



Girl Scouts attending the Pioneer Arts and Crafts Fair at Portland Community College enjoyed pioneer foods prepared by the college food services. Brunswick stew, chili, potato salad, and shoo fly pie tarts were among the special hits.

Girl Scouts have Bicentennial meal

Girl Scouts from the entire Columbia River Council took in pioneer background and ate Bicentennial food Saturday, March 6th, as they kicked off Girl Scout week in a special program at Portland Community College.

More than 1,600 girls took over various parts of the Sylvania center to learn about their heritage. Each attended two learning sessions in the morning and then turned to country-fair type displays in the afternoon.

College food services prepared the special lunch. Menu included cole slaw, potato salad, fruit cup, Brunswick stew, chili, cornbread, snickerdoodles, and shoo

fly pie tarts.

Emma Wakefield, Canby, shared her skills in herbery with the girls. Mrs. Fred Epeneter, Sherwood, taught others how to spin. A group from Vancouver, Washington helped girls learn quilting skills. Through prior registration the girls decided which sessions of the many to take. Others were available in dollmaking, trapping, and pioneer foods.

In the afternoon Scouts gave their own Bicentennial demonstrations. In one corner it was possible to dip a candle; in another butter was being churned.

For many Scouts the fair provided an opportunity to wear their official Bicentennial uniforms. The white aprons, mop caps, and scarves set off the long dresses — many made by the girls themselves.

Special Scouting badges relating to Bicentennial activities have been designed. For many the skills learned during the fair will then be applied to this badge work.

Academic advising available

A drop-in academic advising center will operate again this spring to help Portland State University students plan courses for spring term.

The center, which gives students an opportunity to meet with faculty and upper-division student advisers, is designed primarily for students transferring or returning to PSU. However, university officials emphasize that the service is open to anyone.

Hours for the center, located in the lobby of Neuberger Hall (724 S.W. Harrison), are 8:30 a.m. to 7:00 p.m. Monday through Thursday and 8:00 a.m. to 5:00 p.m. Friday.

Eileen Rose, PSU's admissions director, says the center is staffed by professors representing all major areas at the University, including science, social science, arts and letters, education, social work, business and education.

"The center is not designed to replace the regular advising activities," she said, "it is designed to supplement them, and provide an assist to students when faculty normally aren't on the payroll yet. This should strengthen the overall advising program."

At the beginning of the 1975-76 winter term, more than 100 students per day called or dropped by the center to get advice on course planning.

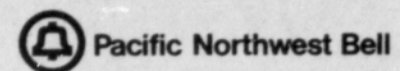
Students who want to take advantage of the center may call to make an appointment for a counseling session. Telephone numbers are 229-4563 and 229-4982.



Montana: \$8.70

You can call Billings, Great Falls, Cutbank, Havre, or anywhere in Montana, and talk for a full 60 minutes for only \$8.70, plus tax.

That's if you call before 8 a.m. or after 11 p.m. and dial direct without operator assistance. Go ahead. Try it sometime.



AT HOME

by Carolyn Raab

Vegetarians must be well-informed to be well-fed.

A vegetarian can be well-nourished if the diet is well-balanced. When animal products are excluded, changes must be made in the diet to keep nutrients in balance. The necessary changes will be determined by the type of vegetarian diet.

There are two general types of vegetarian diets. The lacto-ovo vegetarian diet excluded all animal products including meat, milk and eggs. All vegetarians should increase their intake of foods from the basic four food groups to get adequate calories: fruits and vegetables, breads and cereals, milk and milk products, meat alternates. Every calorie must be chosen wisely, so it is advisable to restrict "empty calorie" foods (such as soft drinks) that supply calories but few nutrients.

A vegetarian diet must be carefully planned to include all nutrients. The lacto-ovo diet must include food sources of protein, vitamin B12 and iron to compensate for the exclusion of meat. The following changes should be made in

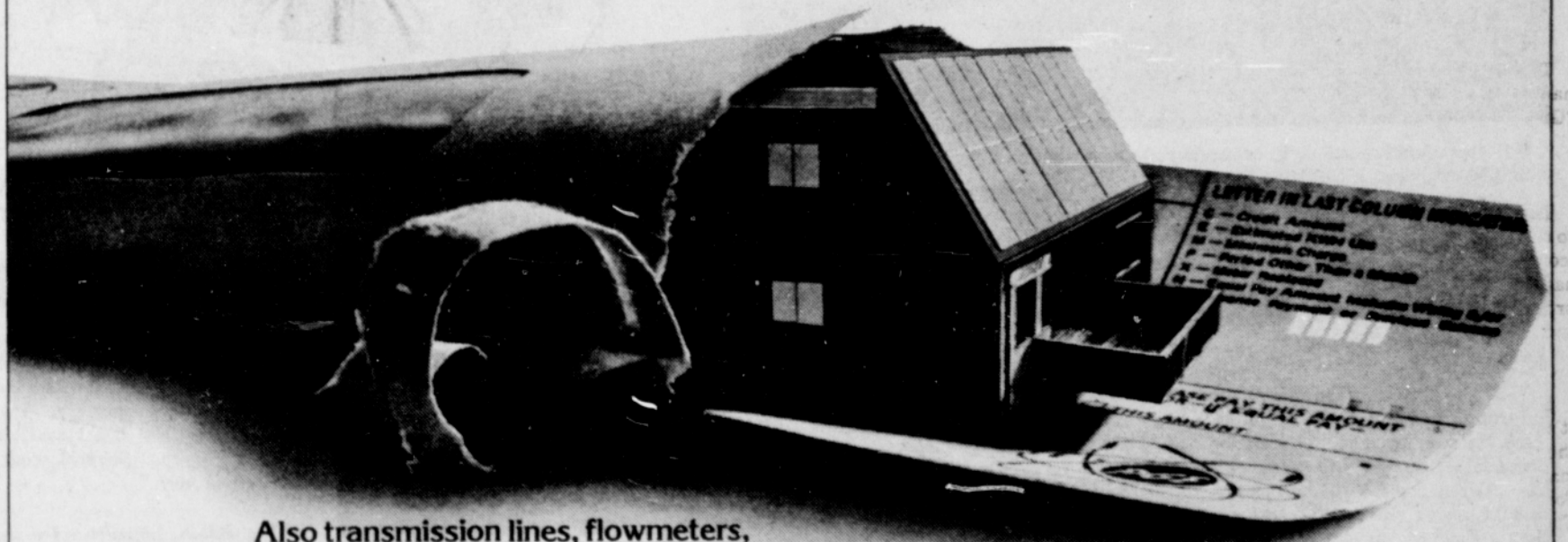
the diet: Include meat alternates (good sources of protein when eaten along with a bread or cereal); legumes such as lentils, soybeans, split peas; peanut butter; eggs; tofu; or textured vegetable protein analogs.

Include more milk and milk products (good sources of protein and vitamin B12). Include more fruits and vegetables (good sources of vitamins and minerals). Include more whole grain and enriched breads and cereals (good sources of B vitamins and iron).

The total vegetarian must make an additional dietary change. When milk is excluded, other sources of protein, riboflavin and calcium and vitamin B12 must be used. These include fortified soybean milk (a source of some calcium, protein, riboflavin, and vitamin B12); green leafy vegetables (a source of calcium and riboflavin) and soybeans (a source of protein, and some calcium and riboflavin). Vitamin B12 is unavailable in plant foods so the total vegetarian will need to use the fortified soybean milk or a B12 supplement.

A nutritious vegetarian diet should include a variety of foods.

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Thanks to years of research, solar energy may someday provide a portion of the Northwest's energy needs.

But solar power requires more research and development to bring the cost within the reach of the average homeowner. As of now, most researchers agree that it will be 20 to 30 years before solar technology will enable the economical generation of electricity for central distribution. Unfortunately it isn't "just around the corner." It's more in the area of the year 2000.

Assisting in space heating and water heating is different. That's closer.

The sun won't do the complete job, particularly here in Oregon, but it can help. And systems are being improved. PGE has test installations in customer homes to research how different systems work in this climate.

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Portland General Electric Company



If you'd like to know more about the current state of solar energy research and its application, write for our informative booklet prepared in cooperation with the University of Oregon's Solar Center. Write today for "Rays of Hope," PGE Energy Resource Center, 621 S.W. Alder, Portland, OR 97205.

*Bonneville Power Administration

Tax problems

The following are commonly asked tax questions answered by the Oregon State Revenue Department.

Question: What is the filing status of a person separated but not legally divorced on December 31, 1975? What is the filing status of a divorced person when the end of the year falls during the sixty-day waiting period?

Answer: When a divorce is not final on December 31st, a person must file either as "Married, Filing Separate" or "Married, Filing Jointly." A divorce is not considered final until the end of the sixty-day waiting period.

Question: What are the requirements to file as "Unmarried, Head of Household?"

Answer: All of the following conditions must be met:

1. Taxpayer must be unmarried on the last day of the tax year.
2. Taxpayer must maintain a household and contribute over one-half of the cost of maintaining the household.
3. Household must be the principal residence for at least one relative who qualifies as your dependent during the entire year with the exception of the taxpayer's mother or father. The parents can be maintained in a separate household, but must be dependents of the taxpayer.

Question: What is the minimum tax?

Answer: It is an additional tax paid by persons who have more than \$3,000 income from tax preference sources. Persons required to pay the tax must complete the minimum tax schedule on the state tax return. A person must pay

this tax if federal adjusted gross income derived from sources within Oregon plus tax preference items one and two (below) exceeds \$20,000 AND IF the sum of all items of tax preference exceeds \$3,000. Tax preference items include:

1. Accelerated depreciation of real property.
2. Accelerated depreciation of personal property subject to net lease.
3. Capital gains.
4. Stock options.
5. Amortization of certified pollution control facilities.
6. Amortization of on-the-job training facilities.
7. Amortization of child care facilities.
8. Amortization of railroad rolling stock.
9. Reserve for losses on bad debts of financial institutions.

Question: Can I claim a tax credit for political contributions to groups like political action committee of my union?

Answer: No. Only contributions made to committees who are recognized agents for a particular candidate are eligible for the income tax credit.

Question: How does the error in the Form 40-S tax table affect my return?

Answer: Generally, the error overstates the tax for persons with federal adjusted gross income between \$8,000 and \$13,600. The error is less than \$25. The incorrect figures can still be used because our computer will catch the error and issue a corrected refund. An explanation will be printed on the check stub of all refunds sent to persons affected by the tax table error.

Peggy Joseph

For all areas of Life Insurance Family Financial Planning Health Insurance and Group Insurance 282-3680

3933 N.E. Union

