

# Family Living

K I C K B U T T S D A Y

## Student Rally at State Capitol for Protection from Tobacco Industry

Thirty-eight Oregon middle school students will rally at the State Capitol to ask legislators to protect them from tobacco, joining thousands of students advocates nationwide celebrating Kick butts Day.

State Representative Chris Beck and Randall Edwards and other invited legislators will be on hand to respond to the children's pleas for further measures to control tobacco advertising directed at youth and to implement tobacco education programs for youth. Invited guests include Governor John Kitzhaber and all state Senators and Representatives.

The 38 students will be holding 38 balloons, representing the 38 Oregon teens that start smoking every day. The students will make presentation about how the Teens Against Tobacco Use program has empowered them, read essays about why they choose to be smokefree, and present contest-winning anti-tobacco posters. The students will leave their black, red, and white balloons in the Capitol lobby to remind legislators that the students are watching and waiting for legislative action.

This Kick butts Day rally is organized by Partners for Tobacco Free Kids, which includes the American Lung Association of Oregon, the American Heart Association, the American Cancer Society, Legacy System, Portland Public Schools, and Tubman Middle School. Kick Butts Day is a nationwide initiative, co-sponsored by the Campaign for Tobacco-Free Kids, empowering youth to be advocates in the battle to end youth tobacco use and tobacco companies' deceptive marketing aimed at kids.



## It's "All About Kids!"

They are our kids. Abused kids who are turning their lives around. Homeless youth, searching for someone who cares. They are teen moms who have found shelter and compassion, enabling them to feel safe and loved.

In celebration of the children and youth of our community, Hoffman Construction Co. presents the 5th annual All About Kids! Luncheon, benefiting the youth service programs of The Salvation Army. Dr. Ben Canada, superintendent of Portland Public Schools, is keynote speaker.

More than 600 friends and supporters of the Army will fill the Portland Hilton grand ballroom on Thursday, May 20, for this annual fundraising event. In an hour's time, from noon to 1 p.m., the public will hear, through word and song, from some of the young people who participate in the Army's programs. Hoffman Construction Co. is generously underwriting the cost of the luncheon, but a minimum pledge of \$50 will be requested at the free-will offering. All proceeds benefit The Salvation Army's Portland-metropolitan youth programs: White Shield, Moore Street Corps Community Center, West Women's and Children's Shelter, Greenhouse Center and Camp Kuratli at Trestle Glen.

## Ten Actions to Take to Raise Drug-Free Kids

The following prevention insert appears in the National Drug Control Strategy to help remind parents that ONDCP sees them as the first line of defense in creating healthy and productive youth.

**Start:** It is never too early to prevent your children from trying drugs. Building protective factors, such as letting your children know you care plays an important role in protecting, even the youngest children from drugs.

**Connect:** Take every opportunity to building lines of communication with your children. Do things as a family. Spend time together - eat dinner as a family, read together, play a game, attend religious services. Show that fun doesn't involve drugs.

**Listen:** Take a more active interest in what is going on in your child's life. Listen to their cares and concerns. Know what they are up to - what parties they are going to with whom, and what will be served or available.

**Learn:** Children today are sophisticated. In order to educate your child about the danger of drugs, you need to educate your self first.

**Educate:** Spend at least thirty minutes with your kids every month explaining with simple facts how drugs can hurt youngsters and destroy their dreams.

youngsters and destroy their dreams.

**Care:** Spend at least thirty minutes each day telling and showing your children that you care. Make sure they know you care that they are drug free. Explain to your child that you will always be there for them - no matter what happens. Make sure that they know to come to you first for help or information.

**Be Aware:** Look for the warning signs that your child may be developing a substance-abuse problem and get help before the problem occurs. Your pediatrician can help.

**Set Limits:** By setting limits on what is acceptable behavior, you show your children you care and help guide them to a safer, drug free future. Declare limits "This family does not do drugs." Enforce those limits.

**Get Involved:** Effective prevention extends beyond the home into the community. Get involved in your community's streets, playgrounds, and schools are safer and drug free.

**Lead:** Young people are as aware of what you do as much as what you say. Don't just say the right things, do the right things. Set a good example.

## Ideas Sought To Increase Food-Stamps

Ideas for making food stamps more responsive to the needs of the working poor will be sought this month during three public meetings in Salem, Medford and La Grande.

The meetings grew out of conversations last year of hunger-relief advocates with local and state government officials to begin developing a shared vision about the future of food stamps. The public meetings will be: In Salem on Monday, May 17, from 1:30 p.m. to 5 p.m. in Cascade Hall, Oregon State Fair & Exposition Center, 2330 17th St., N.E.

In Medford on Tuesday, May 25, from 3:30 p.m. to 7 p.m. at

Medford First Assembly of God Church, 1108 W. Main St.

In La Grande on Thursday, May 27, from 1 p.m. to 4:30 p.m. in the Oregon Department of Transportation's shop conference room at 3012 Island Ave.

"The food stamp program is a significant nutritional program yet it too often blocks people's progress toward economic independence," said Gary Weeks, director of the Oregon Department of Human Resources. He said the food-stamp program's barriers include low limits on the value of a food-stamp recipient's car, even though transportation is needed to find and keep a job, and complex tracking that diverts staff time from helping clients.

Among the questions participants in the meetings will be asked: How should eligibility requirements be changed? How could low-income Oregonians gain access to supports such as skill development, adequate nutrition and transportation through the food-stamp program? What are the greatest barriers to obtaining food stamps and related social services?

Supported by a federal program to ensure adequate nutrition for all Americans, food stamps are available to families on welfare, to low-income employed families and to individuals, the elderly, and people with disabilities. Food stamp benefits, now delivered electronically and negotiated using the Oregon Trail card, are used by more than 110,000 Oregon households. The average monthly benefit is \$73.23 per person. The federal government pays benefit cost of about \$16 million a month in Oregon; state and federal governments share administrative costs (about \$3 a month per household).

The series of meeting is sponsored by community food banks, by a coalition known as the Food Stamp Stakeholder Group and by the Oregon Department of Human Resources. The meetings are endorsed by the Interagency Coordinating Council on Hunger.

## Multicultural Celebration at Peninsula Park

Free Family Events Sponsored by Local Baha'i

In honor of Race Unity Day, Baha'i's is of the Portland metro area are sponsoring free family and fellowship events on Sunday, June 20, starting at 3:00 p.m. at Peninsula Park. Local artist will display a variety of works on the subject of race unity.

"One of the major tenets of the Baha'i faith is unity in diversity," said George Galinkin, event coordinator. "Race Unity Day is a time to honor our differences, but also to celebrate the fundamental oneness of humankind. We invite everyone, regardless of race, creed or color, to join us for fun and fellowship."

Participants are encouraged to bring their own picnic baskets; desserts and drinks will be provided free of charge. A Kitchen will be available for those who need it. For more information, please call George Galinkin at 503-978-1530.

### More about Peninsula Park

Peninsula Park offers a full range of community center activities, including a playground and swimming pool. Closed pavilions are available for picnic use.

### How to Get There

Peninsula Park is located in north Portland, between Ainsworth and Portland Boulevard. From downtown Portland, take I-5 North to the Alberta exit. Turn right on Alberta to Albina. At Albina turn left. Albina runs directly to Portland Boulevard. By bus, take the #4 Fessenden, #40 Mocks Crest or #8 15th Avenue.

Information about local Baha'i faith activities can be found by phoning your local Baha'i community. For Portland, call 289-6274.



**SAFeway**  
FOOD & DRUG

Look For Your  
Safeway Weekly  
Shopping Guide

In Your Oregonian FOODday  
in the Portland Metro Area  
...and save more by shopping  
at Safeway.

SAFeway CLUB

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

PRICES EFFECTIVE MAY 1999						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
19	20	21	22			
23	24	25				

Items & prices in this ad are available at your local Safeway store. No cash or checks, measures or restrictions. Sales in clear 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. © 1999 Safeway Stores, Inc.

# Buy 1, Get 1 FREE!



**Beef Chuck  
7-Bone  
Roast**

Any size package.  
**SAVE up to \$1.99 lb. on 2**



**12-Pack Pepsi  
Products**

12-oz. cans.  
Assorted Regular, Diet and  
Caffeine Free varieties.  
Limit 2, includes FREE one.

**SAVE up to \$4.39 on 2**



**Red Ripe  
Strawberries**

1-lb. container.  
Grown in California.  
**SAVE up to \$1.98 on 2**

**BUY ONE GET ONE  
FREE**

Safeway Club Price

Now the savings are in the Card!