

Family Living

Breastfeeding Moms Get Important Support

(PORTLAND) Oregon children have a better opportunity for a healthy start in life, thanks to two milestones for breastfeeding promotion, and the Oregon Health Division wants the public to know about them. Moms who want to breastfeed their children in public now have legal support to do so, thanks to passage of Senate Bill 744. And, Governor Kitzhaber has issued an executive order directing state agencies to support nursing mothers by taking steps to become a breast feeding friendly employer. An event to celebrate these achievements and recognize Oregon employers who have already met Health Division criteria for being breastfeeding friendly was held in Portland on August 25. Senator Kate Brown (D-Portland), primary sponsor of SB 744, spoke at the celebration and presented awards to those who helped get the law passed. Although breastfeeding had never been illegal in a public place, some women have been asked to leave for doing so. "One of the best things a mother can do for her child's health is to breastfeed. This legislation reaffirms a woman's right to do that in a public place," Brown stated. The Health Division has designed wallet-sized cards imprinted with the legal wording of SB 744 for women to use if they are questioned about their right to breastfeed. Also available from the Health Division is "Breastfeeding Welcome Here" notices designed for business to display, to let their customers know they support breastfeeding customers. For many new mothers, returning to work signals the end of breastfeeding. The Governor's Executive Order seeks to remove any obstacles to breastfeeding in state agencies. "We want to support Oregon's families so they can provide their children with a healthy start. More impor-



A woman may breastfeed her child in a public place.

Provided by the Oregon Health Division in support of breastfeeding mothers.

tantly, this Executive Order eliminates barriers women face when breastfeeding in public and the workplace. I encourage all employers to adopt similar policies and help ensure the well being of Oregon's children," said Governor Kitzhaber. The Health Division was the first state agency to become a breastfeeding friendly employer, and is now providing resource materials and technical assistance to other state agencies. "How to Become a Breastfeeding Friendly Employer" guide have mailed to over 100 government agencies, according to Kristin Sasseen, project coordinator. To increase private business involvement, the Breastfeeding Mother Friendly Employer Project was launched one year ago. This year's ceremony was held at Hanna Anderson, a children's clothing catalog and retailer company, in honor of its proactive support for both breastfeeding employers and customers, including a special place for mothers to nurse. "We are proud that we offer employees and customers comfortable environment that allow them to breastfeed at all our locations. The women who work and shop with us know we support their efforts to raise healthy children. In the end, we all benefit," says Cheryl Hart, benefits manager at Hanna Anderson. Being known as a company that support breastfeeding goes along with the general philosophy at Hanna Anderson. Research shows that breastfeeding has health benefits for both mother and

Buyer Beware

By Christopher Baldwin

If you've ever thought you could negotiate with the best, try visiting the many marketplaces found in most communities in and around Kenya. A salesman's playground. A hustler's dream. The marketplace is full of ebonywood, teakwood, rosewood soap-stone, bracelets, beads, art, clothing and more. Many vendors are willing to trade for almost anything of value, whether it's American currency, tee shirts, watches, pens or pencils. Beware! When you visit one vendor, you will feel obligated to visit them all. They'll know you're a tourist at first glance. They'll spot you before you spot them, so you're disadvantaged to begin with. Vendors usually carry a lot of the same goods, but every now and again you may find something original or authentic. Most of the goods are handcrafted and painted by the local artisans. Designs feature medicine men, thinking men, Maassi warriors, wax paintings and the list goes on. Another warning, over payment for goods is common. Try comparing the prices between vendors for similar goods initially. How do you know what's too much is? You don't! If you go to the



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child. "Companies that have location pro grams have lower health care costs, less employee turnover and absenteeism and higher employee morale," according to Sasseen. "All it takes to support a working mom is a clean area or express milk, two flexible breaks a day, and a nearby sink for handwashing."

market with one of the local countrymen, do so. I was able to visit the market with a guide from the Tour Company we used. I was able to get some advice on things, but he was more concerned for his countrymen more so than me. The vendors told me from the start, "This is my price, but we can negotiate." The vendors usually asked me what I wanted to spend. Beware; if you don't give a price the vendor will quote a price at least three times the value. Believe me. I know from experience. Okay, this is where the bargaining, negotiating hustling or what ever you want to call it begins. The procedures are comparable to that of over-stocked American car salesman. Vendors rarely need more than verbal contracts. Make few promises and your shopping experience will go smoothly. Slicker than a fish out of water, the vendors have what we in America have labeled, "game." The vendors use methods considered fair and unfair to sell or trade merchandise. They may say: "I painted these myself," or "I carved these myself." Duplicate items may be on every vendor's table in the market. It is not advisable to promise to return. More times than not, you'll end up seeing the same vendor again. The vendor expects you to hold your verbal contract. In most cases your word is your bond. If you mean, "No," say, "No." Visiting the market is a very good experience for anyone waiting to experience the marketplace, purchase fashions, or arts and crafts Kenya has to offer. Heed this warning. You may leave with more than you intend to buy.

Any employee or employer interested in finding out more about the breastfeeding Mother Friendly Employer Project may call Kristin Sasseen at 503-731-3351. Also available are wallet-sized cards for mothers to carry and "Breastfeeding Welcome here" notices for businesses to use.

or premature birth. If a child exhibits any of these symptoms (or falls into any of these categories), the AAO recommends that he or she see an eye specialist.

FOR BACK-TO-SCHOOL SUCCESS Doctors Recommend Routine Eye Examinations

As summer ends and kids head back to the classroom. The Contact Lens Council (CLC), encourages parents to have their children screened for vision problems as part of September's back-to-school routine. A visit to a pediatrician or an eye care specialist can rule out common misdiagnoses of learning disorder in school age children and better prepare a child for his education. "Children can be easily mislabeled as 'poor learners', when, in actuality, they may simply have a visual problem," says Dr. Stuart R. Dankner, a prominent pediatric ophthalmologist in Baltimore, MD. A past president of Maryland Society for Bight and a member of the American Academy of ophthalmology (AAO), Dr. Dankner works extensively with children and cities two conditions most frequently overlooked without proper vision screening: amblyopia and fusing problems. "Both conditions can affect how well a child learns" be cautions. "Amblyopia, commonly referred to as 'lazy eye', is entirely preventable if diagnosed early enough," says Dr. Dankner. Amblyopia is generally caused by one of three things that can make vision weaker in one eye: an muscle problem or misalignment called strabismus; occlusion or disuse; or focussing problem in one eye that caused the other to grow "lazy". While amblyopia occurs when vision is weaker in one eye, focusing problems involves trouble with both eyes, and fall into three categories: myopia (nearsightedness), hyperopia (farsightedness), and astigmatism, a curvature of the cornea that can cause vision distortion. Eye specialist can correct each of these focussing problems. The CLC and eye care professions encourage parents to schedule regular vision screenings for their children and to consider contact lenses for vision correction. More children are wearing contact lenses for vision correction, as lens wear becomes easier and more convenient than ever before. There have been numerous recent develop-

ments in contact lens technology that allow for correction of specific problems, such as astigmatism. The AAO has compiled a list of risk factors for parents of school-age children. These

include; misaligned, or "lazy" eye; squinting or recurrent headaches that cannot be explained medically; a family history of amblyopia or strabismus (a misalignment that causes amblyopia);

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