

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 may be appropriate for some limited situations, energy experts say they are usually a band-aid to a much bigger problem.



With close attention paid to safety, portable electric heaters may be appropriate for some limited situations, but energy experts 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 or call 1-800-221-8035 or 503-378-4040.

Happy 90th Birthday Mom

On October 11, 2008 A Birthday Celebration was held with family and friends at Saylor's Old Country Kitchen given by her daughters Dora Hill, Taquetta Mitchell, Patricia Thompson, and granddaughter Cynthia Hill-Ramsey.

Bennie L. Manuel was born on October 10, 1918 in Vicksburg, Mississippi to Joe and Dora Johnson. She is the wife of the late, Rev. Percy N Manuel Sr. The mother of five children, grandmother, great grandmother, and great great grandmother and aunt



to many, Bennie was baptized at eleven years old on Mother's Day 79 year ago, during her christian journey she served as a children's Sunday School 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 Multnomah County Hospital now known as Oregon Health science University. We love you Thanks to Family, Friends & Saylor's



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

Assistance for Heat Bills

The federal government is sending \$51 million to Oregon to help the poor pay for winter heating bills this year.

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

that \$45 million will be allocated to Oregon under its regular block grant and \$6 million will be allocated as emergency contingency funds for 2009.

The federal Low Income Home

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.

Many of those seeking assistance are disabled, elderly or

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 St. Vincent DePaul at 503-235-5118.

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 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. 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.

Children will take home coloring books, lead-free toys and art projects featuring swirls of their favorite colors created in lead-free paint.

"Everyone can benefit from reducing or eliminating their ex-

posure to lead," says Erin McNally, executive director of the Josiah Hill III Clinic. The non-profit clinic's mission is to protect children from environmental hazards and promote community action for healthy homes.

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 test.

"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 Josiah Hill Clinic, becomes essential."

Other activities during the fair include a beanbag game for kids and workshops on renters' rights and lead poisoning prevention for adults. Healthy food and bev-



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

verages will also be served.

Lambert points to the importance of lead testing and prevention.

"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.

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Burgerville took advantage of incentives from Energy Trust and installed high performance pre-rinse sprayers in 19 Portland-area locations. For Burgerville, that adds up to savings of \$7,600 every year. With energy costs on the rise, now is a great time to take advantage of Energy Trust incentives for your business.

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Rondell Sango, General Manager of the NE Martin Luther King Jr. Boulevard, Burgerville puts a new pre-rinse sprayer to work.

energytrust.org

Advertise with diversity in The Portland Observer

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
- ▶ Lead screening for toys/pottery (4 items per family)
- ▶ Lead poisoning prevention workshop
- ▶ Tenant rights workshop
- ▶ Healthy food & beverages

Saturday, October 25th, 11am - 2pm
IRCO Community Room, 10301 NE Glisan, Portland, OR 97220

Event Sponsors: Portland Water Bureau & BHCD



Protecting children from environmental hazards and promoting community action for healthy homes. www.leadfree.org