

Family Living

The Portland Observer

Grandparent Study

The Center on Aging at Bradley University is looking for African American grandparents, age 50 or older, who are sharing a household with a young grandchild between the ages of 6 and 12 to participate in the Grandparent Study. This study will examine the challenges and rewards that are faced by grandparents who are raising young grandchildren. The findings from this study will be important to policy makers in their efforts to design interventions and social services for "at risk" grandparents.

The Grandparent Study, funded by the National Institute on Aging, is being directed by Dr. Rachel Pruchno, a well-known family psychologist and researcher.

This study will also make an important contribution to our understanding of African American grandparents. Traditionally participation in research studies from the African

American population has been low; although, findings have shown that African American caregivers have lower levels of stress and burden with higher levels of family support in relation to other participants. African Americans are doing a lot "right" and it is important for them to share their knowledge so that others can benefit from their experiences. Of equal importance to making African American needs and opinions known, is the valuable use of information to develop programs and policies which will benefit the Black population.

If you are an African American grandparent sharing a household with a young grandchild and you would like to participate in the Grandparent Study, call 1-800-695-5927. Remember, by participating you have the opportunity to improve the system and have a voice in the services and policies that are being planned for the future.

Oregon's Keiko gets biography

Keiko, the beloved orca whale who inspired the films *Free Willy* and *Free Willy 2*, and his real-life journey across continents will, be chronicled in *The Free Willy Story: Keiko's Journey Home*, an original Discovery Channel film about his life, his unprecedented rehabilitation and his powerful relationship with the people who love him.

This compelling story of love and loss between human and animal will be narrated by critically acclaimed actress and animal lover Rene Russo. *The Free Willy Story: Keiko's Journey Home* will make its world television premiere on Monday, October 28, from 8-9 PM (ET/PT) and midnight - 1 AM (ET/PT).

The *Free Willy Story* tells the tale of the whale's capture and journey from Iceland to his captiv-

ity in Canada and Mexico and his most recent dramatic, high stakes move to Oregon for rehabilitation. At the same time, the program offers a poignant portrayal of the emotional bond that developed between Keiko and Karla Corral, his Mexican trainer, and the great love the Mexican people developed for the whale.

The story begins in Keiko's home waters near Iceland where Keiko was captured by fishermen and sold to a Canadian amusement park. The program follows Keiko's sale to Reino Aventura, a Mexican amusement park, and the development of the Mexican public's love affair with the beloved animal. The program then takes viewer's to Mexico City where, on January 7, 1996, Discovery Channel's crews filmed Keiko's complicated airlift by a United Par-

cel Service C-130 Hercules transport aircraft from Reino Aventura to his current home in a specially designed two-million gallon rescue/rehabilitation center at the Oregon Coast Aquarium in Newport, Oregon.

In 1995, Reino Aventura donated Keiko to the Free Willy-Keiko Foundation. Years of captivity in the Mexican amusement park had led to chronic problems.

The Free Willy-Keiko Foundation hopes to release Keiko into his native waters after he has been in rehabilitation for an indeterminable amount of time.

Such a release, however, has never been attempted with a captive orca before and will only be possible if Keiko's current health problems and other hurdles can be overcome.

Keiko's rehabilitation at the Ore-

gon Coast Aquarium, which is an integral part of *The Free Willy Story*, includes cardiovascular exercise, mental exercise and stimulation and social interaction.

Since he arrived in his new home, Keiko has made outstanding strides in his recovery.

In just over six months he has gained more than 1,000 pounds. The papillomavirus lesions he exhibited on his arrival in Oregon have mostly sloughed off.

Keiko's blood work has shown consistent improvement and the only medication he still receives is a daily vitamin supplement.

Before his trainers and doctors release him back to his native Icelandic waters, Keiko must ultimately gain at least one ton of body weight and adequate muscle tone to sustain himself in the wild.

Contest Asks Teens To Taste What's Next

Food professionals echo the sentiments of America's food lovers--low-fat entrees won't disappear from the plate unless they taste great. The Teen Taste Recipe Contest challenges teens in grades 7-12 to create original recipes that cut fat without cutting flavor.

Sponsored by the National Pork Producers Council and the Produce for Better Health Foundation, the contest asks teens to combine lean fresh pork cuts, such as pork loin and tenderloin, with fruits and/or vegetables for a taste of the future in low-fat recipes.

"We've talked with teens about what they're eating, and although low-fat foods are important to them,

they're are not willing to give up taste," said Karen Kalsen, manager of youth communications for the Pork Information Bureau (PIB) of the National Pork Producers Council. "The Teen Taste Recipe Contest shows teens that pairing pork with fruits and vegetables is a great way to create dishes that are high in taste and low in fat."

Original recipes submitted for the contest must include lean fresh pork and fruits and or vegetables.

The lean cuts of pork that can be used in the contest include loin, chops, roasts and tenderloin. Processed products such as ham, bacon and Canadian-style bacon are eligible. Recipes will be judged for cre-

ativity, nutritional quality, ease of preparation, taste appeal and appearance.

Entries must be postmarked by January 15, 1997. Winners will be announced by March 1, 1997.

Four cash prizes will be awarded:
- Grand Prize: \$500
- 1st runner up: \$250
- 2nd runner up: \$100
- 3rd runner up: \$50

For more information and the official contest rules, visit the NCCP World Wide Web site at <http://www.nppc.org/>, or send a self-addressed, stamped envelope to: Teen Taste Recipe Contest, National Pork Producers Council, P.O. Box 10383, Des Moines, IA 50306.

Looking for someone?

Every day thousands of people are searching for other people. Some are adopted children looking for birth mothers, others are looking for missing spouses, their ancestors or missing friends. Many people think these searches require expensive private detectives or other professionals. In most cases this is not so. Usually these detectives get their information from the same public records that you can use.

A new book by Robert L. Berko, Executive Director of the non-profit Consumer Education Research Center will help amateur searchers in their quests for missing persons, birth parents or information about themselves that government bureaus have in their files. The book, *How to Find People With Information From Public Records*, is available for \$19.95 from Consumer Center, 1980 Springfield Ave, Maplewood, NJ 07040 or by calling 1-800-872-0121.

Many searches are as simple as looking for the name in a database containing all telephone records in the United States. There are several computer programs for sale that contain this information. If you don't want to go to this expense, Mr.

Berko's organization has a database of 80 million records and can do the search for you.

Other public records that you can use are marriage, death, divorce, voter registration, Post Office, Motor Vehicle, Selective Service military and many more. The book will not only shows you how to determine what records you need, but how and where to get these records.

If your problem is a missing spouse who in arrears on child support, every state has a Child Support agency that will do most of the searching for you even if your spouse is in another state. The book lists the address of the Child Support office for every state.

For those searching their roots, there are many sources of information. Foremost is the Family History Centers which have literally millions of different studies and histories of family names plus the names of those who are working on family histories for their own family names. Some of these people could be working on your family's history and could save you the search.

The national archives have records of anyone who has contact with the

U.S. Government. This includes just about anyone who has ever lived in the country. They have Indian Records going way back and even records of black slaves owned by Indians. In addition they have land records, passenger lists, naturalization records, passports records, and much more. The address of all the Regional Offices of National Archives are listed as well as their computer online address.

Increasing numbers of people are looking for parents. For those searching parents who move away, the quest is usually not difficult. For adopted children looking for birth parents, the search is very difficult. They have no name to start their search because birth and hospital records are changed to reflect the name of the adoptive parents. But don't lose hope of finding your birth parents. There are records that are not changed and ways to find the true facts behind the altered records. In addition there are several hundred organizers that can and will help you in your search. These organization provided advice and assistance from people Public Records includes the names and addresses of these organizations as well as tactics for making your search successful.

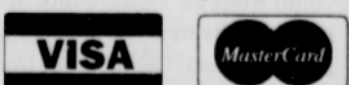
New Train Exhibit Opens

Take a ride on the fun side in our mock train station. Grab a suitcase and be a passenger, put on a conductor's hat and take tickets, or find a wrench and fine tune the engine. Enjoy electric trains, our giant Brio and a wooden train you can ride to anywhere your imagination takes you! October 1, 1996 - March 9, 1997. Enter to win a freetrip for four to Seattle on Amtrak.

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