

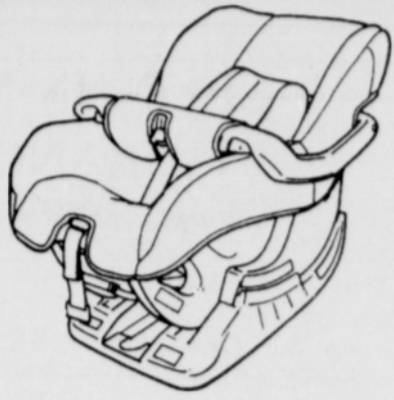
Family Living

The Portland Observer

Child Car Seats Fail

Crash tests have determined that some of Century Products' SmartMove overhead shield model 4750 car seats manufactured between December 5, 1995 and February 13, 1996, fail to conform to federal Motor Vehicle safety Standards.

During tests, the latch mechanism released when the car seat was in the forward facing mode with the latch in the slot closest to the child. No problems have occurred when the seat is used facing rear, or when it is used facing forward with the latch in the forward slot.



In cooperation with the National Highway Traffic Safety Administration, Century is providing a free

retrofit kit so owners can replace the latch mechanism.

Model numbers are found on the side of the car seat base and are the first four numbers on the label. Dates are the last six numbers on the label. The work order number can be found on white label attached to the black adjuster strap on the back of the seat. Look for numbers WO#-136716-01, WO#-136716-03 or WO#-138442-01.

Call 1-800-583-4093 if for a replacement kit if the seat was made during the dates in question and have the work order and model numbers.

Grandparents Raising Grandchildren

On Tuesday, May 14, at 10 a.m., Hollywood Senior Center, in cooperation with Urban League Senior Services, is holding a public Information Forum for grandparents who are providing active or part-time parenting to related children.

With the changing family structure and increased primary parenting responsibility often placed on grandparents today, this is a topic of interest for more and more older adults. There is also a need for more recognition and support from the community at large.

This forum will provide information about issues of grandparenting

as well as practical tips on how to deal effectively with the responsibility of caring for children as an elderly grandparent.

The Urban League's active Grandparent Support Group will join in this forum. Their coordinator, Anita Williams, a long-time advocate and former Children's Services Division worker, and group members with much wisdom to share, as well as Gerri Peck, a Hollywood Senior Center volunteer and grandparent, will join the panel and answer questions from the audience.

Two Saturday seminars to help seniors plan now for their later years

are scheduled in May at the Hollywood Senior Center, are also planned. On May 11, from 10 am to noon: "Protecting Your Life Savings from Long Term Care Costs" Speakers will be attorney Tim Nay, and financial advisor John Lenz. May 25, from 10 am to noon the center presents "Preserving Your Assets for the Next Generation" with speakers attorney Rees Johnson and bank trust officer Richard L. Maxwell.

The free Saturday seminars are part of the Hollywood Senior Center's community education program. The center is located at 1820 NE 40th.

Letter Carriers Collect Food

Residents can help "stamp out hunger" from their homes with the 1996 National Association of Letter Carriers Food Drive, Saturday, May 11.

Letter carriers will collect food for Oregon Food Bank's network of hunger-relief agencies along city postal routes in Multnomah, Washington, Clackamas, Columbia and Yamhill counties. Residents simply place bags of nonperishable food by

their mailboxes. Letter carriers will take the food back to their post offices for distribution to local food banks.

A few days before the drive, about 425,000 households will receive reminders from the U.S. Postal Service. Last year, residents donated an astounding 250,000 pounds of food in the one-day effort.

The project is part of a national drive and the local food drive is

being organized by the letter carriers of Local Branch 82, which covers the five counties listed above.

Other branches will sponsor similar drives in communities across Oregon, including Salem, and in Vancouver, Longview and Kelso, Wash.

For information call (503) 771-7192. To volunteer, call Oregon Food Bank at (503) 282-0555.

McCoy Political Legacy

Continued from front

them, they're not happy."

McCoy was approached by Friends of Pier Park a group opposed to the plans to cut down 200 trees, now the plan has been downsized to 56 trees after Hales was criticized for the plan.

In another instance McCoy said Hales accepted a \$10,000 campaign contribution from the Central Eastside Industrial Council with a promise to get a Water Ave. on-ramp built.

"Charlie took their money, but after he was elected he voted against it and is proud to claim that he stopped the 'boondoggle.' Charlie could have shown real courage and integrity by going back to those people to explain why he did it. You have to show respect. I don't think Charlie Hales sees things that way," McCoy said.

Paul McCoy served as special project administrator for the City Council where he was liaison between business and the community. He was also a legislative aide for his father in the Oregon Senate.

McCoy says he is most proud of his work with local community boards and commissions having served as vice chair on the board of the Piedmont Neighborhood Association, Precinct Representative for District 18, and as a member of Oregon Assembly for Black Affairs. He also worked with Jenkins House Community Roundtable, and Eastside Democratic Club, where he is vice chair of the board of directors.

He has actively supported the NAACP of Portland, Habitat for Humanity, Meals on Wheels, North/Northeast Boosters for Local Business, St Vincent DePaul Development Committee, House of Lights AIDS Hospice, North/Inner Northeast YMCA as vice chair, and the Soccer in the Streets program as a board member and coach.

McCoy says he knows he can win the election on May 21 and believes

that each day more people are finding out he is the best candidate for city commissioner. "The campaign will come down to an issue of honesty and integrity, and which person

will genuinely listen to the ideas, concerns, and needs of the people of Portland and then respond with action. I've been listening all my life not just since the election.

Children's African Dance Troupe To Perform

The deep, hot sounds of the djembe drums come from somewhere out of view. A chant is called back and forth between the children. Drummers and troupe dance into view and the room is transformed into an African village.

Kukatonon, the Childrens African Dance Troupe From Woodlawn Elementary School will present a benefit performance for the school, May 15, at 7:30 p.m. at the Scottish Rite Temple, 1512 S.W. Morrison.

The troupe promotes pride and awareness through the power of movement and sound. The children share the rich traditions of dance, music, and history of Africa. Initially, visitors came to see the children dance at the school, soon the dancers were invited to perform at schools, universities and community events.

The children leap and spin into the hearts of their audiences, who are left inspired by the vision of a communi-



ty hearing the same drummer. The show is directed by Rolia Manyongai and Caton Lyles.

Tickets can be purchased at Woodlawn Elementary or at the door. Call 280-6282.

Tips To 'Stress-Proof Your Home'

With modern life more stressful than ever, Americans look to their homes for a peaceful, calming refuge. But clutter and confusion can disrupt this much-needed serenity.

Are stacks of stuff, piles of paper and a generally chaotic atmosphere turning your home sweet home sour? In "Stress-Proof Your Home," Kristin von Kreisler presents a series of practical suggestions from professional organizers, psychologists and typical families who have won their own personal war on clutter:

--Centralize it. Create a family message center, and write each person's messages in a different color. Post in this one location all the information your family needs to stay in touch: work schedules, classes, errands and so on. Hang large manila envelopes for information or paperwork on "household repair," "car servicing," "food" or other miscellaneous items. Display an oversized portable calendar for birthdays and appointments.

--Box it. To prevent lengthy, frantic searches, "Have a place to put everything you use near to where you use it," suggests one expert. At war with clutter, one family with six kids kept a big basket at the front door for shoes, balls, books -- all the stuff that their kids dropped on their way into the house. And they backed it up with fines for leaving belongings where they didn't belong.

--Share it. Stress can skyrocket when one family member is doing all the household chores--or when no one is doing them. It's crucial to prioritize the work, set up a schedule and divide the assignments to get everyone involved.

Experts warn against assigning chores as punishments. Instill a positive attitude, they say, and make sure dad pitches in--the father's example is the biggest factor in getting kids to help clean up.

--Do I Really Need It? Perhaps most important, nip clutter before it builds. Try the "one in/one out" rule:

when you buy something new, get rid of something old. Attack a drawer, shelf or closet, and as you sort each item, ask yourself, "Do I really need it? Does it enhance my life now?" And don't let paper pile up. The average person handles some 300 items of paper a day, so set aside one mail-processing area and deal immediately with bills, letters and such. A nearby wastebasket can be your best friend.

Noise, constant interruptions and job stress can also intrude on your peace and quiet, von Kreisler warns. So let the answering machine handle dinnertime calls.

Carve out some private time. And learn to decompress and leave the day's frustrations behind at school or job. As one husband put it, "We learned that most things can wait until tomorrow."

When you finally "Stress-proof Your Home," you'll find you have more time and energy for the things in life that really matter.

Happy Mother's Day!

Prices Effective May 8 through May 14, 1996 at your nearby Safeway store.



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