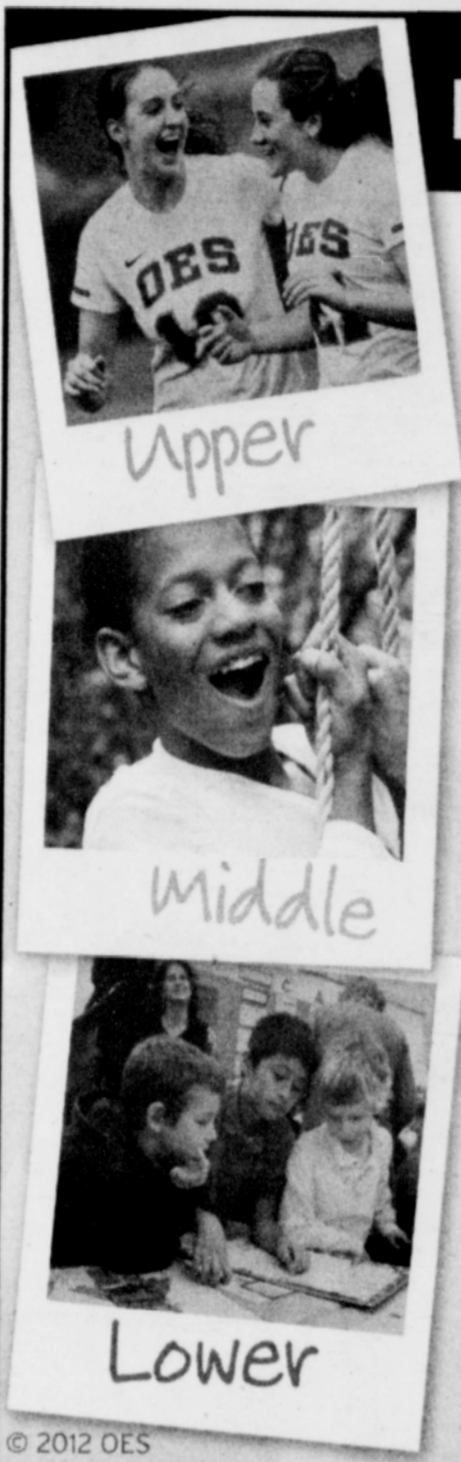
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Grades 6 through 12

Sunday, October 21, 2012

1:00 to 4:00pm

Grades Pre-Kindergarten through 5

Wednesday, November 7, 2012

6:00 to 8:00pm

Pre-register and view Open House schedule at www.oes.edu/admissions

Financial Aid: need-based award program available



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2511 NE MLK Blvd • Portland, OR 97212

Corner of NE MLK Blvd and Russell Street

DOORS OPEN AT 6PM FOR EVERY SERVICE

For directions or more information, call 503-488-5481 or log on to www.mfhmportland.com