

Family Living

The Portland Observer

Swim lessons don't end with summer

Even though summer is winding down, swim lessons will continue during the autumn months at Portland's indoor pools, including the Columbia Pool at 7701 N. Chautauqua and Dishman Pool at 77 N.E. Knott. Lessons will be available Saturdays and midweek (Mon & Wed or Tues & Thurs) for swimmers of all ages and ability levels. Morning, afternoon, and evening sessions will be offered to accommodate busier family schedules.

"The Fall lessons are a great way for kids to maintain and improve the skills they learned during summer," said Doug Brenner, Director of Aquatics. "The indoor pools also give swimmers the opportunity to exercise even when the weather is cold

and rainy. We want all parents to be aware of this resource."

Fall swim lessons begin September 16th at Columbia Pool and October 5th at Dishman Pool. Schedules and registration forms may be obtained by calling the pools during regular business hours or calling the Aquatics Division at 823-5130.

- Pools offering Fall swim lessons:**
- **Buckman Pool** - 320 S.E. 16th Avenue, ph. 823-3668
 - **Columbia Pool** - 7701 N. Chautauqua, ph. 823-3669
 - **Dishman Pool** - 77 N.E. Knott, ph. 823-3673
 - **MLC Pool** - 2033 N.W. Glisan, ph. 823-3671
 - **PCC/Sylvania Pool** - 12000 S.W. 49th, ph. 823-5130

Doll'd up and diverse

What would you do if you're an African-American woman and your five-year-old daughter comes to you asking for a Caucasian doll for Christmas because it was pretty? And, then she turns to you and asks you, "When am I going to turn white?"

If you're Marilyn Hunter, Rose Abrams-Williams and Harriett Abrams you took what could be discerned as a troubling episode in the growth of your child and turn it into something positive. You create "Ebony Expressions," the first African-American video for infants and toddlers.

"Ebony Expressions," produced by the newly created Playtime Productions, gives African-Americans the opportunity to show their children and other children of color in a positive

way and, at the same time, teach them about their heritage. After the experience with Rose's daughter, she was talking with Marilyn "and we were concerned there was nothing out there for African-American children. So we decided to make a video that would be good for our children's self image."

Rose agrees, "We wanted to show positive images of African-American children."

One of the key elements of the video is to show African-American children of different shades with different hair styles and looks. "I think as a black child, you notice things differently," adds Marilyn, who roomed with Rose at Albany State College in Georgia and is still each other's best friend. "Television tends to hire light-

Families benefit from volunteers

"It wonderful, I'm glad I enrolled," was frequently heard on the first day of the Community Basket program in NE portland.

Thirty-five members registered for Community Basket on Thursday, August 1. Six of those members made the first day possible by volunteering their services, emphasizing the whole meaning of Community Basket.

Community Basket, a new program sponsored by Oregon Food Bank in Multnomah County, is a volunteer run membership program. Their first site was so successful

that they announced two new locations.

Community Basket provides its members with informational services concerning nutrition, job opportunities, community projects, parenting, self-help information and various community programs, on a monthly basis.

Members also receive a bonus package of food and non-food items once a month. Membership costs are \$15 annual fee or a \$5 fee every four months-that's only \$1.25 per month.

To qualify, household income

guidelines must be met (185% of poverty level) and a proof of address showing that you live in Multnomah County is needed. Anyone who qualifies for any other services-W.I.C., Food Stamps, Head Start, etc., will certainly qualify for Community Basket.

Each site will have a volunteer coordinator responsible for scheduling volunteer shifts, arranging home deliveries, supervising the site, and re-bagging food.

Anyone interested in volunteering can call Khalil Edwards at 282-0555 for more information.

Head Start speaker

Albina Head Start and Black United Front are hosting guest speaker Dr. Juan Sanchez from Austin, Texas. Friday, August 23, 1996, 7:00 p.m. at King Neighborhood Facility, 4815 NE 7th Avenue. Child care provided.

Dr. Sanchez is a nationally recognized educator who has successfully worked with low income children and families.

Parents will discover techniques that can be used at home to help their children learn. Parents will discuss how to be more involved with their children's school. This will be the first in a series of presentations designed to help parents improve public education and their children's academic performance.

For more information please call 282-1975.

Diversity Call (503) 288-0033 To Advertise In *Community*
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Flea-free pet & home

Anyone with pets knows all too well that fleas can create a great deal of discomfort for your dog or cat. And while it appears 1996 is not necessarily a bad year for the hopping, blood-sucking pest, the potential is there if pet owners don't take reasonable steps to control fleas.

Proper care--which may include using pesticide products--will bode well for both animal and owner.

Recent hot summer weather only increases the misery of those animals suffering from the itching allergic reaction to flea bites.

"During hot weather, the comfort and welfare of our companion animals is most important," says Dr. Andrew Clark, acting state veterinarian with the Oregon Department of Agriculture. "Control of fleas and other pests that cause skin irritation is very important to the animal's well being."

Clark says pet owners should consult with their personal veterinarians to ensure the animal's discomfort is limited during heat

stressed times.

An ounce of prevention is worth a pound of hopping fleas. A good thorough cleaning and vacuuming of the house, especially where the pets sleep, is a good start.

"Think like an insect," says Dr. Daryl Leu, veterinarian with the Animal Dermatology Clinic in Portland. "They seek out dark, moist, hidden areas of the home. Vacuum baseboards, carpets, steam clean. Isolate pets to hard floor areas. Don't just clean the middle of the house."

"One flea can lay up to 30 eggs per day," says Leu. "Ninety-nine percent of a flea's life cycle is spent either as an egg, larvae, or cocoon."

Stopping egg production is fine, but the adult flea may still be causing your pet some misery. Treating the adult flea has also advanced.

While the new veterinarian-prescribed products appear to be extremely effective, Leu estimates about \$4 billion are spent each year by Americans on over-the-counter flea products.

That's why the Oregon Department of Agriculture is so interested in the subject. Flea products are pesticides and require the same kind of serious handling as any other so-called bug killer.

"The thing we're most concerned about is pet owners going overboard," says Janet Fults of ODA's pesticide program, which regulates all pesticide use in Oregon and investigate misuse. "People have a tendency to find a few fleas and use multiple products in a situation that doesn't need that kind of treatment."

People forget that flea collars are also a pesticide. Combine a flea collar with a flea shampoo, and flea dust, and you have a recipe for overreaction and disaster.

"An overdose of any chemical or pesticide product is not desirable and it's possible that actual death of the animal could occur," says Fults.

More is not better when it comes to flea treatment. Following the product label directions will keep owners from exposing the pet and household to too much toxin.

Breaking the silence barrier

The Hearing & Speech Institute in Portland is sponsoring a class for parents who want to help their children learn to communicate more effectively.

The Institute's speech pathologists are specially trained in The Hanen Method, which focuses on the naturally-occurring conversations of dai-

ly life. Parents learn to direct and support their child's communication. The class is especially helpful for children with communication delays or disorders, who need a more intensified learning program.

The class will be on Wednesday from 7-9 p.m. at the Hearing & Speech Institute, 3515 SW Veterans Hospi-

tal Road, beginning September 18 and ending December 11. The 12-week course will feature nine group classes, three individual video sessions and a final consultation and report.

For more information, please contact Janet Lambert at the Institute, (503) 228-6479.

SAFeway's HOT SUMMER DAYS

DON'T FORGET, THIS IS THE LAST WEEK TO USE YOUR SAFEWAY AUGUST COUPON BOOK
Prices Effective 8/21 through 8/27/96 at your nearby Safeway store.

SAFeway
FOOD & DRUG



Boneless Beef Top Sirloin Steak

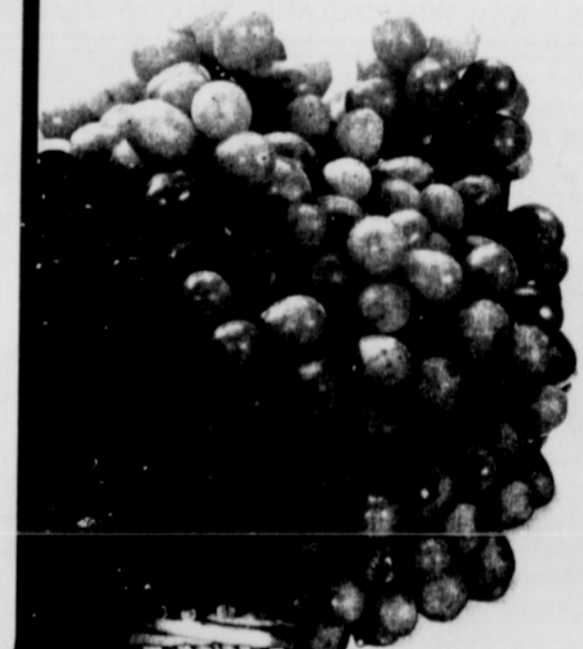
- Valu Pack of 3 or more steaks
- Smaller packages, 2.19-lb
- SAVE UP TO 1.80 LB

1.99
lb

Thompson Or Red Flame Seedless Grapes

- Whole melons
- FIRST 3, additional at regular price

59¢
lb



Nabisco
Oreo Cookies
• 20-ounce
• SAVE UP TO 3.50 ON 2

2 \$3
for

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
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Savings Guide
Available at your Safeway store.