

# HOUSING

The  
Portland  
Observer

## Oregon HEAT Receives \$72,599 From Pacific Power

Pacific Power has made a significant contribution towards keeping low income Oregonians warm this winter. The electric utility made a contribution of \$72,599 to Oregon Home Energy Assistance Team (HEAT). This contribution represents one of Pacific Power's largest charitable gifts this year.

Oregon HEAT is a private, non-profit organization that helps low-income Oregonians keep their homes warm during the winter. Oregon HEAT works with local social service agencies across the state to screen low income people who need help paying their energy bills. Eligibility for assistance from Oregon HEAT is based on the household income and the number of people living in the household.

Jay Formick, Executive Director of Oregon HEAT, said that most of the funds raised by Oregon HEAT

come from utility customers. "Primarily, Oregon HEAT is a neighbor helping neighbor program," Formick said, "funds raised in local communities are sent back to the communities to help meet the local need." Other utilities that participate in Oregon HEAT's program are Portland General Electric, the Oregon Oil Heat Commission, and the City of Milton-Freewater Municipal Electric District. Formick was impressed with Pacific Power's contribution to the program. "This is a monster corporate contribution for us. It's an example of how dedicated Pacific Power is to being a good corporate citizen in communities across Oregon," Formick said.

"Oregon HEAT has a very broad base of support from citizens across the state," Formick said. "More than 24,000 Oregonians contributed to Oregon HEAT last year. Those dollars, along with corporate gifts from

the participating utilities, helped keep over 11,000 low income people warm in their homes last year. Oregon HEAT is an example of Oregonians helping their neighbors when and where it really counts."

According to the Oregon State Housing and Community Services Department, 110,000 households in Oregon were unable to pay their heating bills last winter. "Oregon HEAT assistance comes to most families at a critical time," Formick said. "Sickness, unemployment, a missed child support payment, or other unanticipated events can push the working poor into a financial black hole. More dollars go to cover the basics of life - like keeping your family warm in the winter - than there is income."

For more information about Oregon HEAT, or to make a contribution write to P.O. Box 127, Tualatin, Oregon 97062, or call (503) 691-3790.

## Natural Gas Grilling Is Easy



Natural gas grills are a convenient and economical way to give foods a rich savory flavor — from steaks and vegetables to bread and desserts, according to the American Gas Association.

Natural gas grills eliminate the mess and long warm-up time of charcoal grills. They draw fuel directly from a home's natural gas line, eliminating the need to refill a tank or the risk of running out of fuel, A.G.A. says.

Outdoor gas grills are easy to use and keep kitchens cooler, putting less demand on home cooling systems. A.G.A. recommends these energy-saving grilling tips:

- Limit pre-heat time.
- Use only one burner on a dual-

- burner grill, unless both burners are needed.
- Prepare slow-cooking foods on the grill to keep heat out of the kitchen and to save on air conditioning.
- Cook with the grill cover closed to shorten cooking time and to en-

- hance the smoked flavor.
- Cook several foods or an entire meal at one time.
- Reduce "burn-off" cleaning time.
- Thaw frozen foods before grilling.
- Keep the grill clean and properly maintained, following the instructions in the owner's manual.

## Natural Gas Cooking Costs Less

Based on U.S. Department of Energy statistics, the estimated annual operating cost for a new high-efficiency natural gas range is about one-half the cost of operating an electric range, according to the American Gas Association.

Most natural gas ranges now feature pilotless ignition systems instead of standing pilot lights. Eliminating pilot lights saves about 30 percent of the natural gas used by a range.

Natural gas ranges offer many features, including precise temperature control, self-cleaning and continuous-cleaning ovens, computerized controls and surface level-grills.

Many gas ranges and cooktops also offer down-draft or self venting features that are designed to pull steam, smoke and cooking odors down and out of the kitchen, eliminating the need for an overhead vent.

Another efficiency feature is the gas convection-oven gas, where hot



air is forced into the oven by a high-speed fan. No preheating is necessary, and heated air goes directly to the food, starting the cooking process immediately and saving energy.

# HEALTH

## Recyclers "Eye" Needy Children

Six year old Mayra is looking at the world through new eyes now. Fuzzy shapes on the blackboard are clear to her at last thanks to New Eyes for the Needy, Inc., a unique recycling organization in Short Hills, NJ.

"Children who can see, can read, can stay in school, can go on to get jobs," said New Eyes President Joan Daeschler, "and we are asking people to help us help the thousands of children who, like Mayra, cannot afford eyeglasses."

Since 1932, New Eyes for the Needy has helped more than 4 million people both in the United States and overseas through a unique recycling program. Individuals and organizations donate reusable eyeglasses and precious metal scrap such as old watches, jewelry and silver pieces, and dental gold. The metal scrap is sold to a refiner and the jewelry is sold in the New Eyes gift shop. Funds from these sales pay for new prescription glasses for needy Americans of all ages. Plastic framed glasses are sorted and classified by some of our 200 community volunteers and sent to homeless American veterans and medical missions and hospitals in 25 countries as far afield as Ukraine, India, Zaire and Brazil.

Please send your tax deduct-



A staff physician examines Mayra

ible recyclables to New Eyes for the Needy, Inc., room A, 549 Millburn Avenue, Short Hills, New Jersey 07078, or call 201-376-4903 to order posters and

brochures to conduct a community collection drive. One hundred per cent of cash donations are used to purchase eyeglasses for needy Americans.

## Daughter Has Unique Gift For Mother's Birthday/Christmas

Portland radio talk-show host and former Franklin High School Rose Festival princess Georgene Rice has her mother's birthday and Christmas gift all wrapped up. In fact, she carries it with her everywhere.

On Tuesday, Dec. 13, on Lillian Rose's 64th birthday, Rice will give her mother one of her own healthy kidneys so that she can be free of the dialysis machine.

Lillian Rose's kidneys failed due to high blood pressure, a common cause of kidney failure. She has been on dialysis since November 1993. Of Lillian's three children, Georgene, 38, offered the best match. Studies show that living related donors offer

recipients the best chance for graft survival.

For Georgene Rice, who, in addition to her job at KPQD Radio Station, is a gospel singer, the procedure is not without risk. There is a slight possibility that she may not recover her full vocal strength due to the cutting of the diaphragm anchors during surgery. "Sometimes, love costs," she said.

"But genuine love is willing to suffer temporary inconvenience to serve someone else. Compared to what my mother has given me, this seems like a small thing."

Both mother and daughter will remain in the hospital for one to two

weeks following surgery but should be home for the holidays.

Donald W. Froom, M.D., a nephrologist in private practice at St. Vincent Hospital, referred Rose to the university for transplantation. OHSU and the southwest Portland hospital have a collaborative transplant program that is just getting under way.

OHSU has the 12th busiest of 275 active kidney transplant programs in the United States. University surgeons performed their 2,106th transplant November 30, 1994. The program ranks among top U.S. centers for both patient and graft survival.

## Too Much "Holiday Cheer" Makes Roadways Dangerous

Although much progress has been made, drunk driving continues to be a significant factor in traffic accident deaths. More than a third of all drivers killed in car crashes in 1993 were legally drunk.

The upcoming holidays and the accompanying parties and get-togethers can add to the problem. Fatal accident involving drunk drivers increase significantly in December. Thirty-nine percent of all drivers killed in traffic accidents in December 1993 were drunk.

"Even with heightened public awareness and education campaigns regarding the dangers of drunk driving, the problem continues," said Lowell R. Beck, president of the National Association of Independent Insurers. "For your protection, use extra caution when driving during the holiday season. Also, for the safety of others, use common sense and

courtesy when your celebrating involves alcohol."

For holiday revelers, there are a number of options to prevent drunk driving deaths. Simply abstain from drinking at a party or, for groups and couples, have someone volunteer to be the "designated driver." Finally, the biggest favor you can do for a friend who has had too much to drink is to take away their car keys, offer them a ride home or call a cab.

Teenagers, while less likely than adults to drive after drinking, have a substantially higher crash risk when they do. In 1993, 27 percent of 16 to 20 year old drivers killed in car crashing were legally drunk, even though you must be 21 to legally purchase alcohol. To help stem this problem, parents of young drivers can limit teen driving hours. Parents should also insist that safety belts be worn at all times by all occupants of the car.

Finally, have a backup plan ready, just in case liquor is used, to get the kids home without driving.

Even drinking in moderation may affect driving performance. Studies have shown that a blood alcohol content of 0.02 percent affects a person's driving ability and increases the likelihood of an accident. Because the effects of alcohol vary with each person, it's difficult to predict exactly how many drinks it takes to make a person's driving dangerous.

Furthermore, the type of alcohol is not necessarily the determine factor in how a person is affected by alcohol. There is an equivalent amount of alcohol in 12 ounces of beer, 4 ounces of wine and 1.25 ounces of 80-proof liquor. Beer, however, is the most common drink consumed by people involved in alcohol-related accidents.

## Crisis Hotline Goes To Computers

The Metro Crisis Intervention Service has computerized operations to streamline crisis coordination efforts.

Entering the computer age was made possible by a \$24,000 donation from the Oregon Community Foundation, the Meyer Memorial Trust, the Collins Foundation, the Jackson Foundation and the Rose E. Tucker Foundation.

Metro Crisis receives over 9,500 calls each month and refers callers to more than 3,000 resources in Multnomah, Clackamas and Clark counties, according to Laura Jeibmann,

executive director.

"With our computer network, information is at our fingertips and will help us manage the 10 percent annual increase in crisis calls we've been experiencing over the last several years," Jeibmann said.

Fourteen mental health professionals and 140 volunteers handle crisis calls 24 hours a day, 365 days a year. Metro Crisis now uses a seven-computer network of software developed to meet the needs of the organization.

Keeping track of all the re-

sources for crisis assistance is a daunting task. The computer network streamlines the task and keep information current. Computerization has improved the speed of referrals.

Staff productivity has increased by automating the documentation task required for each call and the summary report generated at the end of each shift.

Metro Crisis Information Service, founded in 1978, receives crisis calls on issues ranging from alcoholism and drug abuse to teen pregnancy and child abuse.

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