

Arts & ENTERTAINMENT



QuickFit

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You are Invited.....

Join us Monday November 26th - 30th for a FREE one week QuickFit Program. This is a 35 minute, 3 days per week fitness program that focus on individual health goals and offers step by step guidance to a healthy lifestyle!

LET US HELP

You to feel more energized, eat healthier, lose weight and manage stress!

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Volunteers from Meals on Wheels People will once again deliver hot turkey dinners to homebound seniors on Thanksgiving Day.

Thanksgiving for Homebound

Plans are being made by Meals on Wheels People to once again offer a traditional holiday meal with turkey and all the trimmings for delivery to some of our most frail and isolated seniors on Thanksgiving Day, Nov. 22.

“We are so grateful for the

community volunteers who spend part of their holiday making the day brighter for these seniors,” said Meals on Wheels People Chief Executive Officer Suzanne Washington.

The menu includes roast turkey and gravy, cranberry relish,

bread stuffing, golden and sweet potato mash, Brussel sprouts, tossed salad with Italian dressing and pumpkin pie with whipped topping.


For more information, call Meals on Wheels People at 503-736-6325.

1480 KBMS


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MONDAY - FRIDAY	SUNDAY
12 Midnight - 3 A.M. MIKE SHANNON	12 Midnight - 3 A.M. MIKE SHANNON
3 A.M. - 7 A.M. TOM JOYNER	3 A.M. - 6 A.M. TOTI BEASLEY
7 A.M. - 10 A.M. TONI TERRELL	6 A.M. - 12 NOON SUNDAY MORNING GOSPEL WANGELA
10 A.M. - 1 P.M. REV. AL SHARPTON (KEEPING IT REAL)	12 NOON - 1 P.M. HIGHLAND C.C. LIVE BROADCAST
1 P.M. - 3 P.M. KEVNY SMOOV	1 P.M. - 4 P.M. PAPA SMURF
3 P.M. - 7 P.M. D.L. HUGHLEY	4 P.M. - 12 Midnight DORGLAS WILLIAMS
7 P.M. - 9 P.M. PAPA SMURF	
9 P.M. - 12 Midnight MIKE SHANNON	



Rev. Al Sharpton
10am - 1pm



Tom Joyner
3am - 7am



D. L. Hughley
3pm - 7pm

KBMS Radio
1480 AM
Portland's best music station

Young Fathers in Portland

Young Fathers, a multi-racial group that formed in Great Britain and has twice won the Scottish Album of the Year Award, makes a Portland concert stop this Wednesday, Nov. 14 at the Wonder Ballroom, 128 N.E. Russell St. Their latest album *Coca Sugar* showcases the band's incredible song writing talent and musicianship.



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