

Toy Safety for the Holidays

Some simple tips can help prevent injuries

The U.S. Consumer Product Safety Commission has issued its annual toy safety tips for consumer use during the holidays and throughout the year.

By following a few simple steps, consumers can help assure that the toys given to children this holiday season are fun and safe:

Select toys to suit the age, skills, interests and abilities of the individual child. Toys too advanced may pose safety hazards to younger children.

For infants, toddlers and all children who still mouth objects, avoid toys with small parts which may pose a fatal choking hazard. Also for infants, avoid toys with strings or cords that are 7 inches or longer

as they may cause strangulation. For all children under 8 years, avoid toys that have sharp points or edges and electric toys with heating elements.

Look for sturdy construction and product labels. Toys labeled as not recommended for children under 3

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years may contain small parts which may pose a choking hazard to young children.

If buying arrows or darts for children (not under 5 years), make sure they have soft tips, rubber suction cups or other protective tips. If buying a toy gun, be sure the barrel, or the entire gun, is brightly colored to avoid being mistaken as a real gun.

If buying caps for cap guns, look for the label required by federal law which states: "Warning--Do not fire closer than one foot to the ear. Do not use indoors."

Discard plastic wrappings on toys immediately, before they become deadly playthings. Set "ground rules" for play and supervise young children closely during play. You can teach children how to use toys properly and safely and instruct older children to keep their toys away from little ones.

Chemistry sets, hobby items, and toys with small parts, particularly games, can be extremely dangerous if used by children younger than the intended age. Also, keep children who are playing with riding toys away from stairs, hills, traffic and swimming pools.

Insist that children wear helmets when using bicycles, skateboards or in-line roller



Toys that stimulate the senses of touch, sight and sound are considered good choices for preschool-aged children.

Children should also wear gloves, wrist, elbow and knee pads when using skateboards or in-line roller

skates. Teach children to put their toys safely away after playing to pre-

vent trips and falls. Many accidents occur when toys are left out, causing someone to fall.

Downtown Eatery Offers Lebanese Flavor

Hush Hush Café

Hush Hush Café, 433 S.W. Fourth Ave., is the newest place to get your gyro fix. Owner Nezam Hamad opened the café just three months ago, and cooks up a full Mediterranean menu with a Lebanese flair, including falafel, chicken and lamb shawarma, hummus and baba ghanouge.

The café draws a business crowd during daylight hours and on Saturdays attracts a late-night crowd looking for something tasty after spilling out of nearby clubs.

Lunches are priced in an affordable range, starting with a basic dish of hummus or falafel starting from \$4 to \$5, to the \$11.95 lamb shank plate, which includes lamb that is seasoned and marinated overnight, then cooked in tomato sauce, vegetables and spices and served alongside basmati rice that is topped with almonds.

Hammond serves all dishes with

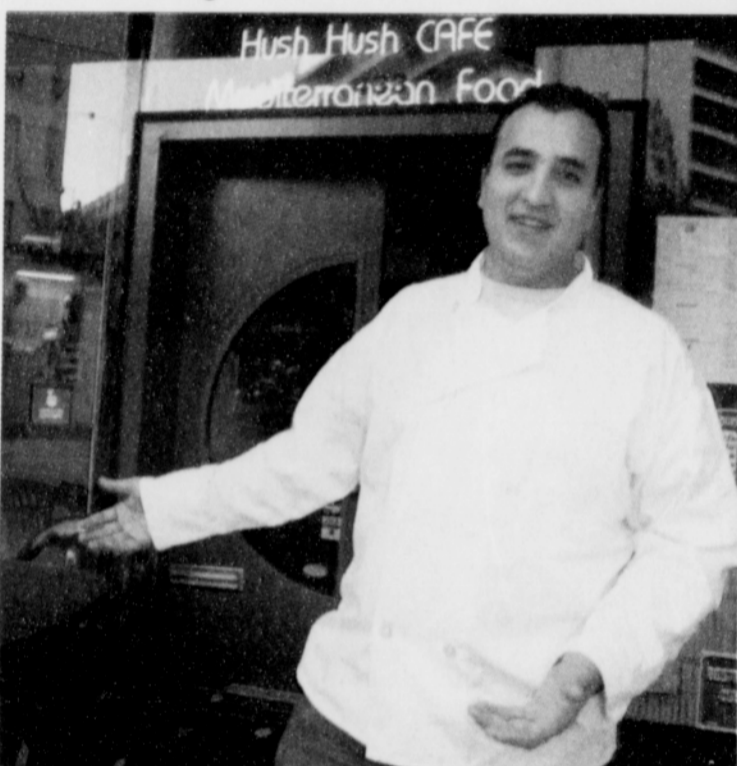


PHOTO BY MARK WASHINGTON/THE PORTLAND OBSERVER

Nezam Hamad brings a menu with a Lebanese flair to Hush Hush Café, 433 S.W. Fourth Ave.

homemade pita bread, and diners can try appetizers like labneh, a thick yogurt cream topped with olive oil and fool m'damas, a dish of simmered fava and garbanzo beans.

Hush Hush also serves affordable dinners, including the maza plate of assorted meats and vegetables, and a range of oven-baked goods like fatayer sabanekh, (a dough stuffed with spinach, onion and olive oil and sprinkled with the sour seasoning sumak and pepper).

And of course, post-meal options include the Mediterranean staple of desserts - baklava and a cup of strong Turkish coffee.

Hush Hush is open Monday through Friday from 10 a.m. to 9 p.m., Saturday from 10 a.m. to 3 a.m. and is closed Sunday.

Hush Hush is also available to cater any function up to 300 people with custom packages.

For more information, call 503-274-1888.

Emergency Food Resource Guide

- FISH, Phone 503 233 5533
- NE Emergency Food Phone 503 284 5470
- Salvation Army Phone 503 239 1226
- St. Vincent DePaul Phone 503 235 8431
- William Temple House Phone 503 226 3021
- Sunshine Division Phone 503 823 2102 Website: sunshinedivision.org
- Sunshine Division, Holiday Help Phone 503 823 2169 (holiday help) Website: .sunshinedivision.org
- Toy & Joy Makers (toys only) Phone 503 665 5655 (holiday help)

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