

Hunger & the Price of Food

❖ Shopping Hints to Cut Costs

❖ Cause of Hunger Laid to Economic Distribution—Not Over-Population

PLUS ❖ Food Co-ops
❖ Food Activists

The Rural Tribune

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Shelter House Receives County Funds 78-79 Budget Approved

by Don Patch

Final approval of the Community Action budget for '78 - '79 was given by its Board of Directors May 10. The only surprises during the 3-month long budget development process came when the Budget Committee for Washington County voted in late April to grant \$12,000 to continue Community Action's Emergency Shelter Home for another year, and when the Community Services Administration added \$19,000 to Community Action's general fund, the first such increase in six years.

This year's process was expected to cause a great deal of concern because many services and programs currently provided by Community Action were going to be eliminated. The need to eliminate services and programs came from the finance and administration department's discovery that the dollars needed to continue operation next year were \$66,000 more than projected income.

As a means to work through the impending cuts each program was required to use a process known as "zero-based budgeting." That is, nothing was to be assumed funded. Every position and expenditure had to be justified.

Each program budget was prepared and then summarized into a 4-page work sheet. The worksheet included program descriptions and a minimum and maximum funding level. A review of that summary was made by community, board and staff. Revisions of the summary were made and a final balanced budget was presented to the WCCAO Board for approval.

Unfortunately, many important and valuable services that WCCAO provided will no longer be funded. Those projects are: Sewing Instructions, Wood Gleaning, and Green Pages. It is hoped that these programs will be able to continue within other WCCAO programs (Sewing with RSVP, Wood Gleaning with Weatherization).

Programs which will continue to serve Washington County are: *Program supervision and administration* at \$77,864, responsible for administration, fiscal, audit, program supervision, clerical support and individual costs for entire agency; *Community Food and Nutrition/Crop Gleaning* at \$23,355, responsible for advocating in the areas of community food and nutrition, including gleaning legislation and child nutrition, and coordination of the donation, picking and delivery to low income people of 70,000 pounds of excess crops valued at \$28,000; *Rural Awareness Project* at \$37,783, responsible for publishing 10 issues of the Rural Tribune, a Print media resource center for low income groups and contractual arrangements with commercial printers; *VISTA* at \$11,025,

responsible for developing or continuing at least 12 new projects serving low-income persons through the use of VISTA volunteers, and providing a minimum of 96 hours of volunteer services per month to low income persons, agencies, etc. through use of restitution or other community volunteers; *Bilingual/Bi-cultural Program* at \$5,003, responsible for providing 300 oral and written Spanish/English translations and making 30 presentations on the Chicano culture to schools and interested organizations; *Welfare Hotline* at \$18,326, responsible for providing technical assistance relating to Welfare, Food Stamps, Social Security and SSI to at least 1,500 clients; *Emergency Services* at \$7,900, responsible for advocating on behalf of at least 1200 clients with problems such as utilities, landlord/tenant relations, food, motor vehicles, etc. *Retired Senior Volunteer Program* at \$1,000, responsible for generating 10,000 hours of volunteer services in tutoring disadvantaged children and in senior craft stores; *Emergency Shelter House* at \$23,047, responsible for providing emergency shelter for up to two weeks for at least 480 low-income persons - 5,475 bed/days.

Pioneer Crafts, Ecology Taught at Local Camp

by Steve Harloff

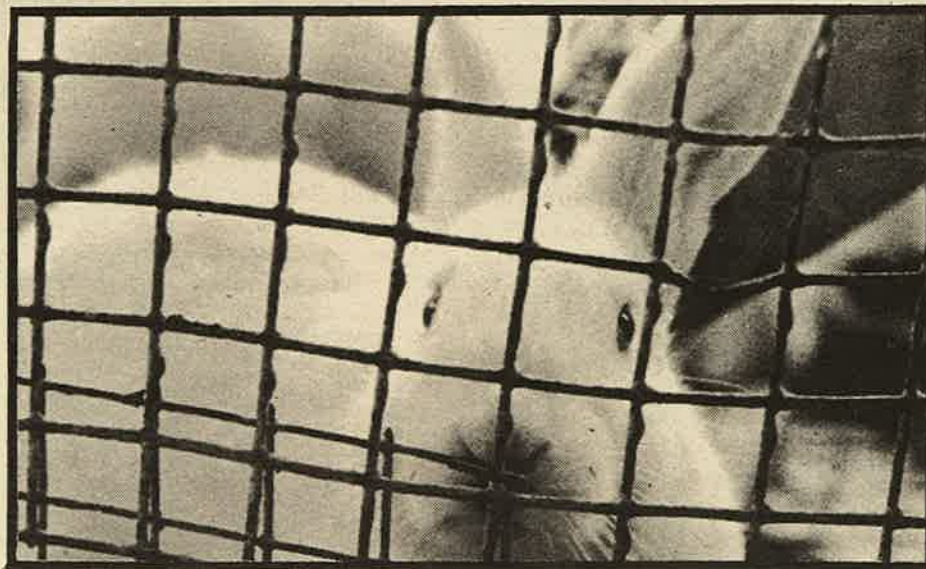
An outdoor program for low-income children will be held at the Cherry Grove Center near Gaston this summer.

It will include outdoor education, pioneer and nature crafts, farming and gardening, and alternative energy projects.

Located on 160 acres of forest and farmland in the foothills of the Coast Range, the Cherry Grove Center is an environmental education center serving the needs of low-income children and senior citizens in Washington County. The Center has operated as a rural retreat facility for the past few years, but this summer will begin a full program of activities focusing on environmental and ecological principles.

According to Jan Muir, staff naturalist, outdoor summer programs for low-income children have been neglected. "Through funding from the Community Action Organization and CETA (Comprehensive Employment and Training Act), we are offering low-income children the experience of learning about the outdoors through day and overnight camps," she says.

The Center will conduct four one-week day camp sessions during which



Today's rabbit, tomorrow's dinner . . . and a source of profit for anyone willing to invest only 8 weeks of care. One Manning grower, Jackie Eskola can't keep up with the demand . . . Money saving tips as well as food related articles on page 4 & 5.

Campos de Labor Investigados County Camps Under Scrutiny

by Judy Schilling

Una llamada para el cumplimiento en la ejecución de las leyes federales y del estado de seguridad y salud en los campos de labor en este condado fue hecha durante una audiencia pública que hubo recientemente en Portland por la sección de Salud Ocupacional de la mesa de Compensaciones de los Trabajadores.

"Aun hoy," dijo Jesús López, quien es un paralegal con el Proyecto de Ayuda Legal de Migrantes, "nos encontramos con veneno de ratas, vidrio y carros cho-

A call was issued for a crackdown on enforcement of federal and state health and safety standards in farm labor camps in this county during a public hearing held recently in Portland by the Occupational Health Section of the Workman's Compensation Board.

"Still today," testified Jesus Lopez, paralegal with the Migrant Legal Aid Project, "we are faced with rat poison, glass and junked autos, filth, vermin and overflowing pits." Lopez submitted as testimony a report he had compiled while working with the Oregon Student Public Research Group (OSPIRG) during the summer of 1976. The report, "Migrant Living Conditions", documents violations in migrant labor camps throughout the state, but focusing on Washington County. It also charges that the camps do not meet minimal state health and safety standards.

The Occupational Health Section (OHS) has been legislated as the state agency responsible for inspection and enforcement of health and safety standards for all types of labor camps - farm, railroad, construction, logging, etc. The Portland hearing was conducted to gather input on consolidation of rules already being enforced under past standards of other agencies and clarifying rules under a new numbering system.

"Basically, there really are no new changes in standards, explained Mike Rodia, Assistant Manager for OHS. Yet community members, legal project workers, and community organizers took the

continued on page 7

the participants will stay overnight on Thursdays, and also 2 sessions of week-long camping. All sessions are for youths ranging from eight through thirteen.

Among the Facilities at the Center is a large barn housing a crafts shop, museum, meeting rooms, and a large playing court. The site also includes an animal care center, outdoor camping area, and recycling center.

A new clivus multrum composting toilet and wood heated boiler in the lodge have been installed and plans are under way for solar heated showers and the erection of a geodesic dome.

The staff is emphatic about the need for young people to learn environmental concepts through experience and not just from classroom texts. With backgrounds in social service, outdoor and wilderness education, recreation, farming and pioneer crafts, the Cherry Grove staff teaches values often lost in the modern urban community.


Programs are offered for other groups than the low-income. "We are not competing with outdoor schools of the Washington County Intermediate Educational District," says Muir. "In fact,

continued on page 8

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FACTS & DATES

LOW COST SUMMER PROGRAMS

The Hillsboro Recreation Department is planning many low-cost summer activities and lessons. Their program includes swimming lessons for all ages, youth activity programs, children's theater workshops, baton twirling classes, gymnastics for children, tennis, modern dance, gardening, "tot's happy hour", slimnastics, children's movies, and camp (both day and resident) for children. Financial assistance is available for youth programs through the Recreation Department. Registration is now open by going to Hillsboro Community Center, at 759 SE Washington, or by calling 648-0821 (ext. 223).

JOBS WITH MIGRANT DAY CARE

The Migrant Day Care Program is now looking for workers. Jobs include: secretary, bookkeeper, outreach workers, bus driver, pre-school and nursery teachers, assistants and aides for classroom, transportation, kitchen, health and maintenance work. Both full time and part time jobs are available at the day care center, which is located in Forest Grove. Applications may be obtained from the Community Coalition for Migrants in Washington County, c/o Washington County Department of Public Health, Administration Building, 2nd and Main, Hillsboro, 97123. Deadline for applications is May 26. Bilingual persons are encouraged to apply.

TRABAJOS CON EL CUIDADO DE NIÑOS MIGRANTES

El Programa del Cuidado de Niños Migrantes está buscando trabajadores. Los trabajos incluyen: secretaria, contador, trabajadores que visitan las familias, conductor de bus, maestras de bebotes y niños pre-escolares, asistentes y ayudantes de clase, y trabajos de transportación, cocina, salud y mantenimiento.

Trabajos de tiempo entero y parte del tiempo están disponibles en el centro de cuidar los niños, que está localizado en Forest Grove. Las aplicaciones pueden ser obtenidas de la Coalición de la comunidad para migrantes en el Condado de Washington, a la orden de Departamento de Salud Pública del Condado de Washington, Edificio de Administración, 2nd y Main, Hillsboro, 971234, El último día será el 26 de mayo. Personas bilingüales son alentadas a aplicar.

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SUMMER JOBS FOR YOUTH

The Multnomah-Washington CETA Youth Program will employ over 750 youths in full-time jobs with non-profit agencies this summer. The program will also be hiring qualified people to staff the program.

Jobs offered by the Summer Program include clerical and office work, janitorial and maintenance work, day care jobs, library work, groundskeeping, and work in theater arts and photography. The program also operates crews of 10 youths with a supervisor hired by the program. The crews do outdoor projects such as trail building, park construction, and other special projects.

To qualify for the program, a young person must be 14 to 21 years old, reside in Washington County or in Multnomah County outside the Portland City limits, and be economically disadvantaged. For more information, call 256-7050 in Multnomah County, and 640-3770 in Washington County.

CETA JOBS AVAILABLE

The Multnomah-Washington County CETA Consortium will have approximately 45 new jobs available through Special Projects, sponsored by public and private agencies throughout the County. Applications will be taken at their office, 150 N. 3rd in Hillsboro, Mondays through Thursdays from 9 am. to 5 pm.

EL WIC EXTENDERÁ LA LISTA

El WIC (Women, Infants, and Children - Mujeres, Infantes, y Niños), un Programa Suplemental de Comida administrado por el Departamento de Salubridad Pública del condado de Washington ha recibido un permiso de aumentar los servicios para 300 clientes más. El aumento facilitará que el programa WIC del condado sirva a 1300 mujeres que están embarazadas o criando niños, a infantes, y a niños menores de cinco años de edad certificados como deficientes de nutrición. Este nuevo aumento está dirigido a servir a niños de edades de uno a cinco años. Actualmente, la mayor parte de los participantes del programa son mujeres quienes están embarazadas o criando niños, e infantes.

El programa WIC es fundado por una concesión del Departamento de Agricultura de los Estados Unidos por medio de la División de Salubridad del Estado de Oregon y provee educación nutricional y comprobantes para comidas recetadas con el propósito de reducir la incidencia de problemas de salubridad relacionados a la nutrición entre niños. En los cinco años de existencia del programa nacional se considera que ha tenido éxito.

Las clínicas de WIC están disponibles en Tigard, Beaverton, Hillsboro, y Forest Grove. Para hacer una cita para determinar su elegibilidad para beneficios de WIC, llame a la clínica WIC por teléfono al número 640-3555, o para larga distancia gratis de Tigard/Sherwood, llame al número 639-8856, extensión 555.

TRABAJOS DE VERANO PARA LOS JOVENES

El Programa Juvenil de CETA de Multnomah-Washington va a emplear más de 750 jóvenes en trabajos de tiempo entero con agencias de no provecho este verano.

El programa también va a emplear personal cualificado para el Programa de Verano, incluyendo trabajos de oficina, limpieza y mantenimiento, cuidado de niños, trabajos en bibliotecas, trabajos de jardines y las artes de teatro y fotografía. El programa también opera cuadrillas de 10 jóvenes con un supervisor empleado por el programa. Las cuadrillas van a trabajar en proyectos afuera construcción de caminos, parques, y otros proyectos especiales.

Para cualificar para este programa el joven debe tener entre 14 y 21 años, vivir en Washington Co. o en Multnomah Co. afuera de los límites de la ciudad y ser económicamente desaventajado. Para más información llame a 256-7050 en Multnomah. Co. y 640-3770 en Washington Co.

INFORMACION PARA EL CONSUMIDOR

"Información para el Consumidor" es un catálogo gratis publicado por el gobierno federal en el que se enumeran las publicaciones a disposición del consumidor, en español. En el catálogo se incluyen 100 publicaciones sobre temas de interés para el consumidor que van desde la vivienda y el automóvil a la nutrición y los requisitos para obtener la ciudadanía. Y la mayoría de estos folletos son también gratis. Si desea copias del catálogo en español, escriba a: Consumidor, Pueblo, Colorado, 81009.

WIC TO EXPAND ROLL

The WIC (Women, Infants and Children) Supplemental Food Program administered by the Washington County Department of Public Health has received an additional monthly caseload allotment for 300 clients.

The increase will enable the county WIC Program to serve 1300 pregnant and nursing women, infants, and children under age 5 who are certified to be in nutritional need. This new allotment will be directed toward serving children between one and five years of age. Currently most of the program's participants are women who are either pregnant or nursing, and infants.

The WIC Program is funded by a grant from the U.S. Department of Agriculture through the Oregon State Health Division and provides nutrition education and vouchers for prescribed foods in an effort to reduce the incidence of nutrition related health problems among children. The national program in its five years has had documented success.

WIC clinics are available at Tigard, Beaverton, Hillsboro, and Forest Grove. To make an appointment to determine eligibility for WIC benefits, call WIC clinic at 640-3555, or toll free from Tigard/Sherwood, call 639-8856, Ext. 555.

LEY CONTRA TRABAJADORES DEL CAMPO FUE QUITADA

La más famosa ley en contra de los trabajadores del campo en los Estados Unidos, fue finalmente quitada por una corte de apelaciones el mes pasado.

Una ley del Estado de Arizona, pasada en 1972 que prohibía virtualmente la organización de trabajadores del campo en el estado haciendo ilegales huelgas y demostraciones. La Unión de los Trabajadores del Campo (UFW) desafió esa ley en la base que los derechos constitucionales de libertad de palabra y reunión eran violadas por ella. Después de 5 años de lucha, una corte federal finalmente se puso de acuerdo.

El presidente de UFW César Chávez, expresó soporte por la nueva reglamentación y dijo: "Con esta decisión, podemos empezar el proceso de organización en el estado."

HOMEMAKER HELP

Help is available for people over 60 who have health problems and need assistance in their homes with light housekeeping and personal care. Washington County Department of Health's Homemaker Program now has openings for people who are not on Welfare, but because of physical disabilities (either temporary or permanent) need part-time help with shopping, housework, laundry, errands, etc. Contact the Homemaker Program at 640-3460.

DIVORCE MANUAL IN 2nd EDITION

An uncontested divorce in Oregon costs from \$124-\$600 for attorney fees alone. In Multnomah County alone, in March, 1978, 543 divorces were filed. Many of those divorces could have been effected without the aid of attorneys. In fact, more and more people are becoming direct participants in the self help law movement in Oregon, rebelling against high legal fees.

This week, Parting, Inc. began distribution of the second edition of "Parting, A Handbook for Self-Help Divorce In Oregon" by the Feminist Divorce Collective, a group of women attorneys, law students, and community workers.

The 300 page handbook contains legal advice on all aspects of divorce, such as when an attorney is needed, how to determine who gets what property, providing for the children, help for battered women, tax consequences, and more. It also includes all the legal forms needed, explicit instructions on how to fill them out, and a complete description of step-by-step legal procedures for people obtaining their own uncontested divorce.

In addition the book contains a complete resource guide for childcare, welfare, education, companionship, counseling, and other necessary tools for survival. The handbook is for use in all Oregon counties. It is for sale in local bookstores for \$15.95, or from Parting, Inc., 1915 N.E. Everett, Portland, Oregon 97232.

One thousand (1,000) free copies are being distributed to libraries, legal aids, resource centers, and social service agencies, to be given away or lent to low-income persons who might otherwise not be able to afford the cost of the handbook.

Forty women contributed their time and labor to the handbook in the form of writing, researching, editing, graphics, poetry, and printing. No profits will be returned to the authors and contributors. The cost of the handbook covers printing and distribution only.

Dental Aid Fills Gap For Low-Income Children

"No child should be in pain" is the philosophy of Dental Aid for Children. Ordinarily a child's first trips to the dentist are quite involved and costly. Good preventative care is sometimes difficult to maintain with young children, and they usually have several cavities by the time they are old enough to go to the dentist.

Ten years ago Washington County Dental Society realized that many low income, non-welfare could not afford proper dental care for their children, and the children were suffering from bad, and often painful, teeth. So they started Dental Aid for Children to "fill the gap".

Those 90 dentists have formed a vol-

unteer pool; each one donates 3 days a year to care for children from low income families in Washington County. The program is unique. It was the first of its kind in this area, and now several other communities are starting similar programs because it is considered such a success.

From September to April, 406 children visited the dentist in the program 1,170 times. A total of \$33,657 in dental services was given to them.

When one child needs dental care, the entire family participates, and all the children ages 3 through high school (who are enrolled in school) are treated at the same time.

The program is also designed to teach

children about proper preventative care to keep their teeth in good shape. Each child can only go through the program one time.

During an introductory visit, children and their parents learn about good care of teeth. X-rays are taken of the children's teeth, and a dentist examines each child in the family. A treatment plan is charted out for each. A follow-up visit is scheduled next to check (through the use of staining solution) if the children

are caring for teeth properly. When a child's home care of his or her teeth is "controlled", the restorative work begins, taking as many visits as necessary to fill, extract, or crown the child's teeth. If a child is in pain however, that problem is taken care of immediately, before the rest of the program begins.

Dental Aid for children gives Washington County's youth some good tools and a head start in maintaining dental health. They can be contacted at 648-7595.

Woodburn Immigration Project Opens

El Proyecto de Inmigración del Valle de Willamette abrió sus oficinas en Woodburn el 12 de mayo pasado. El Proyecto es una organización sin provecho que ofrece ayuda legal y aviso, confidencialmente y sin costo, esas personas con problemas de inmigración.

El Proyecto se especializa en defensa de deportación y la defensa de personas sin documentos (comunmente llamados extranjeros ilegales).

Certificado por la Oficina de Apelaciones de Inmigraciones, Washington D.C. para practicar leyes de inmigración, el Proyecto abrió sus oficinas en Portland en mayo de 1977. De las siete personas que trabajan de tiempo entero, seis hablan y entienden español.

El Proyecto abrió las oficinas de Woodburn con dos objetivos principales: 1) hacer que competente aviso legal gratis acerca de inmigración más accesible a las personas que realmente lo necesitan y 2) ofrecer entrenamiento para la preparación de aplicación de visas, a individuales y grupos en la comunidad, en orden de ayudar a la comunidad e ayudarse a si misma en problemas de inmigración.

Para más información el el Proyecto, llame a Larry Kleiman o Juan Mendoza al 130 Garfield, Woodburn, teléfono 982-0243.

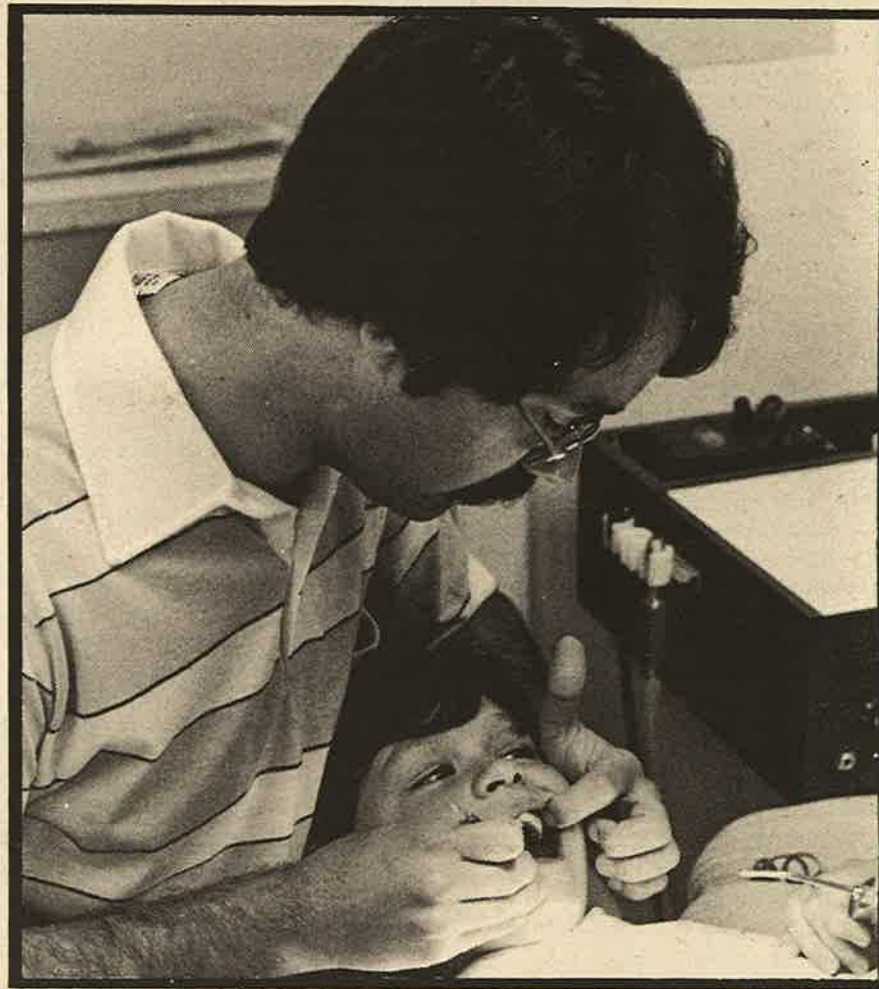
The Willamette Valley Immigration Project opened its Woodburn office on May 12. The project is a non-profit organization which offers legal help and advice, confidentially and without cost, to those with immigration problems. The Project specializes in deportation defense of undocumented persons (commonly referred to as "illegal aliens").

Project specializes in deportation and the defense of undocumented persons (commonly referred to as "illegal aliens").

Certified by the Board of Immigration Appeals, Washington D.C., to practice immigration law, the Project first opened its Portland office in May, 1977. Of its seven full-time staff members, six speak and understand Spanish fluently.

The Project has opened the Woodburn office with two main objectives: 1) to make competent, free legal advice about immigration more accessible to people who really need it, and 2) to offer training in visa application preparation to individuals and groups in the community, in order to further the community's self-reliance in immigration matters.

For further information on the Project, contact Larry Kleinman or Juan Mendoza at 130 Garfield, Woodburn: Phone 982-0243.



Volunteer dentist fills a young client's teeth.

Welfare Overspending Cuts Client Care

Only emergency medical needs of clients at Adult and Family Services (AFS) will be funded until July 1, 1979, Carole Donaldson of the Hillsboro AFS branch told the Welfare Advisory Board recently.

Children, however, will continue to be covered for a general medicheck and all medical needs.

Restrictions were placed on medical grants after AFS had overspent their budget for medical allocations. The current budget will not be renewed for 14 months.

"We are thoroughly examining every request that comes in," stated Ms. Donaldson, to see whether a request can be considered as an emergency.

Emergencies are defined by AFS as those which severely endanger the life or health of a client, are painful, or if it is less expensive to meet the client's need immediately than it would be at a later date. For example, the State of Oregon prefers to fund services which allow a client to remain at home rather than go into an institution because home care is the less expensive alternative.

Requests that are not considered emergencies include physical therapy for

increasing self-care or employment availability, podiatry and the purchase of new equipment such as glasses or hearing aids. However, lost or broken equipment can be replaced or repaired.

Ms. Donaldson noted that some non-emergency needs are covered by local service groups at the request of AFS.

Generally, AFS medical allocations are made for miscellaneous medical, dental, and visual needs and transportation relating to medical needs such as an ambulance.

FARMWORKERS WIN APPEAL

The most notorious antifarm-worker law in the U.S. was struck down by a federal appeals court last month.

An Arizona state law, passed in 1972, had virtually prohibited the organization of farm workers in the state by making strikes and organizing drives illegal. The United Farm Workers union (UFW) challenged rights to freedom of speech and assembly were violated by it. After a 5-year fight, a federal court finally agreed.

UFW president Cesar Chavez expressed support for ruling and stated: "With the decision, we can begin the process of organization in the state"

Square Tomatoes Created To 'Forget Labor Problem'

Cesar Chavez and the United Farm Workers (UFW) have had little opportunity to celebrate their victory in the orchards of California. The big growers there are increasingly relying on mechanization to meet the Chavez challenge, and they are getting lots of help from scientists, particularly from those at the Davis campus of the University of California.

Largely at the taxpayer's expense, Davis researchers are hard at work creating "square-round" tomatoes to fit their new electronic tomato sorters, and they are issuing pamphlets advising growers on such useful topics as "How to Mechanize and Forget Labor Problems."

Chavez points out in a recent piece in THE NATION that as new machines throw farmworkers out of work, the public will have to absorb the social costs. With this in mind, the UFW last winter appeared before a rare public meeting

of the California Board of Regents, and asked that state universities devote as much research to the social consequence of their inventions as they now devote to the inventions themselves.

The response was unworthy of a public institution: it struck a robber-baron note, echoing Cornelius Vanderbilt's snappy motto - "The public be damned." The state university, explained J.B. Kendrick, Jr., the vice president for agriculture, "is an agent of social change. It does not decide public policy or compensate losers among conflicting societal interests."

The university's peculiarly smug position confirms our opinion that science and morality cannot be separated. While pretending godlike neutrality, the University of California in fact practices a squalid partisanship on behalf of agribusiness. It compensates winners.

Rural America

Beating the High Cost of Food

by Annette Bromberg

Every month, inflation takes a bigger bite out of food budgets. According to Bureau of Labor Statistics, the price of food rose 8.1 per cent from January, 1977 to January, 1978. But with a little shopping wisdom, you can still at least get the best buys around.

Shop for bulk items from the co-ops as much as you can. Although you won't generally be able to get everything you need there, a few trips a month can keep you in staples, and you can shop the supermarkets for your other needs. The co-ops offer food at a substantial discount for everyone, and if you have the time, you can work a few hours a month and get an even bigger discount.

In addition to low food prices, the co-op food is all of excellent quality, especially some items - their cheese is the best you can find anywhere. Hope Co-op (Forest Grove) and Vital Vittles (Hillsboro) have peanut butter grinders which gives you freshly ground pure peanut butter. Milk and Honey Co-op (Tualatin) has bulk coffee of many varieties which you can grind yourself. Co-ops also offer other high quality items in bulk - sesame oil, yogurt, farm fresh eggs, raw milk, organically grown produce, and more types of flour and pasta than you will find in most supermarkets. They also carry hypoallergenic foods which are usually hard to find, such as buckwheat spaghetti and soy millet bread.

If you put in an order, the co-ops can also get you bulk produce such as onions, carrots, or potatoes. Buy a big bag with a few friends and it will last a long time if stored properly.

When you shop at the supermarkets, look for specials in items you use a lot. Buy them by the case if possible while they are on special. Some markets are cheaper than others; a comparative study of pricing at local Washington County showed the following results: (see box above center)

Prairie Market has a \$.50 per month membership fee, but an occasional trip there can save you money in the long run. They have no meat, but canned goods, frozen foods, staples, (including paper products) are considerably less expensive, and it is worth the effort of going there.

Some supermarkets have special carts full of overripe and over scarred produce, which is marked down substantially. Other supermarkets don't have the carts, but they have the discards, out in back in the dippy dumpsters. If you have a sense of adventure, and a taste for fun, drop around the back and get the best of the throw aways, which is often not bad at all. In many of the larger cities, people scavenge from these bins regularly, but in quiet Washington County, it is still an undiscovered gold mine. Certain markets and certain days are better than others. Just be sure you wash and cook every-you can't peel. Discretion is advised.

Try some of the unpopular, more inexpensive foods offered in the markets too. It tastes just as good if you can learn to cook it right. Beef heart, tongue, ham hocks, beans, tripe, oxtails, can all be tasty. Mackerel can be used like tuna in casseroles.

Clipping coupons can also save you money if you have the time to do it. Put your kids to work on it!

If you have a freezer, you can save on meat by buying it from local growers, or by raising your own. Rabbits are especially easy to raise, and take little space. You can also go hunting and fishing and freeze or can what you get.

Locally grown bulk meat is cheaper and usually of better quality. If you know goat farmers, you can buy kid goats; with the right preparation, they are

to the natural level of sweetness of the fruit, you can usually come up with the canned fruits which are less sweet, but just as tasty, and cheaper to process.

Unless you already have a good supply of jars and lids, drying tends to be cheaper than canning. If you don't own a dryer, the co-ops, sr. centers, and Washington County Community Action can sometimes loan you one. If you are ambitious, build one. They are fairly simple to construct and well worth the effort.

A final suggestion is to grow a gar-

den. If you have the space and time, it can save you money. You can buy food seeds with food stamps. If you don't have the space, look around your neighborhood for space you can use (perhaps in exchange for a portion of your harvest). Call Pyramid Service Exchange (640-4814) for possible connections in this type of trade.

The Hillsboro Recreation Department is trying to coordinate a community garden, but up to this point has not found the necessary space for it. If you know of available space with access to water, give them a call and perhaps you can help each other get a garden growing on time. Also, a new project, "Gardener's Helper", 648-6646, has volunteers who will rototill garden space at no cost for low income or disabled senior citizens.

Generally speaking, the more you can buy in bulk, in quantity, the more you can store, the more time you spend, the more you can save in the long run. Unfortunately, low income people don't always have the money to buy in quantity, or to invest in storing up food for the year. As usual it takes money to save money. However by enrolling in the Gleaning Project, buying bulk items at co-ops, and buying in quantity with friends, you can save no matter how little money you have to invest. It just takes a little extra effort and time.

COMPARATIVE PRICES ON MAY 11 and MAY 12

FOOD ITEM (Same amounts and sizes compared)

	Hank's	Safeway	Albertson's	Prairie Mkt.
Orange Juice	1.49	*1.48	1.79	1.48
Eggs	.69	*.49	.70	.64
Sharp Cheddar	*2.15/lb.	2.19/lb.	2.17/lb.	1.99/lb.
Oatmeal	1.09	1.09	1.09	.98
Sugar	*2.39	2.49	2.49	2.18
Potatoes	*.89	.98	.98	.84
Oranges	.25/lb.	.35/lb.	.39/lb.	.20/lb.
Fresh Tomatoes	*.25/lb.	.69/lb.	*.49/lb.	.78/lb.
Canned Tomatoes	.36	*.36	.39	.35
Tuna	*.69	*.53	*.71	.69
Frozen Peas	.47	.59	.52	.45
Bananas	.25/lb.	.20/lb.	.39/lb.	.15/lb.
Yellow Onions	*.20/lb.	.25/lb.	.25/lb.	.25/lb.
TOTAL	11.17	11.69	12.36	10.98

* Denotes Items on Sale

very tender and tasty.

Having a freezer will also let you stock up on bread. Visit a bakery outlet every month or so to buy day old bread at much lower prices than in the supermarkets.

Store up food for the year. The more time and money you can invest in canning and freezing, and drying foods, the more you will save in the long run. U-pick places are always cheaper than the supermarkets, and you can pick enough foods in season as you can afford to buy and store. Washington County Extension Service publishes a free pamphlet called "Sunset Trails" which shows locations of many local u-pick places.

The Washington County Gleaning Project (648-6646) provides an opportunity for low income people to harvest seasonal crops for home storage at no cost. Farmers who have already harvested their crops for commercial canners let people in this program pick what the machines couldn't get. In exchange, able-bodied people in the program are expected to pick for themselves and an "adopted" low-income handicapped or elderly person.

Another tip for people wishing to store food; search your neighborhood for trees where the fruit is not being picked. When owners don't use the fruit, it goes to waste and usually the owners are happy to give it to someone who asks. Also, some crops are cheaper than others, and just as nutritious. Prunes are especially cheap, and easy to dry or can. Sometimes farmers who have Italian prune orchards will give you the fruit, because it is no longer a commercially profitable crop, and they don't harvest it.

There are also ways to cut corners in storing food. Fruit canning recipes usually call for much more sugar than you need. If you taste the canning water and try to match the sweetness of the water

Co-ops and Other Low-Cost Markets

LOW COST FOOD STORES

CO-OPS

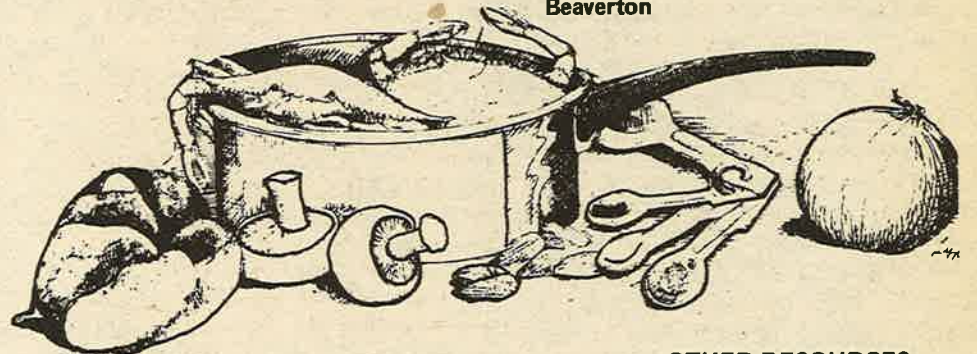
Hope Neighborhood Co-op
2017 21st Avenue
Forest Grove 357-5016

Open 11 a.m. to 7 p.m. Tuesday through Saturday. Members get a 5 per cent discount, pay \$3. a year. 12 per cent discount for members who work 4 hours a month. Free membership for seniors.

Franz Bread Outlet
10840 S.W. Cascade Road
Tigard

Oroweat Bread Outlet
10750 S.W. 5th
Beaverton

Prairie Market
4000 S.W. 117th
Beaverton



Milk & Honey Non-Profit Food Store
18930 S.W. Boones Ferry Road
Tualatin 638-6227

Open Mondays, 10 a.m. to 8 p.m., Tuesdays through Saturday, 10 a.m. to 6 p.m. Members work 2 hours per month and get a 13 per cent discount.

Vital Vittles Food Co-op
1635 S.E. Tualatin Valley Highway
Hillsboro 640-1007

Open Tuesday - Friday, 11 a.m. to 7 p.m. and Saturdays, 11 a.m. to 5 p.m. Members work 3 hours per month and get a 15 per cent discount. Free membership for seniors.

OTHER RESOURCES

Gleaning Project
546 E. Baseline
Hillsboro 648-6646

Free food for the picking. Must pick for a senior or disabled person in addition to all you can pick for home storage. Must be low income to join.

Washington County Extension Services
2448 S.W. Tualatin Valley Highway
Hillsboro 648-8771

Free information on food preservation, gardening, nutrition, raising animals.

World Hunger: Let Them Eat Profits

by Caren Caldwell

Food production on Planet Earth is sufficient to feed all, yet 462 million people are starving.

Each day the world produces two pounds of grain per person, report Frances Moore Lappe and Joseph Collins in their recent book, *Food First*. That grain could provide 3000 calories daily to each person in the world, or about as much as the average Western person eats.

So why are people hungry?

Because the world's system of distributing food is based on profit-making, a system that directs food to those who can pay the most for it—even though it is often grown and harvested by those who go hungry.

Examples noted in *Food First*:

"A pineapple that would bring only 8 cents on the Phillipine plantation (still a significant portion of a worker's pay) can bring \$1.50 in Tokyo. No wonder that Del Monte exports 90 percent of its Phillipine production. Yet...serious protein-calorie undernutrition affects an estimated half of all Filipino children under four—one of the highest rates in the world.

African nations regularly export barley, beans, cattle, peanuts and vegetables even though Africa has the worst malnutrition of any other continent.

Americans are the major consumers of grain-fed meat and poultry, thus supporting one of the most wasteful food practices. Only 10 per cent of the vegetable protein fed to animals is converted to animal protein constituting a waste of 18 million tons of grains per year. The *Christian Science Monitor* reported in 1975 that a 20 per cent shift away from grain-fed to grass-fed beef would "free enough grain and concentrate to meet the entire 9 million-ton famine relief need estimated at the recent World Food Conference."

The need for export earnings also motivates developing countries to export food including luxury crops of little nutritional value such as coffee, tea, cocoa, sugar, and bananas. Tropical countries, report Lappe and Collins, have excellent climates for producing grains and vegetables. So the diversion of agricultural land to the production of luxury crops is a choice, not necessity, as it is often believed.

Who, then, makes these choices?

Those who control food production in most of the world—a small group of large landowners and foreign corporations.

In the United States giant corporations control 80 per cent of our food production. Family farms are rapidly being replaced by agribusiness holdings. Similar statistics can be found for most countries, especially the hungriest. Small farmers have continually been forced off their land through debt as they are caught between falling income from export crops and borrowing to pay for fertilizer, water, and machinery.

American food aid and private investment in developing countries further contributes to the concentration of food production.

In *Taking Charge*, a book by the American Friends Service Committee, the writers state that the U.S. takes "billions more in profits and other returns on investment out of Third World countries

than foreign aid and direct private investment puts into them. In 1970 this surplus amounted to \$4.9 billion. In that year, 13 per cent of total U.S. corporate profits (figured as a percentage of sales) was derived from Third World countries."

Not only does our food aid—half of which is loaned, not given—fail to even match the wealth we draw out of poor countries, it often depresses a country's own ability to produce food by glutting their agricultural market. Unable to cope with lowered prices, small farmers are frequently forced out of business. For example, for every pound of cheap American cereals India imported, Indian food

The possibility of extending American energy-intensive farming practices to the rest of the world is questionable anyway. In *By Bread Alone*, Lester Brown and Eric Eckholm state, "if all the world were to eat as the U.S. does, and if their food were produced in the way we produce it, all known resources of oil would be totally exhausted in 29 years.

The real solutions for hunger, then, are not aid in the form of loans and Westernized technology or even the energy-intensive Green Revolution techniques which further concentrate wealth in the hands of a few. The solution is for the hungry to grow food to feed themselves.

"... most of us daily defend, through ignorance, inertia, or just plain greed, a system which not only permits widespread global hunger but actually ensures it, a system which steadily and efficiently undermines people's capacity to feed themselves."

— New Internationalist

production dropped by a half pound in only two years.

Western technology, as well, has not proved to be the boon to developing countries that it was predicted to be, because it is too expensive for the small farmer. The large farmer can afford the machinery, irrigation, chemical fertilizer, pesticides, and hybrid high-yield seeds, but he is the least likely to grow food for the local market. His large capital investment requires that he export his crop for the highest price he can get.

Food Activists Live Simply, Lobby Lawmakers

A variety of social action groups and many individuals and churches in the Portland area have taken on food issues and world hunger as their cause. These groups invite interested individuals to join them, support their work and to participate in their activities which range from simplifying one's eating habits to lobbying lawmakers to pass legislation and alter foreign policy.

Below are the major food action organizations located in Portland, descriptions of their programs and their suggestions for action that can be taken by individuals.

CLERGY AND LAITY CONCERNED

Program: Educating the public in food issues; action campaigns include writing letters to Congress, publishing leaflets, giving testimony at shareholder meetings of corporations which have a negative impact on human food needs, organizing public protest; providing information to the news media.

Major Concerns: Human rights; disarmament; food politics, especially foreign policy and industrial policies. The group is acting now to promote water rights for small farmers under the 1902 Reclamation Act; protesting the practice of locally-consumed food being imported from California and parts of Asia; supporting the Nestle boycott to stop bottle babies disease; promoting simple lifestyles.

Contact Person: Peggy Kehrer, 232-2641.

OREGON HUNGER ACTION COUNCIL

Program: Recently organized, the Council is waiting for their grant proposal to be funded to begin their work. The Council is a coalition of social agencies, churches, and individuals concerned with food issues. Their purpose is to write a

state food policy for Oregon which they will lobby to be adopted by the State Legislature.

Major Concerns: Supplying adequate, nutritional food for Oregon; opposing agribusiness takeovers of farmland; quality of food; costs of importing food; assuring that federal food programs reach everyone they are intended for.

Contact Person: Gloria Shaich, Nutrition Information Center, 235-9672.

BREAD FOR THE WORLD

Program: Working in churches to start grass roots groups in the United States to affect public policy on food issues; promoting legislative reform, simple lifestyles, public education, and charity.

Major Concerns: Global hunger. Currently lobbying for the International Development Cooperation Act of 1978 to place all American food aid under a non-political Food Agency, and for the International Grain Reserve Bill.

Contact Persons: Fr. Loren Kerkoff, Francis Center, 775-5116; Mark Richard, Oregon Center for Peace and Justice, 281-9445.

NUTRITION INFORMATION CENTER

Program: Education in nutrition; publication of *LIFELINES* newsletter with Clergy and Laity Concerned. They hold classes and give seminars for schools and community groups.

Major Concerns: Use of natural, whole foods; nutritional value of food; cost of foods.

Contact Person: Gloria Shaich, 235-9672.

ECUMENICAL MINISTRIES HUNGER TASK FORCE

Program: To form a network of resource people in Oregon who can assist local churches in education on food issues and

promote local activism.

Major concerns: Advocating for an International Grain Reserve and the preservation of small family farms; food issues education; direct assistance for local food needs; simple lifestyles and resource sharing within local communities.

Contact Persons: St. Michele Phiffer, Oregon Center for Peace and Justice, 281-9445; Rev. Richard Hughes, Ecumenical Ministries of Oregon, 221-1054.

PERSONAL ACTION

Four main kinds of personal action were suggested by representatives of the above organizations: self-education, adopting a simple lifestyle, charitable giving, and citizen participation. These groups and some churches also distribute newsletters and pamphlets that contain further information.

Many books are available which describe food issues such as *BREAD FOR THE WORLD* and *FOOD FIRST*. Food co-ops often have information on the local situations. Once aware of the issues one can participate in letter-writing campaigns to lawmakers and corporations and in boycotts.

Diets which consist of less processed food, less meat, and more locally grown food are emphasized. Recycling is important, too, because energy and resources are lost in not doing so.

Charity can either help the hungry or actually produce hunger, depending on which group one gives to. People are encouraged to give to charities that promote self-sufficiency. Bad food aid is considered that which ties a country to buying products from the U.S. Also, suggested is giving to local emergency feeding programs such as Loaves and Fishes, FISH, and the Portland Food Bank.

Facts on Fuel: Alternative Energy

WESTERN S.U.N.

Portland will be headquarters for a new federal office called "Western SUN" that will disperse as much as \$15 million in federal Department of Energy contracts to 13 Western states. "SUN" is an acronym for "Solar Utilization Network."

Western SUN is the result of a 9-month planning effort by 13 Western governors and their representatives. Each state helped write the total plan by developing strategies to encourage use of solar energy based on local needs.

The plan comprises 40 separate projects designed to: collect energy data, disseminate solar information, train professionals to construct solar facilities, develop new building codes and other legislation to encourage use of solar energy, and set performance standards for solar technologies.

Western SUN will channel federal funds to state departments of energy, to colleges and universities, to local government and to private, non-profit 'grass-roots' solar energy organizations working with novel and exotic applications. It will also administer federal grants for small, low-head hydroelectric, wind and waste conversion energy projects.

SOLAR '77

Oregonians increasingly are interested in using the sun's energy to heat and cool their homes. Last year's Solar 77 Northwest conference drew 800 solar enthusiasts and hundreds more were turned away because of limited space.

This year's conference has been moved to a larger facility and should be one of the highlights of the summer's solar activities. The conference will be held July 14-16 at the Sheraton Hotel, Lloyd Center in Portland, and offers a chance for solar enthusiasts to meet and share knowledge on the state of the art.

Topics will include: passive solar applications including talks on underground housing and greenhouses; active solar heating systems with examples of the best projects in the area; "Western Sun" the soon to be established regional solar office; new state and federal tax credits; solar energy building codes and ordinances; consumer protection codes, commercial, industrial, and agricultural solar applications; wind and biomass energy resources; and photovoltaic cells. Also included in the conference sessions will be several commercial exhibits.

A \$30 fee covers the entire conference (including Friday luncheon and Sunday brunch) and delegates are encouraged to register early by writing to Solar 78 Northwest, 620 S.W. 5th Ave., Room 610, Portland, OR 97204 or call the conference coordinator, Mary Lawrence at 248-5317.

Solar 78 Northwest is sponsored by the Oregon Department of Energy and the U.S. Department of Energy in cooperation with the City of Portland.

ALTERNATIVE FUEL SOURCES

Assistant Secretary of Agriculture Alex Mercure has directed the Farmers Home Administration to develop preliminary plans which could require all homes financed by that agency after 1980 to provide a significant portion of their energy needs from an alternative

fuel source, such as solar.

Mercure asked FmHA to consider new home designs which would accommodate solar systems, wood heating systems, geothermal units and other non-fossil fuel sources.

The first draft of the report is due in 45 days. Preliminary options and recommendations are due within 120 days.

SOLAR PUBLICATIONS

The following publications relating to alternate energy devices are available through the Oregon Department of Energy.

THE OREGON SUNBOOK is an introduction to the concepts of solar energy and its use in Oregon.

OREGON SOLAR PLANNING STUDY describes the use of solar resources within the state.

OREGON SOLAR DIRECTORY is a directory to solar dealers and manu-

facturers within the state.

THE SOLAR HOT WATER HEATER prepared by the Eastern Oregon Community Development Council, provides a design for a low cost solar water heater.

AN INEXPENSIVE ECONOMICAL SOLAR HEATING SYSTEM FOR HOMES (\$4.50) published by the U.S. Department of Commerce, provides information to the homeowner on how to install a low cost solar heating system.

A CONSERVATIVE PLAN FOR OREGON describes DOE programs being carried out by the conservation and alternate resource sections of the department.

SOMETHING NEW. 1977 WEATHERIZATION INCENTIVES FOR OREGON HOMEOWNERS describes new energy legislation passed during the 1977 Oregon Legislature which deals with conservation and alternate energy resources.

OREGON'S ENERGY FUTURE—SECOND ANNUAL REPORT is a fore-

cast of future energy demand in Oregon including cost projections of different energy sources in Oregon.

For more information, call or write the Oregon Department of Energy, 111 Labor and Industries Building, Salem - 97310 - 378-4040.

The Division of Solar Energy of the Energy Research and Development Administration (ERDA) is now offering information on the costs of solar heaters for individual homes. Interested persons may fill out a special computerized form with data on their home, hot water needs, and the type of solar system they are considering and send it to ERDA. ERDA will, in turn, provide them with recommendations on the type of system they will need as well as a comparison of solar hot water heating as compared to conventional gas or electricity prices. The analysis cost about \$10 to \$20. A booklet explaining is free, however and can be obtained by writing: SOLOCOST, Division of Solar Energy, ERDA, Washington, DC 20545.

Conferences, Films, Workshops...

WORKSHOP FOR RENTERS

Are you renting? Are you interested in learning more about your legal rights as a tenant, or about how to organize a tenants union in your building? The Portland Tenants Union will be conducting Tenants Rights Workshops in Hillsboro June 14 and 15 with the help of Community Action and Legal Aid. Experts will be on hand to answer questions concerning tenants rights and responsibilities, the Oregon Landlord/tenant law, organizing tenants unions, etc. All interested people are invited to attend.

The first workshop will be held Wednesday, June 14, from 2 to 5 pm. An additional workshop, covering the same information, will be held the next evening, June 15, from 7 to 9 pm. for those who are not able to attend the afternoon session. Both workshops will be in the First Congregational Church, 5th and Main in Hillsboro.

FORUM ON RAPE

The public is invited to a forum on rape, featuring a film and presentation by Faith Potts of the Rape Victim Advocate Program. Sponsored by the National Organization for Women, Portland Chapter, the forum will be held at Centenary Wilbur Church, 215 S.E. 9th in Portland, on May 24th at 7:30 p.m.

SYMPOSIUM ON STRESS

May is Mental Health month, so the Washington County Child Development Commission is sponsoring a public symposium dealing with mental health in families. The topic is FAMILY STRESS: coping and Changing. The Department of Mental Health will lead the discussion covering individual and family unit stress patterns: specifically, how to deal with stress, how to change stress patterns and then make known resources that are available in the County to help.

The symposium will be held Wednesday, May 24, at the Community Church

of Cedar Hills, 11695 S.W. Parkway at Cedar Hills Blvd, from 7:00 to 9:30 pm. It is free and open to the public.

For additional information call Dooley Clarkson at the Commission, 648-8951.

CHILDSHOCK

"Child Shock" is the theme of the Child Welfare League of America's Northwest Regional Conference in Portland, June 4-7. Subtitled "Survival in a Changing World", the conference looks toward changes in family lifestyles as society moves toward a new century. Workshop topics include "Families of the Future - The Impact of Technology on Roles and Relationships", "Coping with Stress in the Year 2000" and "Lifestyles to Get Us Into The 21st Century."

Some workshop sessions will be limited to 20 or 30 participants, with registration on a first-come, first-served basis.

The conference is open to interested lay people as well as professionals.

Conference programs and registration information are obtainable by writing to: Child Welfare League, Northwest Regional Conference, 3415 Powell Blvd., Portland Oregon 97202. Registration fee for the full conference is \$40, with reduced rates for foster parents and students.

GRUPO PARA LOS PARES

Formamos un grupo de pares que son: casados, o que están viviendo juntos, o que están pensando en casarse, o que están separados o considerando el divorcio, y que viven como parte de la comunidad que hable el español/la comunidad chicana.

Vamos a explorar y a aprender juntos algo más de nosotros mismos y de nuestro compañero en la seguida: la comunicación; amarse con cariño, responsabilidad, respeto, y comprensión; expresar y responder a lo que necesita y quiere nuestro compañero, también nosotros mismos; examinar los partes que

tomamos viviendo día por día juntos; expresar los pensamientos y los sentimientos que tenemos acerca de la familia y la comunidad como crecemos; hacer decisiones.

En el grupo se hablarán el español y el inglés, facilitado por dos personas, Enrique Cuellar y Linda Todd.

Empezamos el martes, cuando somos un grupo de 6 - 10 pares. Nos reunimos por 8 semanas, sin costa a los miembros. El lugar: 1st Congregational Church, 5th and Main, Hillsboro.

Para saber más del grupo puede llamar al 649-6608 por la tarde después de las 6. Si quieren juntar el grupo, favor de mandar su nombre a Ms. Lore Cassidy, Conciliation Services, Administration Bldg., 150 N. 1st, Hillsboro, 97123.

GROUP FOR COUPLES

We are now forming a group for couples who are: married, or living together, or thinking of marrying, or separated, or considering divorce, and who are a part of the Chicano/Spanish-speaking community.

We will explore and learn together more about ourselves and each other in these areas: communicating; loving with caring, responsibility, respect, and knowledge of each other; expressing and responding to needs and wants of our partner and ourselves; looking at the parts we play in daily living together; expressing thoughts and feelings about our families and our community as we grow; making decisions.

The group will happen in English and in Spanish with two people, Enrique Cuellar and Linda Todd, to facilitate it.

We will begin on a Tuesday evening, from 7 to 9 p.m. as soon as a group of six to ten couples is formed. The group is 8 weeks long, with no cost to group members. We will meet at the 1st Congregational Church, 5th and Main, Hillsboro.

For more information about the group please call Linda Todd evenings at 649-6608, or contact Ms. Lore Cassidy, Conciliation Services, Administration Building, 150 N. First, Hillsboro, 97123.

County Camps Under Scrutiny

continued from page 1

opportunity to again voice dissatisfaction with the lack of enforcement of regulations in farm labor camps, especially in the Washington County area.

After hearing testimony Rodia commented, "I feel we are going to take a very careful look at Washington County this year." Testimony pointed out that during inspections of labor camps in the Hood River area and in the Washington County area, Hood River, with its more than 600 camps had actually fewer violations than Washington County, which had only 22 camps. "I would suggest we will shift the emphasis," Rodia stated, and the lack of it has long been the drawback to bringing camps up to standards.

Last year Lopez accompanied an OHS inspector on field visits. In one camp Lopez found 66 probable violations of health and safety standards while the OHS inspector found only 23.

And more recently, Lopez visited a Washington County labor camp after it had been inspected by OHS. Eighteen probable violations had been cited by the OHS inspector, but one week later, none had been visibly corrected. Lopez found that one of the two toilets had been padlocked, that 4 stacks of toilet paper each a foot high were piled near the working toilet, the showers were leaking and the drains plugged. "Seventy people are occupying this camp," Lopez said. He noted that he will be following up on the inspection of this camp to see whether stricter enforcement will indeed be seen this year.

Recommending heavier fines, his OSPIRG report noted, "Fines are useless if it is cheaper to pay the fine than to comply with the law." In other previous inspections, noted Lopez, where camps were clearly substandard, OSPIRG found evidence that the OHS inspector was far more sympathetic to the farmer's "excuses" than to the farmworkers obvious needs.

Rodia pointed out that only about 5 per cent of an inspector's time is spent in farm labor camps. And he admitted, not having bilingual inspectors lessens the chances of uncovering major health and safety violations. But, he claims, thus far there have been no bilingual applicants qualified for positions as inspectors. He did encourage bilingual people to enter this field, saying there is a shortage of 5,000 inspectors, or industrial hygienists, nationwide.

Rodia said he felt farmworkers were hesitant to speak or file complaints for fear of losing their jobs. But Lucia Peña, community education director for Migrant Legal Aid Project, told Rodia she feels people don't act because they don't believe anything will be done. She cited her experience as a farmworker, and later as an outreach worker in camps throughout the state. "It's a farce," she said. "It's not a question of speaking the language, or enforcing the rules - it's a question of priorities...and low income and migrant people are not a priority...Would you live in a camp even if the cabin did have properly screened windows?" she asked. "People should have houses, not shacks to live in." Ms. Peña also commented on the continual presence of fire hazards in the camp, the lack of warning devices to awaken the people in case of fire, and fires caused by

poor wiring. She added, "I've been to funerals caused by the propane stoves we see in these camps."

Others present pointed out that they felt violations go unreported because people don't know who or where to call, and oftentimes have no access to a phone. Rodia said that this year bilingual posters will be provided in the camps, telling people where to call if they feel health and safety standards are being violated. All callers will remain anonymous, he said, and according to law, an employ-

er may not take any action against an employee who exercises his or her rights for safe and healthful employment. This information, he said, will be on posters.

The OSPIRG report makes more than 20 recommendations for clarification and expansion of health and safety standards. It also emphasized that the safety of children who live on the camps with their families has been grossly overlooked. In addition, the report states, the lack of bilingual information denies

migrant workers access to their rights as laborers and "perpetrates the exclusion of farmworkers from benefits taken for granted by the rest of the society."

Already camps in Washington are filling up with workers who will, many fear, have to face the same poor conditions that have plagued migrant labor camps for as long as they have existed.

But from all indications, a closer watch will be kept on the inspection of the camps and the enforcement of the existing, though minimal, standards.

Campos Investigados

continued from page 1

cados, muge, chinchas y piojos, y excusados tapados." López sometió como testimonio un reporte, que había juntado cuando el trabajaba con el Grupo de Investigación del Interés Público de los Estudiantes de Oregon (OSPIRG) durante el verano de 1976. El reporte, "Las Condiciones de Vivir de Migrantes," dió prueba de violaciones en los campos de migrantes entre todo el estado, pero peor en el condado de Washington. También acusa que los campos no cumplen con las leyes de mínima seguridad y salud del estado.

La sección de Salud Ocupacional (OHS) del Estado de Oregon ha sido legislado como la agencia estatal responsable por las inspecciones y cumplimiento de las leyes de seguridad y salud en todas clases de campos de labor: rancho, ferrocarril, construcción, cortadores de arboles, etc. La audiencia en Portland que fue conducida para obtener información en consolidación de reglas hasta ahora se deben cumplir de bajo de reglas pasadas de otras agencias y clarificando reglas debajo del nuevo sistema de numeración.

"Basicamente, no hay cambios nuevos en las leyes," explicó Mike Rodia, jefe asistente por OHS. Pero como quiera trabajadores del proyecto legal, y organizadores de la comunidad tomaron la oportunidad para otra vez expresar la voz de disgusto con la falta de cumplimiento de la leyes de regulaciones en campos de labor de rancho, especialmente en el area del condado de Washington.

Después de los testimonios en la audiencia comentó Rodia, "Yo siento que vamos a prestar mas atención al condado de Washington este año." El testimonio apuntó que durante las inspecciones de campos de labor en el area de Hood River y en el area del Condado de Washington, Hood River, con más de 600 campos, tenía menos violaciones que el condado de Washington, que nomás tiene 22 campos. "Yo quiero sugerir que nosotros vamos a cambiar el sistema," dijo Rodia. El está de acuerdo que las leyes son la llave, y la falta de estas leyes ha sido lo que ha detenido en el progreso de las condiciones en los campos.

El año pasado, cuando López acompañó un inspector de OHS en visitas a los campos, en un campo López halló 66 violaciones probables de las reglas establecidas de seguridad y salud, mientras el inspector halló solamente 23.

Y más recientemente, López visitó un campo de labor en el condado de Washington después que fue inspeccionado por el OHS. Diez y ocho violaciones probables fueron citadas por el inspector de

OHS, pero una semana despues, nada se había corrido. López halló que uno de los dos cuartos de baño estaba cerrado con llave, que cuatro montones de papel higiénico cada uno siguiera un pie de alto estaban amontonados cerca del inodoro que servía, las llaves de la ducha se estaban agotando y los desagües estaban tapados. "Setenta personas estan ocupando este campo," dijo López. El dijo que va a seguir con otra inspección de este campo para ver si en realidad se cumplen con las reglas este año.

Dando su recomendación por multas más graves, su reporte de OSPIRG dice "Las multas son inútiles, si es más barato pagar la multa que cumplir con la ley." En inspecciones precedentes dijo López, donde los campos claramente estaban en condicion inferiores a la norma, OSPIRG halló prueba que el inspector de OHS estaba mucho más simpaticante a las "excusas" del rancho que con las necesidades evidentes de los trabajadores.

Rodia dijo que el inspector pasa solamente como 5 por ciento de su tiempo en los campos de labor, y el concedió, que como no tienen inspectores bilingües, hay menos oportunidades de descubrir violaciones de salud y seguridad. Pero, el dice, que hasta ahora no han tenido aplicantes bilingües calificados para las posiciones de inspectores. El animó a la gente bilingüe que entre esta profesion, diciendo que hay algunos trabajos disponibles por todo el país.

Rodia dijo que el siente que los trabajadores de labor se negaban a hablar en contra o dar quejas por miedo de perder sus trabajos. Pero Lucia Peña, director de educación de la comunidad por el proyecto de Ayuda Legal de Migrantes, le dijo a Rodia que ella sentía que la gente no se quejaba porque sabían bien que no se iba a hacer nada. Ella mencionó sus experiencias como trabajadora del campo, y después como una trabajadora de "outreach" en los campos por todas partes del estado. "Es una broma," ella dijo. "No es una cuestión de hablar el idioma, o de cumplir con las reglas - es una cuestión de prioridad... y la gente de bajo sueldo y la gente migrante no son una prioridad. Viviría en un campo aunque no tuviera ventanas con buenas telas?" ella preguntó. "La gente debe tener casas, no debe vivir en chozas."

Sra. Peña también comentó sobre la presencia incesante de peligros de fuegos en los campos, la falta de aparatos de aviso para despertar la gente, y los fuegos que resultaron por caso de mal alambrado, y continuó, "He ido a funerales que fueron causados por las estufas de propane que vemos en campos."

Otros en la junta apuntaron que ellos sentían que las violaciones no eran reportadas porque la gente no sabía a donde o a quien hablar. Rodia dijo que este año tarjetas bilingües serán provistas en los campos, diciendole a la gente a donde pueden llamar si ellos sienten que las reglas de salud y seguridad no se están cumpliendo. Todos las llamadas son anónimas, el dijo, y según la ley, el patrón no puede tomar acción contra un empleado quien ejerce por su derecho de trabajar en una manera de salud y seguridad. Esta información, el dijo, estará en las tarjetas.

El reporte de OSPIRG hace más de 20 recomendaciones por clarificación y expansión de las reglas de salud y seguridad. También acentúa que la seguridad de los niños que viven en los campos ha sido despreciada. Además, el reporte dice, "La falta de información bilingüe niega a los campesinos el acceso de sus derechos como trabajadores, y perpetua la exclusión de campesinos de los beneficios que reciben normalmente el resto de la sociedad."

Ya estan llenando los campos del condado de Washington con gente quien mucho temen van a tener que afrontarse con las mismas condiciones malas que han perseguido a los campos de labor por el tiempo que existido.

Pero con toda seguridad, una atención mejor se va dar a las inspecciones de los campos y cumplimiento de las reglas que existen aunque sean mínimas.

CONCILIO CONSULTIVO DE LEGAL AID

Cualquiera persona con bajo-sueldo quien está interesada en aprender como ayudar a cambiar su comunidad en orden de tener una mejor vida: los animamos que participen con el Concilio Consultivo de Legal Aid.

La primera junta es el 25 de mayo a las 7:00 - 9:00 de la tarde en la biblioteca pública de Hillsboro es para discutir las funciones del Concilio y para juntarse si se está interesado. Habrá una persona para cuidar sus niños. Para más información llame 648-7163.

LEGAL AID ADVISORY COUNCIL

Any low-income person who is interested in learning how to help change their community in order to have a better life should be encouraged to be on the Legal Aid Advisory Council.

Function and purpose of the Advisory Council will be discussed at the 1st meeting on May 25, 7:00 - 9:00 at the Hillsboro Public Library.

Please come, and bring a friend: Child care provided. For more information call Ann at 648-7163.

Banks Students Find Summer Work

by Catherine Strong

This summer, Banks High School student Bob Higgs will work for the Washington County Highway Department. His classmate Jim Hess will work at the Forestry Department.

Jim and Bob found their jobs through the Banks Youth Career Opportunities Program located in the vocational building at Banks High School.

The Youth Career Opportunities Program (YCO) will operate as a "mini-employment office" this summer to help young people 15 to 21 years of age find jobs and explore career options. The program also offers vocational training courses through Portland Community College, and classes for teenagers and adults who have not finished high school and want to earn a general equivalency diploma. All career counselling and classes are free except if taken for college credit.

Vocational specialist Glenda Jones directs the program at Banks High under a grant from the Comprehensive Education and Training Act (CETA). A former teacher, veteran of over 30 different Kelly Girl jobs during her college years, and a certified Work Experience Vocational Coordinator, Ms. Jones is no novice to the realities of job searchers and career decisions.

She and her staff will run a "job placement" service at the YCO office this summer for teenagers seeking work or on-the-job training. Twelve CETA positions are available at local government agencies including the Forestry Highway Departments and the Post Office. Young people who are available for CETA assistance (see inset) may apply by calling Ms. Jones at 324-6801 or visiting the YCO office.

Jobs and training in local private

Kids' Camp Con't.

continued from page 1

many of us have worked for them and the IED is helping us make contacts. We hope to work with private and parochial schools in Washington County that don't have outdoor education programs. Often teachers are assigned to conduct outdoor education classes and they feel uneasy about it; we offer an alternative. Our program also puts more emphasis on farming and ecological practices than the IED camps," she adds.

Although schools as far away as Tillamook will be attending various Cherry Grove camp programs, the Center would like to work primarily with Washington County. "We need to find out the needs of the county and adapt our programs to those needs," says Muir.

Programs for senior citizens will include luncheons, slide shows, crafts, nature hikes, and the use of the lodge. Special programs can also be created to fit the group, although any activity at the Center must include one staff member.

At the present time the Center is looking for older citizens to volunteer pioneer skills and heritage crafts. Materials needed include farming implements and camping equipment.

Cherry Grove Center is located at Route 1, Box 311, Gaston, 97119 (on Dundee Road); they can be reached at 985-7316.

businesses are also available. "Several students have been placed in these jobs," Ms. Jones said; and others have started training programs. One student is learning the beautician trade first-hand at the Hillsboro School of Beauty after referral from the YCO office.

Classes sponsored by the YCO program stress job-readiness and informed career choices. In one course, students fill out sample job applications and work permit requests, practice answering interview questions, and visit typical work sites such as Tuality Community Hospital in Hillsboro. Other courses introduce

careers and career requirements.

Six afternoon summer courses will begin June 12 at Banks High School: Office Practices; Job-Finding Techniques; Pre-Welding; Food Handler's Certification Requirements; Nursing Aide as a Career; Electronics (offered by Tektronix at Portland Community College Rock Creek Center Campus. Transportation from Banks provided.)

All courses except the Tektronix class are taught by Portland Community College instructors and are free unless taken for college credit. To register, call 324-6801.

Disadvantaged workers may qualify for vocational rehabilitation, which means they may earn up to \$2.65 an hour while attending vocational classes.

In addition to vocational classes, the YCO offers General Education Development classes for adults and teenagers who want to complete their high school education. There is no charge or age limit for these classes which meet at Banks High School. To register, call 324-6801.

The Youth Career Opportunities Program, funded by CETA, began in Banks this year. It will run a test program for Washington County through 1979.

Job Corps Busca a Chicanos

por Don Patch

Educación es tomada a través de experiencia práctica y clases para los estudiantes del Centro de Trabajos de Portland (Portland Job Corps Center, o PJCC).

Una vez anotado los miembros del Job Corps trabajan en completar su educación secundaria o GED y al mismo tiempo aprenden oficios en una de las 9 áreas de entrenamiento vocacional.

Los estudiantes que son de las áreas locales tienen la alternativa de vivir en el hogar propio o en el dormitorio residencial para hombres y mujeres que provee vida comunal para aquellos que vienen de otros lugares.

La Administración y las clases están ubicadas en el 1022 S.W. Salmon en el centro de Portland, con la mayoría de las clases de entrenamiento ubicadas en el campo de PJCC Springdale en el Condado de Clackamas.

Los estudiantes aceptados como miembros del Job Corps deben tener entre 16 y 22 años de edad. Ellos también deben pasar los requerimientos iniciales de ser de familia de bajo sueldo, tener capacidades de oficios limitadas, no ser capaz de beneficiarse de la educación en la escuela regular, tener la salud física y

habilidad mental de beneficiarse en este programa y no tener un antecedente criminal serio.

De acuerdo a Barbara Hofrichter, Oficial de Admisiones, los miembros del Job Corps vienen porque "no han tenido éxito en la escuela o porque tienen serios problemas hogareños. Algunos," ella dice, "han sido referidos por organizaciones como CDS o han sido asignados a las cortes."

Un miembro del Job Corps dice, "Yo iba a la escuela secundaria y no me gustaba, me gusta más trabajar." Ella agregó: "Algunas personas les gusta la escuela secundaria, a mi me gusta el Job Corps porque aquí uno va a la escuela y le pagan."

Los miembros de PJCC reciben un sueldo dos veces por más que varía entre los \$30 y \$50 por mes. Concesiones para ropa y aumento de sueldos son ganados por el estudiante así como el o ella trabaja en su camino a través del sistema del Job Corps.

Estar listo para trabajar es un objetivo compartido por el personal de PJCC y estudiantes. Las carreras eligidas por el director de PJCC y ofrecidas a los estudi-

antes incluyen: Soldadura, Reparaciones de Chapería (auto), Ocupaciones de Salud, (Asistente de Enfermera, Oficinista de Guardia), Servicio de Alimentación, Ocupaciones de Negocios, Reparaciones de Motocicletas y Motores Chicos, Asistente Dental, y Agricultura.

En cada una de estas áreas los estudiantes son entrenados para estar listos para trabajar a través de la experiencia práctica.

En adición con cada estudiante se cuenta que termine su educación secundaria.

Algunos estudiantes, como esos en las clases de Ocupaciones de Negocios, son ubicados en trabajos anteriormente a su graduación. Esta experiencia familiariza al estudiante con el mundo diario de trabajo, aumenta su confianza y habilidades y le da el máximo de oportunidades para trabajo permanente.

PJCC está aceptando aplicaciones ahora de personas interesadas en el programa. Nuevos estudiantes son admitidos cada miércoles. Visitas son dadas los martes. Si Ud. está interesado en saber más acerca de PJCC, llame a 224-0190 y pida por "Admisiones."

Title 1-M Parents Celebrate



Alicia Arguello (at left) introduced Ruben Talavera, student at Forest Grove High School; Mr. Castillo, parent from Salem; Maria Parra, lawyer; and Alonso Lopez from the Department of Bilingual Education in Salem, who gave presentations on their experiences with educational systems. Above.

La Sra. Alicia Arguello (a la izquierda) presentó a Ruben Talavera, estudiante de Forest Grove; Sr. Castillo, un padre de Salem; Señora María Parra, abogada; y Sr. Alonso López, del Departamento de Educación Bi-lingüe en Salem, quienes dieron presentaciones tocante a sus experiencias con sistemas educativos. Arriba.

Mr. Carlos Arroyo and his daughter Noemi recited poems at a Fiesta in memory of Mrs. Elizabeth Johnson, who helped migrant people for many years. The Fiesta on May 6 was sponsored by the Title 1-M program, and was a combination of a Parents Conference and a Mother's Day Celebrations. Right.



El Sr. Carlos Arroyo y la niña Noemi recitaron poesías en la fiesta honorando la Sra. Elizabeth Johnson, quien por muchos años ayudó a la gente migrante. La fiesta del día 6 de mayo fue patrocinada por el programa Título 1-M. Fue una combinación de Conferencia de Padres y fiesta del Día de Madres. Arriba.