

Family Living

NE Portland Community Housing Conference & Information Fair Set for July

Portland City Commissioner Erik Sten sponsors event in partnership with local community groups, housing, and development agencies

Housing and community development in Northeast Portland will be the focus of a free, one day conference held at the Center for Self Enhancement, Inc. at 3920 N. Kerby Ave. on Saturday, July 10, 1999, from 9:00 am-3:30 p.m.

Portland City Commissioner Erik Sten, a key sponsor of the event, said addressing gentrification concerns and increasing community education and partnership were the key reasons for the conference.

"Housing is one of the most important issues facing our city, especially in Northeast Portland," the Commissioner said.

"We want all of the Northeast to have a say in the future of this community, and to know what the options are for housing and home ownership," he added. "The goal of this conference is to make that possible."

Other conference sponsors include the Northwest Coalition of Neighborhoods, Inc., the community Development Network, the Portland Bureau of housing and Community Development, and the Portland Development Commission.

Citizens and staff have worked to organize an event that will attract community residents, local organizations, business people, developers and funding institutions to share concerns about recent Northeast Portland housing trends, along with examples of successful resolution of conflicts.

Registration begins at 9:00 am. A continental breakfast will be available. A number of speakers are scheduled to present important historical and current information to conference attendees.

In the afternoon, there will be two consecutive discussion sessions; the first will be focused on gentrification; the second on partnership and consensus building.

Commissioner Erik Sten will then close the conference with a summary of the day's events and discussion of next steps.

There will also be an informational Fair at the conference for attendees to gather information on first-time home buying options, affordable rental options, future development projects and general information from local agencies and organizations.

Both breakfast and lunch will be provided. Citizens interested in registering for the conference, or those in need of childcare or special accommodations for the conference should call Commissioner Sten's Office by Wednesday, July 7, 1999 at 823-3589.

Summer Activities For At-Risk Kids

A former Portland Police Chief says working with at-risk children and helping them stay out of trouble is "community-policing at its best." The police and several community groups are organizing activities for children in a program that offers moral guidance... and also gives them a pat on the back. Former Chief Tom Potter, now with a group called "New Avenues," says it's hard to keep children busy and supervised when they have so much time off in the summer. The group's summer program, called "Operation Re-Focus," is beginning its fourth year. The police also plan more curfew sweeps and checks on kids on parole this summer.

Money Ba\$h Tour 1999

Now That's Rich!

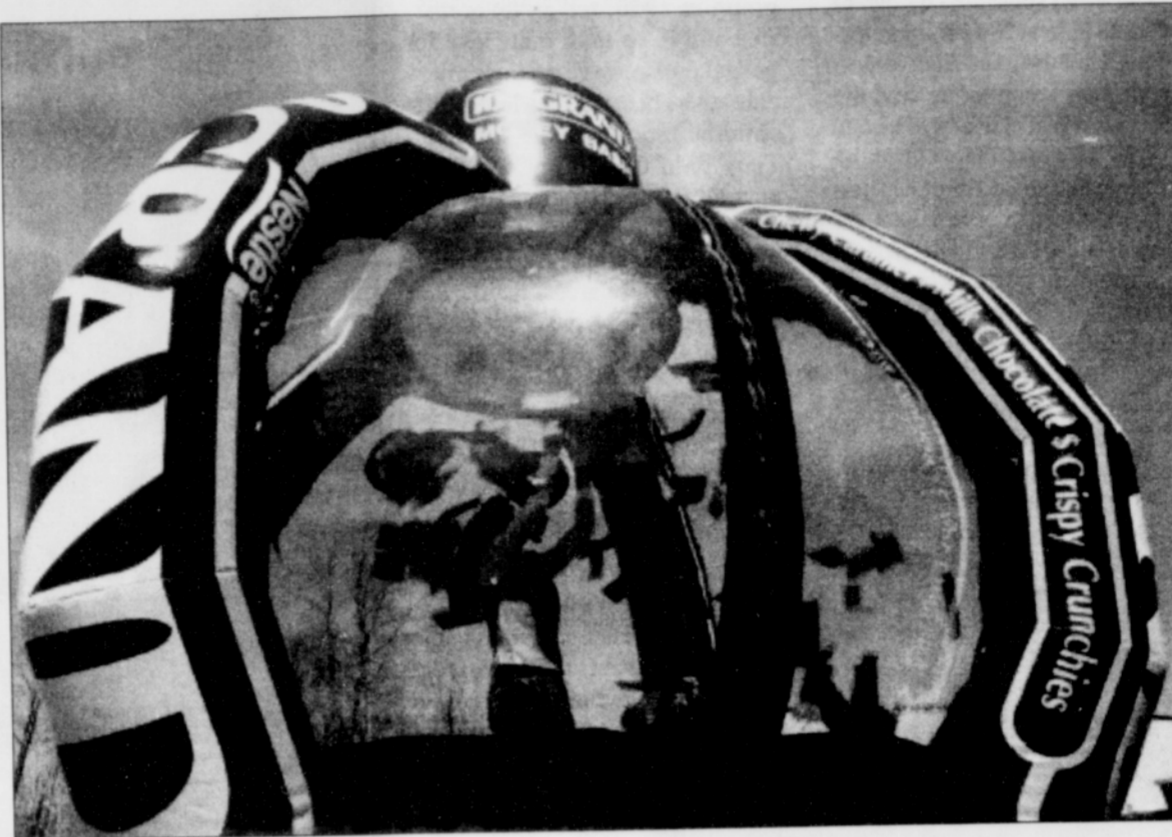
Teens Jump at the Chance to Grab \$100,000 Cash During the 1999 100 Grand Money Bash Tour

Who

Middle and high school teenagers, ages 12-17.

What

Nestle 100 Grand candy bar will give teens the opportunity to win \$100,000 as well as tons of fun prizes. Fifteen lucky teenagers will take their chance inside the Nestle 100 Grand Money Bash booth, a super-sized prize



machine just for teens! Inside, they'll battle gusty winds as they try to catch "money" worth cash or prizes. The teen who catches the most "money" will re-enter the booth for the chance to win \$100,000! Now that's rich!

Visuals

Teenagers racing around a colorful, balloon-like booth, frantically grabbing at the whirlwind of "money"
• Crowds of excited teens jamming to live music broadcast by KKRZ-FM "Z100"
• One lucky teen vying for a \$100,000 prize!

When

Sunday, July 4, 1999 • 3 - 7 P.M.

Where

Fort Vancouver • Vancouver, WA

Why

For Fun, Excitement and Money!

Contacts

Michael Mand or Lisa Wade at Manning Selvage & Lee, (323) 782-6600, 280/242. mmand@mslpr.com/lwade@mslpr.com



James L. Phillips, M.D.
Baylor College of Medicine
Houston, Texas

HEALTH FOCUS

Summer exercise: Beat the heat

takes 45 to 90 minutes of outdoor exercise each day for seven to 10 days to get your body adjusted to the heat.

During this first week, reduce the duration and intensity of your workouts. Avoid exercising between noon and 5 p.m. when temperatures are at their highest, and focus on the late afternoon hours. By 6:30 or 7:30 in the evening, there will be a noticeable change in the temperature, and the humidity will be lower.

Water is extremely important. About 20 minutes before exercising, drink 12 to 16 ounces of cool water. During exercise, drink four to six ounces every 15 to 20 minutes and have at least six to eight ounces after you are finished. It may sound like too much fluid, but this will ensure that you are adequately hydrated. You

will not be overloaded with water.

Baylor experts caution people not to rely on thirst as an indicator of the need for water. Studies have shown that by the time you are thirsty, the body's water reserves have already decreased significantly.

Watch for symptoms of heat exhaustion which include fatigue, headache, mental confusion, dizziness and nausea. This is more common in those not used to outdoor work and play. Left untreated, however, it can lead to heat stroke, a life-threatening condition.

When you exercise, dress in light-colored clothing, wear sunscreen, and keep that water bottle handy. These simple precautions will allow you to keep your exercise program on track this summer.

WANTED

PROFESSIONAL BARBERS

- Male or Female
- Full or Part Time
- Salary and Benefits Available

- ALSO WANTED -

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