



Family Living

It takes two minutes to prevent two weeks of agony

CONTRIBUTED STORY
FOR THE PORTLAND OBSERVER

Each year, tens of thousands of families are victims of a preventable disaster—frozen pipes. And, every winter, it is homeowners who have the most control over whether life goes on as normal or whether they face the chore of cleaning up when a frozen, burst pipe sends water cascading into their house. Homeowners can avoid frozen pipes by having adequate insulation where pipes run along outside walls, floors and ceilings. They can disconnect outside garden hoses, wrap exposed pipes with insulating sleeves or tape and seal foundation cracks that let arctic air freeze pipes in crawlspaces. But there are a couple of simple tasks that may take homeowners only about two minutes but can help protect pipes and homes when severe freeze is predicted:

- Open cabinet doors to allow heat to get piping under sinks and vanities near exterior walls.
 - Run a small trickle of water at vulnerable cold and hot faucets.
- The destructive power of an open water pipe should not be underestimated. Frozen Pipes Prevention Fact Sheet
- One-eighth-inch (3 millimeters) crack in a pipe can spray more than 250 gallons (946 liters) of water a day—ruining floors, carpets, furniture and irreplaceable personal belongings.
 - Homes in warmer climates are usually at greater risk because pipes often run through uninsulated or underinsulated attics or crawl spaces. When temperatures in southern climates dip below 20 degrees Fahrenheit (minus 6 degrees Celsius), pipes can freeze and burst
 - Pipes can freeze anywhere due to exposure from cracks or holes in siding or because of pipes being placed in outside walls with inadequate insulation.
 - When it's especially cold where you live, let the hot and cold faucets drip overnight and open cabinet doors to allow heat to get to uninsulated pipes under sinks on exterior walls.
- Insulate pipes in your home's crawl space or attic. The more insulation you use, the better protected your pipes will be. An insulating pipe sleeve, heat tape or thermostatically controlled heat cables are probably your best bets. Seal leaks that allow cold air inside. Look for air leaks around electrical wiring, dryer vents and pipes. Use caulk or insulation to keep the cold out and the heat in. In severe wind chill, a tiny opening can let in enough cold air to cause a pipe to freeze.
- Disconnect garden hoses and, if practical, use an indoor valve to shut off and drain water from pipes leading to outside faucets. This reduces the chances the short span of pipe just inside the house will freeze.
- If you are going away for an extended period of time, be sure to maintain adequate heat inside your home. Set the thermostat no lower than 55 degrees (12 degrees Celsius). It also makes sense to shut off and drain the water system.

For more information on avoiding the preventable disaster of frozen pipes, contact State Farm Public Affairs or see our Web site: www.statefarm.com

Quit line offers smokers chance to quit

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At the dawn of the new millennium, change is on people's minds. But time is a commodity everyone seems to lack. This can be frustrating because it takes time to make the changes that many consider at this milestone. As you juggle a seemingly endless string of responsibilities, the hours shrink away quickly.

You know smoking is bad for you and for those around you; you probably tried to quit a few times. But somehow you just can't find the time to get to a group meeting that can help you kick the habit.

Sound familiar? Well, you're not alone. According to Grant Higginson, M.D., State Health Officer with the Department of Human Services, Health Division, many Oregon Tobacco Quit Line callers have a genuine desire to stop smoking, but they can't break away from their responsibilities long enough to get the help they need.

"Even if conditions were perfect, it would still be hard to quit smoking. Now add your children's after-school functions, dinner, helping with homework, spending time with your spouse, paying the bills and holding down a job, and you can see how finding the time to get to a smoking cessation meeting might be tough. That's one of the reasons for the Oregon Quit Line," said Higginson.

Once a specially-trained Quit Line counselor determines a caller is ready to stop smoking, the one-on-one telephone counseling begins. Or, if a caller has already quit and is having a hard time, a counselor can

help the caller stay on track. And the best part is that the entire conversation can take place from your home or work.

The telephone-based service seems to be working. According to data compiled by the Quit Line, 84 percent of callers quit smoking for some period of time, and one-third of those quit for a month or more.

"One of the nice things about the Quit Line is that you don't have to go to a strange office or meeting room or worry that you won't get enough personal attention. We make appointments to call people at convenient times, and they can talk to us from the comfort of their own homes," said Nancy Clarke, managed care specialist at the Health Division.

Quit Line callers usually begin by participating in a counseling session lasting from 45 minutes to an hour. The sessions are mostly spent analyzing the callers' smoking patterns, helping them identify upcoming stressful events and developing non-smoking coping strategies.

Provided by the Department of Human Services, Health Division, The Quit Line offers free quitting information, one-on-one telephone counseling, and referrals either for you or for a loved one. Counseling is offered in English and Spanish and translation is available for a number of foreign languages. To talk to a counselor, call 1-877-270-STOP (English), 1-877-2-NOFUME (Spanish) or 1-877-777-6534 (TTY). The Quit Line staff is available Monday through Thursday, 9 a.m. until 8 p.m.; Friday, 9 a.m. until 5 p.m.; and Saturday, 9 a.m. until 1 p.m.

Oregon's Tobacco Prevention

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"Keep Living the Dream"

The Millennium Tribute to Dr. Martin Luther King, Jr.

On Monday, January 17, 2000, Jefferson High's Center for the Performing Arts will once again provide the center stage for the 15th annual tribute to Dr. Martin Luther King, Jr.

"Keep Living the Dream: A Millennium Tribute to Dr. Martin Luther King, Jr." will be presented live, on stage, for the 15th consecutive year.

This special program of music, dance, and celebration, under the direction of former Metropolitan Arts Commissioner, Ken Berry, will begin at noon with a "Grand Bell Ringing for Peace."

The live stage celebration of hope, peace, love and purposeful action will feature gospel choirs from all over the Pacific Northwest, dancers, blues bands, youth ensembles, and professional jazz artists will run continually from noon till 6:00 p.m.

The program will be broadcast on KBOO (90.7 FM) radio and simulcast on cable channels 11 (Portland Cable Access) and 53 (Jefferson High's T.V. Services).

Audience participants will be asked for \$1.00 donation or 2 cans/packages of non-perishable food at the door. All food donations will be given to local food banks.

Themes for this year's event include: "Vigilance in the Millennium: Justice and Freedom for All," "Working to Fulfill the Dream," "Harvesting Dr. King's Dream," "Remembering the Past, Preparing for the Future." These themes define the program's four movements, and are intended to inspire the audience to positive action. The American Red Cross will conduct its annual MLK Blood Drive in the school cafeteria on the same day.

World Arts Foundation, Inc., a local non-profit community arts organization, will produce this 15th annual tribute.

Sponsors include: Portland Public Schools, Portland Association of Teachers, Oregon Education Association, U.S. West, Washington Mutual Saving Bank, Portland Community College, McDonald's Corporation, Portland Cable Access, KBOO-FM Radio, and World Arts Foundation, Inc.

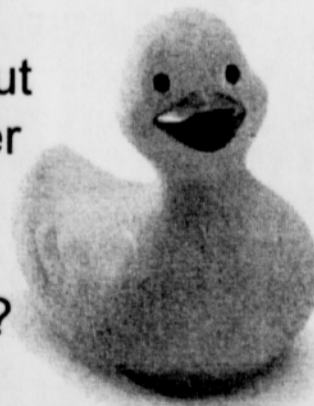
Family brief

Tri-Met offers helpful computer options

New Tri-Met web service puts all max and bus schedules in the palm of your hand. Carry it with you. People with Palm pilots or Windows CE palm computers can now download Tri-Met route and schedule information and carry it with them. This is just one of the new features available at www.tri-met.org. You can check the website index for information on everything from Tri-Met's history to the most recent meetings and forums on transportation issues. A few more new web features: Updated snow detours. With blustery weather on the way, look to Tri-Met's website for up-to-the minute information on snow routes and other detours by clicking on the home page's latest news or going directly to www.tri-met.org/detours.htm. Order passes online. If you want to avoid the

hassle of going out to buy a monthly pass, head to the website, fill out the Pass By Mail form, print it out and mail it with a check to Tri-Met. Yours will arrive by mail. Kids Stop. Kids will enjoy learning about how to ride Tri-Met safely. They can download coloring pictures or enter a contest to identify a bus route by its landmarks. Each month, three kids win prizes. Gill Wiggin of Bridger Elementary, recently became the first winner to come in and collect his prize—a 10-ride tickets book. Other services Download the trip-planning programs and plan your own ride Tri-Met's website includes a systemwide map that Own ride and individual bus route at the click of a mouse. Access Lost & Found to report missing items. Look for employment opportunities, Assistance with alternative transportation modes, such as carpool, van pools and bicycling MAX safety information.

Feeling like a duck out of water since you retired?



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Oregon is recruiting volunteers to...

- set up exhibits and talk with folks at events and fairs. Ask about the **Volunteer Ambassador** position.
- help organize events and informational forums, voter education and legislative advocacy efforts. Ask about our **VOTE and Advocacy** positions.
- work with the media on AARP issues and activities. Ask about the **Media Specialist** position.

CONTACT THE AARP OREGON STATE OFFICE
AT 1-800-922-8716 FOR MORE INFORMATION.

It is AARP's policy that all AARP volunteers will receive equal opportunity and treatment throughout recruitment, appointment, training and service. There will be no discrimination based on age, disabilities, gender, race, national or ethnic origin, religion, economic status, or sexual orientation.