

COMMUNITY CALENDAR

**COMMUNITY TO
"WALK FOR SENIORS"**

The John C. Cannon Retirement and Assisted Living Residence is requesting your support for "Walk For Seniors" event. The purpose of the event is to promote the health and wellness of seniors in our community. It also aims to educate and increase the community's awareness of their needs.

Seattle Seahawk's running back Shaun Alexander will be Honorary Co-Chair of the campaign. Join them on Sunday, Sept. 14 between noon and 4 p.m. at Seward Park for a picnic and the "Walk For Seniors."

Your charitable contribution will support the non-profit mission of The Cannon House, which is to promote affordable assisted living for seniors. Make your tax-deductible donation to The Cannon House.

Volunteers are also needed to make this event a huge success. An invitation is extended to visit and tour The John C. Cannon Retirement and Assisted Living Residence, 113 - 23rd Avenue So. in Central Seattle.

For additional information, contact Eudora Carter at (206) 219-5952

**Free Immigration Assistance
In The Rainier Valley**

The Access to Justice Institute at Seattle University School of Law is teaming up with the Washington State Bar Association's Young Lawyers Division to offer free immigration consultations in the Rainier Valley. This one-night clinic will be held from 5:00-8:30pm on Thursday, September 25, 2003 at the Rainier Community Center. Volunteer attorneys from the American Immigration Lawyers Association, as well as other local firms and organizations will be available to meet privately with participants to answer immigration related questions and evaluate the participant's legal issues. Following the consultations, participants will be given a referral list of attorneys who have agreed to assist them on a sliding fee scale.

Accurate immigration information is crucial for the well-being of many families in the Rainier Valley area, yet this kind of legal resource is rarely available free of charge. The demand for free or low-cost immigration assistance is one of the highest unmet legal needs in the Seattle area.

The Rainier Community Center is located at 4600 38th Ave S at the intersection of Rainier Ave S and S Alaska Street. Light refreshments will be provided and child care is available. This event is free and open to the public. Participants seeking immigration assistance should bring all of their immigration-related paperwork. Interpreters will be on hand to assist clients in Spanish, Vietnamese, Chinese and Russian. Questions concerning this project should be directed to the Access to Justice Institute at 206-398-4173.

**Seattle Women's Commission to
Hold Second Annual Seattle
Women's Summit October 4**

Women from all communities of Seattle are invited to attend the Second Annual Seattle Women's Summit on October 4th from 8:30 a.m. until 2:00 p.m. at Seattle Central Community College. Attendees to this free event, along with community leaders, service providers, and elected officials, will engage in dialogue about the most pressing issues facing all women in Seattle today and will identify plans for change.

The morning session will feature a report on the status of women in Seattle, and the presentation of the Inaugural Seattle Women's Commission Jeannette Williams to a woman who has demonstrated significant leadership and service in advancing the cause of women in Seattle.

To register, get directions or for more information, visit the Seattle Women's Commission at www.seattle.gov/womenscommission or contact Kaarin Stowell, Summit Coordinator, at (206) 684-0454/kaarin.stowell@seattle.gov

This event is barrier-free. To request a reasonable accommodation, ASL or other interpretation services, call (206) 684-0454.

**Girlz Group Project
Self-Sufficiency Offers Anger
Management Classes For
Adolescents**

Girlz Group Project Self-Sufficiency an organization designed to help assist young girls to achieve in education and life is now offering an alternative method instead of suspension or expulsion. The program is open to both boys and girls.

Anger Management Classes is designed especially for adolescents and pre-adolescents.

Too much anger can be costly both physical and emotionally. Most kids and teens can use their anger in appropriate ways in some situations and yet be ineffective in others.

If not treated, youth is at high risk for future discipline actions such as; suspension, expulsion and possibly youth detention.

Our program is designed to help reduce or eliminate levels of anger, especially in provocative situation, learn how to halt escalation in angry situation, identify and deal with trigger thoughts, explore the real

reasons underneath the angry feeling. We will also teach relaxation and calming techniques, monitor angry feelings using the angry log method.

The benefits of this program will increase self-control, self-esteem and confidence while promoting positive attitudes.

Each youth will leave this program with the knowledge on how to cope with their behaviors, use healthy alternatives to acting out anger without resorting to harm to self or others.

Program Course: 15 hours broken into three 5 hour session, youth must attend all three sessions to comply with agreement.

Referral: Family support worker/counselor, school principal and parent/guardian can refer youth if they are heading towards suspension/expulsion due to behavior problem. This is an alternative route, if youth comply with anger management program they will not get suspended or expulsion from school.

Anger Management instructor

will provide assessment of youth's progress while in program, anger management instructor can assist if youth's will need additional classes or requirements to maintain in school. School will be provided a copy of this assessment after youth completes program to keep in youth's file.

To refer youth please contact Girlz Group at (206) 424-4780 to receive a referral form or email girlzgroup206@yahoo.com.

BON super weekend

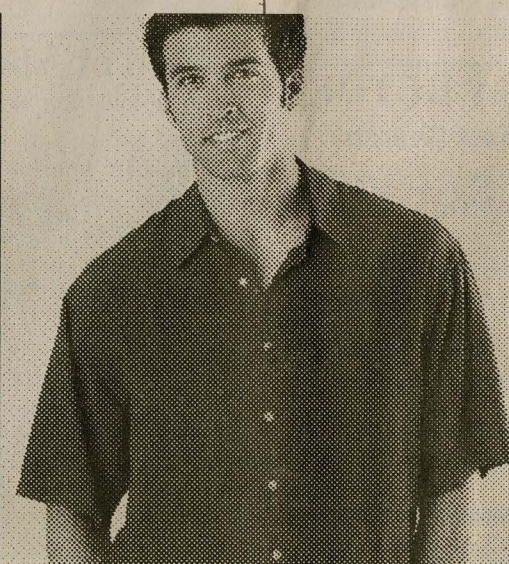
savings and values start Wednesday



SAVE 30%
Better Fall Collections
Sale 20.30-160.30, reg. 29.00-229.00.



NOW 14.99
Women's Shoe Clearance
"Off the Racks"
Orig. 39.00-69.99, then 22.97-41.97.



NOW 9.99
Men's Final Clearance
Sport Shirts
Orig. 22.00-36.00.



White Sale in Progress

SALE 29.99 TWIN SET
BONonly: Charter Club®
Damask Stripe Sheet Sets
Reg. 40.00-120.00, 300-thread-count,
100% combed cotton. Full set **sale 59.99**;
queen set **sale 79.99**; king set **sale 99.99**.

50% OFF
ORIGINAL
Misses & Petite Coordinates
Sale 20.00-37.00, orig. 40.00-74.00.
Alfred Dunner® and Koret®.
Petites not available at Downtown Seattle,
Bellevue, Wenatchee or Helena.

BUY 1, GET 1 FREE
Just-Reduced & Clearance
Bras, Panties & Sleepwear
Now 2.50-58.50, orig. 5.00-78.00.
Free item must be of equal or lesser value.

**ADDITIONAL
40% OFF**
Men's Clearance Suits*, Sportcoats,
Dress Shirts & Neckwear
Now 8.25-213.75, orig. 27.50-475.00,
then 13.75-356.25.

SALE 9.99 BATH 30x54"
BONonly: Charter Club®
Supima Cotton Loop Towels)
Reg. 7.00-27.00. Hand towel **sale 7.99**;
washcloth **sale 4.99**; tub mat **sale 16.99**;
bath sheet **sale 19.99**.

SALE 24.99
Women's World
Fashion Sweaters
Reg. 32.00-38.00.

SAVE 50%
Entire Stock Sterling Silver
& Marcasite Jewelry
Sale 10.00-100.00, reg. 20.00-200.00.
Bridge Jewelry.

NOW 19.99
Men's Clearance Shoes
"Off the Racks"
Orig. 49.00-98.00, then 24.50-49.00.

99.98
BONvalue: Cuisinart® 12-Cup
"Brew Central" Coffeemaker
24-hour programmable with adjustable
keep-warm temperature control.

SALE 19.99
Junior Sweaters
in The Cube
Reg. 28.00.

**ADDITIONAL
50% OFF**
Entire Stock Clearance
Fashion Jewelry & Handbags
Excludes Coach®, Dooney & Bourke® and Kate Spade.

SAVE 30-40%
Last Days
for Baby Sale

SALE 24.99
BONonly: Basics 7-Pc.
Stainless Cookware set
Reg. 44.99.

CLEARANCE

save 65% OFF original prices
when you take an additional
30% off apparel for men and
women already marked down 50%

Excludes Men's Shirts, Men's Suits and Men's Final Clearance items. Excludes all clearance items off already reduced prices as marked. Quantities limited. Sale includes only items marked down 50%. Some original prices may not have been in effect during the past 60 days. We are unable to make price adjustments on previous clearance purchases. Selection may vary by store.

REGULAR AND/OR ORIGINAL PRICES ARE OFFERING PRICES AND MAY NOT HAVE RESULTED IN ACTUAL SALES. *Some items available at Downtown Seattle, Bellevue, Wenatchee and Helena. Excludes all clearance items off already reduced prices as marked. Quantities limited. Sale includes only items marked down 50%. Some original prices may not have been in effect during the past 60 days. We are unable to make price adjustments on previous clearance purchases. Selection may vary by store.

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