

Children's Fund Makes Investment

With after-school, mentoring programs

The voter approved and tax subsidized Portland Children's Investment Fund has allocated \$12.3 million to 30 after-school and mentoring programs benefiting Portland children.

These investments, helping students stay engaged in school and safe after school, promote academic achievement in core subject areas and music, art and athletics; positive and consistent adult and peer role models; tutoring, home-

work assistance, community service and college prep activities.

More than 50 program applicants totaling more than \$41 million competed for funding.

Eleven organizations receiving \$4.7 million in mentoring program investments were Friends of the Children, \$1.2 million; Big Brothers Big Sisters Community Based program, \$592,796; Metropolitan Family Services \$535,667; Boys and



Dan Saltzman

Girls Aid, \$483,736; Lutheran Community Services, \$400,000; Impact Northwest, \$380,934; Big

Brothers Big Sisters School Based program, \$348,044; Immigrant and Refugee Community Organization (IRCO), \$255,795; SMART, \$220,000; Trillium Family Services, \$182,000; Portland Opportunities Industrialization Center, \$109,000.

Nine organizations receiving \$2 million in After School Enrichment program investments are: Ethos, Inc., \$363,313; Saturday Academy, \$322,537; Oregon Health Community Center, \$251,500; Oregon Outreach, \$251,032; Community Cycling Center, \$207,000; Girls Inc., \$192,000; Tears of Joy Theatre, \$179,000; Chess for Success,

\$150,000; The Children's Course, \$93,600.

Ten organizations receiving \$5.58 million in after-school full service program investments are Self Enhancement, Inc. \$1.2 million; Open Meadow, \$787,000; IRCO, \$722,871; Impact Northwest (SUN Schools), \$618,180; Campfire USA (SUN Schools), \$618,180; Native American Youth Association, \$500,000; Boys & Girls Clubs, \$450,000; Metropolitan Family Services (SUN Schools), \$275,523; Neighborhood House (SUN Schools), \$231,817; Northwest Family Services, \$153,940.

"We're pleased that these

investments will continue to make a positive difference in the lives of Portland's children," said City Commissioner and Allocation Committee Chair Dan Saltzman. "City voters deserve a round of thanks for supporting the Children's Investment Fund and its efforts to help the city's youth and their families."

The Children's Investment Fund annually generates about \$12 million for Portland children. The fund is annually audited and administrative expenses cannot exceed 5 percent so 95 cents of every dollar goes to city youth.

Science Kid Earns International Award

Making electricity from waste

It seems like you only hear about today's youth when they're joining gangs, consuming drugs or getting each other pregnant.



Ashutosh Patra

But one local high school student is working to solve the country's energy and waste problems.

Ashutosh Patra, a 12th grader from Sunset High School, just won second place and \$5,000 award at the prestigious international BioGENEius Challenge in Atlanta, Ga. His project treats waste water while creating electricity.

By experimenting with bacteria in waste water, Patra found that if put under the right conditions, the bacteria will eat the waste and produce electrons, which can be used to generate electricity.

His project won the Northwest Region competition earlier this year in Washington after impressing a panel of judges composed of educa-

tors, scientists, and industry leaders on the quality of his research and ability to respond to their questions. In Georgia, he faced 14 other finalists from the U.S., Canada, and Australia.

The competition was organized by the Biotechnology Institute, an independent nonprofit geared toward promoting education about the field of biotechnology. The compe-

tion was funded by pharmaceutical company sanofi-aventis.

"These are the folks that are going to be the innovators," said Jeff Ghannam, spokesperson for the institute. He said that about 100 students overall participated in the competition. Many of the students carry their research with them on to college and professional life.

HEALTH WATCH

Cardiac-Rehab Exercises -- A medically supervised exercise program for people dealing with heart conditions. For information, call 503-251-6260.

Senior Aerobics -- A low-impact workout geared specifically toward seniors. Call 503-449-0783 for current schedule.

Osteoporosis Screening -- An ultrasound bone density screening with personalized education; fee \$30. To schedule an appointment, call 503-261-6611.

Red Cross Continuing Education -- The Oregon Trail Chapter Red Cross now offers credits to help professionals maintain licensing or certification. For a cumulative list, visit pdxinfo.net.

Cancer Resource Center -- Providence St.

Vincent Medical Center and the American Red Cross have joined forces to create the first in-hospital resource center providing books, printed material, computer access and more for individuals and families dealing with cancer. The center is open Monday through Thursday, 9 a.m. to 4 p.m.

Chronic Pain Support Group -- meets the first Wednesday at 4 p.m. to 5:30 p.m. and the third Wednesday of each month, from 7 p.m. to 8:30 p.m. For more information, call 503-256-4000.

Maternity Water Workout -- Helping new moms regain muscle tone, strength, and flexibility, all in the support and freedom of the water. Call 503-256-4000 for more information.

Cholesterol Profiles -- Calls helps you keep an eye on your cholesterol and other indicators of heart health; educational material provided. For more information, call 503-261-6611.

Katrina Evacuee Re-grows Roots

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The ride from New Orleans to nearby Baton Rouge usually takes about 45 minutes, but Calvin remembers it taking eight hours because of the traffic. Every hotel on the road to Houston was booked and some gas stations were out of gas entirely.

After making it to Houston Calvin returned to Portland to wait out the storm. When she returned to New Orleans she found bits and pieces of the gas station near her suburban apartment littering the street. The exterior looked fine, but when her boyfriend kicked in the front door they found mushrooms growing on the sofa and mold covering the rest of the apartment. The wall to her bedroom has been blown clean off and her clothes scattered about the street.

"I think it was at that moment I realized I can't come back," she said. "That just knocked me all the way to the bottom."

When Calvin returned to attend Concordia she was uneasy. She didn't relish the thought of living in a dorm room with four other girls she didn't know, and missed the life she left behind. She spent the first two weeks pent up in the dorm room not attending classes.

There were days where she woke up and began packing her bags to return to New Orleans. She never followed through, but planned to get on the next flight to the city after crossing the stage at graduation.

But Calvin re-grew her roots in Portland. She graduated this month from Concordia with a degree in social sciences. She is active at Vancouver Avenue First Baptist Church where she sings in the choir and gives ser-

mons on Youth Sunday. Her dorm-mates at Concordia became lifelong friends after they decorated the dorm in her favorite colors, and she got fulltime work as a teen services supervisor at the Boys and Girls Club.

"Sometimes I'm a teacher. Sometime I'm a counselor. Sometimes I'm a doctor," she said of her job.

Calvin still thinks about New

Orleans. She thinks about the barbeque and the smoked sausage po' boys and the way people interact with each. She thinks about graduate school back in the South, focusing on counseling or community health.

But for now she remains grateful.

"I could not have asked for a better situation," she said.

"This is where I need to be."

What to take for arthritis pain?



Take a walk. A bike ride. A swim. Studies show that 30 minutes of moderate physical activity three or more days a week can relieve pain and help you move more easily. You can break it up, doing 10 to 15 minutes at a time. To make it fun, do it with a friend. Stick with it, and in four to six weeks you could hurt less and feel better.

Physical Activity. The Arthritis Pain Reliever.

Call the Arthritis Foundation at 503-245-5695 for information about exercise and aquatics classes near you.

A MESSAGE FROM THE CENTERS FOR DISEASE CONTROL AND PREVENTION • THE ARTHRITIS FOUNDATION • THE DEPARTMENT OF HEALTH & HUMAN SERVICES



LET'S GET HEALTHY NOW!

REGISTER ONLINE
TheHealthChallenge.org
503 281-8596

Join the Health Challenge!

For a complete class listing & schedule, or to register call 503-281-8596 or visit our website at www.thehealthchallenge.org

ORIENTATION

Sunday, May 17, 2009 at 3:30pm

LOCATION

Community Learning Center
4212 NE Prescott St • Portland

Make a choice for your health today

It's time to stop procrastinating about making changes for better health. Wise health choices can decrease your risk of heart attack, stroke, diabetes, cancer, obesity, high blood pressure, high cholesterol and other health problems. SIGN UP NOW for weekly classes that promote a healthy lifestyle, taught by health professionals and educators.

Classes also include:

- *Live cooking demonstrations
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