



Christmas



Safe Partying

You've come to expect it at this time of year - please, warnings and tips promoting "safe and sober" holiday celebrations. Now there's more evidence than ever that it's a good idea. Consider these sobering facts:

A new survey of alcohol use among Oregonians shows that one in 10 adults either abuse alcohol or, worse, are dependent on it.

Recent Oregon research shows that children and adolescents are much more likely to drink if adults whom they respect set an example that it's okay.

If that doesn't alarm you, this might: The Oregon Supreme Court has ruled that, even as the host of a party in your own home, you can be held financially liable if a guest becomes drunk and then gets into an accident.

Add to all of this that 35 to 40 percent of Oregonians never drink alcohol, and you can see why being a good host dictates that you offer non-alcoholic alternatives. For your popularity as a host, and for your guests' enjoyment, remember these tips if you do serve alcohol:

Offer a variety of alcohol-free drinks. Before your party, experiment with various recipes and choose ones that will compete with any alcoholic beverage.

If you offer -- or are offered - an

alcoholic drink, remember that "no thanks" is as acceptable an answer as "thank you."

Serve snacks so guests aren't drinking on an empty stomach. These snacks work well: raw vegetable strips, light dips and other low-calorie, high-moisture foods; meats, cheeses, eggs and other high-calorie foods also can help slow alcohol absorption.

Avoid salty foods that make people thirstier. In other words, if you want people to drink less -- don't serve salted nuts.

Avoid carbonated mixers, which speed alcohol absorption.

Measure drinks with a jigger; don't double up. Keep alcohol behind the bar and serve your guests; don't encourage guests to help themselves.

Space drinks. The body can safely absorb only one drink an hour.

Promote diversions - talk with your guests, introduce your guests to one another, start conversations, offer games that people enjoy.

An hour or so before the party ends, stop serving alcohol and offer a snack with coffee, tea or other alcohol-free beverage to dilute the effects of the alcohol.

If someone does drink too much, take responsibility for his or her safety and for that of others. Drive the individual home, find a ride or offer a place to sleep.



LaKaya (above, form left), Arron, Xvarier, Jurante and Ashley wait patiently to see Santa at a holiday party for kids at the Salvation Army center in north Portland. Cousins and sisters Kisha (from left), Carla, Nicole and Crystal of the Brandon family show their pictures with Santa Claus. Their wish list to Santa included a secret dairy, bicycles, walkman, roller blades, a baby doll and power wheels. See related photos and story, front page. (Photos by Obina Maxey)

Are You Spending Too Much?

Consumer Credit Counseling Service has the following top signs to show if you're going overboard with holiday spending:

10. The home shopping channel hostess is now your best friend and the operators have memorized your mailing address.

9. You've started holiday shopping without a budget for how much you can spend.

8. While shopping for this year's gifts, you realize you're still paying for last year's holiday purchases.

7. You can remember your credit card account numbers faster than your children's birth dates.

6. A catalogue gift arrives at your door - and you can't recall who you bought it for.

5. You choose the "deferred payment" plan for holiday purchases, with no idea how you will make those new monthly payments.

4. Opening your holiday bills gives you an attack of carpal tunnel syndrome.

3. On January 1st, you can't answer the question, "How much did I spend this holiday season?"

2. You and your gifts go "over the river and through the woods to Grandmother's house" in a U-Haul truck.

1. You're using credit cards to get cash advances...to make the minimum monthly payments on the credit cards you're using for cash advances...to make the minimum monthly payments on the credit cards...

Kenton Christmas Carols Open To All

It is all free, so bring the whole family to this celebration of the holiday season. Join your neighbors in the joy of singing. Weather permitting, groups will set out from the Fire house to sing throughout the surrounding neighborhood. If the weather is uncooperative, or for those who would rather sit and sing, caroling at the Kenton Fire House will go non-stop.

Doors to the Historic Kenton

Fire House open at 2:00PM for drop-off of food and clothing donations to the Sunshine Division. Caroling starts at 4:00PM. Santa arrives at 5:00PM. Treats for the kids, hot spiced cider and refreshments will be served. For information or to volunteer, call: Sylvia (289-3598) or Anita (285-9773). Date: Saturday, December 23 Donations for Sunshine Division accepted: 2:00PM - 7:00PM Christ-

mas Carols: 4:00PM - 7:00PM Location: Historic Kenton Firehouse Community Center 8105 N. Brandon

Sponsored by the Kenton Action Plan. Information on the Kenton Action Plan is available by calling 289-6693. The Kenton Action Plan is a community redevelopment effort funded through the Portland Bureau of Housing and Community Development

Ethnic Holiday Collectibles Available At VESSELS

African-American Holiday Collectibles have arrived at VESSELS, "Tableware With Meaning." The popular line of Fitz & Floyd dinnerware and accessories for the holiday

now includes a Black Santa and Mrs. Claus. The selection includes the Santa mug and salad plate, and Mrs. Claus cookie jar, candy jar and pitcher. Other items are the salt & pepper shakers and sugar/creamers sets.

For the holidays, there are colorful, hand-painted wine glasses, serving platters

and ornaments with a cultural influence. VESSELS also carries many items for celebrating Kwanzaa including kinar, straw mats, candles and runners. Located at 2605 NE Martin Luther King, Jr. Boulevard at the corner of Russell, VESSELS is open 10 a.m. - 6 p.m. Tuesday through Saturday, and every Sunday from 1-5 p.m. until Christmas, for more information call 249-1952.

Parish Hosts Christmas Dinner

The Immaculate Heart Family Catholic Church invites the public to enjoy the spirit of the holidays during a Christmas Dinner.

The meal will be served Saturday, December 23, 1995 from noon to 3 p.m. at the Immaculate Heart Parish Hall, 2926 N Williams Ave.

Those attending should enter on Stanton Street.

The dinner is free.

"Please come and enjoy a home cooked meal with us," church representatives said.

For information, call Bonnie at 287-3724.

The African Village


ETHNIC 'HERITAGE' BOXED CHRISTMAS AND KWANZA CARDS
SHOP EARLY, SUPPLIES LIMITED

ALSO RECEIVE
10% OFF
KWANZA ITEMS + ETHNIC CHRISTMAS ORNAMENTS
DOLLS + JEWELRY

RECEIVE ADDITIONAL
10% OFF
ANY ONE CLOTHING ITEM IN STORE SALE
ITEMS INCLUDED
DEC. 17TH THROUGH DEC. 24 ONLY

SHOP 10 AM - 5:30 PM
MON. - FRI.
SAT. 10 - 4 PM
SUN. 12 - 4 PM
NO LAYAWAY ON SALE ITEMS

1439 NE Alberta Street 249-3790 Visa/MC



Walnut Park
NEIGHBORHOOD RETAIL CENTER

Holiday Greetings From

Walnut Park Retail Center

Martin Luther King Jr. Blvd.
& N.E. Killingsworth Street

Neighbors Helping Neighbors

Merchants at Walnut Park Retail Center have joined with the Albina Ministerial Alliance for a very special holiday neighborhood program.

Here's How You Can Help

Any time between now and December 31, bring your donation of clothing or household items to the donation bins at all Walnut Park Stores. We can use:

- NEW OR USED CLOTHING**
- Children & Adult - especially winter clothing
- UN-OPENED PERSONAL CARE ITEMS**
- Hair, skin and dental products, soaps, etc.
- NEW OR USED HOUSEHOLD ITEMS**
- Bed linen, kitchenware, towels
- NEW EDUCATIONAL TOYS & STUFFED ANIMALS**

All donated items will be used to benefit homeless members of our neighborhood through the Albina Ministerial Alliance. The Alliance has promoted the health and well-being of children and families in North and Northeast Portland for over 40 years!

Walnut Park MERCHANT DIRECTORY

It's My Kind Of Face Photographer-Portrait, Glamour & More.....	284-9570
JP's Custom Framing Custom Picture Framing, Figurines & Gallery.....	288-2118
Key Bank Residential, Small Business & Consumer Loans.....	795-6035
Mother Dear's Tasty Pastries Homemade Pastries, Baked Goods & Lunch Specials.....	287-7655
Reflections Gourmet Coffee, Fresh Flowers, Books & Cards.....	288-6942
Videoland Video Rentals & Sales.....	280-0915
Walnut Park Drycleaners Coin-Operated Laundromat & Dry Cleaning.....	280-1012
Woods & Reid Bridal Fashions, Lingerie & Accessories.....	284-6089

Visit any Walnut Park store and receive a
FREE KID'S HOLIDAY COLORING BOOK (while supplies last).

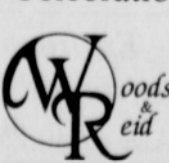
WR

Woods & Reid
Bridal Fashions

HOLIDAY DRESS HEADQUARTERS
after-five • cocktail • formal
Perfect for Holiday Parties...In time for New Year's Eve Celebrations
HOLIDAY SALE ON NOW!

Up to 20% off on selected holiday wear and accessories.

HOURS:
MONDAY 12:00NOON - 4:00PM
TUES - SAT, 10:00AM - 6:00PM



5306 NE MLK Avenue
Walnut Park Retail Center
284-6089