

Family Living

The Portland Observer

Garden Blooms Help Children Grow

Fruit and Flower, Oregon's oldest daycare center, is having a dinner/auction Saturday night June 15 at Montgomery Park. The Auction, "Kid's Rooms * Garden Blooms," is the non-profit agency's biggest fund-raiser of the year. The revenue raised from the Oral Auction will fund scholarships for low-income families.

The auction will center around children's unique and custom furnishings as well as gardening. Items to be auctioned include Custom-designed children's furniture, breakfast with santa & entertainment for 8, one fruit pie per month for a year, Rose Garden skybox party for 18, 25-Yr. Old Japanese Maple, Winnie The Pooh gardening collection and a Zen golfing lesson by the author of "Beyond The Fairway."

Dennis Snodgrass, President and CEO of Dennis'7 Dees Nurseries, is the auction's honorary chairperson. He comments,



"Helping low-income families afford quality childcare like Fruit & Flower is a wonderful way to nurture Oregon's most special garden."

The cost includes a fine dinner and no-host cocktails. Fruit & Flower is a 501(c)3 not-for-profit agency.

Fruit & Flower is Oregon's oldest childcare center and the first to become nationally accredited. Its mission is to provide full-time quality care for the children of parents who are working, in school or in training. Fruit & Flower was founded in 1885, and has provided day care to five generations of children.

The silent Auction and no host cocktails starts at 5:30. Dinner is scheduled for 7:30 and the oral auction at 8:30 at the Montgomery Park Atrium, 2701 NW Vaughn, Portland, OR. Call 228-7984 for reservations or more information

Clothing Drive For Kids Begins

Michael Harper and L.I.F.E. Center team up to kick off the 11th annual Back-to-School clothing drive for the areas needy children. Clothing for boys and girls of all ages is needed.

The collection takes place from 10 a.m. until noon on Saturday, June 15 at 4245 S.W. Corbett, Portland. A drawing for a gift certificate completes the kick-off.

Donations can also be dropped off Saturday at the Center, 2746 N.E. M.L.K. Blvd., from 10 a.m. till noon.

"We expect nearly 2,000 kids on

August 31st, and this is a great way to start the drive," said acting chair Richard Rickel.

Harper will sign autographs, and a \$25 certificate from Caplan's Sports World will be drawn at noon. The winner will be notified.

L.I.F.E. Center staff will collect, mend and clean the donated clothing for the August 31 giveaway.

L.I.F.E. Center has been assisting the needs of individuals in the Metro area from more than 28 years.

For more information, contact Charles Carter at 284-6878.

Middle Years Can Be Wonder Years For Teens

When recalling early adolescence, it's not surprising that many of us grimace at the confusion of the middle years. The wonder years? Sort of. As adults we may catch ourselves fearing that aliens have inhabited the bodies of our sons and daughters or teen students; Their unbridled enthusiasm, explosive physical growth, emotional turmoil, sexual stirrings, unlimited curiosity, annoying know-it-all attitudes. It's difficult to understand the extreme changes and complexities of the middle years once we've passed through them.

Between 10 and 15, students un-

dergo the most profound personal changes than at any other period in their lives. These developmental processes, while natural and necessary, often constitute great challenges for early teens as well for their teachers, parents, and others entrusted with the responsibility for their healthy development and education.

Unfortunately, during the dynamic transition from childhood to adulthood, parents and adults frequently push children away in the mistaken belief that what teens really need and want is to be left alone. Compelling research, however, indicates that middle level students need all the support, encouragement, and mentoring that adults can provide, and just as much direction, love, and guidance as they were given in their elementary school years. Their fears must be addressed, their dreams and goals nurtured, and their voices honored. According to Indiana University's Center for Adolescent Studies,

young teens need a balance of five key supports:

- **Belonging:** The feeling of love, trust; attachment to others and institutions
- **Mastery:** The potential to achieve in a variety of ways
- **Independence:** Learning the difference between being a strong leader and an aggressor
- **Generosity:** Opportunities to help others
- **Stimulation:** A variety of interesting, fun, and engaging activities

With numerous contemporary challenges confronting schools and communities, it's clear that middle schools face formidable obstacles in their efforts to create safe and equitable learning environments.

To achieve this, middle schools must incorporate several educational practices that reflect students' development and societal needs:

- *Well prepared and committed educators for young adolescents*

- *High expectations for all students and all educators*

- *Family and community partnerships to ensure involvement in each student's education*

- *Safe and positive school climates that encourage learning*

To improve the school success rates of middle schoolers who experience risk factors that lead to low performance, schools and families must foster the personal resiliency of youth in their early teens so they become socially competent, possess problem-solving skills, and gain a sense of purpose, autonomy, and future. Three key facets of families, school, and communities promote resiliency in young teens:

1. The presence of at least one supportive, caring adult in a child's life.
2. Consistent communication of high expectations to the child.
3. Ample opportunities for the child to participate and contribute in meaningful ways.

Volunteers Needed

Are you (or someone you know) Available to drive Meals-on-Wheels once a month, once a week, or as a substitute?

Northeast Loaves & Fishes needs drivers to help deliver noon-time meals to homebound senior citizens in your neighborhood. It only takes about one hour to make a huge difference!!

You are needed!
Call 248-5211 today.

Obituary

Evelyn Louise Williams, a longtime N. Portland resident, died May 23 at her NE Portland, Oregon home, she was 49. Williams was born, Dec. 5, 1946 in Fowler, Calif. and moved to Portland at age 11. a Jefferson High School graduate of the class of 1965, she worked as an information Specialist for the Portland Airport. She is survived by her son, Kevin Williams; her daughter, Chris Kelsaw and her mother, Edna Williams all of Portland. She was preceded in death by her Father, Albert Williams in 1992. Services were May 28 at Rose City Cemetery and Funeral Home.

Join The Adventure

Hosting a High School Exchange Student in August, 96 is bringing the world to your door step.

We need families of all types. Retired couples, to single parent families have enjoyed having an international son or daughter, not only tow parent families.

Students arrive the second week in August with their own spending money for clothes, entertainment, and other expenses. They have their own Medical Insurance as well.

Host Families Agree to Room and Board, and to include them as a family member. we have don semester, as well as Academic School year students. All students speak english.

For more information please call toll free. 888 743-8721.

Thank you,
Teresa Knapp

Ronald McDonald To Appear

Ronald McDonald, will visit the 29th And Powell McDonald's Saturday, June 15 from noon to 2 p.m. Children Will Get to Meet and Greet Ronald McDonald. The Ambassador of Fun, Ronald McDonald, will entertain with an afternoon of fun and games.

Ronald McDonald, a friend to children all over the world, will be available to meet and greet local-area children and their families.

Other shows where Ronald performs locally are "You're the Star," and the "Safety Show." All Ronald shows encourage audience participation and are educational.

BBQ Steak SALE

Prices Effective June 12 through June 18, 1996 at your nearby Safeway store.



Safeway Lemonade

- 12-Ounce frozen Regular, Pink or Raspberry
- SAVE UP TO 1.97 ON THREE

3\$1 for

Quality Beef Rib Eye Steak

- Bone-In
- Valu-Pack, 4 or more
- Smaller packages, 3.18-lb
- SAVE UP TO 1.41-LB

2.98 lb

Fresh Sweet Ripe Cantaloupe

- Whole melons

19¢ lb

Look For Your Safeway Weekly Shopping Guide In Your Oregonian FOODday in the Portland Metro Area ...And Save More Shopping At Safeway!

Enjoy Extra Savings With The SAFEGWAY EXTRA In-Store Savings Guide Available at your Safeway store.