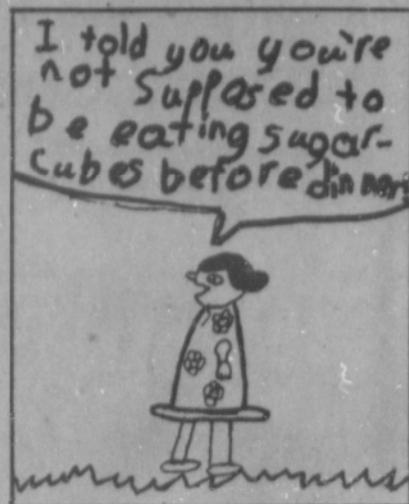
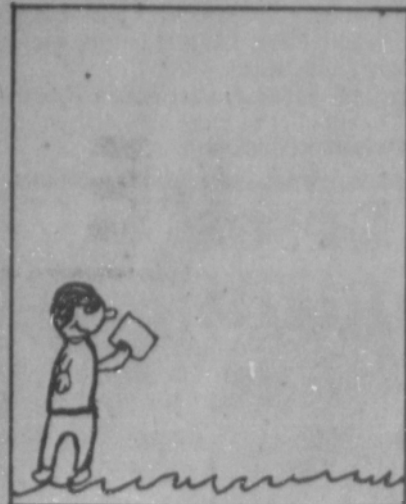




Health notes

Allergies cause related problems

Mrs. Johnson sounded frustrated. "Well, I guess it's either you or the psychologist. Tammy is almost 6 years old, and she keeps wetting her bed. Our pediatrician says there's nothing wrong with her and maybe it's just because she's anxious about something."

Her nutritionally oriented physician asked if Tammy had any other health problems, such as frequent colds; or if she's ever had a fall on her tailbone.

Mrs. Johnson replied, "Funny you should mention that. For the past three years, Tammy gets colds all

products and oranges are. We also found out Tammy has problems when she eats tomatoes. But the best news is she hasn't had a cold yet this winter."

People with questions are welcome to write to Dr. Schuyler Lininger at P.O. Box 97, Sandy, 97055.

Shakespearean actors to perform at Sandy High

Two Oregon Shakespearean actors will present a special evening performance in conjunction with the Festival's 16th annual School Visit Program.

Actors Daniel Renner and Thomas Major will present their material at the Sandy Union High commons on Thursday, Dec. 5 at 8 p.m.

The School Visit Tour is part of the Festival's educational development program. It is a

90-minute program. For ticket information, call 668-8011.

Tickets are \$3 for adults, \$2 for students and \$1 for children and senior citizens.

Renner, who trained at Portland State University and the American Conservatory Theatre, said a visit by the School Tour Program influenced him in his decision to join the Oregon Shakespearean Festival company.

St. Michael's plans bazaar

The St. Michael's Women's Club will hold its annual Christmas Bazaar on Saturday, Dec. 7 from 9 a.m. to 5 p.m. at the church, 18190 S.E. Langensand Rd.

The theme this year is "An Old Fashioned Christmas." Rental space is available by calling Yvonne Wentworth at 668-5007 or Janet Grassl, 668-4928.

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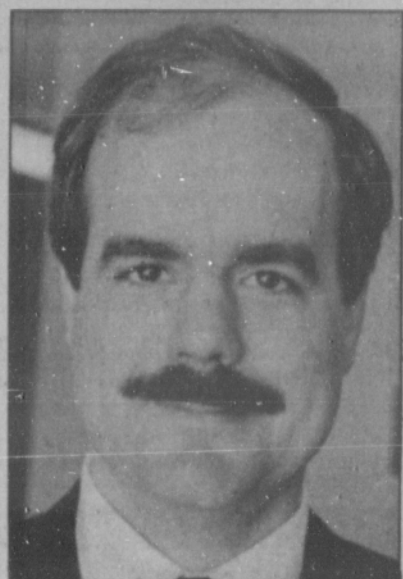
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by Skye Lininger, D.C.

the time. I'm dreading winter coming since that's when they're the worst. As far as any falls, no more than usual for a girl her age. Why do you ask?"

The doctor replied that a fall on the tailbone could cause the spine to become misaligned, putting pressure on some of the nerves. "When that happens, a child has a hard time controlling the bladder, especially at night when asleep. Since there hasn't been a serious fall, we'll rule that possibility out for Tammy. If she had that problem, a chiropractic examination and adjustment can usually relieve the nerve pressure and correct the problem."

The doctor continued, "As far as the frequent colds are concerned, that's often a clue a person has allergy problems. A child can be a bedwetter without having frequent colds, but they often go together."

"We can do testing to see what foods are the problem, but in children, we often find allergies to milk products, wheat, eggs and citrus. I'd like to have you keep Tammy from eating those foods and recipes that contain those foods for a few weeks," Mrs. Johnson agreed to give this a try.

Two months later she returned with a smile on her face. "Tammy has only wet the bed once these past 60 days. And that was when her grandma fed her ice cream. We've experimented and found that eggs and wheat aren't a problem, but milk

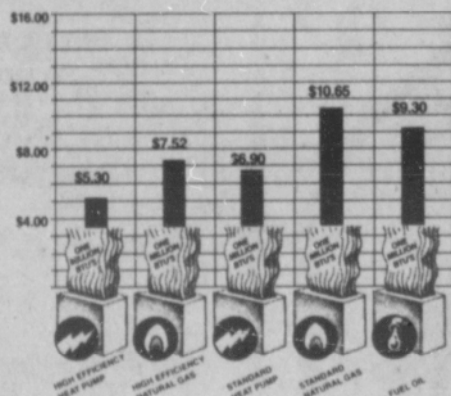
Cold remedies. Hot savings.

Portland General Electric has some low cost remedies for the coming cold. Any of which could save you a bundle this winter. Don't be caught cold without them.

Cut your heating costs in half with an electric heat pump.

An electric heat pump is the cure for high winter fuel bills. You can reduce your annual heating cost by as much as 50%. No gas furnace can make that claim. Heat pumps are totally flameless and require no flue. So there's no heat loss up a chimney stack the way there is with an oil or gas furnace or an inefficient wood stove. Heat pumps are incredibly efficient. They'll deliver up to \$3.00 worth of heat for every \$1.00 of energy. Compare that to the performance of the average gas furnace.

Operating cost comparison between heat pumps; gas, and oil furnaces:



As you can see, if you're heating with oil or gas, part of your money is going up in smoke.

Save all year long.

The heat pump works throughout the year to save you energy and money. That's why it's called a year 'round comfort machine.

In the winter, the heat pump extracts heat from the outside air, concentrates it to a comfortable temperature, and then pumps it into your home at a steady, even rate. Instead of burning expensive fuel or using electricity to create heat, the heat pump uses energy to move and concentrate the free heat that is available in the air.

That's why it's so very economical.

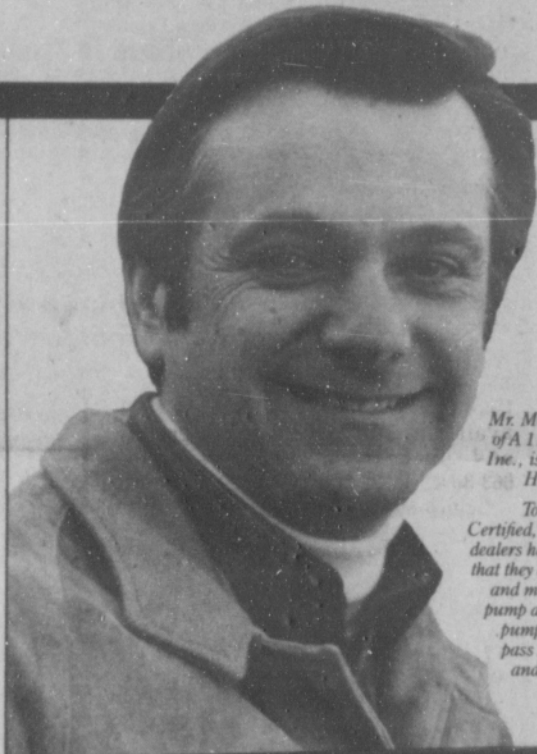
In the summer, the heat pump removes hot inside air from your home and replaces it with cool, dehumidified, filtered air. Just like an air conditioner.

The bottom line? Year 'round comfort and savings.

Beware of smoke.

The natural gas industry has launched a new campaign against the heat pump. It's all smoke and no fire. The truth is, no gas furnace can match the efficiency of the electric heat pump.

Portland General Electric invites you to compare the facts. You'll see why the heat pump is the most advanced idea in energy savings.



Mr. Mel Low, president of A Hi-Tech Heating, Inc., is a PGE Certified Heat Pump Dealer.

To qualify as "PGE Certified," these heat pump dealers have demonstrated that they can select, install and maintain your heat pump and that your heat pump installation will pass PGE's inspection and energy-efficiency standards.



Make a wise choice today with help from a Certified Heat Pump Dealer.

An electric heat pump—that is properly selected, installed and maintained—can help you cut your annual energy costs in half. And a PGE Certified Heat Pump Dealer can show you the most cost-effective way to put one to work for you.

Only those dealers meeting our rigid certification requirements become PGE Certified. These dealers are among the best qualified to make sure your new heat pump delivers the performance and dollar savings it was designed to do, while meeting our tough energy-efficiency standards.

Call 1-800-443-PUMP

Call 1-800-443-PUMP for answers to your heat pump questions. We'll put you in touch with the Certified Dealer nearest you. Your dealer will be happy to give you a no-obligation estimate and complete details on the year 'round comfort machine, including financing arrangements you may wish to consider.

Electricity—the clean, safe energy choice.

Hot water problems? Here's Quick Recovery.

If your electric water heater is not meeting the hot water needs of your family, it may be time to exchange it for a Quick Recovery model.

A Quick Recovery electric water heater does exactly what its name implies. It heats water very quickly. Up to 25% faster than a gas water heater. Yet it's flameless, flueless and uses no more energy than a conventional electrical unit.

Installing a Quick Recovery model in a new home requires minimal additional cost. Upgrading to a Quick Recovery unit usually requires only a few wiring modifications.

For full details, contact the water heating specialists at Portland General Electric.

Electric Quick Recovery



Shake a cold shower.

Call 1-800-722-WATR

Hot savings from the Hot Line: 8 out of 10 say calling saved them money.

If your electric water heater is ailing a bit, phone 1-800-722-WATR. That's the number of the PGE Water Heater Hot Line.

Call anytime between 7 A.M. and 6 P.M. On line will be a friendly water heater specialist to answer your questions.

Hot Line staff members can usually diagnose water heater problems right over the phone. They can provide the name of a qualified repair firm in your area or how to perform a fast do-it-yourself fix up.

Either way, chances are the problem is very minor. And the solution very simple. So don't replace it. Repair it.

More cold remedies. More ways to save money.

You don't have to spend a lot of money to save a lot of energy. Portland General Electric has many home improvement ideas that can increase the livability of your home and save you money.

For more information, contact the PGE office nearest you.

PGE

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