

Portland **Family** Observer

Mentor to Area Children Says Goodbye

By MICHAEL LEIGHTON
THE PORTLAND OBSERVER
Irene Evans, a longtime mentor to area children, is saying her last goodbyes to friends and acquaintances as she pre-

pare to relocate to New Jersey to be closer to her 86-year-old mother.
Evans has served as head teacher at Helping Hands to about 45 year-round students

over each of the past 8 years. She also works with third graders in a language arts program at Woodlawn Saturday School and with Sunday school students at St. Andrew Catholic

Church.
Her efforts on behalf of children are legendary.

For example, when "Barney's Magical Castle Live Stage Show" came to Portland, the show donated 60 tickets for Evans to distribute to area children and parents to share this memorable experience.

Evans had built a relationship with Lyric Publications by writing about her students and sending samples of their wonderful work.

The company has donated Barney-related learning materials and Wish Bone-related items over the past two years. She has a photo bag proudly displaying her students engaged in positive activities. Her bag would become a conversation piece.

"I have had more people enroll their child or volunteer because the pictures I took showed how involved the students were in the educational and spiritual tasks," Evans said.



Irene Evans and Honni, 5, of Emmanuel Temple Church's Helping Hands Development Center, enjoy a Barney book.

Let's Talk



Tips About Teen Rebellion

If you're the parent of a teenager, chances are you're dealing with a person you've never met never mind that they've been living with you all their lives. That's what the teenage years are about in large measure, children dedicated to the tasks of growing up.

And while this developmental stage on the path to adulthood may cause you to think a lot about their welfare, your teens are probably not doing all that much thinking about you. Fact is, they're likely behaving in ways to distance themselves from the family. Don't take it personally it's not personal.

While the tone of the teen years may throb with tension, understanding what's going on is part of the solution to working through those years. *Positive Discipline for Teenagers Resolving Conflict with Your Teenage Son or Daughter*, written by Jane Nelsen, Ed.D., and Lynn Lott, M.A., M.F.C.C., (Rocklin, CA: Prima Publishing, 1994), is one resource many parents of teens might find revealing. Nelsen is the mother of seven; Lott the mother of four.

While eschewing permissive parenting on the grounds that it ill prepares kids for adulthood, the authors offer an approach that sometimes seems permissive. But in a closer look, the approach offers a range of tools and skills to help the kids and parents make the bridge from childhood to young adulthood while respecting the individuality of each. The authors make a distinction between what they call "short-sighted parenting," which seeks to control the current situation, and "long range parenting," which aims to help teens develop inner strength. The authors recognize how parents' anxiously walk the fence between safeguarding their kids and letting them make the necessary mistakes so that they can learn from them. Nelsen and Lott dra-

matically draw the difficulty through this scenario:

You may have heard the story about the little boy who was watching a butterfly struggle to break out of a cocoon. Feeling sorry for the butterfly, the boy opened the cocoon and set the butterfly free. But after flying only a few yards, the butterfly fell to the ground and died. The little boy hadn't realized that the butterfly needed the struggle to gain the strength that would allow it to fly and live.

Letting our kids struggle and make mistakes can be frightening, even when we realize that teens need to find out who they are. And in the finding, teen behavior looms as outright rebellion, often in those very areas we hold most dear. While there are different forms and intensities of rebellion, note the authors, there are some common teen behaviors, "such as not wanting to be with their families, not wanting to have clean rooms, and listening to music parents hate."

But parents are people, too! Common sense can prevail: Just as you wouldn't let a toddler dash into traffic, so parents can draw boundaries for teens. Parents can say no, counsel the authors, but it's often best to just say no without an accompanying criticism or lecture. The teen years are a temporary time of momentous physical and emotional growth and development, and although most teens would challenge the assertion, indeed, they are not quite yet grownups. For the parents, who are, it's a time to show how qualities such as patience, tolerance, respect, and acquired wisdom play out in family life.

This column by Karen Lytle Blaha is provided as a public service by the Northwest Regional Educational Laboratory, a non-profit institution working with schools and communities in Alaska, Idaho, Montana, Oregon, and Washington.

Alliance Honors Cornetta Smith

The Albina Ministerial Alliance has honored Cornetta J. Smith for her record of distinguished service to the community.

Tony Hopson, president of Self Enhancement, Inc. was the Master of Ceremonies during the Sunday celebration at Irvington

Covenant Church, 4046 N.E. Martin Luther King Jr. Blvd. The event was punctuated by music, poetry, theater, and reflections.

During her tenure, which spans 30 years, Mrs. Smith advocated for social services for children and their families, to make a dif-

ference in their lives.

She worked for and supported the idea that no one should be left behind.

As the executive director of the 50 year-old non-profit alliance, she was responsible for AMA's administrative and pro-

grammatic operations and an annual budget of several million dollars.

Under her untiring leadership, the organization prospered, and sustained the level of service to the community the institution is recognized for today.

Respite Registry Will Assist Caregivers

Multnomah County is developing a Respite Registry for caregivers.

An occasional break, or respite, from the extraordinary demands of providing ongoing care strengthens the stability of families and caregivers.

The Respite registry will increase access to respite ser-

vices through a central point of contact, increase respite resources, and improve the quality of respite services.

According to 1997 national Alliance for Caregiving/AARP survey, nearly one in four U.S. households was involved in caring for an older family member of friend, devoting an average of 18 hours

per week.

"People who spend a lot of time providing care sometimes experience depression and feelings of isolation. The stress can lead to abuse or neglect of people in their care.

Often frail elderly or children with disabilities," states Lynn George, of Multnomah County Aging and Disability

Services and member of the Lifespan Respite Care Partnership.

Phase 2 of the Respite Registry will focus on implementation: establishing an advisory board, developing funding and staffing, operating the registry, and promoting the services to the community.

Jefferson Plans Celebration

The first annual Jefferson High School Alumni/Community Celebration, Saturday, June 2, from 11 a.m. to 4 p.m., will honor the people who built the school's tradition of excellence and being called the "School of Champions" and "School of Pride."

Jefferson Choir and Performing Arts Department students and community musicians, including Linda Hornbuckle and Janis Scroggins, will honor the school with their artistic talent.

Booths staffed by local civic groups will recruit people who want to become community volunteers. Government agencies will distribute information about the services they provide.

Tours of the school also will be available. Food will be plentiful. Alumni are encouraged to wear their varsity letters, rings, pins and sweaters to this festive networking event.

Admission is \$1. To sign up for a booth or for more information, call Kathy Muir at Jefferson High School at 503-916-5180



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