



Family

Portland Area Students Gather Food Donations

Portland and Washington County Public Schools Fight Hunger with Project Second Wind

Some things are tough to quantify, but there's no doubt that students in more than 100 local schools will meet anyone's standards for caring, compassion and dedication to community service.

Area students expect to raise

the equivalent of nearly 300,000 pounds of food during the 30th Annual Project Second Wind Food Drive, held this week in most Portland Public Schools and Washington County schools.

Portland area emergency food agencies report continued in-

creases in the number of people they serve, including more working families, women and children.

Project Second Wind will help restock the food bank's stores of healthy non-perishable foods for distribution to these

direct-service agencies.

"For 30 years, we've counted on Project Second Wind to provide the first major wave of community support each new year," says Oregon Food Bank Executive Director Rachel Bristol.

"The event is particularly important right now, as high demand prevented most food pantries from keeping a hold-

over supply of food from holiday food drives. Many are running on empty."

Kids will collect food at home and in their neighborhoods, entering into competition with other schools and classrooms.

Cash contributions are also accepted. Cash donations help Oregon Food Bank access and transport large-scale donations of food from the food industry.

Project Second Wind concentrates on kids helping kids. One in five children in America live in poverty.

In Oregon and Clark County, 210,000 kids received emergency food boxes last year.

A curriculum prepared by educators and classroom presentations also help kids learn about hunger and its root causes.

Performance Buys Pianos for Area Groups



Ten premier pianists from the local area performed in the inaugural "Ten Grands" benefit concert for the Snowman Foundation at the Arlene Schnitzer Concert Hall. The event raised \$130,000 for new pianos at Holy Redeemer School, Friends of the Children, New Avenues for Youth, St. Mary's Home for Boys, Kids on the Block and the Boys and Girls Club. The money will also go toward scholarships and music lessons for children. Pictured (from left) are Julianne Johnson, Benjamin Kim, Michael Allen Harrison, Alexx Carnathan, Mike Hasson, Craig Walker, Tom Grant, John Nilsen and Andrei Kitaev.

(PHOTOGRAPH BY JON DISHLER)

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Tips on Beating the High Cost of Energy

BY STACY MOE,

BETTER BUSINESS BUREAU

As California weathers rolling blackouts, and higher energy costs loom on the horizon in the Northwest, there are some pro-active steps consumers can take to help reduce the costs of energy. The Better Business Bureau and the Federal Trade Commission recommend conducting an "energy audit" to help ascertain the efficiency of your heating and insulation. You may want to check if your local utility company offers low cost energy audits, or, you can conduct one of your own by:

- Check your attic, attic stairway, attached garage walls and basement to make sure your home is insulated to the levels the Department of Energy recommends for your area. When inspecting and buying home insulation products look for the R-value. The higher the R-value, the greater the insulating power.

- Wrap your hot water heater in an insulating jacket.

- Schedule an annual inspection for your heat pump, furnace, or boiler. Your utility company may provide this service.

- Hire a professional to seal and insulate leaky ducts and to ensure that the airflow distribution system serving your heating equipment is operating at peak efficiency.

- Clean or replace filters on forced air-furnaces; seal flues in fireplaces you don't use, install drapes or some other covering on windows; and seal holes around plumbing and heating pipes.

- Check caulking and weather-stripping, and repair where necessary.

- Close your foundation vents in the winter if there's a crawl space under your home.

The BBB recommends contacting your local utility company to inquire about their services and for further information about energy efficiency. Before hiring contractors to install or

service a heating system, or to perform energy saving home improvements, check on their reliability. The Better Business Bureau provides reliability reports, and you may check with state agencies to verify that contractors and companies are properly licensed and bonded. Check any door to door "handyman" before engaging their services.

Home bound seniors, among others, may be targets for door to door laborers that ask for money up-front for work only to take off with the money or provide shoddy materials and workmanship. Consumers are also advised to exercise caution when offered energy saving products, gadgets, or services. Be wary of exaggerated advertising claims that promise a huge reduction in energy costs.

Consumers can contact the Better Business Bureau's in Oregon at 503-226-3981, and in Western Washington at 206-431-2222, and the Federal Trade Commission at 1-877-382-4357.

Senator Urges Black Students to Help Others

Determination and selfless giving were the themes of a speech by state Sen. Margaret Carter, D-Portland, before members of the Black Students Union at the University of Oregon. Inciting action on the part of students to make a difference in the world, Carter suddenly burst into song at the end of her speech.

"If I can help somebody, it shall not be vain," she sang. About 60 students and university leaders in the audience applauded. Carter was the keynote speaker at the "Celebrating Black Achievement Night" at the UO. The event, sponsored by the university's Black Students Union, was part of Black History Month. The UO's

celebration of Black History Month. The UO Gospel Ensemble performed and students and people influential in the black community in Lane County were recognized.

Carter, who grew up in the segregated South and moved to Oregon in 1967, urged students in the audience to keep education a priority in their lives. She said the way to develop a more equal society for people of color is for students to share their education with others. "It's important to remember that education is something that's to be defined by you," Carter said. "Education will not take place between these four walls in this institution. Do not get your edu-

cation for your own personal benefit, but for your own nation because the nation needs it."

In addition to her work as a senator, Carter is chief executive of the Portland Urban League.

Carter said that when she ran for the Legislature in 1984, she was told she would never win because she was a black woman. A black woman had never before been elected to the House of Representatives, but she said she didn't let that stop her. She was elected that year and served for 7 sessions in the House before being elected to the Senate in November. "You must not let jeers and snickers pull you aside from your goal," Carter said.

"My mama loves me so much, she protects me from colds, ear infections, headaches, asthma attacks and even cancer without lifting a finger."



How? Josiah's mother doesn't smoke and doesn't allow secondhand smoke in her home. If you smoke, take it outside. Or better yet, consider quitting. For help, call the Tobacco Quit Line at 1-877-270-STOP or The African American Health Coalition at 503-413-1850.



A message from

Multnomah County Tobacco Prevention Coalition
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