



## "A Few Grim Tales" For ZooBoo TREATS WORTH 'GOBLIN'

Ghosts, goblins and monstrous creatures begin haunting the Metro Washington Park Zoo on Oct. 14. They'll only come out at night for the fourth annual ZooBoo, a mixture of magical special effects and scary fun for the entire family.

This year's ZooBoo, sponsored by Burgerville and KINK fm 102, is titled "A Few Grim Tales." Intrepid adventurers will board the zoo's train and travel through fairy tales of olde featuring thrilling surprises and spine-tingling suspense. The trip ends for travelers with a trek on foot through spooky mazes and dark forests inhabited by strange creatures.

ZooBoo runs from Oct. 14 through Oct. 31. Tickets are good after 6 p.m. only and do not include regular daytime zoo admission. Gates open at 6 p.m. and close at 9:45 p.m. Sundays



Ghosts, goblins and monstrous creatures surprise and haunt unwary children during ZooBoo at Metro Washington Park Zoo.

through Thursday and 10:45 p.m. Fridays and Saturdays.

Tickets are \$6 for adults age 12 to 64, and \$4 for children ages 3 to 11 and for seniors 65 and over. There are no group discounts.

Advance tickets may be purchased at all Ticketmaster outlets and at the zoo. Advance tickets are recommended to avoid waiting in lines. MasterCard and Visa phone orders will be taken by the zoo at 220-2786.

Parents can scare up an array of nutritious treats worth 'goblin' this Halloween, says a nutritionist at the USDA's Children's Research Center.

**Dr. Corinne Montandon, an assistant professor of pediatrics at Baylor College of Medicine, offers the following ideas:**

- Small boxes or packets of nuts or raisins or dried fruit/granola mix.
- Single-serve sized cartons of 100 percent juice.
- String cheese or other small low-fat cheese packages.
- Packages of low-fat crackers with either peanut butter or cheese filling.
- Sticks of sugarless gum.

- Small containers of puddings that require no refrigeration.
- Single-serve boxes of dry cereal.
- Packaged fruit rolls.
- Single-serve packets of low-fat popcorn that can be microwaved later.
- Commercially baked and individually wrapped muffins.

Coins, stickers, trading cards, movie coupons, coloring booklets, neon shoelaces, crayons, pencils, or plastic snakes and spiders also make great substitutions for sweets, she added.

Before the festivities begin, Montandon encourages parents to establish some "goodie guidelines."

When children return from trick-

or-treating, parents should sort through the bags of Halloween handouts.

"Separate treats into perishable and non-perishable portions. Carefully examine each item and discard anything that is not properly wrapped or sealed," she said.

"Let children know that they may not eat all the candy in one night. Place treats in a special bowl and divvy it out throughout the week."

Montandon reminds parents there is no such thing as "bad" foods only bad eating habits.

"Halloween candy as well as other sweets can be a part of children's diets if eaten in moderation," she said.



### 4TH ANNUAL PUMPKIN CARVING

The Gilbert House Children's Museum, Inc. 4th Annual Pumpkin Carving is to be held in Salem on Saturday, October 22, from 10:30am to 12:30pm.

Come to The Gilbert House Children's Museum in Salem on Saturday, October 22nd between 10:30 and 12:30 for the 4th Annual Pumpkin Carving and carve or paint a free pumpkin to take home for your Halloween celebrations!

Pumpkin carving is wholesome fun for the whole family and is first-come, first-served, while supplies last.

Admission charged. Information is 503-371-3631.

### AAA OREGON TIPS FOR HALLOWEEN SAFETY

#### Motorist Responsibilities

AAA Oregon President Roger Graybeal is urging motorists to be extra cautious during Halloween. "It's easy for children to get caught up in the magic and fun of the holiday," said Graybeal, "and become oblivious to the traffic and simple safety rules."

#### Motorist Tips

- Turn lights on at the first sign of darkness.
- Limit speed to 15 mph. in residential areas.
- Drive defensively; expect the unexpected.
- Limit distractions inside the vehicle and focus on driving.
- Scan the horizon and the area on both sides of the road.
- Leave at least 2 car lengths space between vehicles. If the vehicle in

front of you stops suddenly, it will enable you to stop safely.

#### Trick-Or-Treat Safety

- Adults can make it a safer Halloween by setting guidelines for children.
- Use a flashlight.
- Wear reflective or Light-colored costumes that do not limit movement or visibility.
- Stay in well-lighted, familiar neighborhoods.
- Stay on the sidewalk or walk facing traffic.
- Travel with an adult.

#### Halloween Safety Goodies

Parents and teachers can help children gear-up for Halloween with free AAA safety tip book marks. These items are available at your local AAA office or by calling 1-800-452-1643.

### Wilbur The Crocodile's Halloween "Scaleabration"

Wow, Kids! Have a fun and safe Halloween weekend by partying with me, Wilbur the Crocodile, in celebrating my 14th birthday, Saturday and Sunday, October 29th and 30th, 11 A.M. to P.M. My theme this year is "Wilbur in Winterland", an alpine extravaganza. All kids attending my party get a trick or treat bag with toys and treats, party favors and of course a party hat. There will be crocodile cake for everyone. My keeper(mom) says you can get me birthday gifts of scarves, T-shirts, crocodile trinkets or my favorite...chicken wings. Of course along with me you'll get to see the over 350 other reptiles and don't forget we're all indoors and heated during the Winter Season. All activities are free after regular Reptile Zoo admission. 7 yrs. and up \$4.00, 3 to 6 yrs. \$3.00 and 2 and under free. Phone 266-7236 for more information and directions.



### HALLOWEEN TIME WITCH-CRAFTS FOR KIDS

Halloween is right around the corner and it is time to get scary. Portland Parks and Recreation is offering many creepy, crawly crafts classes to get you in the ghoulish mood. Fantastic masks, tricky treat bags, boo-tiful beasts and terrifying treats are just a few of the witch-crafts you could make. Ages 5 to 14 are welcome to sign up and try their hand at these creepy crafts. Sign up and try their hand at these creepy crafts. Sign up soon for these Halloween Happenings at a site near you.

#### Dishman Community Center

77 NE Knott, 823-3673

Halloween Creatures, ages 5-14

Tues., 10/25, 6:30-7:30pm \$2

#### Parkrose Community Center

11717 NE Slaver, 256-4969

Holiday Decorations in Clay, ages 9 & up

Thur., 10/13-11/10, 6:30-8:00pm \$15

#### St. Johns Community Center

8427 N. Central, 823-3192

Halloween Happening, all ages

Thur., 10/27, 4:00-6:00pm \$0.50

#### University Park Community Center

9009 N. Foss, 823-3631

Halloween Hoopla, ages 6-9

Wed. 10/26, 4:00-5:30pm Free

#### Whitaker Community School

5700 NE 39th, 280-5216

Mask Making in Clay, ages 14 & up

Mon., 10/3-10/24, 6:30-8:00pm \$25

or Night of the Living Dead, Vampire Fun Facts and Fiction

Fri., 10/21, 6:30-8:00pm Free

#### Woodstock Community Center

5905 SE 43rd, 823-3633

Halloween Howl, ages 5-12

Thur., 10/27, 3:30-5:00pm \$5

For more information on Halloween Happenings call the Portland parks and Recreation Hotline at 823-2233 V/T/T.

### HAUNTSVILLE HITS PORTLAND

Your skin will crawl and your hair will stand on end as you sneak through the Portland Parks and Recreation's Haunted Houses. Admission is free, so bring all your ghoul-friends and your boo-friends and experience the terror together. The first hour at both spooktacular houses is set aside for the younger children, during this time all the lights will be on and the monsters will be on their best behavior. When the first hour is over, there is no telling what horrors will happen. Help our friends at the Sunshine Division by bringing one can of food to help families through the holidays. For more information on the Haunted Houses or Halloween crafts classes call the Portland Parks and Recreation at 823-2223 V/T/T.

