

Martin Cleaning Service MCS Residential & Commercial Business



Carpet & Upholstery Cleaning • Minimum Service CHG. \$50.00 (A small distance/travel charge may be applied)

Ask about all our other special services available CARPET • UPHOLSTERY • AREA/ORIENTAL RUG • VEHICLES AUTO/BOAT/RV ODOR TREATMENT• SPOT & STAIN REMOVAL

Call for Appointment (503) 281-3949



Beef - \$5.29 per lb

Pork Chops - \$4.09 per lb

Stew Meat - \$5.09 per lb

Ground Beef - \$4.99 per lb

Beef Tenderloin - \$4.00 off

Whole Frozen Chicken -

#1.99 per lb

Baby Back Ribs - \$2.99 per lb



Theotis Cason 503-287-0855 5015 NE MLK Blvd. Portland, OR 97211 Catering Available



New Kwanzaa Stamp Available

The U.S. Postal Service again celebrates African American culture by dedicating a new Kwanzaa stamp, one that depicts the profile of a reflective woman with a kinara, or candleholder, with seven lit candles in front of her.

"The stamp, which was handsketched and digitally colored, evokes a sense of inner peace with its cool tones and vibrant design elements to give a festive feel to the celebration of Kwanzaa," said

Colemen, a Postal Service of-

en days annually from Dec. 26 to the Pan-African holiday's sev-Jan. 1, bringing family, commu- en founding principles — unity happiness.



Kwanzaa takes place over sev- nity and culture together to honor

(umoja), self-determination (kujichagulia), collective work and responsibility (ujima), cooperative economics (ujamaa), purpose (nia), creativity (kuumba) and faith (imani).

Created in 1966, Kwanzaa draws on a variety of African traditions, deriving its name from the Swahili phrase "matunda ya kwanza," meaning "first fruits." Kwanzaa is a festive time for rejoicing in the prospect of health, prosperity and good luck in the coming year. It is also a time for contemplation and recollection of past hardships, and the ways history can inform and impact future

CHILDREN'S COMMUNITY CLINIC

2252 Lloyd Center, Portland, OR 97232 503-284-5239/ www.ccc4kids.org



COVID-19 PREVENTION

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W MUSIC

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by women and composers of color!

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PORTLAND YOUTH PHILHARMONIC



HEAL





- · Use your mask properly
- · Keep your hands clean
- . Don't touch your face
- Maintain social distance

