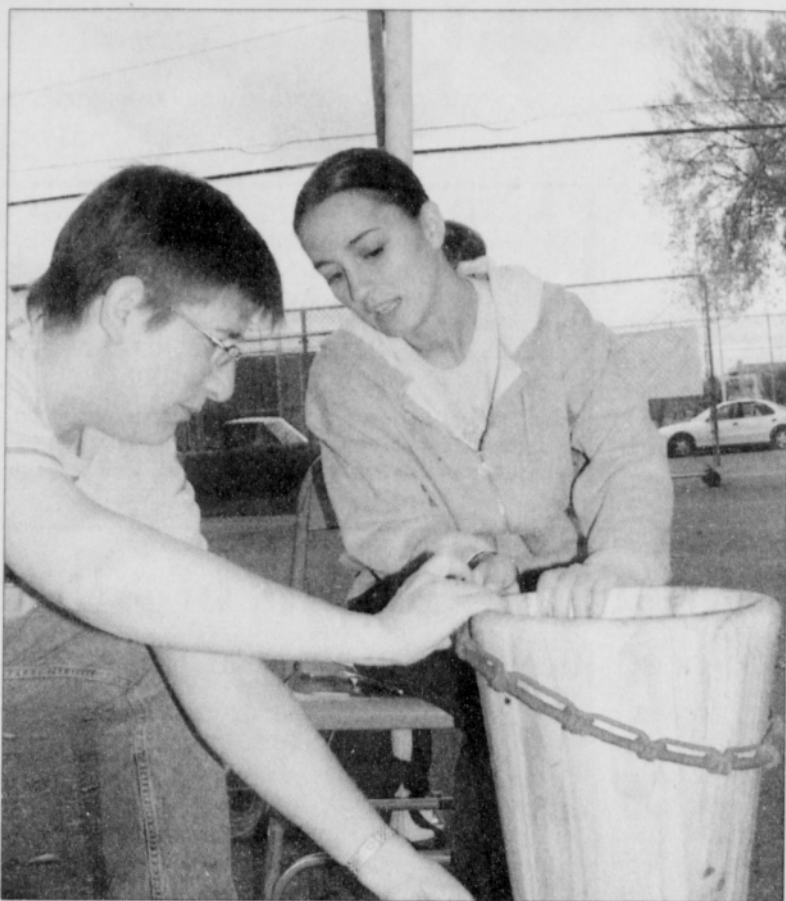


## Donating Time and Music

Nike employees Shirli May (left) and Carolyn Gutsick, make drums for Ethos at the site of the music education group's future performing arts center in the old Masonic Temple across from Jefferson High School. The effort was part of a Nike-sponsored community volunteerism event.

PHOTO BY JAYMEE R. CUTI/  
THE PORTLAND OBSERVER



## Flu Season Arrives Early

A case of influenza has been confirmed in Portland, bringing the flu season to Oregon earlier than usual this year, according to the Oregon Department of Human Services.

"Our best advice is, get your flu shot," said Dr. Mel Kohn, state epidemiologist.

Influenza usually appears in Oregon in late November or early December, Kohn said.

People at high risk include anyone age 50 or

older, residents of nursing or other long-term care facilities. People who live, work or provide care to high-risk persons are also considered high risk for flu.

Healthy persons who want to avoid the flu or who simply wish to do their part to reduce transmission should also be immunized.

To find out about flu shot clinics in your area, call 1-800-SAFENET.

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### WE NEED YOUR HELP!

We are recruiting healthy volunteers and people with Parkinson's disease (PD) of all ages to participate in a study involving a non-invasive brain stimulation technique. This study may contribute to improving the quality of life of those who are suffering from Parkinson's disease. We are trying to assess the therapeutic value of this stimulation technique in PD patients as compared to healthy volunteers. Initial participation in this study requires volunteers to attend four visits over the course of a month. You may also be selected to participate in additional experiments (up to 12 visits). Each visit lasts no longer than 3 hours. You will receive \$30.00 in compensation for each visit that you attend. Complete initial participation in the first four visits pays \$120.00.

If you are interested in helping us with this study, please contact Ryan Eaton or Brian Coakley at Oregon Health & Science University.



#### Department of Neurology

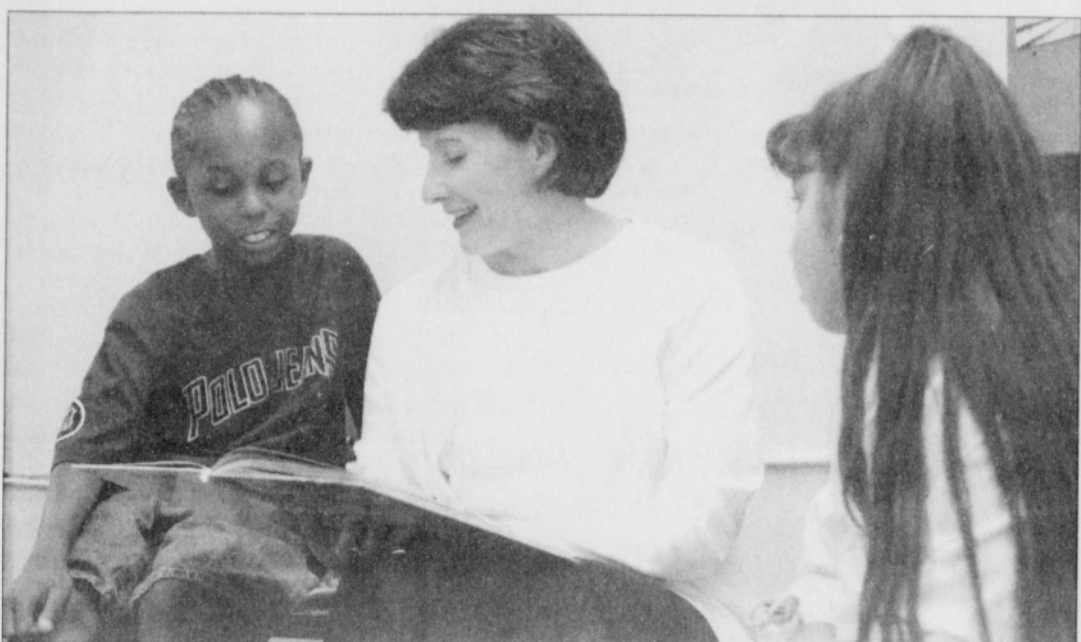
Principal Investigator:

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Email: [eatonr@ohsu.edu](mailto:eatonr@ohsu.edu) or [coakleyb@ohsu.edu](mailto:coakleyb@ohsu.edu)



Jeanne Batchelor volunteers to help kids in her north Portland neighborhood.

## Making a Difference for Kids

Jeanne Batchelor, a north Portland resident, is receiving special recognition for her work with community organizations, benefiting local children.

As an employee of Portland General Electric, she is one of the first recipients of the company's Outstanding Volunteer Award.

"Children are our future," Batchelor said. "I want them to have a better chance and improve their self-esteem. I want to let them know people do care about them—sometimes that's all it takes to make a difference. I don't always have extra money to donate. So instead of money, I donate my time, because that I do have."

Batchelor has been making a difference at Clarendon Elementary School for the past three years.

After seeing children in her neighborhood walk to school without warm coats, she worked with Touchstone, a Multnomah County program that provides school- and community-based family support to students in need.

Touchstone offers a variety of services designed to help families build on their strengths to overcome the challenges brought on by parenting, poverty and unforeseen circumstances.

Batchelor contacted Columbia Sportswear to ask for a donation of coats at cost to purchase with con-

tributions from employees of PGE's accounting department. The following two years, she persuaded Columbia to donate boots and PGE employees purchased coats to give to Clarendon students.

"Jeanne's efforts were invaluable for helping keep our students warm and dry," said Jim Bunker, a family intervention specialist with the Touchstone program at Clarendon. "Her efforts also empowered the parents of the kids who benefited from her volunteerism. They were truly grateful that someone in their community took the time to do this. It made them feel proud."



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