

# Helpful tips for babysitters

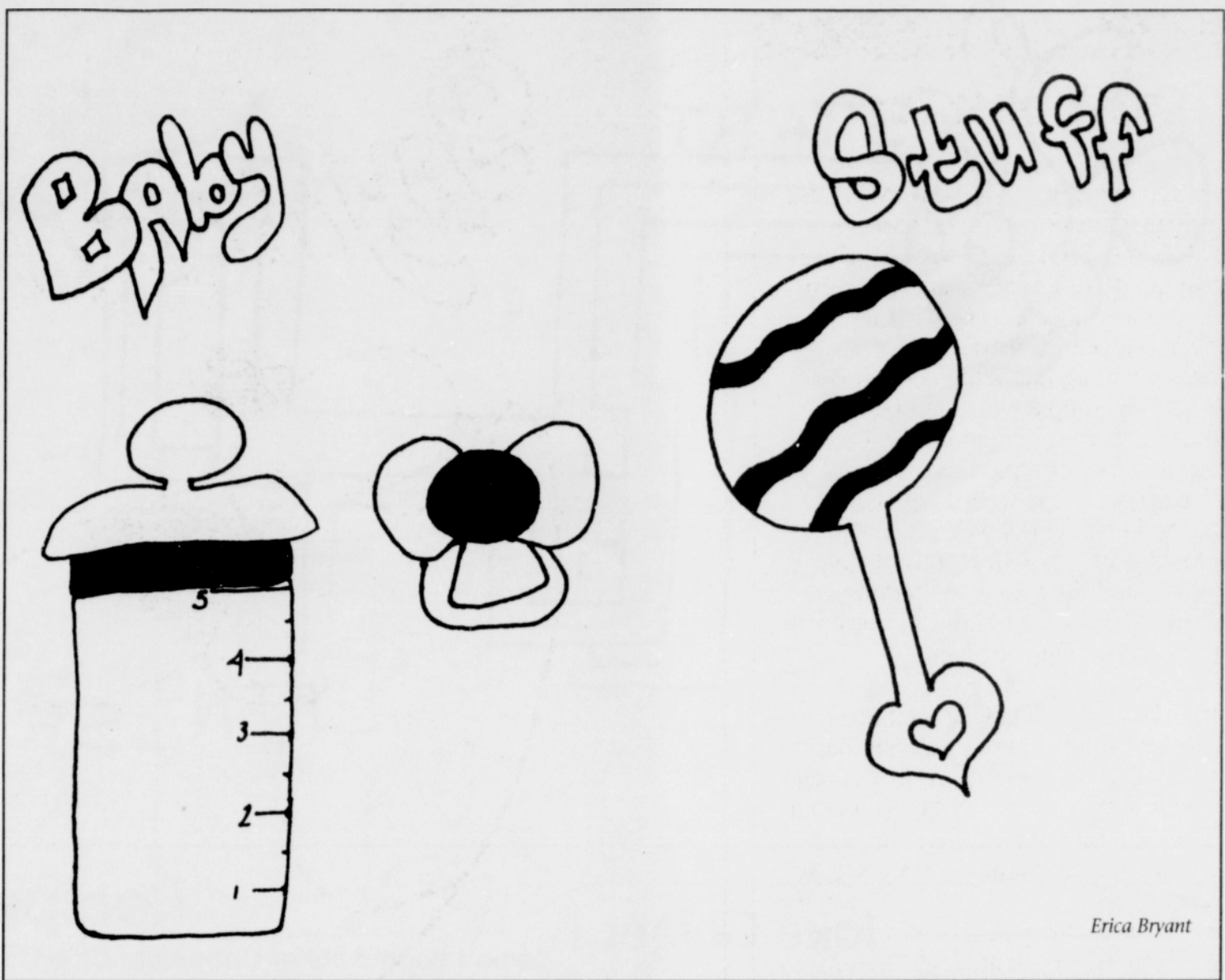
Here are some babysitting tips from experienced kid wrangler, Sonia Harris:

- Don't babysit twins younger than three.
- Have a kid kit (see sidebar).
- Keep kids busy (see sidebar).
- Don't let them sweet talk you — be firm.
- Remember to change diapered kids frequently.
- Ask parents if the kids are allowed to go outside.
- Don't give them chocolate unless they are at the table.
- Plan outings.
- Give them craft time.
- Give them imaginary time.
- Give them story time.
- Always be early.
- Have a information sheet ready for parents to fill out. This sheet should contain information like where the parents can be reached, medical information, allergies, etc.
- Have a good relationship with the parent.

Fee scale	example
First child:	\$3.00 per child
ea. additional child:	\$1.25

All day rates (8 or more hours)	
First child:	\$ 20.00 per day
two kids or more:	\$ 30.00 per day

\* all rates are negotiable.



Put the following things in a bag and you have a babysitting kit to take with you whenever you go on a babysitting job. Your kit gives the kids you watch something to do which keeps them out of trouble and keeps you sane.

Old clothes (for dress up)

Paper  
Color crayons  
Colored pencils  
Markers  
Regular pencils  
Books  
Good stuffed animal

Bad stuffed animal  
Glue  
Scissors  
Any other arts and craft supplies you have that are safe for all ages.

—Sonia Harris

## A bag full of help for new babysitters

# Society of Professional Journalists

Willamette Valley Chapter

is proud to salute the Portland Informer, its staff and their first issue.

A division of Kimbro Kidds



Society of Professional Journalists is a national organization of professional journalists. The organization sponsors educational programs for professional and student journalist as well as championing First Amendment rights.

For more information call  
725-5687

## Gifted musician finds message to give in song

Ray Tellis is a very musically gifted and talented person.

He learned to play music at a very young age, he says, and used his talents to his fullest ability in grade school, church and in his spare time.

Ray works a full time job at New Song Church. He is also the director of the Portland Mass Choir. He says he likes to give an inspirational message through his gospel music.

Ray looks at himself as more of an instrumentalist than as a singer, he says. He would like to establish a facility in the Portland area for gifted Christian singers, young and old, and would like to lead others in the right direction

so they won't have to go through what he had to.

Ray is in the process of getting his own record label. He has been out promoting his music with many people and is trying to make a work office in his home.

Ray does a lot of work in the church helping others with vocal training, as well as with instruments. In his spare time he says he likes to relax and spend time with his kids. He is happily married to Ada Tellis and has six children.

Ray went to King school and graduated from Cleveland High.

—Aaron Foster

## Business Journal hosts Informer tour

The 25-minute bus drive to the Business Journal built up the anticipation of finally learning how a business newspaper was run. The Informer Staff had spent time at two social papers, but we had found that no two papers are run the same way. Each follows different formats and uses different computer programs. I personally find it extremely interesting to learn about each.

As we entered the Business Journal, we were greeted with warm smiles as the friendly receptionist passed out candy and spent time chatting with each individual. We were then whisked away for a tour of the offices. We saw everything there was to see, from the room where they scanned photos to the offices of the

ad executives.

Then we spent 10 exciting minutes in Quark-world, learning how the Business Journal's pages are laid out on the computer.

It was really neat. We learned how to move the columns and how to use pre-programmed space fillers.

It was fun, interesting and enjoyable. As a youth entrepreneur, it's sort of nice when an adult business person takes time out of their schedule to teach us something, especially when they're doing it because they want to.

So, on behalf of the Informer newspaper, I salute the Business Journal in their efforts to help enhance our learning experience.

—Shalon Irving

