

Portland **Family** Observer

Foundation Offers Tips for Holiday Travel

Grandma's house may be just over the river and through the woods, but getting the family there during the busy holiday season can lead to one big headache.

Over 45 million Americans experience chronic, recurring headaches. Unless you prepare, traveling during the holiday can lead to stress, a common trigger of tension-type headache. To help you navigate a headache-free holiday, the National Headache Foundation offers these travel tips:

Plan in advance—a well-planned trip can ease the stress of holiday traveling. Make sure you reserve your tickets early. If you plan to travel by car, plot your course and make all hotel reservations in advance.

Make lists—forgetting to leave the key with a neighbor who will water the plants and pick up the mail can spoil your celebrations. Make a list of everything that must

be done and of all important items you will need before you leave. The list may include medication; your toothbrush or Suzy's blanket (the one she can't fall to sleep without). Knowing you have everything carefully organized will ease the tension of a long trip.

Rest—a disruption in your sleep cycle of fatigue are common triggers of headache. Be sure to get plenty of sleep before you head out on your journey. Staying up all night to pack will leave you tired and irritable and may give everyone traveling with you a headache too.

Don't skip meals—An empty stomach could spur a headache. Therefore, if you're unable follow your normal eating schedule, pack snacks for trip. Avoid foods such as ripe cheeses, processed meats and chocolate, which have been known to cause headaches.

Schedule personal time—the

holidays are a time when families are drawn together, but the stress of being with your family over several days may be provoking. Plan to visit friends, take long walks and give yourself a break from all that family togetherness to decrease or help avoid stress.

Avoid alcohol—drinking alcohol on a flight may seem like a good way to ease the tension of a long trip, but be aware of the dehydrating effects of alcohol. Beverages including red wine, which contain tyamine, a natural occurring amino acid, can trigger headache.

Consult your healthcare provider—many Americans suffer from frequent headache but fail to seek the advice of their healthcare provider. If you are experiencing headache pain on a routine basis, make an appointment with your healthcare provider to discuss your headache problems. He or she can tell you how to treat, as well as

prevent, headache. There are more prescription, over-counter and non-medicated treatment options available sufferers than ever before. Ask your healthcare provider whether one is right for you.

The National Headache Foundation is a nonprofit organization dedicated to serving headache sufferers, their families and the healthcare practitioners who treat them; promoting research into headache cause and treatments; and educating the Public to the fact that headache are a legitimate biological disease and sufferers should receive understanding and continuity of care.

For more information on headache causes and treatment, visit the NHF Web site at www.headaches.org. To request a free copy of NHF Head Lines, the award-winning bi-monthly newsletter, and Tap the Best Resource, an informative brochure, call 1-888-NHF-5552

Central Catholic Sets Sights on Renovation

Central Catholic High School is planning the largest building and renovation project in its 61-year history with a "Building the Future" capital campaign. "As an educator, I think there is nothing more fulfilling than offering our students the very best in educational opportunities for the 21st century," said Ron Edwards, Central Catholic principal. Howard and Juanita Hedinger are co-chairs of the fundraising effort. Central Catholic has had a rich tradition as a leader in secondary education in Portland.

As alumni and community leader, Al Corrado '51 explained, "Central Catholic High School played a major

role in my early formation and in the education of four six sons. Our commitment to the capital campaign is our way of saying 'thank you' and also helping to ensure a quality Catholic education for future generations." The Corrado's gift of \$1.5 million has ignited a flurry of support that has raised \$7.2 million in gifts and pledges to date. Father Timothy Murphy '58, Central Catholic's president and campaign chair, summed up the goals of the campaign, "We want to provide the best in school facilities for the best of tomorrow's church and community leaders — we will achieve this by offering the best in quality Catholic education."

Gift Idea: Grand Floral Parade Tickets

With the holiday season right around the corner, the Portland Rose Festival Association offers a unique gift idea: Southwest Airlines Grand Floral tickets.

The Rose Festival's cornerstone event is scheduled for Saturday, June 9, 2001.

Tickets for indoor seating at the Memorial Coliseum are now available at \$20, \$17 and \$8.50. All tickets are subject to service fees. The tickets are available on-line at www.ticketmaster.com, at all Ticketmaster outlets or by calling 503-

224-4400. For group orders of 15 or more tickets, contact Carol Dungan at the Portland Rose Festival Association, 503-227-2681.

Tickets for other Rose Festival events including the Rose Festival Queen's Coronation, Jazz Band Classic, George Morlan Plumbing Festival of Bands and Portland Rose Society 113th annual Spring Rose Show presented by Lloyd Center, go on sale in January.

With the theme "capture the excitement," the 2001 Portland Rose Festival is set for June 2001.

Dogs Available For Adoption

Greyhound Pets of America is looking for people to adopt a pet.

As result of the end of the racing season the group's adoption's kennel is full to overflowing.

There are more than 100 greyhounds, some recently retired and currently in our foster care.

For information contact: Andrew Preble, 503-253-5669 or e-mail natures.halo@xann.com and

Kati Marshall, 503-614-2826 or e-mail katmonk@yahoo.com.

Greyhounds are a gentle breed that in general gets along well with all family members and other pets, including dogs, cats and more.

Since they have been in a racing atmosphere most of their lives there is an adjustment period for them to learn about their new environment, however this is usually brief and minor.

Tri-Met congratulates the Portland Observer for 30 years of community service. Your readers are our customers. Thanks for helping us reach them.

The Portland Observer 30th Anniversary

Please join us for a festive and elegant affair to commemorate the Portland Observer's 30th Anniversary and to honor those who have supported us and acted on a vision of diversity for our city.

Date: Thursday, November 30, 2000

Time: 6 p.m. to 10 p.m.

Place: Shenanigan's (East and West ballrooms) 4575 N. Channel Ave.

Suggested Donation: \$100 per person or \$1000 per table of 10

Proceeds benefit Seft-Enhancement Inc., Bridge Builders and the Joyce Washington Memorial Scholarship Fund

If you miss it, you will hear about it

