

## NOTICES

### Science Internship Available for High School Tribal Member

A summer internship is available at the U.S. Environmental Protection Agency in Newport, Ore., for a Siletz Tribal member in the ninth, 10<sup>th</sup>, or 11<sup>th</sup> grade.

This is an opportunity to get hands-on experience in science research while working in both the EPA lab and in the field. The position lasts for eight weeks, is full time, and pays a \$1,000 stipend to cover the costs of transportation, food, etc.

The student who participates in the program also attends two overnight conferences (with transportation provided), one at Oregon State University and one at Portland State University.

This opportunity is offered through the Apprenticeships in Science and Engineering Program. Applications are available by calling 503-748-1395 or e-mailing ase@pdx.edu.

**The application deadline is Feb. 24, 2004.**



### Help Oregon Veterans Through Tax Refund

SALEM, Ore. – As tax time quickly approaches, the Oregon Department of Veterans' Affairs would like to remind taxpayers of an opportunity to donate part or all of their Oregon tax refund to the Oregon Veterans' Home.

Charitable Check-off allows taxpayers to designate all or a portion of their Oregon tax refund to various charities. Last year, generous Oregonians donated more than \$9,000 to the Oregon Veterans' Home via this method.

Opened in 1997, the Oregon Veterans' Home is a 151-bed long-term

See hundreds of beautiful orchids at the Spring Orchid Show and Sale on March 6-7 in Hillsboro, Ore., at the Washington County Fair Complex in the large Main Exhibit Hall at NE 34<sup>th</sup> and Cornell.

You can buy orchid plants, books, and growing supplies. You also can shop with local artists at "Orchids from

health care facility that provides skilled nursing and rehabilitative care exclusively for veterans living in Oregon. Located in The Dalles, it is Oregon's only state veterans home. The home's operation relies in part on donations.

Donations are tax deductible and easy to do. If you use Oregon Form 40S, locate line 31, enter the number 12, and then choose an amount you would like to donate. If you use Oregon Form 40, locate line 63, enter the number 12, and then choose an amount from those listed or enter an amount of your choice.

the Hands and Hearts of Artisans." A vireya rhododendron show and sale rounds out the event.

Show hours are 1 p.m. to 5 p.m. on March 6 and 10 a.m. to 4 p.m. on March 7. Sale hours are 11 a.m. to 5 p.m. on March 6 and 10 a.m. to 4 p.m. on March 7. A repotting clinic takes place both days from 11 a.m. to 4 p.m. (extra charge).

Admission is \$3; children under 12 are free. Parking is free. For show information, call 503-280-5455. For TriMet information, call 503-238-RIDE (7433). For fair complex information, call 503-648-1416.

The Oregon Orchid Society, Inc., was established in 1945. Monthly meetings feature informative speakers, beginner programs, and orchid displays and sales. Guests are welcome.

Meetings are at 7:30 p.m. on the third Tuesday of each month at the Multnomah Arts Center, 7688 SW Capitol Highway in the Multnomah Village area of Portland. For directions, call the arts center at 503-823-2787.

### Save Energy and Stay Warm at Home

With winter's cold temperatures, the Oregon Department of Energy has some helpful tips for saving energy and making winter more comfortable.

#### Heating

- Set your heating thermostat to 60° F at night and 68° F during the daytime when you are home.
- Install a programmable thermostat to automatically maintain temperatures.
- Have your forced-air heating system serviced. Replace the air filter.
- Add insulation to your attic, floor, and walls.
- Replace your windows with energy-efficient windows.
- Plug unused chimney flue with a flue "pillow."

#### Water Heating

- Make sure your water heater is set between 125° F and 130° F.
- Wrap your water heater with a water heater blanket if it's in unheated space. An insulation blanket costs

- about \$10 and quickly pays for itself. Follow manufacturer's instructions.
- Install water-saving showerheads. New models deliver a full spray using less than two-and-a-half gallons a minute. They cost only \$5 to \$15 and are easy to install.
- Install faucet aerators.
- Fix leaky fixtures. Thirty drips a minute of hot water wastes 50 gallons of water a month.
- Take a shower instead of a bath. The average bath uses twice as much hot water as a five-minute shower.
- Set a timer when you shower to remind you when five minutes is up. Showers make up about 2/3 of your water heating costs.
- Don't allow hot water to run down the drain. Turn off the faucets immediately after use.
- Insulate your hot water pipes.
- Waterbeds – Pull the covers up to insulate the top; insulate the bottom and sides with polystyrene foam insulation and lower the waterbed thermostat, if adjustable.

- Drain and clean hot tubs if not in use. Use the insulated cover.
- Use the cold water setting on clothes washers.
- Wash only full loads in the clothes washer and dishwasher.

#### Lighting

- Turn off your lights whenever possible. Use task lighting rather than lighting the whole room.
- Replace your indoor standard incandescent light bulbs with compact fluorescent bulbs. The new compact fluorescent bulbs use approximately 70 percent less energy than standard light bulbs. While more expensive initially, they last much longer.
- Replace your outdoor lighting with motion-sensor floodlights or outdoor-rated compact fluorescents.

#### Refrigeration

- Don't keep your refrigerator or freezer too cold. Recommended

- temperatures are 37° F to 40° F for the refrigerator and 0° F for the freezer. Check the temperature.
- Replace your 10-year-old or older refrigerator with an energy-efficient model.
- Discontinue using a seldom-used second "pop and beer" refrigerator.

#### Cooking

- Cook several meals at the same time.
- Use a microwave or toaster oven when possible for small quantities of food.
- When heating water for tea or other drinks, heat only as much as you need.

The Oregon Department of Energy provides tax credits, loans, technical assistance, and energy information for homes, businesses, manufacturing, farms, ranches, schools, and government. For more information, call (toll-free) 1-800-221-8035 or check the Web site at [www.energy.state.or.us](http://www.energy.state.or.us).