

# Family Living

## Scholarship Money Available to Students

With the college application season in full swing, families are now facing the dilemma of how to pay for tuition, room & board, text books, lab fees, and other expenses. Skyrocketing costs coupled with cutbacks of government grants and college assistance are putting extra strain on family budgets and assets. As a result many families are relying on burdensome debt to finance their children's education.

The good news is that there are nearly 400,000 scholarship and grant sources now available to help students pay for college costs. Over 80% of these scholarships do not depend on family need or high grades but are awarded based on factors such as the student's interests, activities, field of study, age, ethnic background or parent's work or military service.

According to the U.S. Department of Education and financial aid experts, many students are missing out on the financial assistance opportunities available to them simply

because they are not aware of the scholarship process and where to find scholarships that can help them. "Students who take the initiative to find out what sources they qualify for are usually successful in funding either part or all of their education."

Now through the resources of the National Academic Funding Advisory (NAFA), an updated and expanded publication for 1998 is available which provides important information for all students seeking financial assistance, how to use the new tax changes to save money on your educational expenses, and where to secure direct scholarship money.

For information on how to receive academic funding and scholarships for college, graduate school or trade school, send a No. 10 self addressed, double stamped envelope plus \$2.00 to cover handling to the National Academic Funding Advisory (NAFA), 188 Summer Street Dept. M1, Portsmouth, NH 03801.

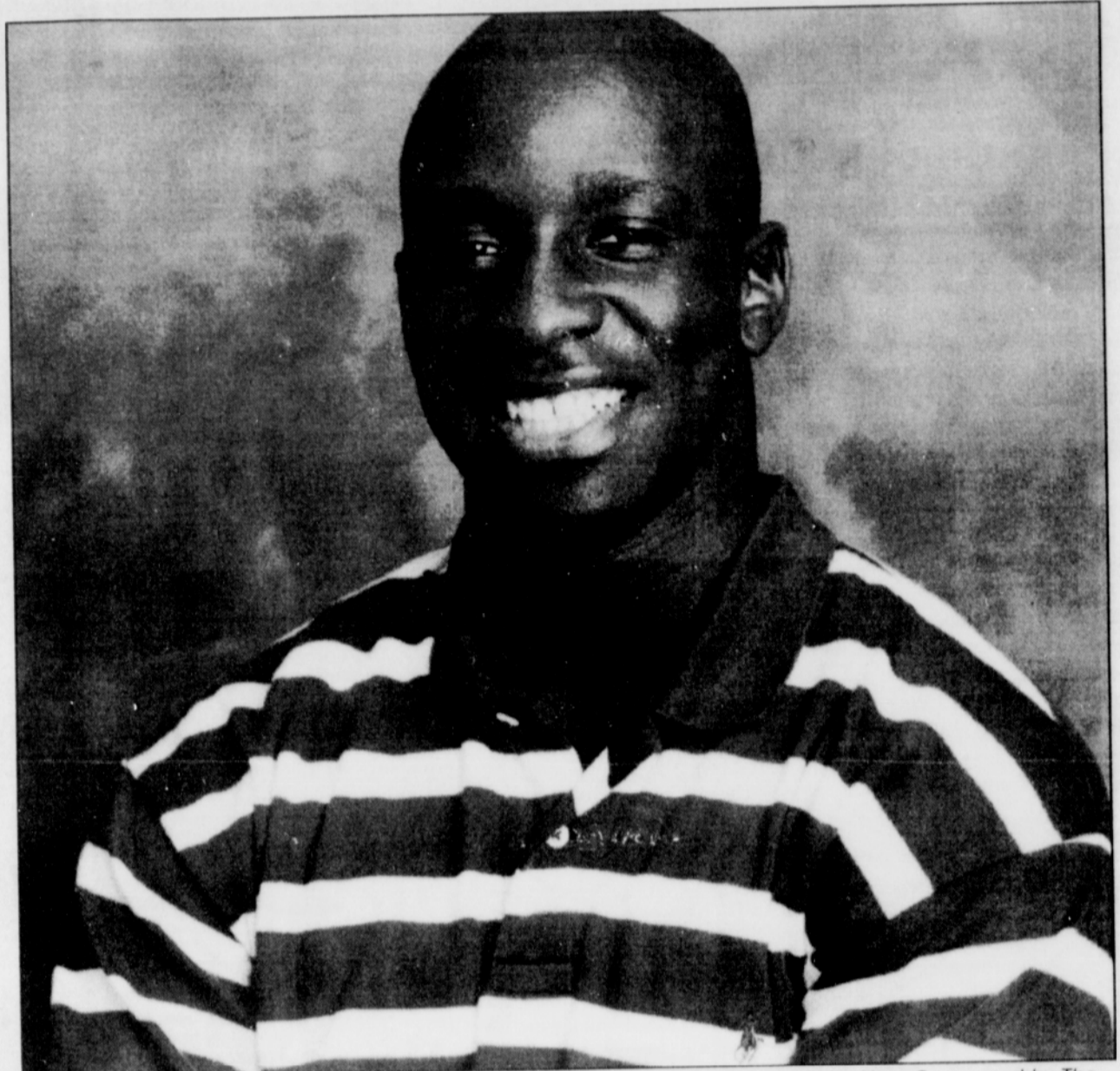
## The Shelter Care Campaign

The Boys and Girls Aid Society of Oregon is a private, non-profit agency that provides short-term shelter care for children and youth to age 18. The agency has recently launched a public education campaign to help meet the December 31 deadline. Yet, the agency is dependent upon shelter parents to provide for quick placements to serve its 24 hour a day, 7 day a week program.

According to the most recent status of Oregon's children report published by Children First for Oregon, Multnomah County is 196% behind the teen pregnancy benchmark set by the state in 1995. The number of children living in poverty is 40% behind the state benchmark. The Boys and Girls Aid Society of Oregon shelter

unit staff say that these numbers demonstrate the need for help for children living in Multnomah County that is almost in epidemic proportions.

The Boys and Girls Aid Society of Oregon offers weekly community-based orientation, information and public speaking sessions for anyone who is interested in becoming a shelter parent or who may have questions about the program. Please call 503-222-9661 x258 for a meeting schedule or call the shelter parent information line at 503-222-2358. According to Shelter Parent Program Recruiter Jonathan Kipp, there is no special season or time of year that shelter homes are especially needed. Kids are in crisis every-day.



Eddie Armstrong is Boy's Girls Clubs of America's (B&GCA) 1997-98 Youth of the Year Sponsored by The Reader's Digest Association, Inc. and administered by B&GCA, the Youth of the Year program recognizes superior leadership skills, academic achievement and outstanding service Boys & Girls Clubs and the community.

## After Christmas Deliveries Deplete

To help replenish the Portland Police Bureau Sunshine Division warehouse in north Portland that was emptied during the holiday season.

Fred Meyer started the refilling process by delivering a 49-foot trailer full of food, toys, clothing, and household goods this morning.

The Sunshine Division's commander, Sgt. Karl McDade, said "Fred Meyer's gift comes at a great time as we scramble to meet the continuing needs of the dis-

advantaged, homeless, and hungry in our community.

Our supplies were drastically reduced by our annual Christmas food box program that fed more than 4,000 families this year."

"This timely donation will enable us to continue providing emergency supplies in the new year," McDade said. "Fred Meyer is a great role model for other companies to follow."

We hope this major gift helps en-

courage others in our community to pitch in with their own donations at this time of the year when supplies are depleted and the needs of the disadvantage continue."

"The need for emergency food, clothing, and supplies is constant throughout the year," McDade said "It is only through generous contributions such as this one from Fred Meyer that the Sunshine Division is able to continue it's most important mission."

## Free Phone Line Available For Tax Questions

The Oregon Department of Revenue's toll-free phone line now is in operation and Tax Help representatives are ready to assist Oregon taxpayers.

The number is 1-899-356-4222 and will be in service from January through April It is an Oregon-only toll-free number; those who are out-of-state will need to call (503) 378-4988.

"Our representatives are available to answer calls regarding a variety of tax questions," said Chuck Grinstead, Tax Help section manager. "Taxpayers can reach us Monday through Friday, 7:30 a.m. to 5:10 p.m., with the exception of Wednesday where the hours are 9:00 a.m. to 5:10 p.m.," he added.

Taxpayers also can get help on commonly-asked questions 24 hours a day, 7 days a week through the department's voice response system. This system provides recorded information. The toll-free number is 1-800-356-4222; the local number is (503) 378-4988. Taxpayers still can call tax help representatives during regular office hours if they are unable to receive help through the voice response system.

For TTY (hearing or speech impaired only), the year-round toll-free number within Oregon is 1-800-886-7204. In Salem, the

number is (503) 945-8617. These numbers are answered by machine only and are not for voice use.

The department also has a special message line for Spanish speakers. The number is (503) 945-8618 and is not a toll-line.



Louis Pasteur, a French scientist of the 1800s, proved that bacteria spread disease.



Recent studies show that fat calories in the final product are the same whether chicken skin is removed before or after cooking. That's good news because skinless chicken tends to dry out during cooking.

# SAVE AT SAFEWAY

**Fresh Pork Roast**  
Bone-In Blade Cut.  
Valu Pack, 2 per package.  
SAVE up to \$1.30 lb.

**89¢**  
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.

Visit Safeway's Web site at [www.safeway.com](http://www.safeway.com)

PRICES EFFECTIVE JANUARY 1997						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
16	19	20	14	15	16	17

Prices Effective Wednesday January 14, 7am thru Tuesday January 20, Midnight

Items & prices in this ad are available at your local Safeway store. No sales to dealers, restaurants or institutions. Sales in retail quantities only. Quantities of some items may be limited and subject to availability. Not responsible for typographical or pictorial errors. We reserve the right to correct all printed errors. ©1997 Safeway Stores, Inc.

EXPIRES 1/20/98

**SAFEGWAY (S) COUPON**

PLU 9428

**Mrs. Wright's Bread**  
22.5-oz. Crushed Whole Wheat Bread or 100% Wheat.  
Limit 3 with coupon.  
SAVE up to \$1.97 on three

**3 for 1**

0 00000 09428 3

**Seedless Grapes**  
Thompson or Red Flame Seedless.  
Imported from Chile.  
SAVE up to \$1.19 lb.

**79¢**  
lb.

NOBODY DOES IT BETTER FOR LESS.