

Family Living

Alberta Street Youth Mural Unveiling

The five-year community driven effort to revitalize NE Alberta Street included projects to involve neighborhood youth in creating public art. Two neighborhood youth, Adrian Matthews and Sheree White completed a traveling mural for display on Alberta. The kids benefited from having a one-on-one learning experience with the professional artist Suzy Kitman and from acquiring a sense of community pride and responsibility. Meet the youth and the artist at the...

MURAL UNVEILING
 • Wednesday •
September 1, 1999
 6:00 P.M. to 6:30 P.M.
 On Alberta Street
 between
 14th and 15th Avenues

Sabrina, The Animated Series Set to Dazzle Weekday Audiences

Fans of the hit ABC Friday night television series, "Sabrina, the Teenage Witch" have a treat in store this fall when Sabrina comes to UPN and syndication - only this time, the popular half-witch, half-mortal is 12 years old, without full access to her powers and spells, but just as adorable, kooky, adventurous and full of mischief! Debuting Monday, September 6 (check local listings), "Sabrina, the Animated Series" proves that there's only one thing better than imagination when it comes to witches, spells and magic - and that's animation. The series will air Sunday through Friday as part of "Disney's One too," the new

two-hour block of Disney animated programming on UPN and in syndication. DIC Entertainment and Paula Hart/ Hartbreak Productions are the co-producers of "Sabrina, the Animated Series," which is distributed by Buena Vista Television. "Sabrina, the Animated Series," based upon characters appearing in Archie Comics, features the voice talent of 13-year old Emily Hart as the unpredictable young Sabrina. She follows in the footsteps of her older sister, Melissa,

who has "immortalized" the character on the primetime ABC series. Melissa lends her voice to the animated series as well, portraying both of Sabrina's aunts, Hilda and Zelda, who are teenagers in mortal form but centuries-old witches in "the other realm." The latest show in Sabrina franchise is certainly in good company. The live-action "Sabrina, the Teenage Witch" airs on ABC's popular TGIF Friday night line-up and currently is television's highest-rated program among kids and

teens (Source: NTI, 9/21/98 - 5/26/99). The primetime series is entering its fourth season and has made a household name out of its star, 23-year old Melissa Joan Hart. "The Hart sisters and the popularity of the primetime series will attract viewers to the show, but the clever humor, colorful animation and evolving characters will make the series a television 'must-see' for kids and their families," said Andy Heyward, president and CEO of DIC and an executive producer of the show.

Power Wheel Chairs Available

The Senior Wheels USA Program makes available Power (Electric) Wheelchairs to non-ambulatory Senior Citizens (65 yrs. old & up) at no out-of-pocket expense, if they qualify. The Power Wheelchairs are provided to those

who are confined to a wheelchair, and can no longer self-propel in their living area, and who meet the additional guidelines of the program. **No deposit is required.** This service may also be available

to the permanently disabled, if they qualify. If your need is for use in your apartment or home, please call for more information on the details of the program. Call toll free, 1-800-360-8765.

Project Examines Teen and Family Physical Activity

Despite agreement that American youth spend too much time sitting around and watching TV, few scientists have actually tried to document the physical activity patterns, influences, and obstacles among growing children and adolescents. Oregon Research Institute recently launched a new study to fill the gap. The four-year Physical Activity Project, financed by the National Institute on Child Health and Human Development, will involve 360 children, teens, parents, and friends from 60 Portland neighborhoods. It is one of the first to examine how personal beliefs and habits with families, friends, schools, and neighborhoods, promote or discourage change in pre-adolescent and adolescent physical activity and other health-related behaviors. Using surveys, physical activity diaries, pedometers, and neighborhood, school, and census data, the ultimate goal of the project is to understand why some children are physically active while others are not, and to use the knowledge to develop effective local programs to enhance child and family physical activity opportunities and enjoyment. The 1996 Surgeon General's Report on Physical Activity and Health stressed the importance of regular activity for physical and mental health at all ages. Yet, information about childhood physical activity has been sadly lacking. What little is known has not been encouraging: Participation in daily school physical education has been decreasing for students in grades 9-12, and the percentage of children and adolescents who are overweight has more than doubled in the past 30 years. "Youth physical activity remains a largely neglected area of study in this country despite its importance for child as well as future adult levels of physical activity," says project Principal Investigator Susan Duncan, an Oregon Research Institute scientist. "Currently, we have only limited knowledge of why some children are physically active and others are not, and what is needed to get youth involved - and keep them involved - in physical activity." Duncan notes that much of the research activity has been fairly limited in scope. "We need to have a clearer

idea of the role that families, peers, schools, and neighborhoods play in affecting youth physical activity if we are to know where best to intervene to promote activity," she says. "A unique and exciting feature of this project is its collection of data from these multiple sources." Families will be chosen at random from selected neighborhoods and contacted via telephone by project personnel. Families meeting eligibility requirements are asked to participate by completing surveys in their homes once a year for the next four years, and track-

ing their physical activity for seven days each year. The project is primarily directed at 10-, 13-, and 14-year olds, a parent, and a best friend of the child. Participating families are paid for their time. Besides the family and friends surveys, nearly 3,000 Portland business and organizations are being asked each year to participate by completing a short mailed Neighborhood Representative Survey. Anyone interested in finding out more about the Physical Activity Project may contact the project manager at (503) 731-4291, exten-



There's never been a cuter coven of hip witches than you'll find on the brand new "Sabrina, the Animated Series." (Left to right) Hilda and Zelda, voiced by Melissa Joan Hart of primetime's "Sabrina, the Teenage Witch," keep an eye on their 12-year-old niece, Sabrina, voiced by Melissa's sister Emily. Salem, her talking cat, helps Sabrina out of the jams she gets into. "Sabrina, the Animated Series" premieres as part of "Disney's One Too," Monday, September 6, airing Sunday through Friday on UPN and in syndication (check



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