

Family Living

1998 Southwest Grand Floral Parade

Join us in celebrating the signature event of the Portland Rose Festival - the Southwest Airlines Grand Floral Parade. The streets of Portland are filled with adventure as colorful all-floral floats, entertaining marching bands and splendid equestrian units wind their way down a 4.2 mile course. More than 500,000 people attended the Grand Floral Parade and it is also broadcast to more than 25 million television households in major markets across the country.



Farm-Fresh Produce Comes Downtown Twice A Week

Choose the best of the crop, meet the farmers and make a day of it—twice a week! The Wednesday Portland Farmers Market begins on June 3, from 10 a.m. to 2 p.m., in new location in the South Park and SW Salmon.

Blocks at Portland State University. Select the best farm-fresh produce, baked goods, local cheeses, smoked seafood, cut flowers and bedding plants. All those big shade trees, benches and grassy lawns are perfect for lunching in the park, and customers can take home the makings for a great summer supper.

The Saturday Portland Farmers Market began its seventh season on May 9, from 8 a.m. to 1 p.m., in a new downtown location at Portland State University in the Park Blocks - 1800 SW Broadway at SW Montgomery. New and returning customers, as well as the farmers, are thrilled with the park-like setting which has easy access to hundreds of parking spaces in PSU's lots on Broadway.

St. Johns in the 21st Century Planning Our Future

"St. Johns in the 21st Century" is an organization of concerned neighborhood people who endeavor to bring together the community of St. Johns to plan our future.

This program is sponsored by funds from the Bureau of Housing and Community Development.

**We Want Your Involvement!
We Need Your Opinion!
Come to the**



TOWN HALL MEETING

at the St. Johns Community Center
8427 N. Central
Saturday, June 13th, 1998
from 1pm to 3pm

Daycare and Translators will be available

The following community organizations invite you to participate in planning the future of St. Johns

- Cathedral Park Jazz Festival
- St. Johns Library
- James John School
- St. Johns Neighborhood Assoc.
- Office of Neighborhood Involvement
- North Portland Neighborhood Services
- Friends of Cathedral Park Neighborhood Assoc.
- League of Women Voters
- St. Johns Boosters
- Peninsula Optimist
- St. Johns Foot Patrol
- YMCA of Columbia-Willamette
- George Middle School
- Pier Park Little League

Our Objectives

- To invite you to a Town Hall Meeting
- To involve members of the community
- To highlight what is great about St. Johns today
- To identify specific community needs and desires
- To achieve Target Area Designation status

Benefits to the Community

- As a Target Area, St. Johns would be eligible for:
- Over \$180,000 of funding assistance*
 - Homeowners Rehabilitation Loans
 - Youth and Educational Programs
 - Community Economic Development Programs
 - Assistance from the Bureau of Housing & Community Development.

*Maximum funding potential based on 5 year Target Area Status

Stephen Duh Outreach Coordinator 283-2319 9am to 5pm Mon.-Fri.

TLC-TnT 1998 Summer Camps

In TLC-TnT is a program for students and families to promote self-esteem. The program is designed to offer everyone a chance to experience joy, fun, gratitude, tenderness, love, accomplishment and victory.



- Woodlawn June 22 - June 26 4-6 Overnighter
- Woodlawn June 29 - July 2 K-3
- Woodlawn July 6 - July 9 K-3
- 2 Weeks Off
- Woodlawn July 27 - July 31 4-6 Overnighter
- 1 Week Off
- John Ball Aug 10 - Aug 14 4-6 overnighter
- John Ball Aug 17 - Aug 20 K-3
- John Ball Aug 24 - Aug 27 K-3

TLC-TnT is based at Portsmouth Middle School, 5103 N. Willis Blvd. Portland, OR 97203. Call office at 916-5669 or fax 916-5251 for information and application. Coordinated by Faye Palmerton & Roy Pittman

Minimal oral feedings may help premature infants

Feeding premature infants a specific amount of nutrients orally may help their digestive systems develop properly, according to preliminary findings from new studies done on neonatal animals.

Researchers at the USDA/ARS Children's Nutrition Research Center and the department of pediatrics at Baylor College of Medicine in Houston assessed the intestinal nutrient needs and then compared intravenous and minimal oral feeding in neonatal animals.

"Our studies showed that the neonatal intestine has a much higher requirement for protein than for carbohydrate," said Dr. Douglas Burrin, a USDA/ARS research physiologist. "We found giving neonatal pups up to 30% of nutrients orally helped their digestive systems grow properly. We hope this finding will one day help neonatologists determine the optimum composition and volume of oral feedings to give premature infants."

"We believe premature infants will one day benefit from this finding," said Burrin.

"Using minimal oral feeding to supplement intravenous feeding can improve weight gain, shorten hospital stays, and help premature infants learn how to suck and swallow much faster."



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PRICES EFFECTIVE JUNE 1998						
Sun	Mon	Tue	Wed	Thur	Fri	Sat
07	08	09	03	04	05	06

Prices Effective Wednesday June 03, 7am thru Tuesday June 09, Midnight

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WEEKLY SAVINGS!



Boneless Beef Chuck Steak

Valu pack 3 steaks or more. SAVE up to \$1.70 lb. Smaller packages, \$1.19 lb.

99¢ lb.



Peaches, Nectarines or Apricots

Grown in California. SAVE up to \$1.10 lb.

88¢ lb.



Lucerne Ice Cream

Half gallon. Assorted varieties. First 2 SAVE up to 2.98 on two

2 for \$3

NOBODY DOES IT BETTER FOR LESS.