

Family Living

E-Moms to Enjoy Cyber Mother's Day

• 91 Percent of Connected Kids Will Use the Internet for Mother's Day, Poll Says; • Data Also Shows That Many Moms Are Becoming as Cyber-Savvy as Their Children

This year is shaping up to be the nation's first truly cyber Mother's Day. According to a U S West survey of families and the Internet, 91 percent of connected kids they plan to use the Internet to do something special for mom to celebrate Mother's Day—from shopping online for a gift or ordering flowers, to send an email message.

But when it comes to surfing the Web, kids aren't the only cyber-savvy members of the family. In fact, nearly half of the kids in the survey classified their moms as "netizens" (Web lingo for citizens of the Internet)—not "lamers."

The U S WEST "Family Tech Talk Survey—a regional poll of parents and kids who use the Internet in U S WEST's 14-state region, including Oregon—found that moms are just as cyber-savvy as their kids—and in some cases more so.

"More and more of us, even children, are looking to the Internet for fun and thoughtful gift ideas for their moms," says Besty Bernard, executive vice president, Retail Markets, U S WEST.

VANCOUVER SYMPHONY ORCHESTRA'S Especially For Children Concert

Parents wanting to introduce their children to the symphony will have their chance. Children will be admitted free of charge when accompanied by an adult to the Vancouver Symphony Orchestra's "Especially for Children" concert. Concert times are Saturday, May 22nd at 2:30 pm and Sunday, May 23rd at 7:00 pm. Featured on the program are the three winners of the Young Artist Competition as well as two musical selections that appeal to children. Salvador Brotons will conduct.

This year's Young Artist competition had three divisions: strings, woodwinds and voice. The winner of the string division is 18 year old violinist Emily Norton, a freshman at Portland State University. Emily began studying the violin at age three and is currently concertmaster of the Portland State University Orchestra. She previously was concertmaster of the Portland Youth Philharmonic from 1996-1998 and played with them for six years. She won first place in the 1996 Oregon State Solo contest for violin and also took first in the Oregon Symphony's 1996 and 1997 Oregon

State Solo contest for violin and also took first in the Oregon Symphony's 1996 Wiscarsin Competition. She will perform the allegro moderato movement of Henri Wieniawski's Concerto #2 in D minor, Op. 22.

Oboist Anna Laura Epp, A 17 year old from Keizer, OR was the first place winner of the woodwind division. Anna began studying the oboe as a fifth grader after years of studying the piano and violin. She has played in the Salem, Corvallis and Portland youth orchestras, most recently serving as principal oboist for three years in the Corvallis Youth Symphony. She placed first in the Oregon State Solo

Contests for 1999 and 1998 and also ranked first in the District levels for three consecutive years. She took second place in the 1998 Salem Chamber

Orchestra's Young Artist's Competition and performed as soloist with them in December. She will perform the Allegro spiritoso movement of

Philip was selected last year to sing at the Washington State Music Teachers' Association convention and recently he placed first in the Music Teachers National association's High School Vocal Competition for the state of Washington. His selections are "Honor in Arms" from the opera Samson and Papageno's Song from Mozart's Magic Flute opera.

Winners of the Young Artist Competition will receive award certificates and cash prizes presented by 89.9 KBPS radio announcer John Pitman. They also will be interviewed by KBPS and KVAN radio stations and heard the week of the concert.

In addition to the concerto selections to be performed by the competition winners, the orchestra will perform two other pieces. A Lincoln Portrait by Aaron Copland, features the words of Lincoln set to a musical background. This patriotic selection will be narrated by Randy Querin of KOIN-6 TV and will be accompanied by a multimedia video production.

The orchestra's final piece ON the Day You Were Born was recently composed by Steve Heitzeg and premiered in 1995. It has been described as "a Lincoln Portrait for animals." Debra Frasier wrote the award-winning children's book based on welcoming a new baby into the natural world and Steve Heitzeg was commissioned to set it to music. It has also been released as an award-winning video which won four national awards including the prestigious Andrew Carnegie Medal for Excellence. Katie Hebner, Director of Touch of Class Choir, will narrate the musical story accompanied by visual media production. The books and videos of this piece will be offered for sale at the concert at a discounted price.

The concert is sponsored in part by a grant from SWIFT and the Friends of the Vancouver Symphony. Concert tickets are available at the door, Beacock Music, Runyan's Jewelers in Vancouver and Camas, Wayside Books in Battle Ground, and in Classical Millennium in Portland. Both concerts will be held at Skyview High School, 1300NW 139th St., Vancouver. For further information, please contact the Symphony office at 735-7278.



The winners of the Young Artist Competition, clockwise, left to right: Philip Tu, baritone; Emily Norton, violinist; and Anna Laura Epp, oboist.



Hayden's Concerto in C major.

Baritone Philip Tu, 18, is a senior at Mountain View High School. A native of Taiwan, Philip has been widely recognized for his vocal talent since coming to this country five years ago. As a sophomore and junior, he took first place at the Lower Columbia River Solo Contests and went on to earn first place in the state as a sophomore. He took second place at the State Solo Contest this past April.

Children Should Have a Lifetime of Healthy Smiles

A child's first sets of teeth, the primary teeth, are instrumental to the future development of your child's health as well as their permanent teeth. They are instrumental in helping your child to chew food easily to chew food easily, learn to speak clearly, hold space for the permanent teeth and to look good. Parents can help their children enjoy a lifetime of healthy smiles by starting dental visits at an early age.

The dentist of the Multnomah Dental Society provides parents with the following tips to help their children develop good oral health habits.

You can not see them, but at birth your baby already has 20 primary teeth, some of which are almost com-

pletely formed in the jaw. Wiping baby's gums with a clean damp cloth after feeding will remove plaque and bacteria that can harm teeth even before they appear. Usually, the first teeth begin to appear when the baby is between age six months and one year.

Never put your baby to bed with a bottle filled with milk, juice, soda or even formula. These liquids all contain sugars that can cause bacteria. Instead, if you need to calm a fussy baby, put them to bed with a bottle of cold water. Or better yet, with a favorite stuffed animal.

The American Dental Association recommends parents take children to the dentist by the child's first birthday. In addition to checking for decay and other possible problems, the dentist will teach you how to properly clean your child's teeth daily, evaluate any bad habits such as thumbsucking, and identify if your child needs fluoride supplements.

After that first visit it is generally recommended that children visit the dentist every six months. Since children's dental needs differ, your dentist is the best one to recommend how often a child should be seen based on their individual needs and habits.

Before taking your child to the dentist for the first time explain to him or her that the dentist is a friendly doctor who will help them take care of their teeth. Be positive and try to make the dental visit is

an enjoyable experience for your child. Do not bribe your child into going to the dentist, do not use a dental visit as a punishment and do not let the child know you feel any anxiety about the dental visit.

If you do not understand the dentist's recommendations for your child's oral health treatment, do not be afraid to ask for more information. Ask if there are treatment options available for your child. How

do the options differ in cost? Which option will best solve the problem?

Parents need to supervise toothbrushing to make sure children over age two use only a pea-size amount of fluoride toothpaste and to make sure they spit out the toothpaste instead of swallowing. Most children will be able to brush on their own by age six or seven. Parents should be using floss on their child's teeth as soon as any two teeth touch. Cleaning between teeth is important because it removes plaque where toothbrushes can not reach. Brush your child's teeth twice daily unless your dentist recommends otherwise.

Attitude and habits established at an early age are critical in helping your child maintain good oral health throughout life. Set a good example by brushing your teeth twice a day, using floss at least once a day and visiting your dentist regularly.

National SAFE KIDS Week May 1-8 Grandparents Learn How to Make Homes Safe for Grandchildren

Nine out of 10 grandparents in the U.S. (42 million) now care for their grandchildren at some point during the course of a year. Four million are raising their grandchildren.

While these homes often provide needed love and comfort, they can also be the scenes of unintentional injuries for children due to unsafe conditions.

Oregon's SAFE KIDS Coalition would like to make grandparents' homes safe for the state's grandchildren by focusing safety awareness on grandparents. "Helping Every Generation Care for Kids" is the theme of this year's week-long SAFE KIDS campaign, which kicks off Saturday, May 1 from 10 a.m. to 3 p.m. with a safety fair at the Oregon Zoo for grandparents, grandchildren and people of all ages. Activities and events are also planned in other cities across Oregon.

Unintentional injury is the leading cause of death among children ages 14 and under. These home injuries are caused primarily by fire and burns, drowning, suffocation, choking, firearms, poisoning and falls. Young Children are at the greatest risk from unintentional injuries in home settings because that's where they spend the majority of their time. It is this same age group that grandparents baby-sit most frequently.

"Grandchildren are so precious. It is a real tragedy when a child dies as a result of unintentional injury in the home," says Annabel Kitzhaber, Oregon Governor John Kitzhaber's mother and Logan Kitzhaber's grandmother. "We child-proofed many areas of our house when our grandkids started coming to visit, but we all need to continue to be aware of where children are in the house at all times."



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