

## Clip food bill, feed others

Clipping coupons can help your bottom line, but it doesn't have to stop at your front door.

Coupon clipper Louise Jaffe, who was featured in *The Oregonian* on March 24, dedicates a page of her Web site to encouraging you to buy more — but still save — and donate the surplus to food banks.

It's kind advice, especially in these recessionary times.

Check out [www.save-withlouise.com/Charity.html](http://www.save-withlouise.com/Charity.html). There, she cites a deal from Sunday that led to buying six boxes of name-brand cereal for \$1.42. She also suggests saving box tops to donate to your local school.



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## Green issues on stage, screen

Go deep at Clackamas Community College's annual Sustainability Project, which invites experts from around the state to talk about renewable energy, the state of the oceans, the value of tap water and other green issues.

The two-month-long event will start at noon Tuesday, April 7, with a keynote address by Mark Hixon, an Oregon State University professor of marine biology, who will talk about ocean warming and acidification. For the first time, the series will end with a film festival in early June.

Events are free and take place in the McLoughlin Auditorium at the Oregon City campus, 19600 S. Molalla Ave., unless otherwise noted.

For more information about the Sustainability Project or the Green Screen Film Festival, see [www2.clackamas.edu/sustainability/](http://www2.clackamas.edu/sustainability/). Or call Jeff McAlpine at 503-657-6958, ext. 5240, or Janet Paulson at 503-657-6958, ext. 2307.

## Lift spirits as a friendly volunteer

With so much bad news around us, why not find inspiration in our neighbors? Friendly House will host its annual volunteer awards program at 7 p.m. April 20. From a bingo caller to a teenager who organized violin classes for kids, the list of recipients makes volunteering seem simple and rewarding.

Friendly House, 1737 N.W. 26th Ave., serves communities in Northwest Portland with free or sliding-scale services.

For more information, call 503-228-4391 or visit [www.friendlyhouseinc.org](http://www.friendlyhouseinc.org).

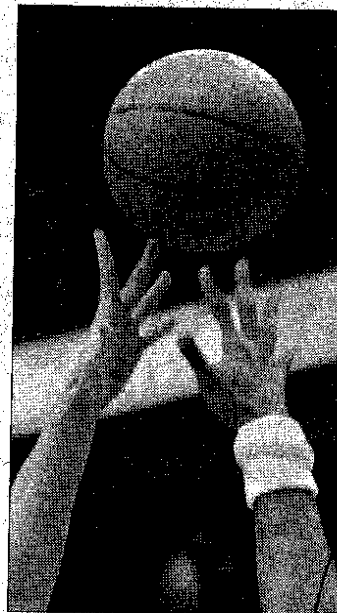
## Hoop it up at benefit tournament

The Salvation Army is looking for teams interested in working their hoop dreams for a good cause.

Sixteen basketball teams from around the country are scheduled to hit the court April 30-May 3 for the 12th annual Doris Verbout Salvationist Basketball Tournament.

The event will be held at the Salvation Army Moore Street Worship & Community Center, 5325 N. Williams Ave. in Portland. The tournament will include dinner, door prizes and other entertainment.

For more information or to register your team, contact Tim Fuqua at [tim.fuqua@usw.salvationarmy.org](mailto:tim.fuqua@usw.salvationarmy.org) or call the Moore Street center at 503-493-3925.



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## Keep park a memorable place

Anyone who has been affected by serious memory loss can understand the value of having a quiet place to breathe, rest and contemplate.

That's what the Portland Memory Garden, one of only two public memory gardens in the country, provides for visitors. It's tucked into a corner of Ed Benedict Park at Southeast 104th Avenue and Powell Boulevard.

The small garden could use some help. It is looking for volunteers on April 18 to weed, sweep and do other general upkeep.

To volunteer, call Melia Tichenor at 503-200-3370 or e-mail [melia@handsonportland.org](mailto:melia@handsonportland.org).

—Su-jin Yim

Send suggestions for ways to plug in to the community to [plugin@news.oregonian.com](mailto:plugin@news.oregonian.com)