

Family Living

4th Annual Yoshida's Sand in the City Slated for July 9-11 Bring Your Pail and Shovel!

• Portland's Favorite Sandy Fund-Raiser Returns to Pioneer Courthouse Square.

The Kids on the Block Awareness Program (KOBAP) announced today the return of its biggest fund-raiser, Yoshida's Sand in the City, to Pioneer Courthouse Square. The event, now in its fourth year, is set for July 9-11.

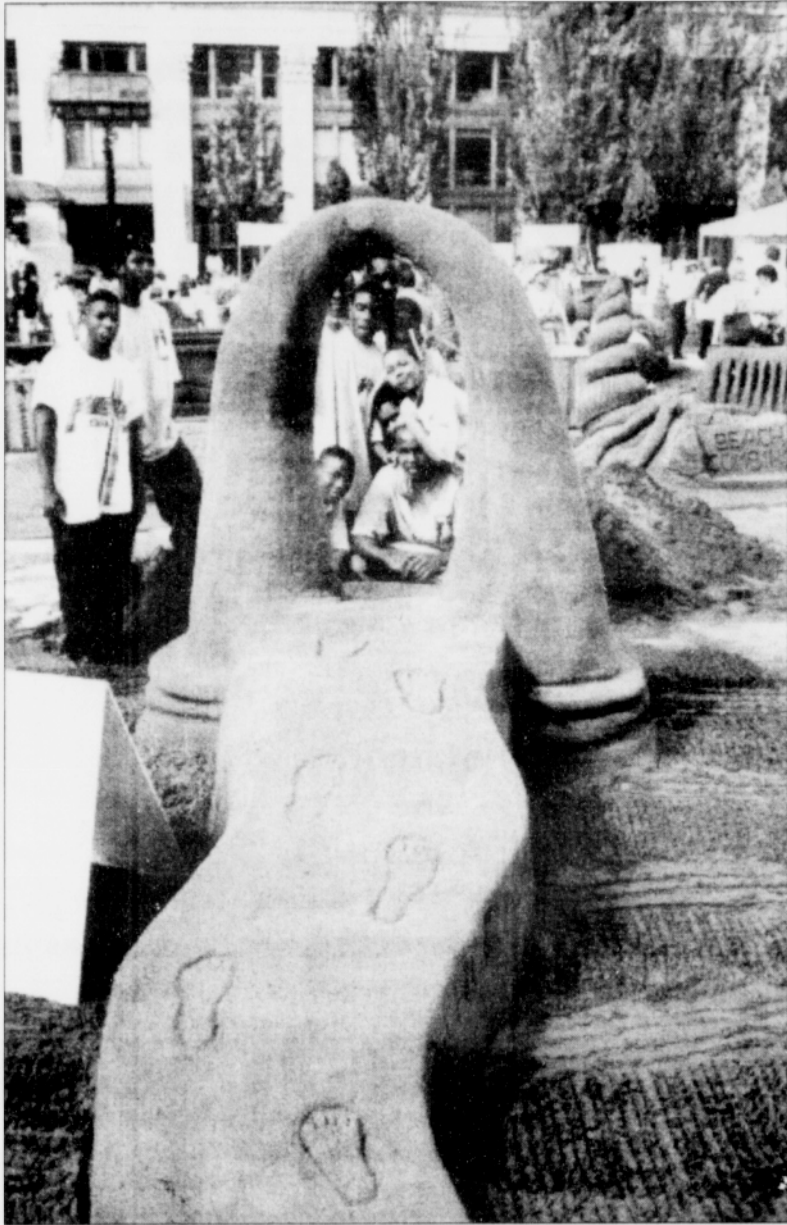
Yoshida's Sand in the City combines more than 270 tons of sand and 4500 gallons of water as 18 corporate teams vie for top creative honors in this annual battle of the sands in downtown Portland. The corporate team creations will be build on Friday, July 9th and remain on display all weekend.

Admission to the family event is FREE.

Festivities will include a giant children's sandbox, handicap accessible sand table, face painting, clowns and food, and a full schedule of entertainment by choral groups, folk singers, marimba bands and jazz artists. Master sand castle builders will be on site giving demonstrations, and children of all ages will get to meet the Kids on the Block puppets.

Returning as title sponsor is the Yoshida Group—a Portland conglomerate renowned for an eclectic mix of products including gourmet sauces, snowboards and board games. Yoshida's has sponsored Sand in the City since the event's inception in 1996.

Hoffman Construction, Key Bank of Oregon, Meier & Frank and Sequent Computer System will serve as major sponsors. Other corporate teams this year include Central Design Services, CFI ProServices, CTI Group, Hanna Anderson, OHSU-Doernbecher, Realty Trust? Premier Mortgage, StanCorp Financial Group, Synopsys, US Bank, Walsh Construction Company, Wells Fargo and Yorke & Curtis



Construction Co.

More than 30,000 people attended the 3rd Annual Yoshida's Sand in the City in 1998. The event raised more than \$39,000 for the Kids on the Block Awareness Program.

KOBAP is a non-profit, nationally recognized educational program that uses puppets to teach children to be more understanding and accepting of differences in one another and helps them to protect themselves in difficult situations. Free presentations

are given at elementary schools throughout the Portland Metro area. Current topics include blindness, cerebral palsy, learning differences, mental retardation, ADHD, aging, cultural differences, feelings, divorce, gangs, vandalism, and personal safety/sex abuse.

KOBAP's free program reaches more than 35,000 Portland area school children each year. For more information about Kids on the Block or Yoshida's Sand in the City, Please contact Kids on the Block at (503) 246-5818.

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Preschoolers

It may seem premature to talk about drugs with preschoolers, but the attitudes and habits that they form at this age have an important bearing on the decisions they will make when they're older.

At this early age, they are eager to know and memorize rules, and they want your opinion on what's "bad" and what's "good." Although they are old enough to understand that smoking is bad for them, they're not ready to take in complex facts about alcohol, tobacco, and other drugs.

Nevertheless, this is a good time to practice the decision-making and problem-solving skills that they will need to say "no" later on. Here are some ways to help your preschool children make good decisions about what should and should not go into their bodies:

Set aside regular times when you can give your son or daughter your full attention. Get on the floor and play with him; learn about her likes and dislikes; let him know that you love him; say that she's too wonderful and unique to do drugs. You'll build strong bonds of trust and affection that will make turning away from drugs easier in the years to come.

Provide guidelines like playing fair, sharing toys, and telling the truth so children know what kind of behavior you expect from them.

When your child becomes frustrated at play, use the opportunity to strengthen problem-solving skills. For example, if a tower of blocks keeps collapsing, work together to find possible solutions. Turning a bad situation into a success reinforces a child's self-confidence.

Whenever possible, let your child choose what to wear. Even if the clothes don't quite match, you are reinforcing your child's ability to make decisions.

Point out poisonous and harmful substances commonly found in homes, such as bleach, kitchen cleanser, and furniture polish, and read the products' warning labels out loud. Explain to your children that not all "bad" drugs have warnings on them, so they should only eat or smell food or a prescribed medicine that you, a grandparent, or a babysitter give them.

Explain that prescription medications are drugs that can help the person for whom they are meant but that can harm anyone else—especially children, who must stay away from them.



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