

Family Living

Ten Easy Tips To Shopping

Smart In Supermarkets

1. Eat Before Supermarket Shopping

Never shop hungry. If you want to avoid those sudden impulse buys, prepare a complete shopping list of the items you intend to purchase—and stick to it!

2. Use Sense With Dollar

Save \$\$\$ by reviewing newspapers and store ads weekly for valuable money-off coupons. Clip and organize coupons—and be sure to bring them along when you shop.

3. Bag It!

Instead of stocking up on dozens of store bags, bring along your favorite tote bag to carry home your groceries—it's good for you and the environment.

4. Comfort Your Soles

Avoid "toostie aches." Wear a pair of practical shoes that will provide you with comfort, support and help prevent slipping and falling store aisles.

5. Share The Shopping Load

Save time and have a little fun while you're at it by splitting up the list between shopping in your household. When the shopping is complete, double check each others selections to ensure all products have been located.

6. Screen For Green

Scan shelf labels to locate products that are environmentally friendly-like products packaged in 100% recycled paperboard. These products are easy to find on the shelf—just look for the symbol on products:

7. Look Before You Leap

Be aware of rewarding offers and incentives throughout the store. Check out special promotions which appear in windows, on aisle displays and at customer service counters.

8. Buy Recycled

The paper you recycle today-like newspapers, corrugated boxes, magazines and mixed office and residential papers—may turn out to be the cereal, cookie and detergent boxes on supermarket shelves tomorrow. So don't forget, make the most of paper recycling activities—buy recycled!

9. Get Fresh With Your Food

Be nosy. Inspect products thoroughly—checking for valid expiration dates to ensure freshness and make sure they are free of cracks and dents. And, avoid unwanted bellyaches by immediately refrigerating perishable foods when you get home from the store.

10. Patience Is A Virtue

Don't let long lines at the check out "stress you out." Reduce stress with a quick breathing exercise by taking a deep, cleansing breath in, hold and breathe out—it's a natural way to relax your mind, body and soul.

This information was developed by The 100% Recycled Paperboard Alliance (RPA-100%), a group of leading North American recycled paperboard manufacturers who make packaging that protects and preserves thousands of consumer products sold in supermarkets nationwide.

"Back to School"



Children often experience a mix of excitement and anxiety at the start of a new school year. The support and encouragement of a stable family is crucial to success in school.

Over 300 Oregon children are awaiting such a family. These young victims of abuse and neglect need adoptive parents to be involved in their education as well as in all aspects of their lives.

Both single adults and couples may apply to adopt Oregon children. Requirements are flexible, fees are minimal, and financial assistance is often available to help meet the child's need.

The children who await adoption are school-aged youngsters of various backgrounds. Some are brothers and sisters who wish to be adopted together.

Michael (age 8), Rachael (age 7), and Patryk (age 5) are an example of a close knit sibling set ready to make someone an "instant family." Full of energy and spunk, they love outdoor activities and participating in various sports. Intelligence and politeness are among their positive qualities.

Many older boys such as Robert (age 10) have been waiting a long time to find an adoptive home. Robert has so much to share with new parents—musical talent, a love of reading, interest in science, and participation in sports. He needs a calm, compassionate parent to help him overcome past hurts.

Six year old Troy is also waiting to be adopted. The size and brightness of his brown eyes is matched only by that of his smile. Anything

but shy, Troy is highly personable with a playful disposition that others become easily attached. Toys and cartoon take up most of Troy's free time, especially those involving the Lion King.

With a sunny disposition and an adventurous spirit, Korey has made many gains in overcoming prenatal drug exposure and earlier neglect. Korey who just turned 4, attends a child development center to address his mild to moderate delays. His language skills especially have shown marked growth.

Korey is full of life and adventure, loving to play outdoors and to



tinker with mechanical objects. His foster dad says of him, "I have a shadow even when the sun does not shine!"

Korey gets along with peers as well as with adults. He truly enjoys being with other children, and he has learned to share toys and adult attention. Korey has a special love for animals, especially his foster family's cat and horse.

Can you consider adoption? To learn more, call The Special Needs Adoption coalition at The Boys and Girls Aid Society at 1-800-342-6688.

Young People Warned About End-Of-Summer Party Hazards

As young people plan end-of-summer farewell parties, they and their parents should take precautions to make sure the events don't become final farewells.

"All too often young people are injured or killed as a result of drinking and driving," said Debra Downey, impaired driving program manager for the Transportation Safety Section of the Oregon department of Transportation.

"Celebrations should offer many different kinds of food and non-alcoholic beverages," Downey said. "Responsible hosts keep an eye on all their guests. They know what they consume and they take appropriate action if they see improper behavior," she noted. "Plan lots of activities to keep the event lively without centering the party on alcohol," she added.

"Alcohol continues to be the overwhelming contributing factor in impaired driving fatal and injury crashes," Downey reported. In 1997, more than 42 percent of all traffic fatalities were alcohol related and nearly 12 percent were drug related.

Drivers under the age of 19 are involved in fatal and injury crashes nearly twice the rate of the population as a whole. The number of licensed drivers under the age of 19 jumped 41 percent in 1996 and 13 percent during the past five years. At the same time, the number of citations for minor in possession of alcohol has risen steadily.

Downey said transportation and law enforcement officials and many partners are targeting drunk and drugged driving by young people. Specific resources for parents and young people include:

* Parent Line (503) 699-5921. The organization provides information and "Not My Kid" presentations to groups of parents statewide.

* Oregon Partnership. Operates a teen hotline at 1-800-923-HELP. The service pro-



vides confidential referrals for alcohol/drug treatment and counseling for young people who call or for their friends.

Both organizations receive funding from the National Highway Traffic Safety Administration grant funds administered by ODOT's Transportation Safety Section.

Two other organizations work primarily with students. Oregon Safe Students on the Move consists of high school and college students working as advocates on safety issues. Trauma Nurses Talk Tough provides presentations to young people by paid and volunteer medical professionals.

Other efforts target impaired drivers of all ages. Mothers Against Drunk Driving provide victim assistance and promote

safe and sober driving. For the next year, law enforcement officers from many police departments will work overtime to apprehend people driving under the influence of intoxicants. Salaries will be paid by a partnership between ODOT and the Oregon Association of Chiefs of Police.

A campaign entitled Drugs, Drinking, Driving...Don't brings multi-faceted events to many Oregon communities. Several corporate and agency sponsors participate.

A governor's Advisory Committee on DUII, with staff support from the Transportation Safety Section, meets monthly. The 18-member committee advises the governor and the Transportation Safety Section on state programs and policies related to DUII. Downey reported that the group has proposed legislation to allow sobriety check-

points by law enforcement officers, to include intoxicants in the definition for DUII, and to make a third DUII conviction a felony. Downey also noted that the Oregon State Police maintains a hotline for reporting drunk drivers. If you suspect anyone of being an intoxicated driver, call 1-800-24DRUNK (1-800-243-7865) or call 9-1-1. Be ready to provide a description of the vehicle, location, direction of travel, and license plate number.

"Survey show that 95 percent of Oregonians say that drinking and driving is unacceptable social behavior," Downey said. Yet last year, 222 people died in crashes where alcohol was involved, Downey said. "It's time the Oregonians match their behavior to their beliefs," she said.

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