

Family Living

175,000 pounds of food for Oregon Food Bank and hungry people

Saturday's chilly winds and cloudy skies didn't keep Letter Carriers from National Association of Letter Carriers Branch 82 and Portland area residents from raising 175,000 pounds of food for hungry people.

The Letter Carriers' efforts will help Oregon Food Bank and the agencies of the Oregon Food Bank network provide a 3-5 day supply of food for 4,375 hungry families in the Portland area.

"Everyone who makes this drive possible deserves a round of applause for recognizing that hunger is a serious problem, one that's growing even

as our economy continues to grow," says Oregon Food Bank Executive Director Rachel Bristol.

In the Portland area, approximately one in every fourteen people seeks emergency food assistance at least once each year.

Oregon Food Bank is the hub of a statewide network of food banks, food pantries, soup kitchens, shelters and other helping programs. In Multnomah, Clackamas, Clark and Washington Counties, 250 agencies access food through Oregon Food Bank's two local distribution centers.

Kids Meet And Run With Ronald McDonald at 1998 Run/Walk For The Challenge



Mary Todd, Kids and parents, participate in the 1998 kids 1/2 mile Run at Milwaukies Run/Walk for the Challenge

All kids were called, it was their chance to meet and run with Ronald McDonald at the Run/Walk for the Challenge 1/2 Mile Kids Run, May 16 in Milwaukie. Ronald's appearance was made possible by McDonald's Expressway Restaurants. Registration was free for kids 10 and under and for parents who participated with their kids.

All kids receive a complimentary goodie bag. Refreshments, live music and entertainment was available for kids and parents. The kids race is part of the Run/Walk for the Challenge 10k Run, 5k Run and 5k Walk, a fund-raising event for people with disabilities at CCI Enterprises.

CCI Enterprises is a non-profit rehabilitation organization in Milwaukie serving people with disabilities. CCI provides vocational training, job placement and employment opportunities for 150 adults in the Portland metropolitan area. CCI serves people with mental retardation and developmental disabilities, as well as those with physical and emotional disabilities.

A Call To Decrease violence Against Children-by Kay Toran

Recent headlines ring out: "Child beater gets three months in county jail." "Dead baby found in marsh near highway." "Step-mother faces charges of child abuse of boy."

Reports of child injuries and deaths in Oregon's media reflect growing violence against our children. In the past 35 years, more U.S. children have died from abuse than from urban gang wars, AIDS, polio and measles combined.

In April, the State Office for Services to Children and Families released its annual report "The Status of Children in Oregon's Child Protection System." In 1997, 12 of Oregon's children died from abuse and 22 from neglect. There were 9,742 abuse victims, a 17% increase from the previous year. Of these, 47% were 5 or younger.

It is an alarming trend and one that diminishes each of us and threatens Oregon's future. Children are our greatest resource and our treatment of them is an indicator of the fabric of American society. If we don't make major strides in correcting these horrible abuses, society will deteriorate as we know it today.

Adult prisons are filled with victims of child abuse and neglect and the child abuse connection to death row inmates can be described as chilling. Research tells us that America's most powerful weapons against crime are proven investments in early childhood programs that get children off to the right start.

A study conducted by the Child Welfare League of America found:

*Children reported abused and neglected were 67 times more likely to be arrested between the ages of 9 and 12 than other children.

*Children reported abused or neglected made up fully half of

kids arrested between the ages 9 and 12.

*A successful early intervention program of comprehensive services could save taxpayer more than \$40,000 per child in out-of-home placement, law enforcement and incarcerations costs. The figure is based on the difference between the \$47,100 cost for a "typical" youth offender between the ages of 9 and 12 and the \$40,000 cost for five years of intensive intervention with an at-risk family in model program now being implemented in California.

We must invest in our most vulnerable kids, instead of waiting until they become America's most wanted adults.

To increase awareness of violence against children and to encourage community efforts to reduce violence against children, the Child Welfare League of America launched The Children's Memorial Flag Project and asked state governors to fly a special flag on the last Friday in April, child abuse prevention month.

The project stems from a county program in California where a flag flies every time a child dies violently. A supervisor there recognized that many people in society were becoming numb to violent deaths of children. She developed the flag program so that none of these young lives would be forgotten.

Oregon, too, shared in the grief and loss of children who have died violently. We have lost too many children to violent, preventable deaths through guns, fire, automobile accidents, suicide and abuse. A total of 542 children died in this state last year; of those, 47 died of preventable causes. Our memorial flag is a visible pledge not only to end violence against children, but also keep them healthy, safe and thriving.

Kids Nutrition Q & A

Q: How important is exercise for overweight children?

A: In most cases, obesity is not solely defined by the amount of calories you consume or food you eat, but by inactivity. When children sit in front of the TV or computer they tend to eat more and gain weight. Parents should encourage children to get out of the house and exercise. Encourage them to walk to and from school if it is safe. Basketball, volleyball, swimming, and biking are all good forms of

exercise. Keep exercise equipment in the house, not the garage, encourage them to play during recess. Parents should also seek out churches or other organizations that offer activities for children. Parents can help overweight children get in shape by eating right and exercising themselves.

Q: I plan to breast-feed my child when I return to work. Is there anything I should know before heading back to the office?

A: It would help you if you took it

easy in the beginning until your body gets used to being back at work.

It is also important to make sure your infant can take milk from a bottle before leaving them with a baby-sitter. It is best to introduce a bottle about three weeks after birth. Also, check with your employer to see if you will be given a couple of breaks during the day to pump your milk.

Q: What is Rett Syndrome?

A: Rett Syndrome is a disabling developmental disease that strikes only females. Girls stop growing at around

18 months of age, and may develop mental retardation, display repetitive, involuntary movements involving their hands, feet and other parts of their body. They may experience problems walking, breathing, and communicating.

Girls with Rett syndrome do not eat as much as healthy girls because it is hard for them to chew and swallow.

It is important for parents of girls with Rett syndrome to seek out nutritional advice early on to combat the growth abnormalities.



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