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**ENERGY TRUST BETTER LIVING SHOW FEATURES  
FREE KIDS ACTIVITIES AND FAMILY FUN MARCH 26-28**

***Portland General Electric Invites Kids to go on an Oregon Adventure With Radio Disney,  
Have Story Time in a Salmon Tent, and more at the Northwest's  
Largest Sustainable Lifestyle Show***

**PORTLAND, Ore. – Feb. 11, 2009** –The Energy Trust Better Living Show will showcase sustainable living and pack the Portland Expo Center with free family fun over spring break March 26 – 28. Families can partake in a variety of interactive activities for kids to explore, discover and create.

Following are some of the one-of-a-kind activities in PGE's Planet Kids area, a fun place for kids of all ages to get close to nature, learn ways to save energy and much more, at The Energy Trust Better Living Show.

- **Oregon Adventure with Radio Disney AM 1640 and USA Pears.** Radio Disney and USA Pears take kids on an Oregon Adventure to learn the importance of growing, shopping and eating local. Kids can grab a passport at the Radio Disney booth and set out to explore activities sponsored by USA Pears, Oregon Beef Council, Dairy Farmers of Oregon, Oregon Potatoes, and Oregon Blueberries. Return the completed passport for cool prizes from Radio Disney. USA Pear mascots will be there to welcome and interact with travelers!
- **Music and Entertainment with Radio Disney AM 1640.** Radio Disney AM1640 will be at the PGE Planet Kids Stage on Saturday, March 27th from 11:30-12:30pm and 2:00-3:00pm with the hottest hits from Radio Disney. Get connected with cool prizes, interactive games and enjoy fun for the whole family. For more information visit: [www.radiodisney.com](http://www.radiodisney.com).
- **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 learn how electricity travels and how to conserve energy in this half-hour show.
  - **Enter to win with the PGE 'Bright Ideas' Contest!** Kids ages 5-17 can enter by submitting a drawing or photo of ways to save energy at home. All entrants will win a prize! Three grand prize winners will be selected to win one of the following: a Nintendo DS, iPod Nano or Flip Video. Submit artwork or photo and entry form (<http://www.PortlandGeneral.com/BetterLiving>) at the show.

- **Art, prizes and tattoos with Larry the Light Bulb.** Kids will learn about energy through hands-on activities like coloring, Spin & Win and more. In addition, Larry the Light Bulb will be passing out temporary tattoos.
- **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 presented by well-known storyteller, speaker and singer, Anne Louise. For more information visit: [www.anne-louise.com](http://www.anne-louise.com).
- **'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.
- **Story Telling and a Green Bean Adventure with Lauren Davis.** Local Portland author reads from her newly published adventure series, "Giggles the Green Bean Turns Stinkytown Into Greentown," on the Sustainable Life Stage. Kids can get a copy of the book signed as well as stickers, coloring sheets, and a package of Giggles the Green Bean seeds. A portion of book sales goes towards the United States Forest Service's tree planting program.

### **More Kids Fun Throughout the Show!**

Kids fun spills into other areas of The Energy Trust Better Living Show, including a chance to meet a popular childhood character, go on a fun-run, or learn about the latest eco-friendly kids' styles:

- **Meet Clifford the Big Red Dog®.** American Family Insurance gives kids the chance to meet Clifford The Big Red Dog and get up-close-and-personal with the large pup, Saturday, March 27 from 1 – 4 p.m. Stop by the American Family Insurance booth (#701) to visit with Clifford and to learn more about Scholastic's "Clifford the Big Red Dog's BE BIG! In Your Community" Contest.
- **Run for the Cheetahs!** Join the Cheetah Conservation Foundation at Portland International Raceway for a fun run/walk designed to raise awareness about the endangered cheetah and to raise funds to support the Cheetah Conservation Fund's programs. Kids can join the Kid's Dash, a half-mile sprint, on Sunday, March 28 at 9:45 a.m. before the last day of The Better Living Show.
- **Youth Fashion Meets Eco Fashion with SEMPER Fashion.** Learn about the latest eco-friendly youth fashions presented by SEMPER Fashion, Saturday, March 27 at 2:00 p.m. on the Sustainable Life Stage. The youth fashion show will feature creations from Urban Girl NW and models from Puddletown Talent.

### **About The Energy Trust Better Show**

Free to the public, the Energy Trust Better Living Show, the Northwest's largest sustainable lifestyle show, takes place Friday, March 26 from noon – 9 p.m.; Saturday, March 27 from 11 a.m. – 9 p.m.; and Sunday, March 28 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).