SUSTAINABLE LIVING

Preparing for Cold Winter Heating

Space heaters not very efficient

With cold weather ahead and news of increasing heating costs, you may be tempted to buy a portable electric space heater.

"We are seeing lots of advertising for portable space heaters," said Dave Brook, energy analyst with the Oregon Department of Energy.

"But we advise Oregonians to spend their money making their home more energy efficient first. Portable space heaters can be expensive and can lead to mold problems if homeowners turn down their overall heat too much and use a portable heater in one small area.'

Brook advises homeowners to first call their local utility and schedule a free energy audit to see if their home is insulated enough or if their heating ducts need testing and sealing.

Residents who heat with electric heat through Portland General Electric or Pacific Power or natural gas through NW Natural, can call Energy Trust of Oregon at 1-866-368-7878 to arrange for an energy audit.

While portable electric heaters



With close attention paid to safety, portable electric heaters may be appropriate for some limited situations, but energy experts may be appropriate for some lim- say they are usually a band-aid to a much bigger problem.

ited situations, Brook stresses that they are not efficient as the sole heating source for a home or in homes with "open" floor plans or high ceilings.

"Unfortunately, they are not going to cut your energy bill in half as the advertising would lead you to believe," Brook said. "Using a portable space heater is usually a band-aid solution to a much bigger problem."

Insulating your home and sealing your ducts can be a better way to conserve energy, according to Brook.

Many Oregon homes over time develop leaky ducts that lose 15 percent to 30 percent of the heat a homeowner pays for, Brook said. Since heating ducts may be in hard-to-access places in your home (crawl spaces, etc.), homeowners should have a technician who uses special equipment to check their ducts.

The Oregon Department of Energy offers residents an energy tax credit of up to \$250 to have ducts tested and sealed. You must use a technician trained to meet the tax credit program to qualify for the tax credit.

For more information on, visit the Web site Oregon.gov/energy

1-800-221-8035 or 503-378-4040.

families with young children. Participating agencies include the Oregon Energy Office at 503-823-7222; Human Solutions at 503-548-0200; Project Impact at 503-988-6000 or the Many of those seeking as- St. Vincent DePaul at 503-235-

Happy 90th Birthday Mom

On October 11, 2008 A Birth- to many, Bennie was baptized at

her daughters Dora Taquetta Mitchell, Patricia Thompson, and granddaughter Hill-Cynthia Ramsey.

Bennie Manuel was born on October 10, 1918 in Vicksburg, Missis-

sippi to Joe and

grandmother, great grandmother, great great grandmother and aunt Saylor's

day Celebration was held with eleven years old on Mother's Day family and friends at Saylor's 79 year ago, during her christian Old Country Kitchen given by journey she served as a children's

> Sunday Teacher, Mission Secretary, and she love signing in the choir. She was a member of Mt. Zion Baptist Church founded by late husband in august 1982. she worked for Lockheed Aircraft for several years and at the

Dora Johnson. She is the wife of Multnomah County Hospital the late, Rev. Percy N Manuel Sr. now known as Oregon Health The mother of five children, a science University. We love you Thanks to Family, Friends &



Bob Leighton You're looking great on your 80th birthday! Happy Birthday!

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Assistance for Heat Bills

heating bills this year.

The U.S. Department of Health and Human Services said

The federal government is that \$45 million will be allocated sending \$51 million to Oregon to Oregon under its regular block to help the poor pay for winter grant and \$6-million will be allocated as emergency contingency funds for 2009.

The federal Low Income Home sistance are disabled, elderly or 5118.

Energy Assistance Program provides financial assistance but is also aimed at reducing the risk of health and safety problems made worse by exposure to extreme temperatures.

Kids Fair Focuses on Lead Safety

Free testing offered

Adults and children attending a free Lead-safe Kids Fair will discover that learning about the action for healthy homes. very serious topic of lead poisoning can be fun.

Presented by the Josiah Hill III Clinic, the will be held at the Immigrant and Refugee Community Organization (IRCO), 10301 N.E. test Glisan St., Saturday, Oct. 25 from 11 a.m. to 2 p.m.

Adults can leave the fair loaded with ideas on preventing lead exposure along with an armload of lead-safe cleaning supplies, lead poisoning prevention materials and testing kits. The Portland Development Commission will provide information on grants, available to eligible households, to prevent or correct household lead.

ing books, lead-free toys and art tial." projects featuring swirls of their favorite colors created in leadfree paint.

posure to lead," says Erin McNally, executive director of the Josiah Hill III Clinic. The nonprofit clinic's mission is to protect children from environmental hazards and promote community

Young children and pregnant women attending the fair will be able to have his or her blood lead level tested and screened using a simple capillary finger-prick

"Probably one to three percent of kids in Portland have blood lead levels of concern," says William E. Lambert, chair of the board of directors of the Josiah Hill III Clinic and an associate professor of public health and preventive medicine at Oregon Health and Science University. "Because many kids are not getting screened during doctors' checkups, free blood lead screening, such as that provided by the Children will take home color- Josiah Hill Clinic, becomes essen-

Other activities during the fair include a beanbag game for kids and workshops on renters' rights "Everyone can benefit from and lead poisoning prevention reducing or eliminating their ex- for adults. Healthy food and bev-



A physician uses a simple finger-prick test to check blood lead levels in kids.

erages will also be served. Lambert points to the importance of lead testing and preven-

"Lead poisoning in kids has not gone away. In large part it persists because of lead dust from deteriorating paint and re-

modeling work in older homes," he says. "Recently we have seen lead exposures from toys and earthenware pottery."

If discovered, families can take simple and inexpensive actions to protect their kids from further exposure and harm, Lambert said.

Advertise with diversity in Hortland Observer

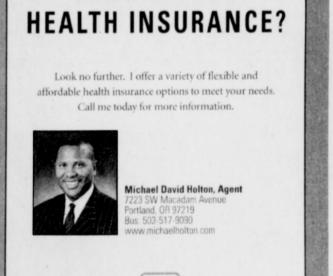


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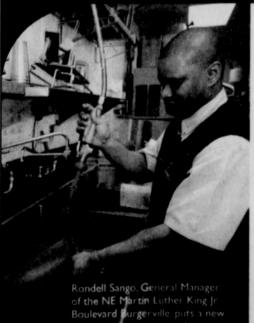
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Energy Trust programs serve Oregon customers of Portland General Electric Pacific Power, NW Natural, Avista an



energytrust.org

Josiah Hill III Clinic Presents... FREE Lead-Safe Kids Fair Fun Activities & Resources to Protect Kids From Lead Hazards ▶ Blood lead testing for children ▶ Lead-free toy giveaway & kids activities

LIKE A GOOD NEIGHBOR

▶ Lead screening for toys/pottery (4 items per family)

► Lead poisoning prevention workshop

► Tenant rights workshop

▶ Healthy food & beverages

Saturday, October 25th, 11am - 2pm

