

T R A V E L

Traveling With Children This Summer

When traveling with children this summer do not forget to pack the most important bag: the "snack" bag.

"Traveling as a family can be a lot of fun. There are lots of things to do, and eating is one of them," said Dr. Corinne Montandon, a nutritionist at the USDA's Children's Nutrition Research Center and an assistant professor of pediatrics at Baylor College of Medicine. "Just make sure you offer nutritious treats," she added.

Mobile munchers can wile away the miles crunching on fresh fruit, nuts, popcorn, dry cereal, celery sticks,

and carrot sticks. (Nuts, whole grapes or popcorn should not be given to tots younger than 5 because they could choke.)

String cheese, packaged fruit snacks, a variety of breads, spreads, small boxes of raisins, Graham crackers, animal crackers, low-salt pretzels, and peanut butter and jelly sandwiches also appease restless riders.

For heartier fare, have a picnic lunch prepared and stop at a convenient roadside park, Montandon said.

A cooler with ice or commercial ice pack allows travelers to pack a

wider range of items.

Sandwiches might include sliced barbecue beef or chicken, lean luncheon meats or tuna. Pack sandwich fillings, lettuce and tomatoes, and condiments separately in clean airtight containers or clear plastic food-storage bags. Assemble sandwiches just before serving to keep the bread fresh.

Montandon also encourages parents to ice down plenty of single-serve cartons of fruit juice, a quart of milk and a bottle of water.

Remember to tuck in some colorful napkins, sturdy paper plates, plastic forks and knives, and paper cups, she said.

Next to "I'm hungry," parents most often hear "I'm bored." Montandon suggests games that fo-

cus on family participation.

Children also enjoy a special travel bag filled with books, handheld videos, a deck of cards, and mini-puzzles. Toddlers and preschoolers like dolls, books, plastic cartoon figures, and coloring books.

Counting cows or billboards, rhyming games, map reading, sing-alongs, and riddles provide hours of entertainment.

Montandon reminds parents to make frequent stops so children can stretch their legs and use the restroom.

With a bit of planning, patience and plenty of travel treats, families can make this summer's vacation a road trip worth repeating.

Sternwheeler Days On The Columbia

The Columbia Gorge Lions present Sternwheeler Days, June 24-26, in Cascade Locks.

The festivities begin with excursion rides on the sternwheeler "Columbia Gorge," over 60 food and craft booths to browse, carnival rides for the kids, Blue Grass music, Salmon bake, bingo games, bed races and go-cart races. Thunder Island will be alive with an encampment of Mountain men and women depicting fur trading camps of the 1930s and 40s and the annual parade will start at 11 a.m. on Saturday.

Festival hours are Friday 4 p.m. to 9 p.m., Saturday 10 a.m. to 9 p.m. and Sunday 10 a.m. to 6 p.m.

Cruises on the sternwheeler "Columbia Gorge" are 10 a.m., 12:30 p.m. and 3 p.m., seven days a week. Please call (503) 374-8427 for more information on cruises.

For more information on Sternwheeler Days please write to: Sternwheeler Days, P.O. Box 522, Cascade Locks, Oregon 97014 or phone Phil Redlock at (503) 374-8313.

Cascade Locks is located 40 miles east of Portland on Highway I-84, exit 44.

Hampton Inn Of Anaheim/ Disneyland Offers Families An Affordable Funrise Disneyland Package

The Hampton Inn hotel in Anaheim, 300 E. Katella Way is offering families a new and fun-filled Funrise Disneyland Package.

The Package includes 2 nights stay at the Hampton Inn - Anaheim, 2 day Disneyland passports for 2 Adult and 1 Child, The Funrise Early Admission to Disneyland for 1 day, a free continental breakfast every morning from 6 a.m. to 10 a.m., and free shuttle service to Disneyland for only \$253.00 (tax not included). Extra room nights and passports are available.

The Funrise Early Admission is your passport to get into Disneyland and Mickey's Toontown at his Movie Barn. Get goofy in Goofy's Bounce House. Go nutty in Chip N' Dale's Treehouse. Take a Whirlwind spin on Gadget's Go Coaster. You'll be playing in the Park while everyone else is still Dream-

ing!! This exciting feature is not available with tickets purchased at the Maingate.

According to Anna Cooper, sales manager of the Hampton Inn - Anaheim, the Funrise Disneyland package gives families extra value, and another reason to stay at the Hampton Inn - Anaheim/Disneyland.

"Over 90% of guests who try a Hampton Inn return to stay again. There are many reasons for this impressive statistic: clean, comfortable accommodations, a complimentary deluxe continental breakfast, free local phone calls and a free movie channel. Plus their hotel stay is backed by high levels of customer service and by our 100% Satisfaction Guarantee: If a guest isn't completely satisfied with their accommodations, we don't expect them to pay," Ms. Cooper said.

Cellular One Introduces VoiceTouch

Cellular One of Oregon/S.W. Washington today announced a revolutionary service which allows its subscribers to dial their phones with their voice instead of their fingers. The service, called "VoiceTouch," is offered exclusively by Cellular One and will work with any digital/analog cellular telephone because the hardware and software which operates the system is installed in Cellular One's switch.

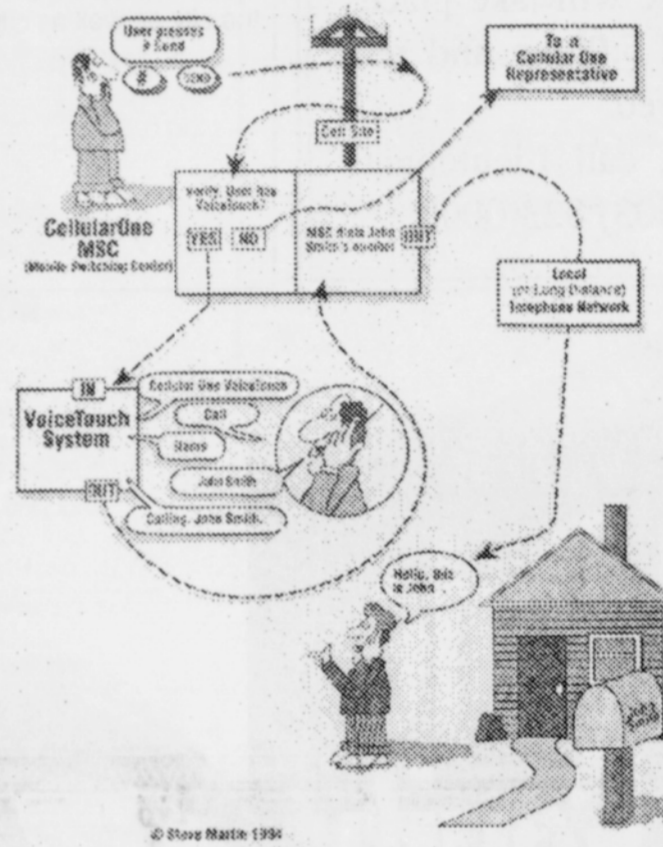
"This is truly the most usable, robust and easily accessible voice recognition service in telecommunications today, and we're proud to be the first to be able to offer it to our customers," said Will McAllister, Cellular One's general manager for Oregon and Southwest Washington. "It is convenient and simple to use. And the great thing about it is, you don't have to buy any equipment or upgrade your phone at all to use this system. All you have to be is a Cellular One customer."

VoiceTouch subscribers can both speak a number to dial it and program up to 20 telephone numbers under key words or names, or call the number by speaking the word or name. Subscribers will access the service by hitting the "#" key and then the "send" key. A

customer can then dial a number by saying "dial" and then speak the number. Or a customer can say "call" and then speak a pre-programmed name or word. If the system is unsure which name or number has been spoken, it will repeat what it thinks it heard and ask if it is correct.

Cellular One is a provider of cellular communications services in the Pacific Northwest. Cellular One is a wholly owned subsidiary of McCaw Cellular Communications, Inc., headquartered in Kirkland, Washington.

McCaw Cellular Communications is the leading provider of personal communications services in the United States.



New Subscribers Can Win A Trip To Reno

Two out of the next one hundred (100) new subscribers to the Portland Observer will be eligible to win a round trip to Reno.

Two People, Round Trip Air Two Nights Hotel and Hotel Tax depart on Sunday, Monday, or Tuesday.

- Requires 14 days notice.
- No Holidays.
- Subject to availability.
- Prize is not refundable.
- Must use by July 31, 1994.
- Entry deadline is May 31, 1994

Reno Contest

Name _____
Address _____
Phone _____

ANNUAL SUBSCRIPTION \$30.00
MAIL YOUR ENTRY TO:
RENO CONTEST
P.O. BOX 3137
PORTLAND, OR 97208

The Portland Observer



Dottie Fischer Presents:

503-231-1600 700 N.E Multnomah #478, Portland, Oregon 97232, 1-800-545-0844

QUICK ESCAPES VIA RENO Air

RENO

From Seattle to Portland

	Effective Arrival Dates	2 nights Arrival Sun - Wed	3 nights Arrival Sun - Tue	2 nights Arrival Thu or Sat	2 nights Arrival Friday	3 nights Arrival Thursday
3rd Night Free: Sands Regency*	4/9-6/18	\$114	\$114*	\$127	\$180	\$177
3rd Night Free:* RiverBoat Hotel	5/1-6/30	\$126	\$126*	\$131	\$176	\$179
Special: - Get \$30 back in 'Hilton Bucks' per couple - thru 5/31 Reno Hilton	4/29-10/31	\$130	\$155	\$142	\$194	\$199
<small>Includes 2 for 1 Show and \$100 Funboat</small>						
Clarion Hotel	4/1-7/31	\$114	\$131	\$126	\$178	\$175
	4/1-7/31	\$124	\$146	\$129	\$174	\$176
<small>Includes 2 for 1 Dinner - Amigo's</small>						
John Ascuaga's Nugget	3/8-7/31	\$126	\$149	\$135	\$184	\$187
	3/8-7/31	\$138	\$167	\$153	\$208	\$217
Peppermill Hotel	5/1-10/29	\$138	\$167	\$150	\$202	\$211
Flamingo Hotel	3/1-6/30	\$138	\$167	\$155	\$212	\$221
<small>Includes Show Discount</small>						
Eldorado Hotel	4/29-7/17	\$142	\$173	\$159	\$216	\$227
<small>Includes Cabaret & Funbook</small>						
Harrahs Reno	2/13-6/25	\$150	\$185	\$169	\$228	\$243
<small>Free 'Sammy's Showroom' with Cocktail/Tax</small>						

Gold In Reno! - Only \$180 per person!

Includes 2 nights at the Reno Hilton, 1 round of Golf per person and ALAMO Economy Car

PACKAGES INCLUDE

- ✦ Round trip Non-Stop Reno Air jet flights from Seattle or Portland to Reno.
- ✦ Two or three nights at selected hotels, including room tax. (Prices are per person, double occupancy)
- ✦ Transportation between Reno Airport and hotel (excepts Sands*).
- ✦ Valid for travel through specified dates, except Holidays and Special Events.
- ✦ Prices valid for travel on "8" Fair only. Other classes slightly higher.
- ✦ \$3 - \$6 airport facility fee not included (where applicable).
- ✦ Bookings made less than 11 days prior to travel will incur rush handling fee. Prices require minimum 7 day advance purchase.

Enter our Raffle To Win Round Trip Tickets For 2 To Vancouver B.C. \$5.00 PER TICKET

PORTLAND FALL PARTY CRUISES ARE COMING!

Holland America Line's ss Rotterdam

September 29 - 30, 1994 Vancouver, B.C. to Portland
October 12 - 13, 1994 Portland to Vancouver, B.C.

ms Westerdam

October 1 - 2, 1994 Vancouver, B.C. to Portland
October 9 - 10, 1994 Portland to Vancouver, B.C.

For twenty-four hours you can enjoy all of the luxuries you can imagine on Holland America's **ss ROTTERDAM** or **ms WESTERDAM**! Live an exciting day and evening between Portland and Vancouver, British Columbia, cruising scenic Vancouver Island, the majestic Columbia, the bustling Willamette River, plus have the thrill of crossing the Columbia River bar.

You will experience Holland America's Tradition of Excellence in their service and cuisine. Included in your cruise price is a gourmet breakfast, lunch, dinner and midnight buffet. You can also enjoy a wide range of shipboard activities and entertainment planned for this special cruise such as floor shows, lounges, on-board shopping, dancing and casino while at sea!

Portland to Vancouver B.C. - Ship sails at 11:00 a.m.
Vancouver B.C. to Portland - Ship sails at 6:00 p.m.

CRUISE PACKAGE INCLUDES:

One way cruise between Portland and Vancouver, B.C., ground transportation between Vancouver, B.C. and Portland with a box lunch and Travel Marketing escorts.

	Cruise Only	Cruise Package
Suite (Westerdam only)	\$350	\$415
Stateroom Deluxe	\$238	\$303
Deluxe Outside	\$198	\$263
Large Outside	\$178	\$243
Standard Outside	\$158	\$223
Large Inside	\$148	\$213
Standard Inside	\$128	\$193
3rd and 4th Passenger	\$105	\$170
<small>Port tax \$36</small>		
All prices are per person based on double occupancy		