

Free booklet available on helping drunk friend

Each year 10,000 Oregonians are seriously injured and 300 more are killed because of drunk drivers. The cost to Oregon taxpayers is about \$250 million per year. The cost in human suffering is incalculable.

Oregonians concerned with this problem may secure a free copy of the booklet "Police Aren't the Only People Who Stop Drinking Drivers" by calling, toll-free, 800-922-2022. The guide outlines proactive steps that can be taken to prevent the tragedy that can occur when a friend drives while drunk.

The booklet, produced by the Oregon Traffic Safety Commission, provides practical information on:

- how to determine when someone has had too much to drink;
- how many drinks/body weight, on the average, can be consumed without reaching the legal blood alcohol limit (.08);
- how to prevent a drunk person from driving;
- how to identify drunk drivers on the road and drive defensively;
- how to respond to the common arguments a drinker will use for being allowed to drive;
- how to deal with teenagers who drink and drive (drunk driving is the No. 1 killer of young people in this country). A "Family Safe Driving Contract" form is included; and

Tips for a safe Halloween

Soon the ghosts and goblins will be prowling the streets of Oregon in search of those Halloween treats and several experts at the Oregon Health Sciences University have some practical advice for safe and nutritious trick or treating.

They say that Halloween can be a fun time for everyone concerned, but only if parents and children consider safety and nutrition as carefully as they consider what costume to wear.

Dr. Tom Shearer, director of the division of nutrition in the School of Dentistry, recommends giving Halloween treats that are prepackaged and nutritious such as sunflower seeds, raisins, low-sugar fruit juice, nuts, cheese and crackers. He also endorses sugarless gum and non-food items.

Shearer warns parents to be particularly careful when giving or receiving items such as hard candy or nuts that younger children may choke on if not eaten carefully.

Sonja Connor, registered dietitian with the Family Heart Study, advises parents to realize that sugar is not the only culprit around Halloween time. "Children will be overdosing on sugar, fat and salt," Connor said.

In spite of all good intentions, Connor says that parents "have to be realistic." She is aware that Halloween is a social event and that it is impractical to expect children not to eat candy, since it is so readily available.

Parents might tackle the problem instead by paying close attention to what their kids eat for a few weeks before and after Halloween. They can compensate by making sugar, fat and salt less accessible during this time so the kids will have a more balanced intake when the treats roll in.

Connor is a believer in non-food treats, too. Her suggestions include stickers and pencils as fun substitutes for sugary snacks.

Nutrition should not be the only concern of parents at Halloween. Of major importance, according to Mary Grant Willey, head nurse at the Oregon Poison Control and Drug Information Center at the OHSU, is safety.

Willey reminds us that Halloween is often party time for grown-ups and that we need to consider the children, too. After the party is over, make sure all alcohol (in bottles and half-full glasses) and cigarette butts are cleaned up. Small children can be poisoned by these items.

The Poison Center has also compiled a list of "Rules for Halloween" that includes:

- Wear brightly colored clothing.
- Have an adult accompany little ones.
- Visit only homes you know.
- Have parents check all treats before eating.
- Eat only those treats in original, unopened packages.
- Check fruits and homemade treats carefully to make sure that foreign substances are not present.

If you have the slightest suspicion that a child has been accidentally or intentionally poisoned, call the Oregon Poison Center immediately at 225-8968 or 1-800-452-7165 statewide.

Happy Halloween!

- how to make a party safer — ways to minimize over-consumption of alcohol, slow down absorption rates, etc.

Time of day

As you are probably aware, Pacific Northwest Bell no longer offers the Time of Day as a courtesy to the public.

National Telephone Co. now offers "Time of Day and Temperature" free of charge to the public by calling 235-1212.

Learn not to burn — tips from National Fire Protection Association

As the temperature outside drops lower, the thermostat inside is turned higher — to a point. Because central heating costs have risen dramatically in the past years, many people now use wood or coal-burning stoves, fireplaces and portable space heaters as alternative heating resources. They're economical and efficient. Unfortunately, though, they can be dangerous.

Today home heating is the factor that results in the greatest percentage of residential fires. The National Fire Protection Association warns that improper use and lack of maintenance of wood and coal stoves are primary causes of home heating fires. Another

is the improper use of portable electric and kerosene heaters that are too often placed near combustible materials such as curtains or bed covers.

With winter closing in, it makes sense now to follow some of these home heating firesafety tips.

If you use the fireplace, be sure it is in good operating condition. Have the chimney inspected and cleaned. Make sure the fireplace opening is covered with a sturdy metal screen or heat-tempered glass doors to prevent sparks from jumping out or logs from rolling out and starting a fire.

Make sure wood stoves are properly installed. Have it inspected to make

certain that all clearances between the stove and the floor and walls are adequate. Also check clearances between the stovepipe and the wall where it enters the chimney. Keep combustibles, including wood, at least 36 inches away from the stove (or more, if the manufacturer's directions say so).

Check stovepipes and chimney flues for creosote build-up. Creosote can't be prevented; it's a natural by-product of burning wood. If more than a quarter-inch accumulates on stovepipe or flue walls, a severe fire could result. Have creosote cleaned off by a professional.

Check cords on electric heaters be-

fore using them. Especially check the connection between the cord and the plug on one end and the cord and the heater on the other. If the cord is frayed anywhere, have it replaced.

Never leave portable space heaters running all night. Instead, put an extra blanket on your bed to stay warm. Before you go to bed, put your space heater to sleep: turn it off for the night.

It's important to stay warm during the winter. It's also important to stay safe. If you use stoves, fireplaces or portable heaters, practice firesafety behaviors when you use them and learn not to burn.



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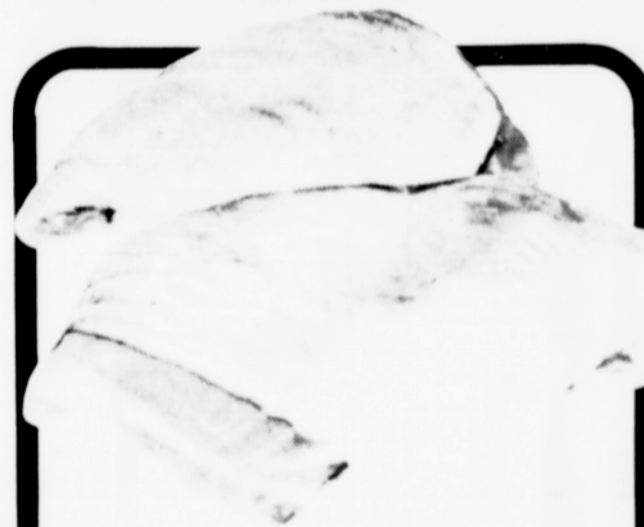
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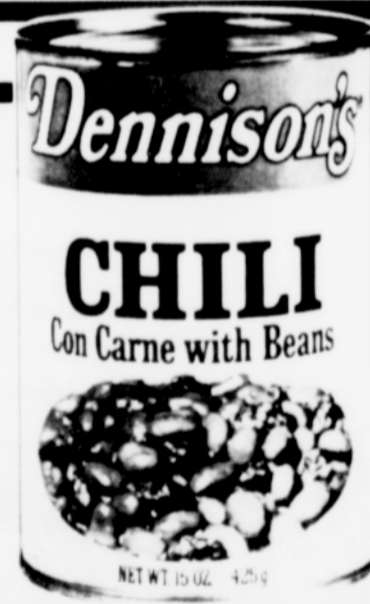
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