

The Rural Tribune

Vol 6, Number 3

Published Monthly

April 1978

Classification Change Permits Continued Operation Shelter House OK'ed

By Catherine Strong

The Hillsboro Building Department decided Wednesday not to pursue a recent Fire Department inspection of the Washington County Shelter House which listed seven major fire and safety violations. Building official Barney Collins said the city will not challenge the Shelter House present classification as a single family residence.

The inspection was based on the assumption that the Shelter House was a regular business, for example a hotel or

a boarding house. Community Action had planned to appeal that classification because the Shelter House is a non-profit organization and does not charge its guests.

After discussions with the city Attorney, Community Action Director Gordon Molitor announced that the strict fire and safety codes required for business would not be applied to the Shelter House. Fire Marshall Steve Nuttall had originally set a 30 day deadline for

Community Action to bring the Shelter up to business codes. But the Building Department and the city attorneys have decided not to pursue this deadline.

At the present, the Shelter is not in compliance with codes for older single family homes in the city. However, Community Action has agreed to make certain safety improvements in the Shelter House including a fire alarm system, second story exits, and explicit safety instructions posted for the

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CAMP CONDITIONS SUBJECT OF HEARING

"Rats, Roaches and Holes in the Wall," was the title of a front-page article published in The Rural Tribune - in October 1973. And today, those words are still being used to describe conditions found in migrant labor camps throughout the state.

On Wednesday, April 19th, a hearing will be held by the Occupational Health Section of the Workman's Compensation Board to gather public input on new standards proposed for farmworker housing.

The hearing will be held in the Bonneville Power Administration building, Room 204, 1002 N.E. Holladay, in Portland beginning at 1:30 pm. All interested people are urged to attend.

Barter is Better Business Trading Skills, Services, Goods

By Judy Schilling

Most people don't realize that their hobbies can be valuable to other people - valuable because they are skills that other people don't have. "A large part of our job is helping people determine just what their skills are, and how they can be put to use to help other people," reports Kim Dinsdale, project assistant at Pyramid Skill Exchange. The Skill Exchange which began this past month in Hillsboro, is using an ancient method (barter) to bring together people in the county who have mutual needs for skills, services or goods.

The basic idea behind Pyramid Skill Exchange (PSX), is to eliminate the need for monetary exchanges between people, when what they have to offer can also get them what they need. It works like this: Suppose you need your house painted, but don't have the know-how to do a good job. But you are an excellent seamstress and would gladly make some clothes for someone in exchange for house painting. Suppose there is a house painter who would volunteer to paint, but he doesn't need clothes; he needs legal advice. And then there's a lawyer who can't find clothes and is willing to trade legal advice for some new clothes. So the painter paints your house, you make clothes for the lawyer, and the lawyer gives legal advice to the painter. Instead of making a direct exchange between two people, which is really the hardest match to make, 3 people trade among themselves to everyone's mutual satisfaction. This is where PSX steps in and helps people find who and what they're looking for, keeps track of how many "credit hours" you have put into their "banking system", and locates someone who needs your services.

"Rather than matching up just two people, which can mean a long wait, we can serve people faster by using a credit/debit system," explained Linda Hocker-smith, coordinator of the project. This way, you get what you earn, and not

necessarily from the person you provided a service for.

The value of the exchange goes beyond just what is received; and this is the value of PSX: "People are able to put a personal value back into their work. They can gain more control over their lives because they can determine the value of their own work and time. This is part of our role," explained Linda, "to help people determine the value of their own work and time. And when people make direct contact with the recipient of their service, it adds integrity to their work and skills."

Similar projects have sprung up around the state, working on both smaller and larger scales. One project in Portland has some 2500 members working together. In Eugene, explained Linda, projects such as this are working more on a local neighborhood level. But in each case, a wide variety of people are learning how to barter, and how to place values on skills that sometimes they never even knew they had.

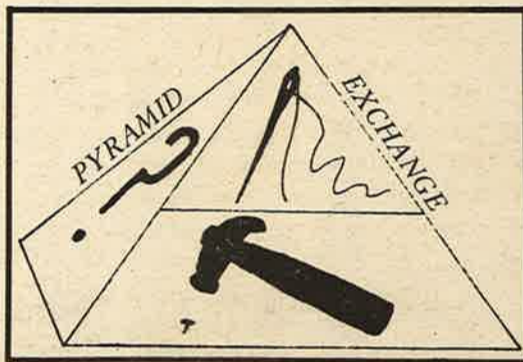
"Most everyone has a hobby," explained Kim. "They may not think of it as a skill, but someone else might."

Already the PSX has 45 people signed up, covering everything from macrame to house remodeling. In some cases money may be exchanged if that is what a person wants to barter with. In many cases, people have offered to volunteer their services without asking for anything in return. "Out of the 45 people we have signed up now," they explained, "11 are not asking for anything in exchange. They just want to offer their skills to someone who needs them."

At present, they noted, there is a great demand for people to do yard and garden work. Two people have even offered garden space for sharing, and one is willing to share their rototiller.

Eventually, the people at PSX hope to publish a newsletter and have member meetings. Membership, set at \$5.00 per year, (which can be worked off in

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Accent on Individual Not Crime Rate More Help for Ex-offenders

By Caren Caldwell

Washington County is the first County to implement the new state Community Corrections Act by expanding its corrections programs "a thousand fold," states program director Deke Olmsted. About ten counties around the state are preparing to follow Washington County's lead.

The Community Corrections Act was passed by 1977 Legislature as an alternative to building a new state penitentiary. The Act provides funds to counties to increase rehabilitation services for criminal offenders.

In Washington County the Community Corrections Program received \$1 Million, chiefly from the state, but which includes \$55,000 from the county. These monies have gone to mental health services for offenders and to increase staffing for the corrections program. The staff has increased from 9 employees to 24, said Olmsted, an increase which has reduced caseloads for counselors and provided greater supervisory control. There are also plans for a new Probation Center to house 25 men, who will live at the center while working in the community. The present 10-person Probation Center will be used for women.

The newly funded program, which began January 1, also allows an integration of the county's previous two corrections systems: One for those convicted of a misdemeanor and one for those convicted of a felon. Now both

programs come together under the single Washington County Community Corrections Program administered by Olmsted as Director and with a 22-member Advisory Board.

With the greater availability of corrections services right here in the county, judges are more frequently using the probation alternative rather than sending offenders to jail, said Olmsted. He expects to see about 30 per cent increase in the number of clients in county corrections within one year. Presently, there are about 830 probationers and parolees in the county. Eighteen probation counselors serve about 60 clients each.

Without this program, said Olmsted, "people may not have been helped at all. They would only have been fined or sent to the county jail."

Counseling and job placement are the major helps given clients. One study found that a third of all offenders referred to the Community Corrections since 1974 have been unemployed. So

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WCCAO
546 E. Baseline
Hillsboro, Or.
97123

Non-profit Org.
U.S. Postage
PAID
Permit No. 129
Hillsboro, Ore.

Postal Customer, Local

FACTS & DATES

POSICIONES DISPONIBLES

La oficina de CFTA de los Condados Mult.-Wash. regularmente tiene una variedad de trabajos disponibles para la gente viviendo en los Condados de Washington y Multnomah, afuera de la ciudad de Portland. Por más información llame 256-0535 en el Condado de Multnomah y 640-1781 en el Condado de Washington.

DIAL AN ANSWER

Looking for answers? Beginning in April, the Washington County Home Extension Office has them. Dial - 229-4833 or 229-4834 for instant information on home gardening, house plants, food preservation and storage. If you'd like a free listing of Dial-An-Answer messages contact: Betty Burkhart - 648-8706 at the Home Extension Office. The answers are tape-recorded, so we hope you have the right questions.

JOBS AVAILABLE

The Multnomah-Washington County CETA Consortium regularly has a wide range of jobs open for people living in Multnomah and Washington Counties outside the City of Portland. For more information call 256-0535 in Multnomah County, or 640-1781 in Washington County.

HEAD START RECRUITING FOR FALL

Washington County Head Start, with increased federal funds for the next school year, is recruiting 50 new families into the fall preschool program. A new center will also open in October to serve the West County and Tigard area.

The present center will also reopen in the Shepherd of the Valley Lutheran Church, 17625 NW Cornell Road, in Beaverton.

Head Start is a free child development program for four and five year old children of low income families. For further information, contact the Head Start office at 648-6646.

INFORMACION Y REFERENCIA

EN
EL CONDADO DE WASHINGTON
AHORA TIENE UN NUMERO
DIFERENTE
EL NUMERO ES 222-5555

Como resultado de ambas dificultades de finanzas y equipo, la información y Referencia

de la comunidad de los tres condados ha tenido que descontinuar la línea directa por teléfono. Residentes del Condado de Washington deseando ponerse en contacto con Información y Referencia ahora tiene que llamar directamente a Portland, 222-5555. Las personas llamando larga distancia en el Condado de Washington pueden llamar colectivo. El servicio (I and R) aceptará estas llamadas ahora.

EL FUEGO DE AZTLAN

El Fuego de Aztlán, the Chicano literary and art journal, has announced the publication of its fourth issue (Volume 4, No. 1). The theme of this number is "A Chicana View of Chicanos.Poems and Stories of Admiration and Admonition." It is guest-edited by Bernice Zamora, a noted poet, and is a compilation of the work of a number of Chicana artists, including Lorna Dee Cervantes, Evangelina Vigil, Isabel Cueva, and Linda Morales Armas. It is illustrated by Sue Martinez, who also illustrated Luis Talamantez' book, "Life Within the Heart Imprisoned".

El Fuego de Aztlán is available for \$2.00 per copy, or \$3.50/year (4 issues) to individuals; \$8.00/year to libraries; 3408 Dwinelle Hall, University of California, Berkeley, California 94720.

LLAME POR UNA CONTESTACION

Busca por un contestación? Comenzando abril la Oficina de Extension del Condado de Washington, podra dársela. LLame 229-4833 or 229-4834 por información inmediatamente tocante jardinería del hogar, matas de la casa, preservación y almacen de comida. Si Ud. quiere una lista gratis de los mensajes de "llame por la contestacion" pongase en contacto con Betty Burkhart - 648-8706 en la oficina de Extension. Las contestaciones están grabadas, asi que esperamos que tenga la pregunta correcta.

PUT THEM ON WELFARE?

One state legislator, Senator Jack Ripper, D-North Bend, believes that Oregon could save a lot of money by supporting single mothers on welfare, rather than subsidizing their day care cost while they work. According to the Oregon Journal, Senator Ripper says welfare is cheaper than day care.

In the next legislative session, day care in Oregon will again be a controversial issue. West Tuality Child Care would like to know what you think about this attitude towards day care. Write to them at their office, 2221 19th Ave., Forest Grove, Ore. 97116, c/o The Provider. They would like to print some of your responses to Senator Ripper in the next issue of their bulletin.

A WOMAN'S WAY

"Give us your tired, you energetic, your frazzled, your newly transferred, your lonely, your happy and unhappy, your old, young and middle-aged, your tall and short, your thin and well-endowed, your talented and untalented, your angry and upset, your serious and silly....even your kids." is the battle cry of a new resource center, A Woman's Way.

A Woman's Way is the only community center for women in the southwestern suburbs. There is a \$1.00 drop-in fee for participation in a wide variety of activities, including: classes (personal growth, landscaping, parenting), exercise, special luncheon guests, cooking demonstrations, sewing demonstrations, book discussions, interior decorating workshops, career pointers, field trips and a lot of nice people to meet. Child care is available if you call in advance. Every Thursday evening at 7:30 the Single Women's group meets.

A Woman's Way is located at 4550 SW 96th - off the Beaverton-Hillsdale Highway, behind the Honolulu Fish Market. For a schedule of events call A Woman's Way - 644-1666.

LIBRO DE MANEJAR

Una edición del Libro (o Manual) de Manejar del Estado de Oregon piensa ser disponible para mayo.

El Washington County Translator's Bureau tradujo el Manual para ayudar personas de habla hispana que obtengan la licencia de manejar de Oregon.

El Department of Motor Vehicles también tiene el examen de manejar escrito en español.

INFORMATION AND REFERRAL GOES TO PORTLAND

As a result of both financial and equipment difficulties, the Information and Referral Service of the Tri-County Community Council has had to discontinue the direct-line telephone access to that service. Residents of Washington County wishing to contact Information and Referral must now call direct to Portland, 222-5555. Those persons calling from toll areas in Washington County may call collect. The Information and Referral Service will accept such calls now.

MIGRANT EDUCATION CONFERENCE

Migrant Education, a conference for migrant parents, will be held May 6 in honor of Elizabeth Johnson, who during her life was involved in migrant education and was an "inspiration to Chicano people."

Six speakers will head up a discussion format on the following topics: bilingual education, Colegio Cesar Chavez, a parents' view of the Title 1-M program, and students' view of succeeding in and dropping out of high school.

Dinner and entertainment from community members will be provided. Day care will be available for children between 3 and 6 years-old.

The conference is free. It will be held at Poynter Junior High, Hillsboro from 2 to 8 pm. For further information contact the Migrant Education Office at the Washington County Intermediate School District, 641-7191.

CALL FOR HELP CORRECTIONS

WASHINGTON COUNTY DENTURESHP PROGRAM

546 E. Baseline Hillsboro 8-5, M-F 648-6646
Seniors 60 yrs. and older needing dentures or replacements can get them at minimal or no cost depending on income.

ORO NUTRITION PROGRAM

office-137 SE 3rd Hillsboro 640-2624 10:30-1:30

Meal program for Srs. (minority, 50 and over, anglos, 60 and over). Donations asked according to ability to pay. Held every Saturday at Maria's restaurant in Hillsboro. Volunteers needed.

SOCIAL SECURITY ADMINISTRATION

10700 S.W. Beaverton-Hillsdale Hwy. Room318 Beaverton 221-3381
or for Banks, Forest Grove, and Gaston 1-800-452-1654
Retirement, disability and survivors insurance: Medicare for the aged and disabled: supplemental income for disabled and aged in need.

ORO SEWING PROGRAM FOR SENIORS

Tuesdays 2-4 Hillsboro Sr. Center 759 E. Washington, Hillsboro 640-2624
Contact ORO for details.

Vol. 6 No. 3 of the Rural Tribune. This newsletter is published monthly by the Washington County Community Action Organization and is funded by the U.S. government. There is no charge for the newsletter. We will publish articles and announcements of particular interest to the low-income people of rural Washington County. For additional copies, or to be added to our mailing list, write to The Rural Tribune, 546 E. Baseline, Hillsboro, Oregon, 97123. Opinions expressed in these articles are those of the authors and not the opinions of either Washington County Community Action or the Community Services Administration. The Rural Tribune welcomes letters to the editor and articles or suggestions for articles. We ask letter-writers to identify themselves by name and address.

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Shelter House con't

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guests.

Last month an anonymous complaint tipped off a fire department inspection of the Shelter House, located in an old house on Baseline in Hillsboro. Fire Marshall Steve Nutall listed seven major areas where the building was not up to safety codes for businesses. These included inadequate stairwells, handrails, exits, and lack of smoke detectors.

In spite of the Shelter House's new status as a resident residence, Gordon Molitor is seeking a larger, newer building to serve as the Shelter House with the help of the Building Department.

Job Corps Seeks Chicanos

Education is gained through practical as well as classroom experience for students of the Portland Job Corps Center (PJCC). Once enrolled, Corps members work on completing his/her high school education or GED, and at the same time develop skills in one of 9 vocational training areas.

Students who are from local areas have the option of living at home, or else in a residential dormitory for men and women which provides a communal life setting for those from outside the area.

Administration and classrooms are located at 1022 SW Salmon in downtown Portland, with most of the practical training classes housed at PJCC's Springdale campus, in Clackamas County.

Students accepted as Corps members must be between the ages of 16 and 22 years of age. They must also meet the screening requirements of being low-income, having limited job skills, being unable to benefit from continuation in a regular school, have the physical health and mental ability to benefit from the program and do not have a serious criminal record.

According to Barbara Hofrichter, Admissions Officer, Corps members come because "they have not been successful in school, or have had difficult home problems". "Some", she added, "are referred by organizations like CSD, or have been wards of the court".

One Corps member stated "I was going to high school and didn't like it, I like to work better". She continued,

New Housing Act To Increase Home Ownership

Congressman Les AuCoin has introduced legislation designed to bring home ownership within reach of thousands of American families living in remote, rural areas.

AuCoin's bill, called the Rural Housing Act of 1978, would inject new strength into Farmer's Home Administration (FmHA), the federal agency in charge of the nation's major housing program for small communities and rural

areas.

Co-sponsor of the bill is Congressman Stanley Lundine of New York, who also worked with AuCoin on rural housing in the last session of Congress.

Major features of the bill would create a home ownership assistance program and would direct FmHA to find new ways to meet housing needs of migrant and settled farmworkers.

"One of the best ways to help low income rural families," AuCoin said, "is to make it easier for them to own a home. Apartments units are frequently not an accepted or common source of housing in small communities.

"This legislation would allow low-income families to own decent and safe housing at a monthly payment they can afford."

To get an up-to-date look at housing conditions in Oregon, AuCoin took a tour of rural areas in Washington, Yamhill, Polk and Marion counties recently. Stops included farm labor housing in Cornelius and Woodburn, self-help housing in Independence, and single family residences in Grande Ronde.

Provisions of the rural housing bill will be considered by AuCoin's Housing Subcommittee as it reviews the major housing legislation in this session of Congress.

AuCoin summarized his legislation for the subcommittee recently and pledged to work for its passage during hearings over the next few weeks.

AuCoin termed his legislation as critical, noting that recent statistics show that 1.9 million rural families in America are living in housing without plumbing facilities, 1.4 million are living in housing without kitchens, 3.9 million are living in housing without roof insulation, and 7.8 million are living in housing without storm windows.

"The housing needs in rural areas of the country are absolutely staggering," AuCoin said.

The key provision in the newly introduced bill expands the FmHA home ownership assistance program for rural families. Under the plan, rural families would pay 25 percent of their adjusted gross income for such housing costs as principal and interest on a mortgage, taxes, insurance, maintenance and utilities.

Farmer's Home Administration would make up the difference between the household's contribution and the actual monthly cost.

The high cost of housing, AuCoin said, has, in effect, frozen many low income families out of home ownership because it would take a prohibitive percentage of monthly income to pay for and to maintain a home.

The subsidy program would allow rural families to accrue equity in a home, but the government would reserve the right to recapture an amount up to the total subsidy of the home if it was sold.

Allowing families to build equity, AuCoin said, is an important provision because it would give them an incentive to keep the house in good shape.

Department of Housing and Urban Development officials have provided statistics to AuCoin's office which lead to an assumption that some 8,500 families in the first Congressional District's rural areas potentially could benefit from the new legislation.

A second key provision of the bill calls for FmHA to study new ways to meet the demand for farmworker housing.

In the statement in the Congressional Record late last week, AuCoin noted that the Carter Administration has proposed increased funding for farmworker housing in fiscal 1979.

"While this injection of new funds is desperately needed," AuCoin said, "the housing produced will barely scratch the surface of need for decent farmworker housing. There is not now, nor is there ever likely to be, enough money to even solving this problem.

"If we are going to improve housing conditions of farmworkers, then we must look for better ways to encourage the development of new housing and the rehabilitation and maintenance of existing housing."

AuCoin noted that his bill directs FmHA to consider the roles farmers, farmworkers and farm organizations can play in providing decent housing:

"What I'm interested in is not just another study," he said. "The squalor of much farmworker housing in this country is well-documented. What we need to do is examine concrete solutions for the problems we already know exist."

TOLL FREE NUMBER

The state of Oregon is in the process of creating and implementing project 800. Project 800 is an attempt to make state offices more accessible to agencies and citizens.

Here is how the System works. Anywhere in Oregon, except for Portland, people can call toll free 800-452-7813. This number will put them into contact with the state operator. Callers should tell the operator the state office, and if possible, the phone number of the office they are trying to contact.

The operator will take the caller's number and contact the appropriate state office. The state office will then call back the person who made the original call. Only state offices in Salem or Portland can be reached through project 800.

In Portland instead of calling the 800 number, merely call 229-5700.

You are encouraged to use this system when trying to reach a state office. The system will be fully operational after April 18, 1978.



Pictured above is a Portland Job Corps Center member enrolled in the Business Occupational vocational training program.

Write the WCCAO Budget!

Each year Community Action submits a budget to the Community Services Administration of the federal government, asking for funding for specific projects, programs and positions. Each year there are more requests for money than can be filled. Where the CSA money goes is decided by the Community Action Board of Directors. Their decision, however, must take into consideration the opinion of the community at large.

This worksheet, or survey, is being printed to elicit your ideas on where the money should go. Please take the time to fill it out - it is one way of showing your support for individual programs and letting Community Action know how you feel your federal dollars should be spent.

If you prefer a more direct way of expressing your opinion, please attend Community Action's Board meeting, to be held Wednesday, May 10th, in the conference room at the Hillsboro Airport, beginning at 5:30 p.m.

The total budget for Washington County Community Action Organization exceeds \$1,033,000. The agency has direct local control over \$185,900.

We are asking you to tell us how you would like us to spend the money. Please complete the following worksheet, and return it before May 5, 1978 to WCCAO, 546 E. Baseline, Hillsboro, Oregon 97123.

DIRECTIONS:

- 1) Ask yourself several questions concerning how you would allocate money to different programs. Should you fund programs that advocate for poor people's needs or that provide direct services? (Circle one) Should you fund fewer programs at adequate levels or more programs on "shoestring" budgets? (Circle one)
- 2) For each project you wish to see funded, transfer the dollar amounts into the blank space to the right. The amounts you transfer cannot exceed the total printed on the bottom of the column, i.e. \$185,900 total.
- 3) Note that the dollar amounts do not always reflect the total amount of money to be spent on any project. The dollar amount may be support costs for a grant from ACTION, CSA, CETA, etc. In all cases, the base/first amount listed plus other funding sources will fund the entire project.

REQUESTED AMOUNTS	FUNDED AMOUNTS
1) PROGRAM SUPERVISION & ADMINISTRATION Administration, fiscal, audit, program supervision, clerical support, and individual costs for entire agency - \$1,000,000. 90 employees, 15 projects. (5 positions, 3.CETA, support costs). \$87,251.	-----
2) COMMUNITY FOOD & NUTRITION/CROP GLEANING To advocate in the areas of community food and nutrition, including gleaning legislation and child nutrition. To coordinate the donation, picking and delivery of 70,000 pounds of excess crops valued at \$28,000. (1 full-time and 2 part-time positions, truck, support costs). \$31,603.	-----
3) WOOD GLEANING To coordinate the donation, harvest and delivery of 304 cords of wood valued at \$18,000. (2 part-time positions, truck support costs). \$15,529.	-----
4) SEWING INSTRUCTIONS To teach basic sewing and mending to 180 low-income people and save each client \$75.00 for a total of \$13,500. (1 instructor, support costs). \$15,488.	-----
5) RURAL AWARENESS PROJECT To publish ten four-page issues of The Rural Tribune, a bilingual newsletter addressing low-income issues, and provide assistance to 24 low-income groups in the print media. (1 position, contract writers, printing, support costs). \$30,566.	-----
6) VISTA & COMMUNITY VOLUNTEER PROGRAM To develop or continue at least 12 new projects serving low-income persons through the use of VISTA volunteers. To provide a minimum of 96 hours of volunteer services per month to low income persons, agencies, etc. through use of restitution or other community volunteers. (1 half-time position, car for VISTA's, support costs). \$13,617.	-----
7) BILINGUAL/BI-CULTURAL PROGRAM To provide 300 oral and written Spanish/English translations and make 30 presentations on the Chicano culture to schools and interested organizations. (1 CETA, support costs). \$5,003.	-----
8) HOUSING ADVOCATE To plan for and develop a comprehensive housing project that will respond to a variety of low-income people's housing needs which have been identified by community task forces. (3 VISTA volunteers, 1/2 position, support costs). \$12,258.	-----

Escriba el Presupuesto!

Cada año, Community Action presente un presupuesto a la Administración de los Servicios Comunidades del gobierno federal, pidiendo por los fondos para proyectos, programas y posiciones. Y cada año piden por más de lo que pueden ser dispensado. Donde se usan el dinero está decidido por la Mesa Directiva de Community Action. Su decisión, no obstante, tiene que considerar la opinión de la comunidad.

Aqui presentamos una forma en que Ud. se puede dar sus opiniones tocante donde gastan el dinero. Por favor de contestarlo. Es un método para indicar su soporte para programas propias y sus sentidos acerca de donde los dólares federales deben ser gastados.

Si Ud. quiere un método más directo para expresar su opinión, por favor venga a la junta de la Mesa Directiva, miercoles, 10 de mayo, en el salon de conferencias del aeropuerto de Hillsboro, empezando a las 5:30 en la noche.

El presupuesto total de Washington County Community Action Organization excede \$1,033,000. La agencia tiene control sobre \$185,900.

Por intermedio de esta le estamos pidiendo a Ud. que nos diga como quiere que gastemos el dinero. Por favor complete el siguiente cuestionario, y envíelo de vuelta para el 5 de mayo de 1978 a Community Action, 546 E. Baseline, Hillsboro, Oregon, 97123.

DIRECCIONES:

- 1) Hagase a si mismo estas preguntas de como le gustaría que distribuyéramos el dinero a los diferentes programas. Debemos financiar programas que proveen ayuda a las necesidades de la gente pobre o que dan servicios directos? (Haga un círculo en una) Financiaría Ud. menos programas en un nivel adecuado o más programas en un presupuesto muy bajo? (Haga un círculo en una.)
- 2) Por cada proyecto que Ud. desea ver financiado, ponga el valor en dólares en el espacio en blanco de la derecha. Las cantidades que Ud. pone no deben exceder el total impreso al final de la columna. (\$185,900 total).
- 3) Tome nota que el total de la suma de dólares no siempre refleja el total de dinero que se va a gastar en cada proyecto. El total de dólares puede ser gastos de soporte de una gratitud de ACTION, CSA, CETA, etc. En todos los casos la cantidad de base primera anotados más otros recursos financieros van a financiar el proyecto entero.

DINERO REQUERIDO	DINERO FINANCIADO
1) SUPERVISIÓN DE PROGRAMAS Y ADMINISTRACIÓN Administración, contabilidad, supervisión de programas, soporte de oficina, y costos individuales para la agencia entera-\$1,033,000., 90 empleados, 15 proyectos. (5 posiciones, 3 CETA, costos de soporte). \$87,251.	-----
2) NUTRICIÓN Y COMIDAD COMUNAL/PICA DE COSECHAS Abogar en las áreas de comida comunal y nutrición, incluyendo legislación de la pica y nutrición de los niños. Coordinar la donación, la pica y distribución de 70,000 libras de cosechas valuadas a \$28,000. (1 posición de tiempo completo, y 2 de parte de tiempo, camión, costos de soporte) \$31,603.	-----
3) PICA DE MADERA Coordinar la donación, junta y distribución de 304 cordes de madera valuado a \$18,000. (2 posiciones de parte del tiempo, camión, costos de soporte) \$15,529.	-----
4) INSTRUCCIONES DE COSTURA Enseñar costura básica, y remiendo a 180 personas de bajo sueldo y ahorrar a cada cliente \$75. por un total de \$13,500. (1 instructor, costos de soporte) \$15,488.	-----
5) PROYECTO RURAL AWARENESS Publicar 10 copias de cuatro páginas del "Rural Tribune", especializándose en problemas de personas con poco salarios, y proveer asistencia a 24 grupos de bajo sueldo por medio de la palabra impresa. (1 posición, escritores bajo contrato, imprenta, costos de soporte) \$30,566.	-----
6) VISTA Y PROGRAMAS DE VOLUNTARIOS DE LA COMUNIDAD Desarrollar y continuar por lo menos 12 proyectos nuevos sirviendo personas de bajo sueldo por medio de los voluntarios de VISTA. Proveer por lo menos un mínimo de 96 horas - \$3,456 - horas de servicios de voluntarios por mes a personas de bajo sueldo, agencias, etc. a través del uso de restitución o otros voluntarios de la comunidad. (1 posición de 50 por ciento, automovil para VISTA, costos de soportes). \$13,617.	-----
7) PROGRAMA BICULTURAL Y BILINGUAL Proveer 300 traducciones escritas y orales en Ingles/Español y hacer 30 presentaciones sobre la cultura chicana a las escuelas y organizaciones interesadas. (1 CETA, soporte de costos). \$5,003.	-----

Welfare Clients Turn to Hotline

Welfare applicants, attempting to understand complicated eligibility requirements, regulations, and which benefits are available under which circumstances, often have to give up on their case workers. (Caseworkers at the Hillsboro Adult and Family Services generally do not explain these requirements or they explain them only in the specialized terminology of the welfare system.

The paradox is that many applicants, in their frustration turn to welfare experts - outside of the welfare bureaucracy. These experts are advocates who can lead the applicant through the regulations and identify programs that will provide the best aid, given the applicant's circumstances.

"I think it's because (the caseworkers) forget sometimes that ordinary people don't understand the terminology," said Carol Woods, co-director of Welfare Hotline, an advocacy organization in Hillsboro.

"The concepts of welfare really don't make sense outside of the bureaucracy." "We often simply have to interpret for people," said the Hotline's other co-director, Elisabeth Linder. "The jargon is incomprehensible".

Hotline advocates explain regulations to their clients and often accompany them to their interviews at Adult and Family Services (AFS). Their new clientele grew to 85 during March and is still growing.

"Negotiation is alot of what we do," added food stamp advocate Glenna Hayes.

In one recent case, a pregnant woman was told by her caseworker at AFS that she was ineligible for benefits be-

cause she was living with a family that provided for her shelter needs. The woman, was however, living with a family that was already on welfare. She had no income and no way to contribute to the needs of the family who were stretching their small income to support her. Not understanding why she was deemed ineligible, she contacted the Welfare Hotline.

Advocates Linder and Woods went back to the AFS with the young woman. The two pointed out to the caseworker that it is illegal for the family to support the woman on their welfare check. But the caseworker, and later the supervisor, insisted the woman's needs were being met by the family she is living with. "It made no sense at all," said Woods.

The advocates pushed the issue. They were finally able to negotiate a solution: the family signed a statement saying they could not support the woman, although they refused to turn her out of their home. With the statement signed the supervisor conceded that she was eligible for a grant.

"Not explaining happens often," said Ms. Linder. "That it should be this good does not usually happen".

AFS is constantly having to dispense inadequate resources. Their manuals full of regulations are meant to ensure that these too few funds are spread as far as possible. But, in focusing on their resources, AFS caseworkers are not in a position to promote the applicant's best interest.

Fortunately, the Welfare Hotline is. Unfortunately, this is one of only three welfare advocacy groups in the state.



Welfare Hotline advocates Elisabeth Linder and Glenna Hayes, recently set up an information table in front of Adult and Family Services in Hillsboro. In good

weather they answered questions from applicants about welfare grants and food stamps.

9) WELFARE HOTLINE

To provide technical assistance relating to Welfare, Food Stamps, Social Security and SSI to at least 1,500 clients. (2 part-time positions, support costs). \$17,502

10) EMERGENCY SERVICES

To advocate on behalf of at least 3,500 clients with problems such as utilities, landlord/tenant relations, food, motor vehicles, etc. (1-1/2 positions, 1-1/2 CETA, support costs). \$22,168.

11) RETIRED SENIOR VOLUNTEER PROGRAM

To generate 10,000 hours of volunteer services to tutoring disadvantaged children and to Senior Craft stores. (5 per cent of RSVP Director's salary, volunteer support costs). \$1,000

12) EMERGENCY SHELTER HOUSE

To provide emergency shelter for up to two weeks for at least 480 low-income persons - 5,475 bed/days. (2-1/2 CETA, rent, support costs). \$14,695.

13) GREEN PAGES

To compile for presentation to the General Telephone Company an appendix to the telephone directory similar to the yellow pages, only for human service agencies. (1 three-month position, support costs). \$4,984.

Total of Base Amount: \$271,664.

The WCCAO Board of Directors has tentatively decided to fund numbers 1,2,5,6,7,8,9, and 11.

FUNDED AMOUNTS

8) ABOGADO DE VIVIENDA

Planear y desarrollar un proyecto de vivienda completo que va a responder a la variedad de necesidad de vivienda para personas de bajo sueldo que han sido identificadas por la fuerza de la comunidad. (3 voluntarios VISTA, soporte de costos). \$12,258. -----

9) WELFARE HOTLINE

Proveer asistencia técnica relacionada al Welfare, Estampillas de Comida, Seguro Social, y SSI por lo menos a 1,500 clientes (2 de parte del tiempo, costos de soporte) \$17,502 -----

10) SERVICIOS DE EMERGENCIA

Para abogar en favor de 3,500 clientes con problemas como ser las utilidades, relación de inquilino y arrendatarios, comida, vehículos a motor, etc. (1-1/2 posición, 1-1/2 CETA, costos de soporte) \$22,168. -----

11) PROGRAMAS DE VOLUNTARIOS DE LOS CIUDADANOS RETIRADOS

Generar 20,000 horas de servicios voluntarios para enseñar a niños desaventajados y para negocios de manualidades de ancianos (5 por ciento de salario del Director, soporte de costos de los voluntarios) \$1,000. -----

12) CASA DE REFUGIO DE EMERGENCIA

Proveer refugio de emergencia de hasta 2 semanas a por lo menos 480 personas de sueldo bajo - 5,475 cama/días (2-1/2 CETA, alquiler, costos de soporte) \$14,695. -----

13) PAGINAS VERDES

Juntar todos los datos para una presentación a la compañía de teléfonos en forma de apendice (agregado) para la guía de teléfonos similar a las páginas amarillas, solo para agencias de servicios humanos. (1 posición de 3 meses, costos de soporte) \$4,984. -----

Total suma base \$271,664

La Mesa Directiva del WCCAO ha decidido tentativamente financiar numeros 1,2,5,6,7,8,9 y 11.

A PUBLIC MEETING TO DISCUSS THE BUDGET WILL BE HELD MAY 10, 1978 AT 5:30 P.M. IN THE CONFERENCE ROOM AT THE HILLSBORO AIRPORT PLEASE COME.

UNA REUNION PUBLICA PARA DISCUTIR EL PRESUPUESTO SERA PRESENTADA EL 10 DE MAYO DE 1978 A LAS 5:30 EN EL SALON DE CONFERENCIAS DEL AEROPUERTO DE HILLSBORO. POR FAVOR VENGA!

Barter is Better con't

continued from page 1

stead of paid in cash) allows a person to make as many exchanges as they can, so that a wide variety of services and goods can be obtained rather than limiting it to a one-time service. "We even have people looking for racketball partners, and people to play music with," said Kim.

"Our main concern", explained Linda and Kim, "is that people enter into this with an attitude of reciprocation. You can't work a barter system without it." They will be keeping records of services given and received, and if a person is found who is only receiving and not giving, that person will be asked to forfeit their membership. PSX hopes to be totally self sufficient within the year, and to be able to match people geographically.

And the Pyramid? Why was that name chosen? "We think of it as a structure that can grow geometrically," explained Kim. "It represents good energy to us, something solid and self supporting. And that's what we want the services exchange to be."

To get more information or sign up as a member, you can call them at 640-4814, Monday through Friday, 8:30 a.m. to 5 p.m.

Following is a list of skills and services available through and requested by members of Pyramid Service Exchange.

To become a member eligible for these services call PSX at 640-4814.

SKILLS OFFERED/AVAILABLE

Animals: training, hoof trimming
 Art - Attorneys - Carpentry
 Child Care - Domestic Skills
 Education - Electricians - Embroidery
 Fence Building - Food Service
 Gardening - Green Thumb - Handyman
 Income Tax Service - Jewelry - Knitting
 Labor Skills - Landscaping
 Literary Skills - Macrame - Masonry
 Massage - Mechanics
 Music - Nursing - Nutrition
 Office Skills - Organizational Skills
 Outdoor Maintenance - Poetry
 Quilting - Rototilling - Sewing

Big Sisters, Brothers Needed

The Metropolitan Family Service agency, located at 107 S.E.2nd in Hillsboro, has started a Volunteer Services Program. The main purpose of the program, according to Janet Bruno, Volunteer Services Coordinator, is to recruit the service of interested adults as Big Brothers and Big Sisters to the children receiving family counseling services.

Richard Cox, a counsellor with Metropolitan Family Services, explains "There is only so much we as counselors can do." The Big Brother, Big Sister program allows for more spontaneous interaction between child and adult.

Other volunteers will also be needed for a Telephone Reassurance Program currently being developed. This program will provide telephone contact on a daily basis with elderly and housebound individuals.

These volunteers services are only part of the family counseling services which have been available to the residents of Washington County since 1958.

Solar Energy
 Indoor Competitive Sports
 Transportation - Typing - Upholstery
 Welding - Woodcutting

SKILLS REQUESTED

General Outside Work - Lawn Mowed
 Major Automotive (transmission)
 Minor Automotive (tune up)
 Car Painter - Body Work
 Inexpensive Transportation
 Motorcycles and Old Cars
 Repair For Mercedes Benz
 Bicycle Repair
 Furniture Upholstery
 Furniture Refinishing
 Domestic Housework - Carpentry
 Handyman - Remodeling
 Windows Painted - Ceiling Painted
 Gutters Cleaned and Painted
 Rural Sewage System
 Advice and Services Regarding Water
 Lumber (new and used) - Rock
 Caterpillar or Heavy Equipment
 Homebuilding
 Possible Real Estate Trade or Home
 in Need of Repair
 Sewing - Haircuts - Firewood
 Use of Tools/Equipments
 Woodworking tools
 Fishing equipment
 Office space/Multnomah
 or Clackamas County



Jeremy Marston, Kim Dinsdale, and Linda Hockersmith run the Pyramid Services Exchange, a not-for-profit organization that brings together people who want to exchange goods, services and skills.

Manual Gives Consumer Tips Avoid Unneeded Auto Repairs

In 1976, Oregonians paid more than \$350 million in auto repair bills. Last year, that bill was even higher. However, many of these repairs were unneeded and many repairs that should have been done were ignored.

Despite the large number of honest and competent mechanics, auto repair continues to be the source of thousands of complaints nationwide. The California Bureau of Auto Repair received more than 27,000 auto repair related complaints during the 1976-1977 fiscal year. About 10 percent of the consumer complaints received annually by the Consumer Protection Division of the Oregon Department of Justice are auto repair related. During February of this year, 12 percent of the complaints received by the Consumer Protection Division were about auto repair problems.

OSPIRG has published an auto repair handbook to help consumers understand their cars, do simple repairs, shop for a mechanic, and know where to go for help if they do have a problem with

auto repair shops.

The 92-page handbook, "What You Should Know About Auto Repair" also gives consumers information to be able to communicate with mechanics and alerts readers to the tricks of the charlatans of the trade. For example, some service stations on major highways cause repairs to be necessary when an unwary customer pulls in to "fill-it-up." The sudden need for a new tire might not be a nail picked up on the freeway, but instead maybe caused by a slit from an unscrupulous service station attendant's pen knife.

A chapter on legal recourse tells consumers where to go for help if they've been tricked, but the emphasis of the handbook is to educate the consumer so buying auto repairs is a satisfying experience rather than a hassle that leads to a day in court.

A special chapter explains why motorists in the Portland metropolitan area must get their cars certified at Oregon Department of Environmental Quality testing stations. The chapter describes the pollutants that are hoped to be controlled by the state program and tells the motorist what kinds of repairs may be necessary to prepare an automobile for the biennial test. "What You Should Know about Auto Repair" also lists the addresses of the permanent DEQ testing stations.

The handbook is available to the public for only \$2 from OSPIRG, 918 S.W. Yamhill, Portland, Oregon, 97205.

NEW ENVIRONMENTAL MAGAZINE

The Environmental Education Project at Portland State University has released a new bimonthly magazine, "Clearing", which focuses on environmental education and the creative arts on a statewide basis.

Ex-offenders con't

continued from page 1

job counselling is stressed along with alcohol, individual and group counselling.

Olmsted pointed out that rehabilitation programs of this type do not lower the crime rate. Rather, the program is aimed at helping offenders live normal lives.

Since statistics pointing to a lowered crime rate cannot prove the effectiveness of the corrections system, evaluators are trying to gather figures that show the benefits to the lives of former probationers. Olmsted quoted one study that followed 2500 people for six months after the termination of their probation. Only 2.7 percent had committed a new crime within that six month period. These conclusions are obviously limited because of the short time period involved, but a further study is planned which will follow clients for about two years after probation.

And Olmsted believes the program is of "substantial benefit" to its clients.

"I think the services we offer help offenders get through probation successfully," he said. "each counsellor has a lot of individual cases where we can cite the success of the Program"

WALK FOR THE WHALES

"Walk for the Whales," a walkathon through Portland's Wildwood Trail is set for May 20 to raise funds for Greenpeace's summer operation.

Greenpeace is a Canadian-based organization which protests the whaling operations of the U.S.S.R. and Japan, two countries which ignore internationally-set quotas for numbers of whales killed.

The walk will begin at 9 a.m. at the Western Forestry Center. For further information, call Greenpeace Oregon, 811 NW 23rd, Portland, 248-1123.

Servicios para Ancianos

El Programa para los Ancianos en Forest Grove ahora está ofreciendo servicios de "Outreach". El programa nuevamente financiando está disponible para trabajo de "Outreach" entre las horas de 8:00 a.m. y 5:00 p.m. Visitas a la casa son posibles en Forest Grove y las áreas rurales alrededor. Cualquier persona que tiene un problema está animado a llamar a nuestro número 357-7910. Nuestra dirección es 1645 Calle de Elm. Forest Grove.

Información acerca de las áreas siguientes está limitada pero la estamos desarrollando también: 1) Viviendas para ancianos. 2) Viviendas para tra-

bajadores migratorios. 3) Consejos de Viviendas - Información y Referencias. 4) Hogar de Emergencia y Refugio. 5) Programas de Reparación del Hogar (incluyendo protección contra el invierno) 6) Ayuda de Viviendas. 7) Derechos del Dueño y Arrendatario.

Estamos muy interesados en ayudar a la gente que están siempre en el hogar.

Un servicio de Información y Referencia también está desarrollándose por nuestro programa de "Outreach". Cualquier persona que no conoce los programas sociales en el Condado de Washington es animado a llamarnos así podemos ayudarlo. Pregunte por Ramon W. Olivas o Dolore Norris.

Outreach Targets Senior Needs

The Forest Grove Senior Citizen's Program has a newly-funded outreach program which is making house calls from 8 am to 5 pm. They are targeting the house-bound and the elderly in Forest Grove and the surrounding rural area.

Outreachers have information about housing for the elderly, migrant housing, housing counselling, emergency shelter homes, housing subsidies, and landlord and tenant rights. In addition, the Outreach Program is developing an information and referral service to give information about various social programs which serve people in Washington County. Anyone needing assistance is

urged to call 357-7910 and ask to speak to Ramon Olivas or Dolores Morris.

The Senior Citizens' Program also provides transportation for the elderly and handicapped, as well as transportation for all ages in the outlying rural areas. In addition, the program also helps meet various health needs such as giving information and encouragement about appropriate professional health care, and translating at doctor's appointments.

Week Set for Volunteers

April 16 through 22 is National Volunteer Week, a time to recognize and appreciate the immense contributions made by volunteers across the country. According to the National Center for Voluntary Action, 45 to 50 million people in America engage in volunteer service of some kind. It is impossible to measure the benefits that this service brings.

A 1974 Census Bureau Survey showed that 24 per cent of Americans over the age of 13 does some form of volunteer work. A recent GMA Poll shows an even greater percentage of volunteers serving in the Portland Metropolitan area. A random telephone sample of 385 people in the Portland area over the age of 18 indicated that 46 per cent of the population is involved in some sort of volunteer activity.

Volunteers help out in many non-profit organizations around the county, according to Dee Dee Olsen, of the RSVP (Retired Senior Volunteer Program) in Hillsboro. RSVP places about 500 volunteers; some serve in such places as the Senior Centers, or in the school systems as tutors, as well as other places. Volunteers help to make these programs better through their efforts.

Don't Skip Breakfast! Don't Run on Empty

Everyone who is acquainted with cars knows enough not to start out on a trip with an empty gas tank. How far can one go? It is the constant supply of gasoline which provides the necessary energy to keep the motor running.

Our bodies have often been compared with machines or motors. It makes sense. Yet, many people care for their car better than their own body.

It has been discovered that about 80 percent of the people start out a day's work with no breakfast. In other words, the fuel indicator shows "empty". This may be happening because a car will stall when the supply of fuel is exhausted, but a living body will draw on other resources, functioning slower and slower until it is gradually exhausted. This process results in ill health. Think about it.

When a child is born, it needs food every 2-4 hours to maintain the rapid body growth and mental development the child undergoes. Eventually, as the growing process slows down, the time between feedings grows longer, until 3 meals a day appear satisfactory. Not quite, however. How often does a young child ask for "goodies"? The child is not spoiled, but mom may overlook the need for a wholesome "between meal snack". This need prevails throughout the grow-

ing years.

As the child approaches the teenage years, you may find your refrigerator working overtime. If you spend an entire day in or near the kitchen, you will discover that your appliance is not dying of old age. It is only trying to keep up with your teenager, who forever is getting milk, leftover meat, an apple or whatever treasures you may store in the refrigerator. It may be annoying you see the food disappearing so fast but a healthy youngster burns up more food than a healthy adult.

At night, the youngster, although asleep, is still growing and burning more energy. When morning comes, all resources are exhausted, and if the youngster does not eat a protein rich breakfast, the child will go until "borrowed" energy. This makes some children "hyper". Others may get headaches or have stomach aches or both. In any case, learning gets very little of the students' attention.

Adults do not use the night to expend energy. The adult rests to restore nervous energy. However, after fasting 8-12 hours, the body of an adult is in just as much need to fuel up as the child. Believe it when someone tells you "breakfast is the most important meal of the day." It is true.

SPANISH DRIVER'S MANUAL

A Spanish language edition of the Oregon State Driver's Manual is expected to be available by May.

The translation of the Manual was made by the Washington County Translators Bureau to help Spanish-speaking persons obtain an Oregon driver's license.

The Department of Motor Vehicles also provides a Spanish driver's exam.

No Salga con Tanque Vacío

por Monika Belcher

"Llene su tanque de gasolina antes que este vacío."

Todo el mundo que sabe bastante de carros sabe mejor que salir de viaje con un tanque de gasolina vacío. Que lejos puede ir uno? Es la entrada constante de gasolina la que provee la energía necesaria para mantener el motor andando.

Nuestros cuerpos muchas veces han sido comparados con maquinas o motores. Es lógico. Sin embargo, mucha gente cuida más de su carro que de su cuerpo.

Se ha descubierto que 80 por ciento de la gente empieza un día de trabajo sin el desayuno, en otras palabras el indicador de gasolina dice "vacío". Esto puede causar que un carro pare cuando la provisión de gasolina se acaba, pero un cuerpo viviente saca de otros recursos, funcionando más y más despacio hasta que se agota gradualmente. Este proceso resulta en enfermedades. Piense de esto.

Cuando nace un niño, el necesita comida cada 2-4 horas para mantener el crecimiento rapido de su cuerpo y el desarrollo mental por el cual está pasando. Al fin, así como el proceso de crecimiento se desminuye, las horas entre medio de las comidas son más largas, hasta que 3 comidas por día son suficientes. No es cierto, sin embargo. Cuantas veces, le pide un joven por "dulces"? El niño no es malcriado sino su mamá se olvida de la necesidad por "un bocadillo entre medio de las comidas" es provechoso. Es-

ta necesidad continúa durante los años de crecimiento.

Cuando el niño se acerca a la edad de la adolescencia, hallará que su hielera trabaja en exceso. Si pasa un día completo cerca de o en la cocina, descubrirá que su aparato no se está muriendo por ser anciano. Solamente está tratando de correr parejo con su jovencito, quien siempre está tomando leche o comiendo cualquier comida que encuentre en la hielera. Tal vez es un molesto a ver la comida que desaparece tan pronto, pero un jovencito de buena salud quemará más energía que un adulto de buena salud.

De noche, el jovencito descansa solamente para empezar a crecer y quemar más energía. A la madrugada, cuando todos los recursos se acaban, y si el jovencito no come un desayuno rico en proteína, el jovencito seguirá hasta el almuerzo en energía "prestado". Esto hace a unos niños extraordinariamente activos. Otros pueden tener dolores de cabeza o dolor de estómago o ambos. En cualquier caso, los estudiantes no ponen mucha atención a sus clases.

Los adultos no usan la noche para gastar energía. Sin embargo, después de ayunar por 8-12 horas, el cuerpo de un adulto tiene necesidad de comida tanto como un niño.

Créalo cuando alguien dice que "el desayuno es la comida más importante del día." Es cierto.

Pyramid Exchange por Washington County

Es nuestra creencia que dentro de la gente del condado de Washington hay una reserva de habilidades y servicios que podrían ser utilizados por un sistema de cambio antiguo (barter). Esta filosofía de cambio es la base de "Pyramid Exchange."

Nuestro propósito es estimular el cambio de habilidades, servicios y mercancías. Necesidad y servicios diarios que normalmente están proveídos sólo por el sistema monetario podrían estar disponibles por el Pyramid Exchange.

Somos un servicio público sin ganancia y proveeremos el centro de información que pueden llamar y un sistema de archivos, juntando los "recursos naturales" de la gente. Sugerencias, voluntarios, donaciones, y el apoyo de la comunidad ayudarán al Pyramid Exchange un servicio que se mantenga sólo Venga y acompañenos.

Para más información llame: Washington County Community Action number 648-6646. Está localidad: 435 SE Washington St. Hillsboro 97123.

Renewed Interest Creates Herb Book

The Rural Tribune

APRIL 1978

Tomatoes and pepper for a sore throat? Hot chilés for sinus trouble? Garlic tea for high blood pressure? It may sound strange to some, but even the established medical profession isn't laughing anymore. A new interest is growing in traditional herbal knowledge which has its roots in ancient Mexico. Many people are finding truth in the old cures.

In order to preserve the herbal knowledge of the Chicano community, Annette Bromberg and Diana Salazar, of the Rural Awareness Project in Hillsboro, are gathering information to put into an herbal book. They hope it will be a way to pass the information on to future generations, and make it accessible to more people in the community.

Many families use herbs regularly to keep healthy. "I remember my grandmother used to give us estafiate tea ("mugwort" in english) when our stomachs were upset, or when the baby had colic," says Marylou Rivera, "even now, it is what I give my children. It

works better than anything."

This and many other cures have been used for centuries in Mexico by the Mexicans and Indians of the area. But most of the people in the community know only bits and pieces. Some is forgotten, and families increasingly depend on doctors for their ailments. "It's true, sometimes you have to go to the doctors," says Antonio Castrejón of Portland, "But there are many things that the herbs can cure, if you only know how to use them. It is important to save that knowledge."

Ms Salazar and Ms Bromberg stress that the book is not intended to be a moneymaking venture. People who share their knowledge will receive a share in the profits, if there are any. Says Ms Bromberg, "People in the community are making the book possible by sharing valuable knowledge which they have. We feel the book is a way to pass information down to our children, so that more people can be helped by it. This book is a sharing experience."

Interés Nuevo Crea Libro de Yervas

Tomates y pimienta para un dolor de garganta? Chiles picantes para el catarro? Té de ajo para alta presión de sangre? Es extraño para alguna gente, pero hasta a la profesión de médicos ya no le da risa. Un nuevo interés está creciendo en el conocimiento tradicional de yerbas que tiene sus raíces en México antiguo. Mucha gente está reconociendo la verdad de estos remedios antiguos.

Para preservar el conocimiento de yerbas de la comunidad chicana, Annette Bromberg y Diana Salazar del proyecto "R.A.P." en Hillsboro están colectando información para incluir en un libro de yerbas. Ellas esperan de esta manera poder pasar la información a las generaciones del futuro, y para ponerlo a la disposición de más gente en la comunidad.

Muchas familias regularmente usan yerbas para mantener buena salud. "Yo recuerdo que mi abuelita nos daba té de estafiate cuando teníamos estómagos revueltos o cuando los niños tenían cólico," dice MaryLou Rivera. "Hasta ahora es lo que le doy a mis niños. Trabaja mejor que cualquier otra cosa."

Esto y muchos otros remedios han sido usados por muchos siglos en México por los indios y mexicanos del área.

Pero mucha gente en la comunidad saben no más un poquito de aquello. Algunas de estas se han olvidado y más familias cuentan con los médicos por sus dolencias. "Es verdad que algunas veces tienen que ir con los médicos," dice Antonio Castrejón, de Portland. "Pero si hay muchas cosas en que las yerbas le dan remedio, si saben como usarlas. Es importante preservar ese conocimiento."

Ms. Salazar y Ms. Bromberg reconocen que el libro no es una ventura para hacer dinero. La gente que comparte su conocimiento recibirá una parte de las ganancias, si hay alguna. Dice Ms. Brom-

berg, "La gente en la comunidad está haciendo posible este libro compartiendo los preciosos conocimientos que tienen. Nosotros creemos que el libro es un modo de pasar información a nuestros niños, para que más gente pueda ser ayudada. Este libro es un experiencia compartida."

Concepto Nuevo en Cuidado de Niños

Cuidado de niños es uno de los trabajos peor pagados, de menos prestigio y mas difícil. Es una profesión invisible y sin reconocimiento, que recibe poco o nada de soporte de la comunidad. Pat Hale de la Escuela Cooperativa de Beaverton dice que los trabajadores lo hacen por 69c. la hora. Trabajaría Ud. por esa suma? Pero siendo pagados tan poco se les encarga el cuidado de nuestros niños durante los años mas formativos. Los trabajadores tienen un gran trabajo y recibían poco o no soporte de la comunidad hasta hace poco.

Para ayudar preveer este soporte de la escuela infantil de Beaverton comenzo hace tres años atrás como un programa modelo fundado por la Fundación Templeton. Era y es uno de los únicos programas de esta clase en el país.

Como los fondos originales se terminaron en Noviembre de 1977, la escuela ha sido reorganizada. Con el nombre nuevo de Escuela de Juegos Cooperativa de Beaverton, ahora opera por dos dias semanales bajo del "West Childrise Program", soportado mayormente por United Way, la Fundación de la Comunidad de Oregon y contribuciones privadas.

El Childrise Program es un mecanismo de soporte de muchas formas para los trabajadores locales, intente enriquecer la experiencia de los niños que están en el cuidado de niñeras y dar a las niñer-

Lewis and Clark College Department of Foreign Languages is offering a series of free films in Spanish. All films have English subtitles. Each showing begins at 8 pm. in the Council Chamber of the Templeton College Center at Lewis and Clark. Presentations are:

WEDNESDAY, APRIL 19

MARIA CANDELARIA

Mexico

Directed by Emilio Fernandez

Introduced by Dr. Vance Savage

Awarded the grand prize for photography at the international Exposition of Cannes, France. A simple, gripping story of Indian life and a girl brought to her ruin by the gossip of the villagers.

THURSDAY, APRIL 27

LA PATAGONIA REBELDE

Argentina

Directed by Hector Olivera.

Introduced by Dr. Pierto Ferrua.

Based on actual events, emotionally moving and insightful character studies of the main protagonists: the anarcho-sindicalist leaders of the worker's movements and the military commander who suppresses them.

THURSDAY, MAY 4

LUCIA

Cuba

Directed by Humberto Solas.

Introduced by Ms. Argentina Erdman

An epic three-part feature film dramatizing three separate periods in the Cuban struggle for liberation and showing the participation of Cuban women in that fight.

THURSDAY, MAY 11

REBELION DE LOS COLGADOS

Mexico

Directed by Alfredo B. Crevanna.

Introduced by Victor Carcagno.

Based on the book by Bruno Traven, Rebellion of the Hanged. A fictionalization of the reality prevailing in Mexico at the turn of the century that finally led to the Mexican Revolution of 1910.

THURSDAY, MAY 18

LA PERLA

Mexico

Directed by Emilio Fernandez.

Introduced by Robert Johnston.

A moving adaption of a modern parable by Nobel Prize winner John Steinbeck. A poor fisherman discovers a pearl of enormous value. He is thrilled by the prospect of what this wealth could mean to his wife and their son. All too quickly, however, the powerful greed of his neighbors results in violence and disaster.

THURSDAY, MAY 25

LA SAL DE LA TIERRA

Cuba

Directed by Herbert Biberman.

Introduced by Dr. Gary Brower.

as lo que ellas necesitan.

Cuando los padres están buscando una niñera para sus niños ellos pueden llamar al Tuality Childrise Program para ser referido a uno de los cuidadores en este programa. Niñeras buscando servicios de soporte también pueden llamar el Childrise Program. Ambos los padres y los cuidadores pagan una tarifa inicial de \$7.50 que les da a ellos acceso al paquete completo de servicios disponibles.

Un servicio de información y referencia le dice a los padres de las clases de cuidados que están disponibles. Un servicio de coordinación de cuidado de niños conectan a los padres con las niñeras. Aparte de esto talleres educacionales, paquetes de orientación y un boletín mensual proveen avenidas de comunicación, entrenamiento y comincación. Una biblioteca que presta juguetes, libros y cunas y otro equipo para el cuidado de niños está también disponible. Para proveer un intermediario entre niñeras y padres que han tenido problemas para hacer los pagos una agencia de colleccion ayuda a los cuidadores a colectar su dinero. Finalmente la Escuela de Juegos Cooperativa en Beaverton está disponible para los niños y los cuidadores en esa área.

Que es lo que hace esta Cooperativa diferente es que los cuidadores y los niños que ellos cuidan reciben experiencia en clase. La escuela de Juegos Cooperativa tiene un personal de dos, siete niñeras lo-

cales traen un total de 17 niños de tres a cinco años para participar por dos mañanas por semana. Cada cuidador en cambio trabaja una mañana por mes para asistir al personal

Los participantes en el programa encuentran esta una experiencia beneficiosa para los cuidadores y los niños. Pat Hale de la Cooperativa dice "Estas niñeras son profesionales y las tratamos como tal. Con la experiencia de la clase ellos pueden mejorar sus talentos y recibir una oportunidad para trabajar con un grupo más grande de niños." Los cuidadores también encuentran que ellos pueden dar más atención individual a los niños.

Los niños en el programa reciben una experiencia variada y completa. La experiencia provee una forma fácil de pasar al jardín de infantes, que otra forma podría ser chocante para los niños que nunca se han relacionado con grupos largos de niños.

El programa es considerado tan altamente que un programa similar ha sido comenzado por el Childrise Program en Forest Grove. El concepto es el mismo, la única diferencia es que aparte de los cuidadores asistiendo en la escuela voluntarios de la comunidad también ayudan.

Pat Hale agrega que el programa trabaja muy bien para dar a los cuidadores el soporte que ellos necesitan para hacer un trabajo difícil bien hecho.