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**THE ENERGY TRUST BETTER LIVING HOME, GARDEN & LIFESTYLE SHOW FEATURES  
FREE KIDS ACTIVITIES AND FAMILY FUN MARCH 27-29**

***Watch Energy Skits, Build Solar Cookers, Have Story Time in a Salmon, Watch Fish  
Dissections and More at the Northwest's Largest Sustainable Lifestyle Show***

**PORTLAND, Ore. – January 23, 2009** –The Energy Trust Better Living Home, Garden & Lifestyle Show will explore sustainability and pack the Portland Expo Center with free family fun March 27 – 29. The Energy Trust Better Living Show is free to attend and falls on a Spring Break weekend for most Portland and Vancouver area schools. Families can partake in a variety of interactive activities for kids and explore thousands of sustainable, healthy and practical lifestyle products and services.

Following are some of the activities in The Energy Trust Better Living Show's Planet Kids area, sponsored by Portland General Electric (PGE), a fun place for kids of all ages to get close to nature like never before:

- **Energy activities with Portland General Electric:**
  - **Mad Science Show: Energy to Share.** An entertaining look at the attributes of electricity, where it comes from and how to use it wisely. Kids will be asked to show how electricity travels and how to conserve energy. This half-hour show is intended for kids in third grade through sixth grade.
  - **Pinwheels, prizes and tattoos with Larry the Light Bulb.** Kids will learn about wind power while they create and assemble their own pinwheels. They can also play Spin & Win, where they spin the wheel, answer an energy question and win a prize. In addition, Larry the Light Bulb will pass out and help apply green power tattoos.
- **Construct solar cookers with Energy Trust of Oregon.** Is it really possible to cook with the sun? Yes! Solar cookers are fun, clean and easy on the environment. A hands-on activity where kids get to build their very own, functional solar oven and learn how solar cooking has assisted millions of families in fuel-scarce, sun-rich parts of the world. All materials, instructions and handy recipes are provided to get you started.
- **Story Time with Mt. Hood National Forest.** Kids enter an oversized, salmon-shaped tent and escape to a story-filled world. Costumes will add to the fantasy, as kids dress up and become immersed in fun stories.

- **‘Salmon & Safari’ with the Yakima Basin Environmental Education Program**
  - **Explore the insides and outsides of a salmon during biologist-led dissections.**  
Hands-on discovery of one of the oldest natives of the Pacific Northwest. Salmon have been intertwined with the history of the Northwest since the beginning. Biologist-led salmon dissections will take kids on a journey from tip to tail, inside and out.
  - **Go on a Northwest safari!** Furs, bones and antlers of native wildlife are displayed for hands-on exploration.

### **About The Energy Trust Better Living Home, Garden & Lifestyle Show**

Free and open to the public, The Energy Trust Better Living Show, the Northwest’s largest sustainable lifestyle show, takes place Friday, March 27 from noon – 9 p.m.; Saturday, March 28 from 11 a.m. – 9 p.m.; and Sunday, March 29 from 11 a.m. – 5 p.m. at the Portland Expo Center. The Better Living Show is designed to empower attendees to become more thoughtful consumers and lessen their impact on the environment by learning about sustainable, healthy and practical lifestyle products and services. For more information, visit [www.betterlivingshow.org](http://www.betterlivingshow.org).

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