

Portland **Family** Observer



PHOTO BY LORRAINE-MICHELLE FAUST/THE PORTLAND OBSERVER

Mearita Tabb teaches the art of embroidery at Harriet Tubman Middle School in north Portland to seventh grader India Anderson (from left) and Shannon Demarest.

Grandmother Teaches Embroidery to Kids

Mearita Tabb volunteers teaching embroidery on weekday mornings at Harriet Tubman Middle School. The students arrive before classes begin at 9 a.m., some as early as 7 a.m.,

to embroider pillowcases, table clothes and napkins. Tabb, a local grandmother, has taught embroidery at Tubman for two years to give the kids something

positive and productive to do before school. Tabb said of her "little ladies": "They could sell their work if they wanted to; they are that good."

Washington Park Shuttle Opens May 28th

Tri-Met's popular Washington Park Shuttle service reopens on Memorial Day to take riders to the park's attractions. Now starting its third season, the summer shuttle continues to draw new riders, carrying 13,000 a month last year - up 18 percent from its first year.

Beginning May 28 through Sept. 9, the shuttle will run every 15 minutes, every day, between 10 a.m. and 7 p.m. This year, the shuttle will take you

to the new Children's Museum, re-opening on June 30th in the renovated former OMSI building across from the zoo. Or, ride the shuttle to any of these perennial favorites: Oregon Zoo, International Rose Test Garden, Japanese Garden, Hoyt Arboretum, World Forestry Center, Vietnam Veterans Memorial, Rose Garden Children's Play Park and hiking trails. MAX trains will stop at Washing-

ton Park Station, North America's deepest transit station -- an adventure all its own. Before elevators whisk you 260 feet up to the park, enjoy the fun geological and historical displays at the station platform. At the surface, you'll be on the doorstep of the Oregon Zoo, World Forestry Center and Children's Museum. The shuttle can take you from there to the park's other attractions.

Police Build Website for Recruitment

A new website aimed at the college-age audience is now on-line to help the Oregon Police Corps and Portland Police Bureau recruit applicants.

The site can be viewed at oregonpolice.com.

"We want the community to know we are hiring and are especially interested in reaching women and minorities," said Portland Police Chief Mark Kroeker.

Using the web-based recruiting tool helps the police bureau reach more people and can help meet the bureau's overall hiring goals, said Kroeker.

"About 60 percent of our officer candidates are applying to our agency

based on information they find on the web. Attracting top-quality candidates to Oregon Police Corps is important because many go on to become Portland police officers," Kroeker said.

The head of Oregon Police Corps, Capt. Dave Benson, said he hopes the new site will answer many questions and assist potential candidates in the application process.

"We've combined easy-to-use graphics with a tremendous amount of information, said Benson.

The corps is seeking college-ready applicants who want to pursue a career in law enforcement. If accepted, the student is eligible for up to \$7,500 each year, or a maximum of \$30,000 for

four years, for college expenses. Police Corps participants complete a residential academy and graduate to become police officer trainees in Oregon law enforcement agencies. Since the program began in 1996, the Portland Police Bureau has hired 50 Oregon Police Corps graduates to become police officers.

Gambling Treatment for African Americans

Multnomah County, in collaboration with the Center for Community Mental Health, 5010 N.E. 33rd Ave., is developing an African-American-specific problem gambling treatment program.

In a recent Oregon gambling

prevalence study, minorities were found to have a pathological gambling prevalence rate of 6.9 percent compared to 1.8 percent for whites.

Treatment services are expected to begin approximately June 1.

Citizens Guide to A Greener Portland

If you've ever wondered what you can do for the environment, now you can get hundreds of good suggestions in the Green Pages, a new guide for community action to improve air and water quality and to conserve energy and natural resources. "The Green Pages are a comprehensive guide to sustainable practices," says Portland City Councilman Dan Saltzman. "This booklet shows you how to do everything from cutting CO2 emissions to reusing rainwater. It's an impor-

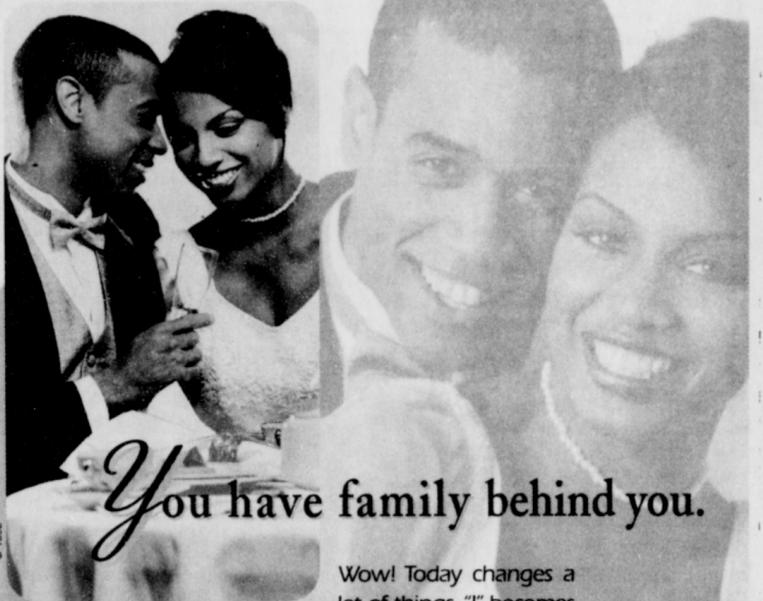
tant guide for those who want to take specific and tangible actions for a better tomorrow." The Green Pages show how to get involved in community projects to help preserve natural resources. It lists agencies and programs that have more information about keeping Portland green. It has tips on safe disposal of hazardous household chemicals, conserving water and energy, helping to restore the health of rivers and streams, and reducing, and recycling.

Legacy Promotes Literacy in Local Schools

Boise Eliot Elementary School is one of more than 60 schools from throughout the metropolitan area recently received a check from Legacy Health System for participating in an English skills program. An \$800 donation to Boise-Eliot was part of the more

than \$9,000 given to elementary, middle and high schools where Legacy employees volunteer each week. A neighborhood school located near Legacy Emanuel Hospital, Boise-Eliot is designated as the hospital's "adopted" elementary school. Legacy offers its

employees paid time off, up to 1.5 hours per week, to volunteer in literacy programs in kindergarten through fifth grades or in mentoring programs in middle and high school. Legacy provides \$100 per employee to the school, up to a maximum of \$800.



Wow! Today changes a lot of things. "I" becomes "we." "Ours" replaces "mine." And happily ever after becomes a goal, not a given. Nervous? No way. You have a strong family behind you. American Family Mutual Insurance. When you're building a future, trust means everything and 70 years in the insurance business is experience that helps you both feel secure. When it comes to commitment, our consistent A+ (Superior) rating from the respected insurance rating authority A.M. Best speaks for itself. Just call and one of our helpful, knowledgeable agents will gladly tell you more. Now, take a deep breath. And... jump! We've got you covered.



All Your Protection Under One Roof.

American Family Mutual Insurance Company and its Subsidiaries, Madison, WI 53783-0001 www.amfam.com

Short and sweet.



Showers save energy.

The average bath uses twice as much hot water as a 5-minute shower. Since a water heater can be the second-largest electricity user in your home, cutting down on the amount of water it needs to heat can save a lot of energy.

By working together, we've been able to reduce our energy use and keep the power flowing. But the energy crunch is not over yet. We still need to be thoughtful about how and when we use electricity.

Here are some other tips that can save you energy and money on water heating:

- Wait 'til late to use electricity. Avoid using your dishwasher and washer/dryer during summer peak hours of 2 p.m. to 8 p.m. Run only full loads.
- Insulate exposed water pipes. This will help keep hot water pipes from losing heat.
- Don't leave the water running while shaving. Turning the faucet on only when you need to can save thousands of gallons of water a year, not to mention the energy to heat it.
- If you're looking for a new electric water heater, buy a model with an energy factor equal to or better than .93EF for a 50-gallon tank.
- Make saving energy a habit.
- Install energy-efficient showerheads and faucet aerators. They reduce the amount of water released from a tap by up to 50 percent, but still deliver excellent water pressure.
- Set your water heater temperature at 120°F. Be sure to turn the power off at the circuit breaker before changing the setting.

Do the bright thing. Call us at 1-800-222-4335, and ask for a copy of our Bright Ideas booklet.



PACIFIC POWER