

## NOTICES



*Bill White Eagle Wilson plays the Indian flute at the Eagle Feather Ceremony as his wife, Virginia, helps out.*

### How to Spend Less and Enjoy It More

The arrival of a child or other major changes, such as moving to a new city or getting married, can cause many families to remake a family budget. This often means reducing some expenditures. Here are some ideas on ways to cut spending:

- ✂ Don't buy it. Ask yourself if you really need the item, or if there's something else you want more. If you have a hard time not buying, stay out of stores. When you do go shopping, take only the money you need for your planned purchases.
- ✂ Borrow - not money, but items you might otherwise buy. This approach is especially appropriate if it's something you don't need very often. And remember the library and other public services when it comes to borrowing.
- ✂ Share. You can stretch your dollars by sharing with family, friends, or neighbors. Sharing allows you to buy in bulk, which cuts the cost per item.
- ✂ Substitute if a lower-priced item would do the job just as well.
- ✂ Use wisely. Make the items you buy last longer by taking good care of them.
- ✂ Find the best buy. It may take longer, but checking catalogs, newspaper ads, and the Internet, and visiting two or three stores can save you money. So can shopping in second-hand stores.
- ✂ Make it. The cost of materials should be cheaper than the finished product. But check prices and assess your skills and

time before you decide to make something. Unfinished or unusable homemade projects don't save money.

- ✂ Rent. When you need something for only a short time, it may cost less to rent it.
- ✂ Trade or barter. You may have things you no longer want or need that may have value to others. Consider trading them for things you need or selling them. You also may have skills that you could trade with a neighbor or friend in return for something you need.

### Do It Yourself Divorce Class

Legal Aid Services of Oregon will provide a self-help divorce workshop for uncontested divorces on July 20, 2000.

The workshop is free, but **pre-registration is required**. Participants will receive forms and instructions on how to do their own divorce. The workshop is one four-hour class.

Please contact Legal Aid Services of Oregon for additional information and to register. Hours are Monday through Wednesday from 10 a.m. to 2 p.m. at 304 SW Coast Highway (PO Box 1970, Newport, OR 97365). Phone 541-265-5305, or outside the Newport calling area (toll-free) 1-800-222-3884. Phone messages can be left at any time.

### Apply for Traditional Arts Apprenticeship Program

The Oregon Historical Society Folklife Program has announced that applications are now available for the **2000-2001 Traditional Arts Apprenticeship Program (TAAP)**. This annual program encourages the continuation of traditional artistic skills within communities by awarding stipends to master traditional artists to teach a specific cultural tradition to one or more apprentices. An average of 10 apprenticeships are funded each year. The postmark deadline for applications is July 21, 2000.

All traditional artists are eligible for this program. Traditional arts are forms of artistic expression learned as part of the cultural life of a community (such as an ethnic group, tribe, religious or occupational group, or region). Traditional arts reflect the history, culture and values of a community as well as its sense of beauty. They are often learned informally, passed down from one person to another, one generation to the next.

Masters and apprentices apply together to the program and can apply for up to \$2,500 (\$2,000 for instruction time and \$500 for supplies and travel). They decide when and where they will meet to work during the year and set their own goals for what they will achieve. Apprenticeships last eight months (September through April) and generally involve 80 to 120 hours of instruction time.

Apprentices must be Oregon residents and should be from the same cultural community as the master artist. Applications are available in English, Spanish, and Vietnamese. For application information, contact Leila Childs, Oregon Folklife Program, 503-306-5292.

The Oregon Historical Society Folklife Program is generously sponsored by the National Endowment for the Arts, the Oregon Arts Commission, the Regional Arts and Cultural Council, U.S. Bank, PGE-Enron Foundation, and the Jackson Foundation.