

1999 EARTH DAY CELEBRATION

Community Connections To The Environment

Event date: April 24, 1999, from 10:00am-1:00pm at Matt Dishman Community Center, 77 NE Knott St.

Performances:
 10:45AM-11:30AM NW African American Ballet Theater, Bruce Smith
 11:30AM-12:15PM Wisdom of the Elders, Rose Dryer High Bear

A Few Student and Agency Projects: Beaumont Liz Jensvold Vermaculture and composition bins • Portsmouth Middle School Doug Sautler, Street Tree Inventory • Grant High School Brick Street, Bio Swale • Portland Parks, Community Gardens Leslie Pohl-Kosbau, transplanting of Marigolds • Saturday Academy Stacey Renfro, restoration project • Clear Corps Larry Ehrbar, lead reduction.

Earth Day at Matt Dishman Community Center is a student focused eco-

logical forum. The students from local schools will present their environmental projects being completed during the 1998-1999 school year. These projects reflect the environmental concerns of the students and the solutions they have developed for a greener tomorrow. The projects vary from mapping where you live in the local watershed, to building compost bins with vernaculture techniques. Portland Parks and Recreation along with other local community agencies will also present environmental projects.

The Earth Day celebration will include performances by Wisdom of the Elders and The North West African American Ballet. These performers are sensational professionals who have volunteered their time to this event. After the forum is over come and enjoy a free swim for the entire

family in the Dishman pool! Oh, and as always, refreshments will be served for your enjoyment during this fun filled day.

Also taking place during the celebration is a workshop for the Procession of the Species Parade. The Parade starts at 1 p.m. from the North Park blocks at NW Davis and Broadway and will make it's way to Pioneer Courthouse Square. Now until April 24, local artists, dancers and musicians are holding free workshops for construction of masks. The Procession workshops take place at the Community Art Studio (the former Nature's) at 5909 SW Corbett. Call Earth and spirit council for more information 503-452-4483. If you have any questions about the Earth Day celebration call Portland Parks and Recreation at 823-PLAY.

Ethnicity Linked To Energy Output Of Teenage Girls

Ethnicity may be the latest addition to the list of risk factors for weight gain among teenage girls, according to a study published in the March issue of the Journal of Clinical Endocrinology and Metabolism.

"Lower energy output might help explain the greater tendency of African-American girls and women to become overweight," said Dr. William Wong, a scientist with the USDA/ARS Children's Nutrition Research Center and a professor of pediatrics at Baylor College of Medicine in Houston. According to government data, 44 percent of African-American adolescent girls are considered overweight, compared to 29 percent of Caucasians.

The study involved 81 normal-weight African-American and Caucasian girls between the ages of 12 and 17, who were matched for height, weight and percent body fat. Each girl completed a food diary while spending 24 hours in a calorimeter, a special

room designed to measure the number of calories they burned during various activities, such as resting and sleeping.

The girls also received a dose of "labeled water," water containing special "tracers" of oxygen and hydrogen, before they returned to their homes and daily routines. At the end of the 10-day period, the girls turned in their food diaries and daily samples of saliva or urine they had collected. The samples enabled researchers to determine the rates at which the tracers disappeared from their bodies. The difference in these two rates provides an accurate measure of the number of calories that had been burned.

Findings from the study showed that the average daily caloric intake of the girls in the two groups was not significantly different. However, the African-American girls burned an average of 410 fewer calories while doing their normal daily activities and 80 fewer during rest per day than their

Caucasian counterparts.

According to Wong, the large difference in energy use for daily activity between the two groups is a concern. Fat accumulation accelerates during puberty, which is also the time that most girls tend to decrease their physical activity. "This lower level of energy use might be putting African-American adolescent girls at greater risk for excessive weight gain," said Wong. Overweight teens often become overweight adults who face an increased risk for diabetes, cardiovascular disease, joint problems, and some types of cancer.

"Whether the African-American girls' lower energy use is related to less physical activity or some other factor is not clear. But, if we can identify the factors causing the decrease in energy use, we might be able to better design intervention programs to help children at risk for weight gain and related medical problems," said Wong.

Girls to Expand Horizons at Career Conference

Lewis & Clark College and Expanding Your Horizons will host a career conference for parents and their daughters in grades 6 through 12, Saturday, April 17, 8 a.m. to 1 p.m., at Lewis & Clark College, 0615 S.W. Palatine Hill Road.

The career conference will offer girls, parents, teachers and counselors an opportunity to learn about a variety of careers; to talk to women in non-traditional occupations such as engineering aviation and automotive repair; and to meet positive female role models. The conference also aims to boost young girls' interest in mathematics and science.

Nancy Wilgenbusch, president of Marylhurst University, will present the keynote address "Make the future Work: Pursue Your Passion," at 8:45 a.m. in Agnes Flanagan Chapel. Following Wilgenbusch's address, girls may attend a series of workshops, and parents and teachers may attend adult sessions.

The Saturday conference will include more than a dozen concurrent workshops hosted by women in different professions. Members of the Association of Women in Automotive will talk about their different professions. Members of the Association of Women in Automotive will talk about their careers and offer career tips. Electricians will demonstrate Ohm's law while wiring a low-voltage light switch. An agent with the FBI's Drug Squad will talk about fingerprinting, bullet-proof vests, and her career as a special agent.

A firefighter, a pipefitter and a sheet metal worker will talk about their jobs. A team of women in geology will talk about earthquake and topographic mapping. A veterinarian will talk about keeping pets healthy and happy. Other presenters include a graphic artist, a software engineer, a financial planner and women from sports-related careers.

The conference will feature several adult sessions: Joy Wallace of the Columbia Education Center will show parents how to find college prepara-

tion sources on the Web, the Multnomah Commission on Children and Families will share the surprising results of its survey of student assets, pediatrician Kathy Masarie will tell how to build healthy self-esteem in girls, Thresa Levy of the Oregon Department of Education will discuss the future of education, and historian Jane Burch-Pesses will discuss women scientist and mathematicians ignored in traditional history classes.

Cost is \$4 for girls. Admission is free for adults accompanied by a student. To register, call Bonnie Randolph, Expanding Your Horizons, at (503) 916-5840, Ext. 328, or Nancy Huppertz, (503) 691-1166.

Expanding Your Horizons, a national, nonprofit, volunteer organization, hosts the annual career conference. Sponsors are Multnomah County Girls' Initiative Network at Lewis & Clark College, American Association of University Women, Association of Women in Automotive, Clackamas Gender Equity Team, Columbia Education Center, Intel Foundation, Columbia Willamette Area Health Education Center, Northwest Regional Educational Laboratory, Oregon Tradeswomen Network, Oregon Department of Education, Portland Regional Gender Equity Team, Portland Public Schools and Tektronix Inc.

Senior Property Tax Deferral Deadline Approaching

The deadline for filing for the senior property tax deferral program is fast approaching. The Oregon Department of Revenue reminds taxpayers that April 15 is the date to get applications in to county assessors.

Applications and information are available by calling The local county assessor's office.

"The senior deferral program allows qualified senior citizens to defer payment of their property taxes on their home," explained Shirley Leiper, supervisor of the department's Senior Deferral Unit. "State government pays the taxes to the county, maintains the account, and charges only 6% simple interest, which is also deferred."

To qualify for the program, senior citizens must meet the following criteria:

They must be 62 years of age or older by April 15 of the year they apply;

It must be for the principal residence only, they must live on the property, and have a deed or recorded sales contract;

They only have to file once un-

less they remarry or are a surviving spouse;

Their household income must be less than \$24,500 for the year before they apply. Once on the program they must meet an annual test of a federal adjusted gross income of \$29,000 or less to participate for that year.

Taxes are owed when the taxpayer receiving the deferral dies, sells the property, changes ownership, or ceases to live permanently on the property.

A surviving spouse can continue to defer past and future taxes if she is at least 59 1/2 and files a new application.

For additional information, taxpayers may contact the department's Tax Help representatives at 503-378-4988. From January through April the toll-free number within Oregon is 1-800-356-4222. Spanish speakers may call 503-945-8618 to leave a message. For TTY (hearing or speech impaired only), the year-round toll-free number within Oregon is 1-800-886-7204. In Salem the number is 503-945-8617. These numbers are answered by machine only and are not for voice use.

REMINDER: April 15th is Tax Day! Be done or file an extension!

Cry For Kosovo

ETHNIC CLEANSING IS ALIVE IN EUROPE Today 700,000 Kosovar refugees face hunger, disease and death in the worst humanitarian disaster on the continent since World War II.

The majority are women, children and the elderly driven from their homes at gunpoint. By the hundreds of thousands, the refugees are arriving this week in Albania, Montenegro and Macedonia with no food



"(Mercy Corps) has more experience in Kosovo than any other such group." -The Washington Post

or shelter - but with terrifying stories of burning villages and mass executions. Chillingly, the men are largely absent.

Mercy Corps is there helping right now.

Mercy Corps International, based here in Oregon, is providing food, water, blankets and medical aid to more than 100,000 Kosovar refugees right now. We've worked in Kosovo since 1993, led by Terry Heselius, a businessman from Albany, Oregon. Today we're on the front lines, helping people who have lost everything - homes, farms, jobs and loved ones. But we desperately need your help.

Your gift can save lives today.

Your gift today of just \$35 can send a Mercy Corps Family Food Pack with enough wheat, pasta, rice, cooking oil, meat and other food to sustain a refugee family of six for one month. Please help save lives and send a message of hope to the people of Kosovo.



"Mercy Corps' efficient humanitarian programs are transforming the lives of poor families overseas and here in the Pacific Northwest. Mercy Corps is a shining example of the role all of us can play in lessening suffering and oppression."

- Senator Mark O. Hatfield, Honorary Chairman, Mercy Corps International



More than 92 percent of Mercy Corps' resources go directly to help people in need, like this young refugee in Dubovac.

YES! I want to send a Mercy Corps Family Food Pack to a Kosovar family fleeing the fighting and bloodshed. Enclosed is my gift of:

- \$35 to send one Family Food Pack (feeds a family of six for one month!)
- \$70 to send 2 Family Food Packs
- \$105 to send 3 Family Food Packs
- \$210 to send 6 Family Food Packs
- \$490 to send 14 Family Food Packs
- \$_____ to send as much aid as possible

Name _____ Apt. _____
 Address _____
 City _____ State _____ Zip _____
 Phone () _____

Send your check with this coupon to:
 Mercy Corps International
 Kosovo Relief Fund, Dept. A
 P. O. Box 9
 Portland, OR, USA 97207

Gifts are tax-deductible to the full extent allowed by law.

Kosovo updates: www.mercycorps.org

Pledge your support today by calling 1-800-852-2100

Clip this coupon and mail with your check.