

## Nurse Midwife Joins Emanuel Clinic



Deepa Upadhyaya

Deepa Upadhyaya, a certified nurse midwife, has joined the staff at the Legacy Clinic Emanuel.

Upadhyaya was born in India, but raised in Minnesota.

She completed her master's of science in nurse midwifery at Oregon Health Sciences University and her bachelor's of science in nursing at Metropolitan State University in St. Paul, Minn. She also completed a bachelor's degree in political science and philosophy at St. Olaf College in Northfield, Minn.

Her hobbies include running, hiking, camping, playing chess and reading.

Care provided by Legacy midwives is covered by a variety of insurance plans.

For appointments or information, call Legacy Clinic Emanuel at 503-413-4500. The clinic is located at 2800 N. Vancouver Ave., Suite 255 in Portland.

## Cops in School Program Funded

Portland area public schools will receive \$1.8 million in federal monies for a Cops in School Program, Senators Gordon Smith, R-Ore. and Ron Wyden, D-Ore. announced last week.

"Our schools should be safe havens for children. These funds will help local law enforcement to establish a presence on school campuses and not only enforce our laws but serve as mentors and counselors to young people as well," said Smith. "Through COPS and other programs like it, we can reduce the risks faced by students so that they can focus on learning."

"Cops in schools combat the violence, drugs and guns that threaten students and teachers, and that stand in the way of learning," said Wyden.

## Wise Giving Recommended

It's not unusual for charity pitches to be made in the wake of disasters, according to the Better Business Bureau.

The Sept. 11 attacks on the World Trade Center in New York and at the Pentagon near Washington, D.C. are triggering an outpouring of public support and concern.

However, donors are advised to fully evaluate requests from new, unfamiliar organizations, no matter how heart-felt the plea for contributions," said Robert W.G. Andrew, president and CEO of the Better Business Bureau serving Oregon and Western Washington.

"The public should not let their guard down when approached with pleas for help originating from either on-line or off-line sources," added Andrew.

The bureau advises individuals against providing their credit card or checking account number to unknown organizations. Donors interested in contributing to any non-profit organization with which they are not familiar should check first with the local BBB or the Philanthropic Advisory Service for information and advice," Andrew said.

The BBB offers the following tips for donors to consider before responding to disaster appeals:

- Examine your options instead of giving to the first charity from which you receive an appeal. There will be a variety of relief efforts responding to the diverse needs of disaster victims.
- Be wary of appeals that are long on emotion but short on what the charity will do to address the specific disaster.
- Ask how much of your gift will

be used for the disaster mentioned in the appeal, and how much would go towards administrative and fund raising costs.

- Find out what the charity intends to do with any excess contributions remaining after the victims' needs are addressed.
- Remember there will be opportunities to give in the future.
- The problems caused by disasters do not disappear after the headlines do.
- Complaints: Consumers who feel they have been victimized can file a complaint with the Better Business Bureau to try to recover their money and to warn others about the individual or company.

You can request a free copy of the BBB's Wise Giving Guide available by calling the BBB Consumer Hotline at 503-226-3981.

## "We must not put revenge over remedy," says Rev. Jackson

"President Bush is right to marshal our resources to seek to end the scourge of terrorism. But on this journey, we must define what we mean by the word "terrorism" - all of our allies must agree on this - and then apply one set of rules around the world.

"We must resist terrorism and the forces that feed it, everywhere. In our anger, because of our losses, we must not put revenge over remedy. We must choose precise intelligence and strong diplomacy over indiscriminate bombing. We must appreciate the power of the clergy in this region of the world. Their statement was a ray of hope. They did not turn their backs on

us with anti-American slogans, but rather they raised an American principle: evidence and action must go hand in hand.

"In the commitment to long-term alliances in our struggle to end terrorism, religious leaders in Afghanistan can be strategic allies. As our foreign policy shifts from isolationism to coalition building, we must remember four principles: (1) a strong military, (2) precise intelligence, (3) strong diplomatic allies - the keys to good intelligence, and (4) economic security for the poorest and most desperate. We can win this battle if we hold to our democratic principles, and make them central in our dealings with the world."

## Portland Rain Falls Way Short

(AP) — Portland has had the driest year since 1938.

The National Weather Service station at Portland International Airport recorded 23 inches of rain and snow from Oct. 1, 2000, through Sept. 30, 2001, the period referred to as the water year.

The total was 38 percent lower than the annual average of 37.3 inches.

Regionally, the precipitation total has not been completed, but officials expect it will not be as low as the level recorded in the 1976-77 water year, the worst since records have been kept.

The Bonneville Power Administration, which markets electricity generated at federal dams, declared a power emergency last spring and reduced

by 90 percent the volume of water normally diverted over the dams' spillways to help fish avoid spinning turbines.

According to state biologists, the survival rate of some young spring steelhead populations fell to 17 percent from the normal 70 percent.

Things could have been worse. Steady flows in the Bull Run watershed, the source of drinking water for 800,000 people, along with increased water conservation and relatively little hot weather this summer meant the city was never forced to tap underground aquifers in east Multnomah County for emergency water supplies.

There were fears that power shortages that caused rolling blackouts in California last spring might spread to the Northwest,

but milder weather, decreased energy demand and increased power supplies eased the threat.

Officials now expect to get through the fall and winter without power shortages.

"We have sufficient water in storage," said Ed Mosey, a spokesman for the Bonneville Power Administration. "We don't expect any trouble meeting peak demands this winter."

Reservoirs in the Willamette Valley are not in such good shape, said Kathy Hlebechuk, a hydrologic engineer at the U.S. Army Corps of Engineers' reservoir control center in Portland. Nine of the corps' 11 reservoirs in the Willamette Valley are significantly below normal for this time of year, she said.

## NW Natural Gas Prices Soar

(AP) — For the second time in as many years, Portland area customers will see a double-digit increase in natural gas prices this month.

Residential customers of Northwest Natural Gas will see monthly bills increase by about 18.7 percent, reflecting rising wholesale energy costs. Bills for commercial customers will go up 22.5 percent and for industrial customers 28.3 percent.

Utilities throughout the Northwest have been raising rates to cover the increase in prices they pay for power.

The steep rise in utility rates comes at a difficult time, as the economy teeters on the brink of a recession. Regulators and utility officials said they are concerned about the economy's fragility but were obligated to adjust retail rates to accurately reflect costs.

"I know it's hard on customers," said Susan Ackerman, manager of regulatory affairs for NW Natural. "Honestly, if this was something we didn't have to do, we wouldn't."

Natural gas utilities buy their fuel on wholesale markets. The adjustments, which require regulatory approval, reflect only the cost of the gas.

Wholesale prices have fallen since NW Natural locked in its purchases. If prices stay down, the utility will be able to lower rates next year, Ackerman said.

## City Reduces Flood Risk

The Portland City Council has won praise from the Federal Emergency Management Agency for taking steps to reduce the risk of property damage from flooding.

Portland earned a high Class 6 rating because of the city's work restoring natural floodplains, managing stormwater runoff, updating floodplain building codes and establishing environmental zones.

"These efforts have multiple

benefits," said Portland City Commissioner Dan Saltzman. "The same programs that earned us this rating are also improving fish and wildlife habitat and helping us keep rivers and streams clean."

The rating means that about 1,300 floodplain property owners in Portland will now qualify for a 20 percent break on flood insurance premium, a credit of about \$120 a year.

## Expectations High for Urban League Dinner

Margaret Carter, president and chief executive officer of the Urban League of Portland, will host the league's annual dinner on Wednesday, Oct. 3.

The annual celebration, a longtime fundraising staple for the league, will be held at

the Portland Hilton Hotel and start at 6 p.m.

Last year's annual dinner was the most successful fundraiser the league ever held and expectations are that this year will be even better.

The night will feature local jazz and blues musicians as

well as honor some of the league's strongest supporters.

Sponsors include Wells Fargo Bank, Oregon Health Sciences University, Providence Health Systems, Oregon Lottery and the Portland Trail Blazers.

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