

Contact your state legislators

With Oregon's legislative session starting next Monday, it's the perfect time to share your views with your representatives in state government.

State Reps. Chuck Riley and David Edwards, both Democrats from Hillsboro, will have town hall meetings at 6 p.m. today and Thursday to answer questions and talk about state issues, including jobs, the economy, health care and public safety.

The forum is open to people who live inside or outside the two lawmakers' districts. Today's forum will be at the Forest Grove Community Auditorium, 1915 Main St., Forest Grove; Thursday's will be at the Hillsboro Civic Center, 150 E. Main Street, Hillsboro.

Details: To find out how to contact your state legislators, go to www.leg.state.or.us/findlegsltr/



Riley



Edwards

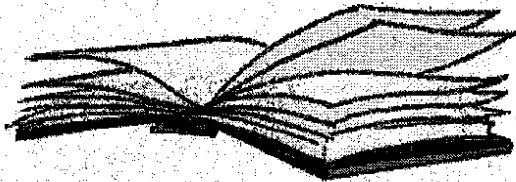
Find out about college financial aid

Tuition keeps going up, but a college degree might be more affordable than you think with the help of grants, scholarships and loans.

Get free help applying for state and federal financial aid from 9 a.m. to 2 p.m. Saturday, Jan. 24, at 27 sites throughout Oregon, including Portland, Mt. Hood and Clackamas community colleges.

College Goal Oregon is a statewide push to help prospective college students get money for college.

Details: 800-452-8807 or www.collegegoaloregon.org



Get involved in your neighborhood association

If you really care about an issue or have an idea for a project in a Portland neighborhood, you might find support at your neighborhood association.

The city's 95 associations do everything from planning festivals to reviewing land-use proposals. They are run by volunteers, and their agendas tend to reflect the interests and priorities of the people who come and participate, according to Paul Leistner, the city's neighborhood program coordinator.

To get started: Look up your association by entering your address at www.portlandmaps.com. The name of your association is in the upper left corner next to your address.

Then go to the Portland Office of Neighborhood Involvement's Web site www.portlandonline.com/oni and click on the "my neighborhood" tab at the top for a directory of leaders and meeting times.

Call 503-823-4000, the Portland and Multnomah County information and referral line, and someone will look it up for you.

Details: 503-823-4519

Knit for newborns

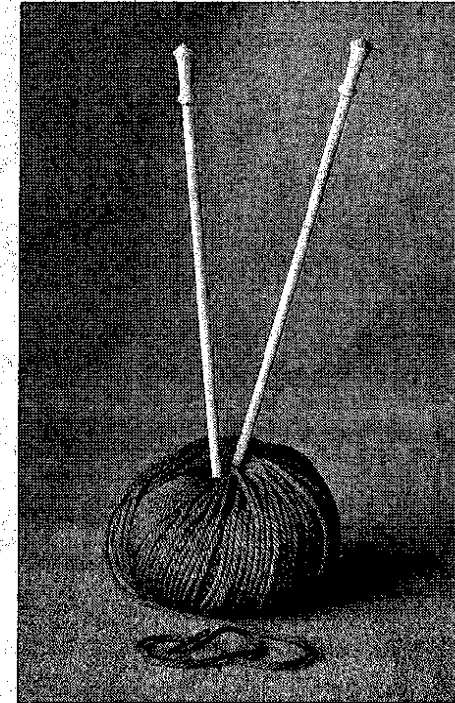
Put your skills to good use by getting together with other knitters and crocheters to make clothes for newborns at the Virginia Garcia Memorial Health Center.

Members of the Knit for Newborns group donate their work to the health center, which focuses on serving migrant and seasonal farmworkers and others who might not otherwise receive health care in Washington and Yamhill counties.

You can also make items to comfort children who have been admitted to the hospital.

The group meets from 1 to 3:30 p.m. Sunday in Beaverton. You'll get an address and directions when you sign up with Hands On Greater Portland.

Details: 503-200-3355, www.handsonportland.org or www.viriniagarcia.org



Adopt the Community Warehouse for a week

Schools, businesses, families and other groups can adopt the Community Warehouse for a week and help keep it stocked with furniture and household items for people in need.

The warehouse works with more than 80 social service and nonprofit agencies to help furnish and outfit more than 60 low-income households a week with essentials such as beds, kitchenware and linens.

A warehouse volunteer will help with the drive by coming to talk about the warehouse, telling you what items are most needed, helping with publicity fliers and picking up the donations from a central location.

Details: www.communitywarehouse.org or roz@communitywarehouse.org or 503-235-8786