

# Home Heating Costs Sting

continued from Front

With the local average being between \$2.60 to \$2.74 per gallon, Portland area residents can expect to pay between \$650 to \$685 to fill a 250-gallon tank, which should heat a family-size home for about two months during winter.

Lehr said he has lost a few customers who had hoped that natural gas would be a less expensive way to heat their homes, but it seems those families will also be catching the brunt of the recent increases.

The cost of natural gas is up 15 percent locally. Around the nation natural gas prices are 50 percent higher and electric heating is up about 11 percent.

With the winter months approaching, elderly residents and low-income families may find it hard to stay warm.

The federal government does offer some help through its Low Income Home Energy Assistance Program. LIHEAP is a federally funded program to help eligible low-income households meet their home heating and cooling needs.

Officials are currently taking applications from senior and disabled residents. The energy assistance opens to the general public on Dec. 1 on a first-come, first service basis until funds run out.

Pacific Power funds the Community Energy Project, Inc. of Multnomah County, which pro-

vides senior and disabled citizens with energy education and energy-efficiency programs.

Portland General Electric sponsors the Community Energy Project, which assists low-income seniors and persons with disabilities conserve energy in their homes.

For individuals who look to make a long-term commitment to energy efficiency, the state offers low-interest energy loans to individuals or businesses for projects that conserve energy or produce energy from renewable resources, use recycled materials to create products or use alternative fuels.

There is also a tax credit available to residents for making your home more energy-efficient and helping preserve Oregon's environment.

To find out more about LIHEAP, phone 1-800-453-5511 and leave a message on an energy assistance message line or contact one of the following nine community service centers: Albina Ministerial Alliance, 503-285-0493; Catholic Charities, 503-669-8350; Human Solutions, 503-548-0200; Asian Family Center, 503-235-9396; Native American Rehabilitation Association, 503-224-1044; Portland Impact, 503-988-6000; St. Vincent DePaul, 503-595-0288; Salvation Army, 503-239-1264 and the YMCA, 503-721-6760.

For more about Pacific Power's Community Energy Project, phone, 1-888-221-7070 or visit the Web site

at [www.pacificpower.net/Navigation/Navigation1356.html](http://www.pacificpower.net/Navigation/Navigation1356.html).

For more information on Portland General Electric's Community Energy Project, phone 503-284-6827 or visit its Web site at [www.communityenergyproject.org/seniors/](http://www.communityenergyproject.org/seniors/).

Information on low-interest energy loans and tax credits may be found at <http://egov.oregon.gov/ENERGY/orby> phoning 1-800-221-8035.

# Southeast Pool Saved by City Council

Portland City Commissioner Dan Saltzman received unanimous approval Oct. 19 from the City Council to repair Buckman Pool.

"Neighbors and children of inner Southeast Portland will be swimming again by the spring of 2006," Saltzman said. "This has been a great collaboration, and I thank the neighbors, the school district, our own parks staff and the entire City Council for their efforts."

Buckman pool is an 80,000-gallon, 83-year-old pool located in the basement of Buckman Elementary School at 320 S.E. 16th Ave.

Portland Public Schools owns the pool and pays the utility costs, while Portland Parks and Rec-

reation is responsible for operations and staffing.

The pool closed last spring after discovery of a major leak. Further testing revealed extensive cracks in the pool shell, but no threat to the integrity of the building. The pool now sits empty with the tiles removed, ready for repair and renovation.

# Leaders Fight Racial Health Disparities

### Local conference addresses issues

State Sen. Avel Gordly, Portland Mayor Tom Potter, Multnomah County Chair Diane Linn and more than 200 health professionals and community members addressed community-wide solutions to end racial health disparities at a historic Portland event.

The "Health Disparities: We Can Make a Difference" conference on Oct. 14 sponsored by the African American Health Coalition also drew representatives from Gov. Ted Kulongoski's office and the staffs of Oregon's two U.S. Senators, Ron Wyden and Gordon Smith.

Dr. Brian Gibbs, director of the Program to Eliminate Health Disparities in the Division of Public Health Practice at the Harvard School of Public Health, inspired the crowd with a keynote address. Gibbs encouraged the audience to fight health disparities by integrating public policy and community advocacy. He very eloquently gave a historical context of health disparities among African Americans in America.

He explained how African Americans experienced 365 years of segregation in various hospitals and facilities and have only had 39 years of full access to practice medicine in all medical facilities in America.

The political leaders, policy makers, corporate heads, and commu-



Sen. Avel Gordly

nity members talked about ways in which they confront health disparities and made commitments to support the work of the AAHC.

Regardless of who spoke or the segment of the community he or she represented, the message was clear: Good health is a basic right that we all should enjoy and it is everyone's responsibility to be concerned.

That theme was echoed throughout the conference by individuals who talked about the need to improve disparities in homeownership, education, the ability to earn a livable wage, and racism. Each person recognized

continued on page A6

# SAFEWAY Ingredients for life.™



**RANCHER'S Reserve TENDER ANGUS**

**BUY ONE, GET ONE FREE**  
EQUAL OR LESSER VALUE FREE  
CLUB PRICE

**Rancher's Reserve Angus Beef Bottom Round Roast**  
Boneless.  
SAVE up to \$4.49 per lb. on 2nd package.



**BUY ONE, GET ONE FREE**  
EQUAL OR LESSER VALUE FREE  
CLUB PRICE

**Lean Ground Beef**  
80% Lean, 20% Fat.  
Tender for grilling.  
SAVE up to \$3.29 per lb. on 2nd package.

**VALU PACK**



**10 FOR 10**  
CLUB PRICE

**Twin Pack Game Hens**  
Frozen.  
Club Price: \$1.00 lb.  
SAVE up to \$12.90 on 10 lbs.



**6.99**  
CLUB PRICE

**Wild Alaskan Sockeye Salmon Fillet**  
Frozen. Moist. Rich. Terrific for grilling.  
SAVE up to \$3.00 lb.



**1.99**  
CLUB PRICE

**Fresh Crisp Asparagus**  
Large size.  
SAVE up to \$2.00 lb.



**10 FOR 10**  
CLUB PRICE

**Hass Avocados**  
Large size. Imported.  
Club Price: \$1.00 ea.  
SAVE up to \$9.90 on 10



**10 FOR 10**  
CLUB PRICE

**Fresh Express Salads**  
9 to 12-oz. package.  
Selected varieties.  
Club Price: \$1.00 ea.  
SAVE up to \$17.90 on 10



**New! Fresh EXPRESS**  
Spinach Carrots

# Great Savings for Halloween!

**FOOTBALL KICKS OFF AT SAFEWAY**

**Tailgate Special!**

**Milena's Family Size Pepperoni Pizza**  
Self-Rising Dough  
Ready in 20 Minutes or Less  
Feeds a Family of 4  
**5.99** CLUB PRICE

**Chicken Wings**  
**5.99** lb CLUB PRICE  
Available in the Deli

**4.88** CLUB PRICE

**12-Pack Safeway SELECT Pop**  
12-oz cans. Selected varieties. Club Price: \$2.00 ea. Plus deposit in Oregon.  
SAVE up to \$3.56 on 4

**4.99** CLUB PRICE

**Frito Lay Variety Pack**  
24-ct. Selected varieties.  
SAVE up to \$1.00

**10 FOR 10** CLUB PRICE

**Safeway Apple Juice**  
64-oz. Selected varieties.  
Club Price: \$1.00 ea.  
SAVE up to \$9.90 on 10

**2.55** CLUB PRICE

**Safeway SELECT Ice Cream**  
1.75-qt. Selected varieties.  
Club Price: \$2.50 ea.  
SAVE up to \$2.98 on 2

**10.99** CLUB PRICE

**18-Pack Coors, Budweiser or Miller**  
12-oz. cans or Miller or Coors bottles. Selected varieties. Plus deposit in Oregon.  
SAVE up to \$4.00

**FREE** CLUB PRICE

**Nabisco Mix N' Match Sale**  
10 to 18-oz. Selected varieties.  
SAVE up to \$3.79 on 2

**1.77** CLUB PRICE

**Lucerne Large Eggs**  
18-ct. Grade AA.  
SAVE up to \$2.75 on 2

**1.77** CLUB PRICE

**Hershey's, Mars or Fun Size**  
11 to 14-oz. Selected varieties.  
SAVE up to \$1.82

**Stock up, SAVE Big.**

**10 FOR 10**

Mix and Match!

See Weekly Insert

## in Print diversity

# Print

Participate in Democracy 

Return your ballot by mail or drop it off at any designated voter dropbox. Call 1-866-873-8683 to find a location near you.



**The Portland Observer**

City of Salem

Volume 100 • Number 10

Established in 1870

Published in Salem, Oregon

Subscription: \$12.00 per year

Advertising: 503-288-0033

Website: [www.portlandobserver.com](http://www.portlandobserver.com)

### Election Ballots On Way

People of color find a political fit

**Week in Review**

**Local News**

**Community**

**Opinion**

**Classifieds**

**Real Estate**

**Jobs**

**Services**

**Business**

**Arts & Entertainment**

**Health**

**Education**

**Environment**

**Transportation**

**Technology**

**Travel**

**Food & Drink**

**Real Estate**

**Jobs**

**Services**

**Business**

**Arts & Entertainment**

**Health**

**Education**

**Environment**

**Transportation**

**Technology**

**Travel**

**Food & Drink**

To contact **The Portland Observer**  
Call 503-288-0033 [ads@portlandobserver.com](mailto:ads@portlandobserver.com)

Items & prices in this ad are available at your local Safeway stores. No sales to dealers, restaurants or institutions. Sales in retail quantities only. Quantities of some items may be limited and subject to availability. Not responsible for typographical or pictorial errors. We reserve the right to correct all printed errors. On Buy One, Get One Free ("BOGO") offers, customer must purchase the first item to receive the second item free. BOGO offers are not 1/2 price sales. If only a single item purchased, the regular price applies. Manufacturers' coupons may be used on purchased items only - not on free items. ©2005 Safeway Stores, Inc.