

Neighborhood Enhancement Grant Funds Announced

The Green Neighborhood Network (GNN) Neighborhood Enhancement Fund is seeking proposals from community groups needing funds for local projects with an environmental benefit. GNN is a public private partnership with a goal of helping Hollywood area residents and businesses reduce operating costs, enhance the natural environment, and make the best use of natural resources.

The neighborhood Enhancement is designed to support community based partnerships that promote resource efficiency or enhances the natural environment. Funds are available for projects to be implemented within the GNN target area - between NE 33rd and 57th Ave, from I-84 to Fremont St.

Applications must be non-profit organizations. They can partner with other school, community, or business groups. Cost matching with outside funds or in-kind service is encouraged. Measurable outcomes are strongly encouraged. The benefit can be stated in terms of resources saved, waste avoided and/or emissions reduced. Projects with long-term benefits will be given preference in funding.

The grant process timeline for this round of awards is:

Application Due Dates: April 15
Grants Awarded After: May 20

A wide range of project types can qualify for these grant funds. Some examples of types of projects that will be considered are:

- Alternative transportation projects - bike racks, bike sharing, ridesharing, or promoting use of public transportation
- Community planting projects - street trees, traffic circle planting, rooftop gardens
- Disconnecting roof drain systems for the combined sewer system
- Establishing a community garden
- Group purchasing projects - resources efficient or recycled content products
- Installing energy-saving products like setback thermostats, efficient lighting, etc.
- Starting a community yard debris and food waste composting system
- Training and education efforts (focused on homeowners, renters, students, employees, seniors, or other groups)
- Recycling and waste prevention projects - collecting reusable goods from business for resale
- Water conservation projects (outdoors or indoors)

The winning applicants from the first round of grants last fall received \$6,000 from the Neighborhood Enhancement Fund. The winners included:

- Friends of Trees
- Global Action Plan (GAP) Ecoteam
- Hollywood Boosters
- Hollywood Farmers Market
- Operation Green Thumb
- SOLV (stop Oregon Litter and Van-

dalism)
All interested parties are encouraged to apply. Anyone that is not an eligible applicant can apply in partnership with an organization that is. If they're unsure of who their potential partners would be (or how their application may be considered), they can attend the pre-application assistance workshop.

All grant recipients will be required to sign an agreement with the City of Portland prior to receiving any funds. For grants of more than \$1,000 or projects that will take longer than 8 months to complete, funds may be provided in two or more payments. All grant recipients will be required to provide a brief final report to the City within 45 days of project completion. Grant recipients that have completed a project but not a final report will not be eligible to receive future grants.

Pacific Power donated the seed money to establish this fund. For 1999 a total of \$10,000 is available. Grants are limited to \$1,500 per project. An independent Advisory Committee will review the grant requested and select the projects, which most closely meet the funding criteria. Grants will also be available in the fall of the year.

Applications forms will be available at the Hollywood Library, the Central Northwest Neighbors office some Hollywood area businesses, and the Portland Energy Office. For an application form contact the Energy Office at 823-7222.

Volunteer Openings

Want to make a difference in how the area's regional government includes citizens? Become a member of the Metro Committee of Citizen Involvement (MCCI).

The committee currently has openings for residents throughout the Metro region of 24 cities and three counties. MCCI members develop and maintain programs and procedures to impact and monitor Metro's citizen's involvement activities. Members aid communication between citizens and Metro's elected officials, and enhance citizen participation in metro decision-making. They also advise departments on implementing Metro's Public Involvement Planning Guide adopted July 1998.

Metro, the regional government that serves 1.3 million people who live in Clackamas, Multnomah and Washington counties, provides regional services that guide growth and help ensure that livable communities are created for the future.

For more information, contact Karen Withrow, MCCI Administrative Assistant, 797-1539.

Imagine being able to call a friend in Oregon and ask if you can use their home address to help you take care of a health problem. Then, you pack your bags for a trip lasting a few months to Oregon to take care of the health problem. As it turns out, the health problem is a brain tumor and you need medical attention. The state of Oregon has a great program known as the Oregon Health Plan and by taking a "short trip" to Oregon you are able to have your tumor removed and paid for by the taxpayers of Oregon. Once you've recuperated, you return to your home... in Nevada.

Sounds like a far-fetched story, doesn't it? Unfortunately, it's not far-fetched... it's a true story.

The Oregon Health Plan has helped countless Oregonians with their medical costs, but it has also inadvertently helped countless out-of-state folks who have figured out loopholes in the residency requirements. Others that have a gallbladder removed and a ski bum living off a family trust who used our health plan to have knees replaced. This is not the intent of the program and I doubt Oregonians want to see their tax dollars going to support abuses like this rather than extending coverage to as many uninsured

Oregonians as possible. The idea was that Oregon could only provide services based on the amount of money we had available. In fact, its motto was: "rationing care not people." By limiting the health benefits that state would pay for and reducing costs by moving people into managed care, more Oregonians would have access to health care. When resources become scarce, the benefit package was to be adjusted without cutting eligibility.

It has been years since the plan was implemented. More Oregonians have access to health care than in 1990. Our uninsured rate is 11%. Although that rate is higher than 3% predicted when the plan was implemented, it is lower than the national average. But this has not come without a cost.

The amount of money the state is spending on the Oregon Health Plan is growing. To fund the plan at its current level for the 1999-01 biennium would require a 30% increase in funding. The governor has proposed a 25% increase in his budget by cutting the benefit package ten lines and making changes in eligibility.

Medical costs nationwide are increasing. This year we have seen increases in private insurance premiums of 10-12%. As these costs continue to rise, will the state be able to maintain the Oregon Health Plan and

ensure that low-income Oregonians have the health care they need.

To answer this question, we need to look at the plan and see if there are changes we can make to guarantee that Oregonians who are in need are getting the basic health care that was intended when we first created the plan. We must rid the system of abuse like the one I mentioned above because those individuals who are raiding the system are taking benefits from eligible Oregonians who are in need.

We must also look at making the system more efficient. Can we administer the plan better? Are we paying plans and providers appropriately? Does the benefit package truly recognize priority treatments?

The Governor is the architect of the Oregon Health Plan and we need his participation as we evaluate its future sustainability. This was an experiment. Are we accomplishing the original goals?

Look forward to working with the Governor as the Legislature develops the budget and hope we can address some of the questions I have raised above. It is only through thoughtful evaluation that we can ensure that we strengthen and stabilize the Oregon Health Plan for future generations of Oregonians... not out-of-state freeloaders.

State Seeking Nominees for Task Force on Minority-Health Issues

Governor John Kitzhaber announced today that the State is seeking nominees for a 21-member task force on racial and ethnic health that will be named in early 1999.

Nominees should represent a racial or ethnic community and have an interest in health care. Particularly valuable will be experience with any of these six priority issues: health-care access, HIV/AIDS, diabetes, lead poisoning, and alcohol and other drug abuse.

Persons wishing to be considered

for the task force should contact either Suganya Sockalingam, Multicultural Health Director for the State Health Division, at 800 Oregon Capitol Street NE, Public Service Building 5th Floor, Salem 97310. Nominations will be accepted through April 15.

Creation of the task force was promoted by finding of a diverse work group that confirmed that racial and ethnic minorities' access to health care is inadequate to address their chronic health issues; that people of color and those who

are not English speakers have difficulty obtaining health services; and that people of color frequently receive health care that is culturally inappropriate or insensitive.

The task force will report annually to the governor and Legislature on the performance of state agencies responsible for addressing racial ethnic health. The task force will be staffed by the State Health Division (Department of Human Resources), and the Office for Oregon Health Plan Policy and Research.

Tri-Met Seeks Artist for Two Projects

Tri-Met is seeking proposals from Oregon and Washington artists to enhance a transit center plaza in Gresham, and to design a new trash and recycling container for the agency's transit stops.

The plaza at Gresham Central Transit Center is about 6,000 square feet in size and triangular in shape. The transit center serves patrons using nine bus lines, MAX light rail and a Park & Ride garage. Currently landscape with grasscrete, the plaza has no seating or landscaping other than a row of trees. It is four blocks from downtown Gresham. Tri-Met will select an artist team to design seating and visual elements for the plaza.

The second project is organized as a design competition. Artists are asked to submit a proposal for a

trash container that would become Tri-Met's new standard model. They are also asked to design a detachable recycling bin to affix to new and existing trash containers. Funding for both projects is linked to bus stop improvements for new low-floor buses. Tri-Met dedicates 1.5% of appropriate capital improvements to art enhancements.

Artists interested in the plaza project must submit qualifications and examples of past work by April 2. Tri-Met's Public Art Advisory Committee will select the artist. To be considered for the container project, artists must submit their proposed design by April 30. Prospectuses for the two projects are available by calling (503) 239-2291, or via e-mail at: priester@trimet.org

FOOD SAFETY Fighting BAC! By Chilling Out

After being out in the chilly winter weather, coming into a warm, cozy home for a hot meal is comforting. But warm temperatures are comfortable for bacteria as well, and leftovers should not be left out under conditions where they can grow and cause foodborne illness. The safest place for leftovers - winter, spring, summer, or fall - is in the refrigerator where they can "chill out."

Foodborne bacteria grow rapidly when food is left out on the counter. Room temperatures fall in the "Danger Zone," between 40 and 140 °F, where bacteria grow rapidly. It is estimated that as many as 9,000 deaths and 6.5 to 33 million illnesses yearly are directly linked to foodborne pathogens (bacteria and other microorganisms that cause illness). And many of these illnesses are caused by food that is left out on the counter at room temperature.

"CHILL: Refrigerate promptly" is one of the four principles of the Fight BAC! Campaign, a public-private partnership of industry, consumer groups, and government, including the U.S. Department of Agriculture's (USDA) Food Safety and Inspection Services (FSIS).

Why is Chilling Important?
The reason chilling food is so important is that cold temperatures keep harmful bacteria from growing. Most bacteria and other pathogens grow very slowly, if at all, at refrigerator temperatures. Listeria monocytogenes is one exception. Freezing will stop growth, but does not destroy bacteria.

Campylobacter jejuni, Clostridium botulinum, Clostridium perfringens, Escherichia coli O157:H7, Salmonella, Streptococcus (Group A), Listeria monocytogenes, /shigella, are ingested on food, they or their toxic products can cause foodborne illness. Pathogenic bacteria can grow in just about any food, but prefer meat, poultry, seafood, eggs, and dairy products, as well as vegetables such as beans and other low acid foods.

To survive and reproduce, bacteria need time and the right conditions: food, moisture, and warm temperature. Most pathogens grow rapidly at temperatures above 40 °F. The ideal temperatures for bacterial growth are between 40 and 140 °F - what FSIS calls the "Danger Zone."

Some bacteria can double their numbers every 20 minutes at temperatures above 40 °F. In 2 hours, these bacteria can become so great in number that they may cause an illness or form toxins that cause illness.

Pathogenic bacteria can be found on raw meat and poultry products. If these foods are refrigerated, most of the pathogens do not reproduce, and that do, grow slowly. They will be destroyed when the product is cooked. If raw products are left out at warmer temperatures, these pathogens can produce a heat-stable toxin that might not be destroyed by cooking.

Pathogenic bacteria do not generally affect the taste, smell, or appearance of food. In other words, one cannot tell that a food has been mishandled or is dangerous to eat. For example, food that has been left too long on the counter may be danger-

ous to eat, but could smell and look fine. If a food has been left in the "Danger Zone" for more than 2 hours, discard it, even though it may look and smell good. Never taste a food to see if it is spoiled.

Cold temperatures (below 40 °F) can significantly slow down bacterial growth, but only heat (above 140 °F) can destroy bacteria.

How to Chill Cooked Foods to Keep Them Safe

Divide cooked foods into shallow containers for rapid cooling
Stir soups and stews to speed the release of heat.

A large cut of meat or whole poultry should be divided into smaller pieces and wrapped separately or placed in shallow containers before refrigerating.

Cover containers and refrigerate within 2 hours.

Store in the refrigerator and use within 4 days, or freeze and use within 2 to 3 months for best flavor and moistness.

For additional food safety information about meat, poultry, or eggs, call the toll-free USDA Meat and Poultry Hotline at 1 (800) 535-4555; Washington, DC area, (202) 720-3333; TTY: 1 (800) 256-7072. Home economists registered dietitians and food technologists' weekdays from 10 a.m. to 4 p.m. Eastern Time staff it, year round. An extensive selection of food safety recordings can be heard 24 hours a day by using a touch-tone phone.

The media may call Berry, Manager, USDA Meat and Poultry Hotline, at (202) 720-5604.



CAREER OPPORTUNITIES IN APPRENTICESHIP

Are you interested in a FUTURE in the Piping Trades?

U.A. Local 290 will be accepting applications for Metal Trade Pipefitters Apprentices

- WHEN:** MONDAY, April 19 through FRIDAY, April 30, 1999. 9am - 4pm weekdays
- WHERE:** Apply in person: U.A. Local 290 Training Center, 20220 SW Teton Avenue, Tualatin, Oregon 97062; 691-1997.
- AGE:** Must be at least 18 years old (proof required - non-returnable copy of birth certificate, or current driver's license)
- REQUIREMENTS:** High school graduate with C average or better OR GED with minimum 255 total score; AND C or better in one year high school algebra. Official transcripts are required and must be mailed **directly** from the institution to Local 290 Training Center before May 7, 1999.

NOTICE OF NON-DISCRIMINATORY POLICY AS TO STUDENTS

The United Association Local 290 Apprenticeship and Journeymen Training Trust Fund admits students of any gender, race, color, national and ethnic origin to all rights, privileges, programs and activities generally accorded or made available to apprentices at the school. It does not discriminate on the basis of gender, race, color, national and ethnic origin in administration of its apprenticeship policies, admission policies and other Trust-administered programs.

Matt Walters, Business Manager