

SAFEWAY

Ingredients for life.

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Quick and easy every day!

Visit www.safeway.com/pharmacy to find a pharmacy near you.

*Age restrictions apply. See Pharmacy for details.

Pharmacy

AND GET **10% OFF GROCERIES**

MIX & MATCH
BUY 1 GET 1 FREE
EQUAL OR LESSER VALUE
Club Price

MEAT SALE!

Rancher's Reserve® Boneless Beef Chuck Pot Roast

Assorted Pork Loin Chops
Bone-in, Or Bone-in Center Cut Chops, Extreme Value Pack.

Safeway Chicken Thighs, Drumsticks or Leg Quarters

Rancher's Reserve® Boneless Beef Top Sirloin Steak
Extreme Value Pack.

4.99 Fresh Whole or Half Coho Salmon
Weather permitting. SAVE up to \$5.00 lb.

10 \$10 Hass Avocados
Club Price \$1.00 ea. SAVE up to \$8.90 on 10

10 \$10 Fresh Express Salads
8 to 12-oz. packages. Selected varieties. Club Price: \$1.00 ea. SAVE up to \$14.90 on 10.

Mix & Match

Over 3,000 participating products

50¢ OFF

each when you buy ANY 8 or more throughout the store

Your purchase can be all the same item, or all different items!
Savings are on top of net Card Price!

Prices on this page are effective 8:00 Wednesday, September 21 thru Tuesday, September 27, 2011. ALL LIMITS ARE PER HOUSEHOLD, PER DAY. Selection varies by store.

2.49 Hostess Twinkies or Cupcakes
12-oz. packages. Club Price \$2.99. SAVE up to \$0.50.

2.99 Dreyer's Ice Cream
13-oz. containers. Club Price \$3.49. SAVE up to \$0.50.

2.49 Tropicana Pure Premium or Tropicana Juice
32-oz. bottles. Selected varieties. Club Price \$2.99. SAVE up to \$0.50.

3.49 Yoplait Yogurt
6-pack, 3-oz. Selected varieties. Club Price \$3.99. SAVE up to \$0.50.

1.89 General Mills Cinnamon Toast Crunch
12.2-oz. or 10.5-oz. or 9.5-oz. boxes. Club Price \$2.39. SAVE up to \$0.50.

1.89 Driscoll's Raspberries
1.9-oz. containers. Club Price \$2.49. SAVE up to \$0.50.

1.89 Marie Callender's or Healthy Choice Meals
12-oz. or 4-oz. Selected varieties. Club Price \$2.39. SAVE up to \$0.50.

3.99 Gatorade
6-pack, 20-oz. Selected varieties. Club Price \$4.49. SAVE up to \$0.50.

5.49 Safeway Softy Bath Tissue or Thirty Paper Towels
12-oz. or 12-oz. or 12-oz. Softy Bath Tissue or Thirty Paper Towels. Club Price \$5.99. SAVE up to \$0.50.

your groceries, your choices, your schedule... delivered!
FREE Delivery On First Order!
Go to SAFEWAY.com

THE JOY OF FOOTBALL

3 DAY WEEKEND SALE!
Friday 9/23 to Sunday 9/25

3.49 Safeway SELECT® Extra Meaty Pork Back Ribs
Previously Frozen. SAVE up to \$1.50 lb.

2 FREE 12-Pack Pepsi or 7-UP
12-oz. cans. Selected varieties. Plus deposit in Oregon. SAVE up to \$13.30 on 4.

1.99 Honeycrisp Apples
SAVE up to \$1.00 lb.

6.49 Primo Taglio® Black Forest Ham or Muenster Cheese
SAVE up to \$2.50 lb.

12.77 18-Pack Coors, Miller or 24-Pack Pabst
12-oz. bottles or cans. Selected varieties. Plus deposit in Oregon. SAVE up to \$5.37.

Jobs/Food

Retail Initiative Gets Healthy Foods into Corner Stores

By Lisa Loving Of The Skanner News

The kids are back in school, and that means many are grabbing snacks on the way to or from class.

Here at The Skanner News office in North Portland, we watch grade-schoolers and teenagers pass by on their way to a corner store; soon most walk past again with fistfuls of Red Vines and extra-large cans of Rock Star.

How could anyone settle down and focus on math or reading after taking in that much sugar and caffeine?

"Children are going back to schools and mothers do provide allowances for children to buy things — and unfortunately they make the unhealthy choice," says Multnomah County Health Department outreach specialist Yugen Rashad.

No one can force kids to eat apples, and no one can force parents to serve spinach, but the Health Department has another idea: using federal Stimulus Grant funds to make sure small corner stores have the ability to stock healthier food items.

Grants of up to \$4,500 are available for mom-and-pop groceries to install coolers, or to band together to contract with large produce companies — anything they need to provide fresh milk, fruits and other items that can improve their neighborhood's health.

"Well, it's really about trying to create a level playing field for people with limited incomes," Rashad says. "What the health department is trying to do is make healthy foods more available in these corner stores by asking the corner store owner — what do you need to make this a healthier space?"

"It could be shelving, it could be developing a better relationship with distributors or farmers and that's kind of the impetus — not to tell the store owners what to sell, but to make sure there's a healthier option available, so that the people in the West Hills, and the people in inner Northeast Portland have the same healthy options."

(Find out how your store can participate here <http://www.multco-itstartshere.org/links-and-resources/healthy-retail-initiative-toolkit>. The grant applications are open now through Dec. 15.)

Read the rest of this story online at www.theskanner.com

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For more information about the company and details of the **ELECTRICIAN 2 position** please visit our web site: www.rrdonnelley.com.

- Qualifications**
- Possess a current Oregon State Plant Journeyman Electrical License
 - HVAC experience a plus
 - Experience working on print industry machinery and equipment preferred
 - Read, write and understand English for effective communication
 - Ability to operate or use programmable logic controllers, calculator, electronic testing equipment including a probe, chart recorder, oscilloscope, meager, amp probe, voltage meter, digital meter, micrometer, drills and other basic hand tools
 - Ability to operate or use machine shop equipment, i.e. lathe, mill, surface grinder, drill press, welder, hydraulic equipment, rigging equipment, belt tension gauge, micrometer, depth gauge, caliper and other basic power tools a plus
 - Ability to work rotating shifts, overtime, and weekends required
 - Ability to lift up to 50 pounds required

If interested and qualified for this position please apply online at www.rrdonnelley.com

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SEPTEMBER 21 22 23 24 25 26 27 Wednesday, September 21 thru Tuesday, September 27, 2011. ALL LIMITS ARE PER HOUSEHOLD, PER DAY. Selection varies by store.

ALL LIMITS ARE PER HOUSEHOLD, PER DAY. Prices on this page are effective 8:00 Wednesday, September 21 thru Tuesday, September 27, 2011 in all Safeway stores in Oregon (except Milton-Freewater) and S.W. Washington stores serving Multnomah County, Clark, Skamania and Wheeler Counties. Items offered for sale are not available in other dealers or wholesalers. Sales of products containing alcoholic beverages are limited by law. Quantity restrictions apply. SOME ADVERTISING ITEMS MAY NOT BE AVAILABLE IN ALL STORES. Some advertised prices may be even lower in some stores. On Buy One, Get One Free ("BOGO") offers, customer must purchase the first item to receive the second item free. BOGO offers are not 1/2 price sales. If only a single item purchased, the regular price applies. Manufacturers' coupons may be used on purchased items only — not on free items. Limit one coupon per purchased item. Customer will be responsible for tax and deposits as required by law on the purchased and free items. No liquor sales in excess of 52 gallons. No liquor sales for resale. Liquor sales at licensed Safeway stores only. © 2011 Safeway Inc. Availability of items may vary by store. Online and in-store prices, discounts and offers may differ.