

Arts & ENTERTAINMENT



Happy 2nd Birthday S.J. Washington!



Sweet Street Food Cart

Located at 15th and Alberta

call 503-995-6150 to place order

Mon. - Sat., 11:00am - 7:00pm • Closed Sunday

Wednesday Special: 3 Wings \$3.00

Friday Special: Rib Sandwich, Beef or Pork, \$5.00 Seasonal Specials



Portland Parks & Recreation's Free Lunch + Play program returns Monday with the distribution of free meals for kids at several parks and some apartment complexes, citywide. The program has been expanded to provide food security in the wake of the COVID-19 pandemic.



Avalon Flowers

520 SW 3rd Ave., Portland, OR 97204 • 503-796-9250

A full service flower experience

- Birthdays • Anniversaries
- Funerals • Weddings

Cori Stewart--
Owner, Operator

Open: Mon.-Fri. 7:30am til 5:30pm
Saturday 9am til 2pm.

Website: avalonflowerspdx.com
email: avalonflowers@msn.com
We Offer Wire Services

Kids Ready for Summer Lunch + Play

Parks program returning with take home activities

A summer Lunch + Play program for kids by Portland Parks & Recreation opened on Monday with expanded free meals at Portland parks, citywide.

This year, in addition to the distribution of meals at lunchtime or during the early afternoon at convenient park locals and several

apartment complexes, take-home activities are being planned, such as art kits, activity packs, free books, and games. The program is part of an expanded effort by the city of Portland and Portland area school districts to provide food security in the wake of the COVID-19 pandemic.

Lunch + Play gives kids a free, healthy meal for lunch during summer when school is out. The food distribution program continues a Portland Parks & Recreation endeavor dating uninterrupted from the 1970s.

Schedules are available for all 26 sites at portlandoregon.gov/parks/freelunch. Due to the COVID-19 crisis, children do not need to be present in order to receive a meal as they did in years past.

Portland Mayor Ted Wheeler said he was proud of all the support the program has received to help keep thousands of young people nourished and healthy.

"COVID-19 and widespread layoffs have made hunger one of our community's most urgent needs this summer," Wheeler said. "Special thanks to NIKE, Inc., Bank of America, and our other partners who made it possible to expand our service during this time of higher need."

PP&R and its partners expect to distribute nearly 500,000 free

meals to Portland children this summer - nearly five times more than a typical season. The program will take place at parks in areas with a clear need for free and reduced lunch programs and areas where other free food providers are less accessible, officials said. Most of the sites are in east and north Portland.

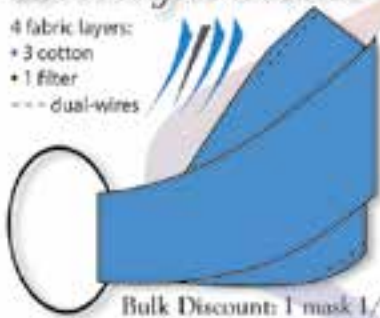
"This summer looks different than any other, with the challenges posed by the COVID-19 health crisis," says PP&R Director Adena Long. "But Portland Parks & Recreation has been providing summertime food for nearly 50 years. We are continuing to help people be healthier, life to be more stable, and neighbors to make lifelong summer memories through this flagship program. Our thanks to all our City and non-profit partners who are helping deliver summertime fun, food, and memories."

If you'd like to donate to help the Free Lunch + Play program serve Portland's children, visit portlandoregon.gov/parks/lunch+play.

Due to the COVID-19 public health crisis, everyone visiting a park and/or taking part in the Free Lunch + Play program should adhere to physical distancing guidelines - staying at least 6 feet away from others when in a public space.

Lovecrafts Mask

- 4 fabric layers:
- 3 cotton
- 1 filter
- dual-wires



- \$10 to \$12 Adjusts to fit most adults and teens.
- Water-resistant, UV-protective outer layers.
- Washable, breathable cotton; plus unwoven filter.
- Pliable wires seal top and bottom tightly.
- Stylish, single pleat; folds neatly when not in use.
- Replaceable loose-sleeved 1/8-inch elastic.
- Filter-insert pocket: filters microbes/pollution.
- Many colors/patterns (contact by email for details).
- Also available in kids size (age 4-12).
- Added heat pressed image/logo (inquire for details).
- For individuals or businesses.

Bulk Discount: 1 mask 1/2 price per 2 purchased or 1 mask free per 4 purchased.

Link Strap \$4
(1 free every 2 masks)



Adjustable Link Strap:

- All-day comfortable mask wear.
- Buttonholes allow wide range of fit
- Convert mask into sleeping mask for eyes.
- Heavy cotton webbing, soft and breathable.

Contact to order your best masks and accessories: lovecrafts4all@gmail.com