

# The Rural Tribune

Volume 4, Number 3

Published Monthly

January 1976

not enough water

## MORE DAM CONTROVERSY

Last year 30,000 farms were taken out of production in the United States, totalling some 2.5 million acres—a net loss of 1 per cent of the U.S.'s agricultural lands. In the last ten years, 20 per cent of the country's farms have ceased to produce food. Throughout the nation, the question has been asked: How long can this continue until there won't be enough land to produce the food needed to support an ever-increasing population?

According to recent Washington County Extension reports, in 1975 Washington County's agricultural producers earned more than \$49 million in gross sales. It was a good year for local farmers, showing that in spite of decreasing farmlands and higher costs, they are still holding their own. How long this can continue is anyone's guess, especially in view of the fact that Hillsboro's cannery has closed its doors, leaving less and less of a market for next year's food growers.

Recently, the impact of decreasing farm land has been of great concern, especially to those living in rural areas. It is those people, who have witnessed and participated in the cycle of food production and face the expansion of urban areas into their communities, who must fight the hardest to save the nation's most valuable resource.

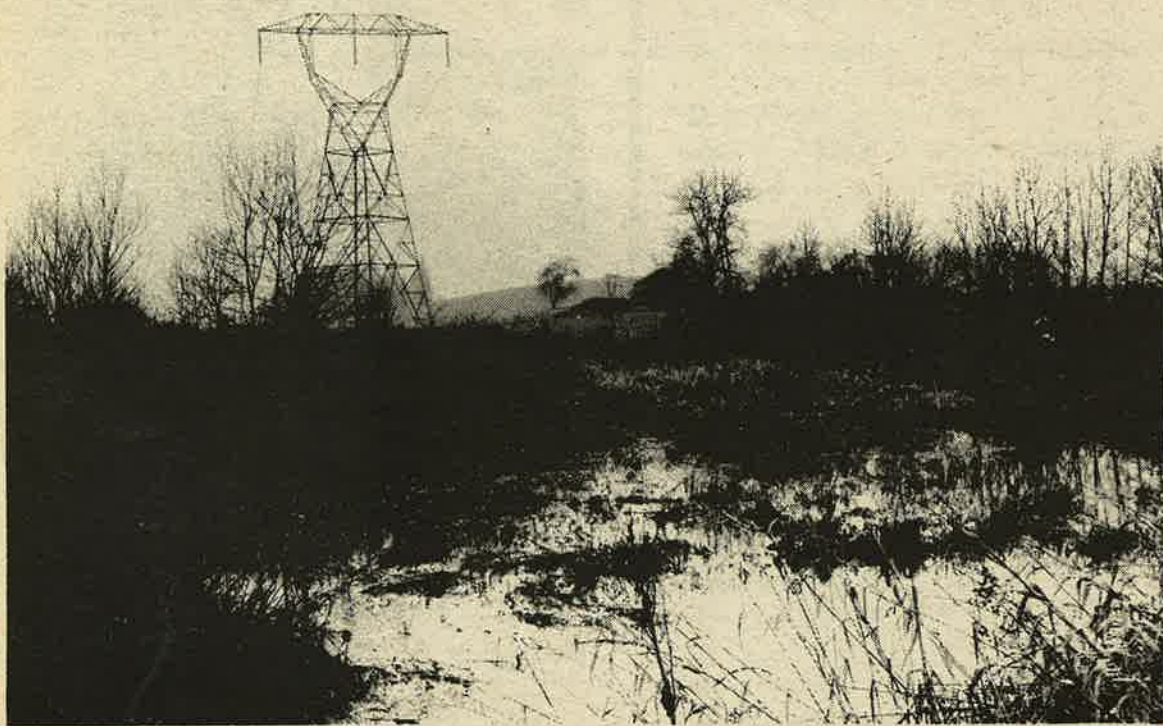
Just north of the Sunset Highway at 185th, a dam site has been proposed, which will flood 750 acres of prime farm land and take another 350 acres for three proposed parks. Sponsored by the U.S. Soil Conservation Service, the project has been opposed since 1973 by farm groups with a membership of 95,000. They include all thirteen granges in Washington County and all eleven Multnomah County granges (the proposed reservoir will cover farm land in both counties). Objections have been raised not only by farmers, but also by nearly all of the

area residents.

Original funding for the project was meant for another dam and reservoir, the McKay Project. It was not until those funds were appropriated that the action for a Rock Creek Dam was initiated. Since core tests have shown that the McKay site is faulty and inadequate, and litigation over land appraisals have delayed any construction (matters are still in court) it is unlikely the McKay Project will be completed in the near future, if ever. Opponents of the Rock Creek Project feel that to spend funds earmarked for McKay Project on a dam at Rock Creek is an abuse of public funds for a project they consider valueless. The major flaw, they say, is that there isn't enough water. Local residents say that in the past 50 years, no water has flowed into the creek between June and November.

Engineers have stated that two years out of every ten, there will be insufficient water to fill a reservoir at Rock Creek. In 1975, from May 15 to October 27, Rock Creek was "bone dry" at the site location. The deepest part of the proposed reservoir, according to present plans, will be 36 feet deep when full. After selling 3 verticle feet of water for irrigation and allowing an additional four feet for evaporation, the deepest part will be 29 feet deep and the average will be 13 feet deep.

Opponents of the dam believe this will result in an enormous area of mud flats which will be a prime conditions for mosquitoes, and a liability to the public. As soon as no more water enters the reservoir, algae and scum may begin to form. Add this to the drainoff from barn yards and septic tanks and you begin to see a very unhealthy summertime picture. The nearby grain fields use a high phosphate and nitrogen type fertilizer, to add further pollutants. The engineers acknowledge this problem. (Cont'd on p. 8)



## IT'S NOT A DEMOCRACY UNLESS YOU DO

Voting - A right, a privilege, a statement of your position - any, all or maybe even none of these may coincide with your idea of what a vote is. Perhaps to you it doesn't seem to be worth it - "They're all crooks anyway", "my vote doesn't amount to anything" or "It's just too much trouble."

Sure, some politicians are crooks. But the idea is to educate yourself about the people running and what the issues are so you won't put these folks in a position of power. Remember, the people in these offices have a direct effect on your money (for that matter, lack of it), laws, land, and lives. There really are people who run for offices that are seriously committed to honestly serving the people, so don't abandon all hopes.

As far as your vote counting - It most certainly does! In a U.S. Senate Election in New Hampshire there has been a long drawn out controversy over who was the actual winner, as the vote was so very close.

Registering to vote is no longer a time consuming and complicated process, even for people in the outlying rural areas. The elections people have devised a mail-in Registration form. This new system alleviates a "trip to town" as they are available at 189 locations in the county, including post offices, financial institutions, fire houses, city halls, some general stores, high schools, businesses, Washington County Community Action, and others. The form is a very short self-explanatory one, and takes at most 5 minutes to fill out.

You are eligible to vote if: You are a U.S. citizen, at least 18 years of age on election day, and a resident of Oregon for at least 30 days prior to the election.

You must re-register if you were registered but have since changed you address, name, or wish to change your political party.

Jack Beeler, Elections Coordinator in Washington County, estimates that in 1974, of 126,400 eligible voters, 74.9 per cent, or 94,714 were registered. As of December 23, 1975, the total number of persons registered was up to 98,436. Mr. Beeler added that the number of registrations had jumped substantially with the mail-in forms. (Cont'd on p. 6)

## WCCAO BOARD

La proxima junta de la mesa directiva del Washington County Community Action sera el miercoles, 21 de Enero, a las 5:30 p.m. en el City Hall de Hillsboro.

Washington County Community Action's next Board meeting will be Wednesday, January 21 at 5:30 p.m. at the Hillsboro City Hall.

THE RURAL TRIBUNE  
Washington County Community  
Action Organization  
546 E. Baseline  
Hillsboro, Oregon 97123

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

Postal Customer, Local

## ATTENTION

RECIPIENT

In order to "streamline" our mailing list, we are asking for your help. If you are on our mailing list (not a rural boxholder) and no longer wish to receive the paper—or if you would like to have your address changed—PLEASE drop us a postcard with label and instructions attached, or call us at 648-6646. Thanks. Rural Tribune Distribution Department.

# Letters to the Editor

## AN OPEN LETTER TO LOS AMIGOS CLUB

I wish this letter printed in your paper. I want also to state that this is not meant to offend anyone person in particular, only to make the members of the Los Amigos club aware that not all of us that live around here are familiar with whats going on. Just because we do not belong to your club, are we less worthy?

My reaction is for the following reason: I don't know what the intention was of inviting all children to your party where gifts were to be given only to friends and relatives of the club. It is proper that you recognize that it is better to have a private party, thus you don't have to be criticized by people. On the other hand it will be appreciated if you would not frown down on some children - or that you discriminate against them.

Some stood in the line waiting for their turn... When it came, they just stood there while other friends were taken out of line and given gifts. Some children suffered the humiliation of standing their with their hands stretched out. Those humiliated by the club Los Amigos suffered not only this, but the long wait to see what left overs are given to them, some went home without anything, or if they got something, the wrapping paper was worth more than what it had inside. The children of the club's members or of close friends got two, three, or four gifts.

In summary, I do not wish to be misunderstood or have you think that I'm unhappy because my children did not get anything. My objection is how the children were treated. In my opinion, in Oregon we don't have extreme poverty. Children go to those parties for two reasons: by invitation or by tradition or custom. For whatever reason, that's not the way to treat them.

One member of the club asked certain children: "is your father here?" they answered "no". The same person asked, "is your mother here?" the answer was "no", then he said, "then there will be no gifts."

Most think themselves to be religious people, but their actions are full of hypocrisy. If there are not enough people to see their good deeds, they they won't do them.

P. and Victoria Garcia

Antes de emesar a leer esto, Señor, me place dar a saver a los ollentes que esto no es para o con es fin de ofender a nadie personalmente, sino para dar a saver a los integrantes de este Club llamado (Los amigos) que no todos los vivientes aqui alrededor, por el simple hecho de no pertenecer a su club, crean que tenemos los ojos bendados, o que somos mucho menos que ellos por no estar adheridos a ellos.

El caso se presenta por esto: Yo ignoro cual es la intencion de llamar la atencion de los niños en un sentido general, a su tal fiesta de regalos; ya que si solo se le ha de dar a los conosidos o a los hijos de miembros del club, justo es que reconoscan que es mejor que hagan su reunion privada y se eviten de ser criticados por la gente, por otra parte, se les agradecera mucho que no umillen a los niños, o los descriminin, en el sentido de que los forman no para darles a todos sino para hacer sufrir por umillasion a niños que estan cerca de los que reparten, cuando tienen la desverguensa de dejarlos con sus manos tirantes mientrasde entre la linea le hablan a los que son de su agrado para darles.

Estos niños que umilla el llamado Club de los Amigos, en este caso no solamente son burlados en esperar hasta ver que les sobra para que les den, sino que definitivamente unos se van para sus casas con sus manos vacias, o si les va bien, les envuelven algo en una bolsa algo que vale mas la bolsa que el regalo envuelto, cuando a los hijos de los del club o de personas allegadas les dan dos, tres o cuatro veces.

En resumen: no quiero que me mal entiendan o que crean que me puede un juguete o un dulce que no le hayan dado a los mios, sino me puede la sucia manera en que se actua hacia los niños.

En mi concepto, tengo entendido que aqui en Oregon no hay nesecidad como para vernos en esa cituacion. Mas bien es creible que los niños ocurrèn a lugares como esos por dos razones: por invitaciones de parte del club, y por tradicion o costumbre; o bien, cualquiera que sea la razon para su presensia, no es el caso para tratarlos asi.

Cierto miembro del club al ver ciertos niños les pregunto - viene supapá? ellos dicen - no. Vuelve a interrogar el sujeto y dice - vino su mamá? ellos dicen, no. Entonces no hay regalos dice el sujeto.

Lo mas de ellos se dicen religiosos, pero sus acciones estan llenas de ipocrecia. Si no hay suficientes quien los mire hacer un bien, no lo hacen.

P. and Victoria Garcia

## CORPS OF ENGINEERS GIVES JOB APPLICATION TRAINING

The U.S. Army Corps of Engineers held an Employment Information Workshop at Cornelius Grade School on January 5 at 7 p.m. The session, which was advertised on radio station KUIK and through flyers distributed to Washington County community organizations, demonstrated how to complete the application forms for Federal employment and gain higher positions on Federal registers. All permanent employees of the Federal Government are employed from these U.S. Civil Service Commission registers after they apply and are selected.

Several Chicanos from the Hillsboro-Cornelius-Forest Grove area attended the two hour meeting held in the music room of Cornelius Grade School. Everyone present completed application forms for temporary positions and were given the longer Form 171 application for permanent career consideration.

The meeting, including a number of opaque projector slides about applications and how to fill them out, was conducted by Mr. James Hall, Chief of Recruitment and Placement of the Corps of Engineers Personnel office. He was assisted by Nancy Taylor and Mona Spent, two secretaries in the Corps of Engineers Personnel Office. Mona lives in the Forest Grove area and went to school at Cornelius Grade School.

Also present fors the Federal Government was Mrs. Barbara Scott, Equal Employment Opporunity Specialist for the Department of Housing and Urban Development, and Kev Collins, Equal Employment Opporunity Officer for the Corps of Engineers who made the arrangements for this workshop.

All interested citizens, especially minority persons, who might wish to attend such a workshop are asked to contact Mr. Collins at 2850 S.E. 82nd Ave., Portland, Oregon, 97266 or call him at 777-4441.

Other Employment Information Workshops to be held in this area in the future will be announced in the coming issues of The Rural Tribune.

To the Editor:

This is an open letter to the people who helped to make the Gaston Flea Market a success and also to the people in the community who were not interested. The Flea Market was a non-profit operation started with the help of Community Action Organization and VISTA. It was a place where people could buy something a little cheaper and sell something to make a little extra.

In such a busy world people fail to see the need of personal contact in their lives. At the Flea Market you could have a cup of coffee and visit with a friend. It gave some of the elderly people of the community a place to spend some time on a Sunday afternoon. We felt very bad to have to tell the dealers and customers that we could no longer continue because it was non-profit and we could not assume any more expense without raising the table rent. This we would not do.

We would like to thank the Antique Store and Ralph's Market in Gaston, Estes Ent. Rocky's Auction, Banks Flea Market, Poppers of Portland, KUIK Radio Station, and all the people who displayed our posters.

Our special thanks to Beverly and James, Community Action and VISTA.

Gaston Flea Market  
Sharon Damrill  
Jeri Begin  
Alvin and Opal Lee

## MECHANICS CO-OP

People interested in starting and/or using a Mechanic's Co-op are invited to attend an organizational meeting at 7:30 p.m. on January 29, 1976 at the Community Action Office, 546 E. Baseline, Hillsboro. For more information call Bud Schmidt at 648-6646.

## Necesitamos Interpretes

Washington County Community Action Organization necesitamos personas interesados en ser interpretes que sean bilingues y que tengen interes en interpretar para el Buró. Necesitamos personas que hablen Español y Vietnamese preferiblemente.

El Buró, esta basicamente rodeado de ocho lenguajes, esta es una firma que creé que todas las personas que no hablan Inglés como lengua PRINCIPAL tienen derecho de que se les interprete cuando tratando con las agencias de servicios publicos. Frecuentemente, personas que no hablan suficiente Inglés tienen mucha dificultad cuando van a la tienda, cuando van hacer cita con el doctor y con documentos complicados y formas legales.

El Buró de Interpretes espera ayudar las agencias para que empiezen a ofrecer estas necesidades más eficiente y ofrecer servicio para las personas queno hablan Inglés como lenguaje primario.

Si usted tiene necesidad de esté servicio o desea ayudar con el servicio de Interpretes para el Buró. Comuniquese con Ann Barbour en el Community Action Organisation o llame a esté telefono: 648-6646

## North Plains food club OPEN TO PUBLIC



It has been three years since the North Plains Food Club first opened their doors to the public. They began with a loan of \$300 from the U.S. National Bank in Banks. Within one year and through hard work from many volunteers the loan was repayed. Since then they have never looked back.

Run and operated by all volunteer help the North Plains Food Club provides its customers with low cost food through bulk buying. Orders taken on Wednesday of each week are picked up in Portland and delivered through the North Plains Senior Center to buyers on Thursday, after two. It costs 25¢ to order your food. The mark up is held to 10 percent, except for the more expensive items which are sometimes sold at cost.

Located at 504 Commercial St. in North Plains the Club encourages the public to take advantage of the many items available at lower prices.

According to Betty Meek the Food Buying Club co-ordinator "we are just out to help people and make a go of things".

## UFW Jobs

United Farmworkers Union Oregon Boycott has jobs for six full-time community organizers. Hard work, subsistence pay. Call Veral Seagraves, 233-8969.

# Foster Parent Questions Treatment of Retarded Child

*Editor's Note: The following story was submitted to the Rural Tribune by Mrs. Olive M. Alexander. It is a story that tells the tragedy of a mentally retarded child who did not fit into the program provided by our institutions. It also tells of his attempts to adjust to our every day life and the consequences befallen a child who just did not fit.*

In September 1972 John, a foster child, (mental evaluation of 3 1/2 years) eleven years old was brought to our home by two case workers. He came from a home for boys in Cave Junction where the boys ranged in age from 4 to 17 years. The case workers spoke very briefly to us and left without a word or even a look for John.

He was in a deplorable condition. He was thin, pale, seemed almost lifeless. He carried his arms curved over his head and walked with a pronounced stoop in his upper body. He did not talk or cry but sat in that same position, staring ahead like a small animal. His legs were so weak he stumbled and staggered and frequently fell. He wet the bed, cried out in the night often, hardly slept at all for days.

All his clothing he wasn't wearing was either too small or too ragged to wear. His one pair of worn shoes were 2 1/2 sizes too small.

His skin was dark with filth, which was literally embedded in the pores. We were two weeks getting him clean, although he was bathed every day. He was so afraid of a bath or shower we had to begin with 2 inches of water and increase gradually. He was frightened of having a shampoo. His greatest fear was that of being "left away". Next came big boys and men. He was afraid of the dark, to be alone in a room, to go outside. He was afraid of bees, bugs, dogs, strangers.

We spent our time working with John, teaching, loving. After about 2 1/2 months we could see that he had quite a lot of potential. So we went to enroll him in Barnes Elementary School in Hillsboro.

At the school they made an evaluation of John's mental prowess, and told us "he has nothing". Since the school did not tell us they would not enroll John we went ahead and bought his school supplies, took him to the school building a couple of times so it would be familiar and bought him a school jacket. That same week we had a note telling us they had decided John wasn't ready for school. We had to somehow explain to him that he couldn't go.

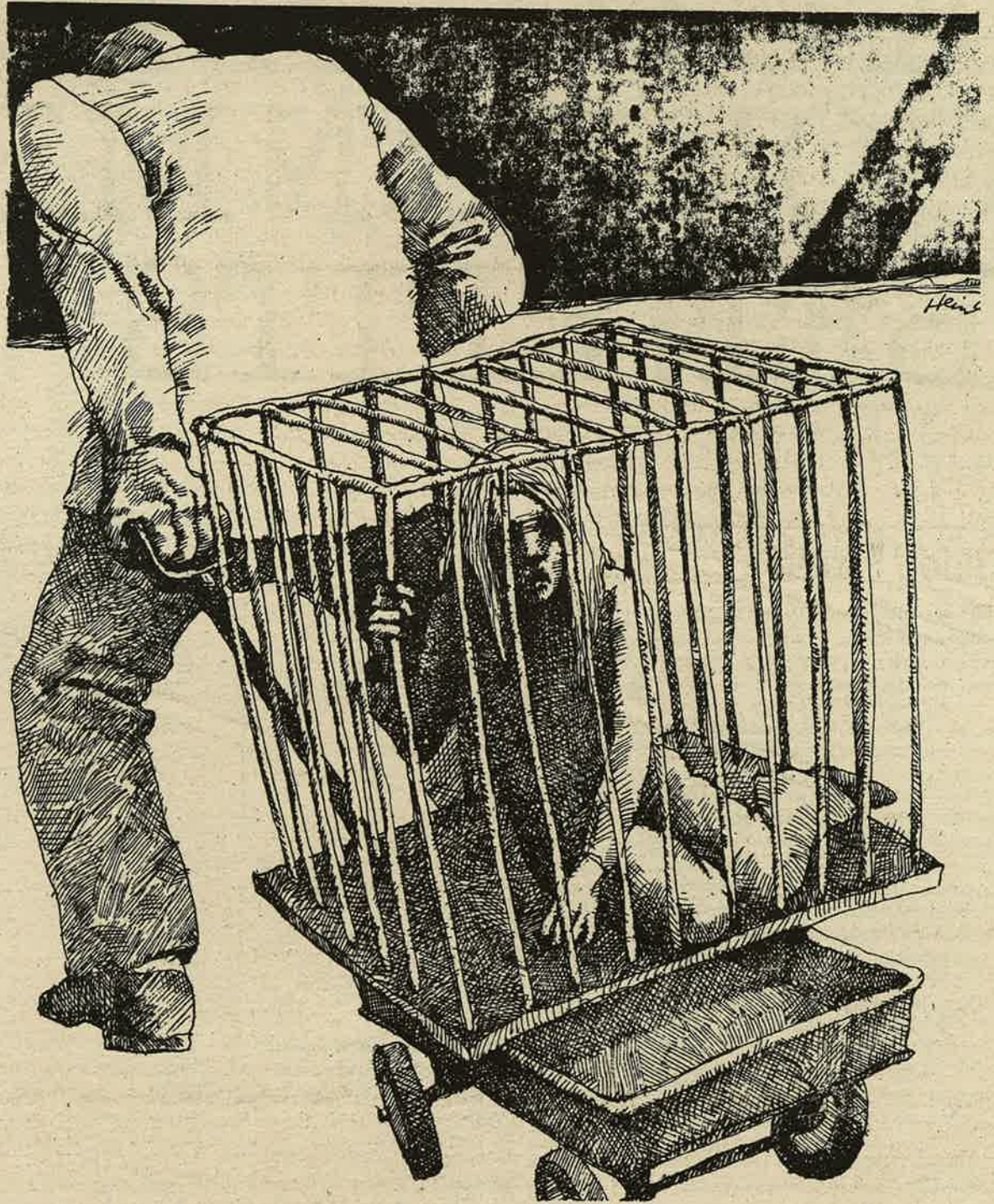
In April of 73 we enrolled John at Walker School in Beaverton. He was walking tall and straight now, riding his bike, running, jumping, a happy healthy boy. He enjoyed going to school.

Winter of 74 brought a change of teachers for John. Within a few weeks of the change he began vomiting, bed wetting, crying in his sleep, telling us his teacher was mad. He frequently thought someone was mad, but we did not connect his unusual behavior with school.

One Thursday afternoon John was almost wild with frustration - we didn't know why. That evening he said "I stab me. I not go to school", making a stabbing motion at his abdomen, (we had had great difficulty in getting him to go after Monday).

I talked with the people involved, found John had been missing all recesses and noon playtime, eating his lunch in his room with his teacher. All this because the school had decided to teach him to speak at "voice level". We had asked that John have speech therapy for better pronunciation, but did not know the extremes the school would go to. (a goal of John's behavioral modification program was for him to speak at "voice level". The instructor took away John's recess privileges and noontime play in hopes it would help him attain the voice level goal).

John never again lost his fear of school. He never understood the reason for the punishment. We got him back in school but he was suspicious and frightened.



We bought a tape recorder and worked on his speech. We tried to teach him better behavior, living skills, always trying to build up his confidence in people. One day his bus was 45 minutes late picking him up at school. Another two weeks of "don't leave me away".

September 74, John was moved to Ridgewood school. A few weeks had passed when a bus driver, new on the job, passed by the bus stop for a small mentally retarded child and carried him all around the area for an hour and a half. The child's mother was at our house calling people, trying to locate her child. John was home with a cold that day and heard all the anxious and concerned voices. The child was brought to our house by the dispatcher. John never rode the bus again.

By this time (mid October 74) John was five feet ten and one half inches tall, 154 pounds with an appetite to match. I happened to be in the Ridgewood School lunchroom one day and his lunch consisted of approximately 3/4 cup of noodles, 1/2 pint milk and one small roll. Since a large lunch was being payed for I asked the program co-ordinator why John was getting the small lunch. She said it was her fault, but gave no indication the lunch be changed, nor did she apologize. This explained John's asking for a sack lunch every morning.

He became increasingly fearful of school. Some mornings he would not go. We were taking him for a couple of hours a day, and then not at all. If a child has to be dragged to school, the fault is with the school - not the child.

His class was moved again - the third time in about a year's time. This time to Mt. View high. John was really excited and happy to be going to school again, when we told him it would be in a new building.

There is no bus from home, so we took John to school - the halls were filled with big boys and girls - it was a Junior High.

The schoolroom was tiny, hot and stuffy. There was no outside play time. We took him a few mornings - it was a nerve wracking ordeal - everyone upset.

We were told to leave John outside the building and go home. Knowing that he was able to find his way home (on a busy highway) we declined.

We were told to get two strong men to put him in the car. We refused to have him dragged to school. We gave up.

We felt a change had to be made. We - and John needed time away. We had no notion of getting rid of him. He is like our own child.

We called C.S.D. The case worker came. We asked for John to be away in a good home overnight. He was glad to go visiting. The case worker told us and John that he'd bring him home next day. We did not see him for three weeks.

We do not question the wisdom of deciding to move John. We were worried that it might be necessary - at least for a while. But we have never lied to a child and for a person to do so who is supposedly an "expert" in his knowledge of children is either ignorant, incompetent, or just plain dishonest.

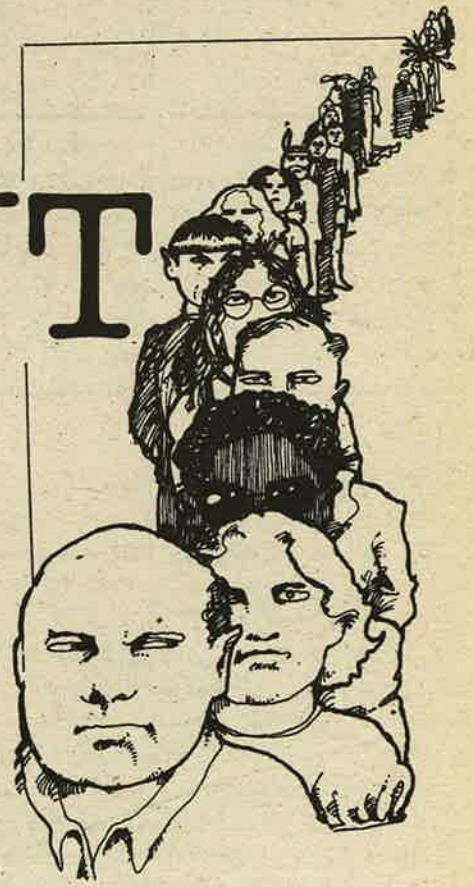
He stayed at a shelter home for three weeks. Finally his mother was allowed to take him home. That did not work out, and John was moved to Fairview. His family was not allowed to see him for nearly four months.

He is "left away" permanently at last. About the only things John has learned in the last few years, other than what we taught him at home, is to distrust all people, that adults care nothing for his feelings and that they lie to him. He has learned that he is worthless as a person. He's been taught that he does everything wrong, that he one of the throw-away children.

Olive M. Alexander

Getting through the maze:

# A GUIDE TO GOVERNMENT BENEFITS



## FOOD STAMPS

**Who is eligible?** Food Stamps are given to households whose income is low enough. A household is a group of people who buy and cook their food together. An individual can be a household if s/he buys and stores food separately. Monthly income is determined by adding all incomes of the household together and subtracting various expenses—tuition, medical bills, child support payments, child care payments, and a percentage of rent and utilities. You are also allowed certain resources. Resources are the things you own or money in the bank. A household may own up to \$1500 per household. One car, the house, life insurance policies, and a few other resources are not counted.

**Where do you go?** Call for an appointment (it will usually be made for two or three weeks after you call) or you can walk in, wait a long time, but usually get seen in the same day. If you can verify all the information that is needed, you will usually be certified the same day. Otherwise, your eligibility must be determined within 30 days of the date of your application.

Go to the food stamp office at 560 S. Third, Hillsboro, phone 648-0711. Hours are 8 a.m. to noon, and 1 p.m. to 5 p.m., Monday through Friday.

**What do you bring?** ID; Social Security number; rent or mortgage receipts; unemployment registration card; paycheck stub; bank book; proof of medical costs, tuition and mandatory fees, and child care payments if you are working. Also, have in mind the name of a person whom Food Stamps can call to verify that your stated residence is correct.

**What do you receive?** Food stamps are coupons that you can use to buy your own food. Each month, one person will get \$48 worth of food stamps; two people will get \$90. What you pay depends on your income. For example, one person may pay anywhere from \$0 to \$38 for \$48 worth of food stamps. Once you get your food stamps, you can buy whatever food you want; they are your stamps.

**How do you appeal a decision?** If you are denied food stamps and think you are eligible, or you disagree with a proposed food stamp action, you can demand a review of your case at a hearing. Send a request for a hearing to the Food Stamps office within 30 days of the notice of action. If you send your request within ten days of their notice, your food stamps will be continued until the hearing. However, if you were denied eligibility for food stamps, you will not receive food stamps until the hearing determines that you are eligible. If the hearing determines that you are eligible, you will get retroactive payment.

*Here is the basic information. Remember that individual cases are frequently more complex than can be covered in this short summary—Welfare regulations fill volumes, citing numerous exceptions and special cases. The data in this chart has been prepared by workers at Multnomah County Legal Aid Service.*

## GENERAL ASSISTANCE (GA)

**Who is eligible?** GA is temporary assistance given to unemployable persons. Unemployability is based on physical or mental problems and must last for a period of 30 days or more. Also eligible are employable single women 50 or over (when there is not work available in their capacity), and families in need because of a labor strike. Applicants for SSI (see below) usually qualify for GA while their application is being processed. Applicants applying for general assistance cannot have liquid resources (i.e., money in the bank, or stocks or bonds)

**Where do you go?** Go to the Welfare office:

listed above, under ADC.

**What do you bring?** Bring verification of income as given above: identification, etc., a doctor's letter or report describing your condition. If you do not have this, Welfare must pay for you to see a doctor.

**What do you receive?** You will receive a small grant to cover basic needs, i.e., food and shelter. In addition, you will receive a medical assistance card and you will also be eligible for food stamps which you can purchase out of your grant.

**How do you appeal a decision?** Same as in ADC.

## AID TO DEPENDENT CHILDREN (ADC)

**Who is eligible?** ADC is for children who are needy and who are deprived of parental support because one or both parents are dead, incapacitated, absent from the home, or if the father is unemployed or underemployed (works less than 100 hours a month). There are maximum income levels depending on the number of members included in the grant. Mothers can work and still get a grant if they earn less than the maximum income level.

As a qualification of eligibility, the applicant must cooperate in identifying and locating the absent parent. If the applicant fails to cooperate, he or she will be cut off the grant. The child will still receive aid, but payment will go to someone other than the custodial parent.

**Where do you go?** Call the Public Welfare Office at 648-0711. They are located at 560 S. Third in Hillsboro and are open 8 a.m. to noon and 1 p.m. to 5 p.m., Monday through Friday.

**What do you bring?** Proof of age (birth cer-

tificates for each child) and anything which relates to your financial situation such as bank books, check stubs, rent receipts, utility bills, and any other verification of income and resources.

**What do you receive?** You will receive a grant to cover shelter, food, personal and household incidentals. In addition, you will receive a medical assistance card for every person on the grant (see medical assistance below). You will also be eligible for food stamps which you can purchase out of your grant. In some special cases additional funds are available for medical diets, school clothing, and other special needs.

**How do you appeal a decision?** If you are denied Welfare and think you are eligible, or if you disagree with a planned action, you have the right to have your case reviewed at a hearing. You should receive a ten-day notice of any action. You must send the Welfare office a written request within 30 days of their notice of planned action. If you request a hearing within ten days of the date of the notice, you will continue to receive your grant until the hearing.

## SUPPLEMENTAL SECURITY INCOME (SSI)

**Who is eligible?** You must be 65 years of age or older, or blind, or disabled and unable to work. You must have medical proof that you are disabled; you must show that the disability is expected to result in death or that it is expected to last at least 12 months.

**Where do you apply?** 10700 S.W. Beaverton Hillsdale Highway, Beaverton. They are open 9 a.m. to 4:30 p.m., Monday through Friday. 643-9617.

**What do you bring?** Proof of citizenship, residency, age, income, resources, marriage and living arrangements, blindness, and disability. If you do not have this information, the Social Security office must help you to get it, including paying for a doctor's examination if this is necessary. When you go to the doctor bring him the "list of impairments" available from Social Security. Ask him to describe your case in the language of the list.

**What do you receive?** If you are applying as an individual you will receive \$157.70 a

month. If you are applying as a couple you will receive \$236.60 a month. If you have any unearned income, the first \$20 a month will not be counted and the rest will be subtracted from the \$157.70 and you will receive the difference. If you are working, certain types of deductions will be made for work expenses. Deductions will also be made from both earned and unearned income for child support, taxes, and other expenses.

**How do you appeal a decision?** The first appeal is the "reconsideration." This must be requested within 30 days from the date of notice and enables you to present written defense of your position. For disability cases, the reconsideration is determined in Baltimore, Maryland. A reconsideration may be appealed before an impartial hearing examiner. The hearing request must be made within 30 days after the reconsideration notice. A decision must be made within 90 days after the hearing, but it may take months to get a hearing date.

### OREGON SUPPLEMENTAL INCOME PROGRAM (OSIP)

**Who is eligible?** Anyone receiving SSI is automatically eligible. Also, people who are disabled; blind, or over 65 and who are over the income limits for SSI may qualify.

**Where do you go?** Apply at any Welfare office. See ADC above.

**What do you bring?** Proof of SSI eligibility such as an SSI check or letter. Or proof of the resources and income such as check stubs, bank book, etc.

**What do you receive?** OSIP is a state supplement to the Federal SSI program so it gives you a little more money. In addition, you will receive a medical assistance card (see below) and you may receive assistance for special needs such as special diets, homemakers, major home repairs, food for guide dogs, and board and room in a group care home.

**How do you appeal a decision?** Same as for ADC outlined on previous page.

### MEDICARE

**Who is eligible?** 1) Anyone age 65 or older. If you apply for Social Security and are age 65 your application for Medicare will be automatically processed. 2) Disabled people under 65 who have been getting Social Security disability benefits for two consecutive years or more and 3) People insured under Social Security who need dialysis treatment or a kidney transplant. Wives, husbands or children of insured people may also be eligible.

**Where do you go?** Apply at any Social Security office. See SSI section.

**What do you bring?** Your Social Security ID card, proof of age, policy of any other medical insurance which you carry.

**What do you receive?** Medicare is an insurance program which will cost you \$7.50 a month. Medicare pays part but not all of hospital and medical costs. It pays \$4 out

of each \$5 of reasonable medical costs except for the first \$50 in each calendar year. Reasonable costs are determined by a medical carrier who works for Medicare.

**How do you appeal a decision?** If you disagree with a decision the carrier has made, you can ask that a different carrier review it. A request for review must be made within 6 months of the date of the notice of the initial determination. The request should be sent to the SS office or the carrier and should tell why you are dissatisfied with the decision and include any additional information.

If you still disagree with the new decision and the issue is over \$100 you may request a hearing. This request must be filed in writing at the Social Security office or with your carrier within six months of the notice of the hearing.

### SOCIAL SECURITY (SSA)

**Who is eligible?** Social Security is a program of monthly benefits based on how much a person has worked. People who are eligible include: retired workers of age 62 or over and their dependents; disabled workers under 65 and their dependents; surviving dependents under 18, or under 21 and in school (and their parent while such conditions are true; widows age 60 or over; or a widow of any age caring for a child under 18.

**Where do you go?** Social Security offices. (See SSI).

**What do you bring?** Bring birth certificates and Social Security ID card. Also, marriage certificates if you are applying for benefits for your spouse and birth certificates for

your children if they may receive benefits. **What do you receive?** The exact amount of benefits you receive depends on the amount of work credit you have. This depends on your age and how much you have worked. For each 3-month calendar quarter when you earned \$50 or more, you will receive one social security quarter of coverage. If you are self-employed, you will receive four quarters of coverage for each year when your net profit was \$400 or more. The amount of your check depends on your average earnings per year. While you are working a percentage of your earnings are set aside for Social Security. **How do you appeal a decision?** Same process as in SSI.

### VETERANS BENEFITS

**Who is eligible?** Veterans of the U.S. Armed Forces and certain dependents and survivors may be eligible for financial and medical benefits. The veteran usually needs a general or honorable discharge. Some persons with "less than honorable discharges" can receive educational or other benefits. Some programs are designed for specific wars or length of time in service.

**Where do you go?** Contact the Veteran's Administration Service Office at 150 S. First, Hillsboro, 648-8611.

**What do you bring?** Bring a copy of separation papers. If applying for benefits for spouse or children, bring marriage certificate or divorce decree and birth certificates for the children.

**What do you receive?** There are many types of benefits including: monthly benefits for disabled veterans and their dependents and spouses; educational grants for veterans, wives, widows, and children; farm, home, and business loans; and medical services through a VA hospital.

**How do you appeal a decision?** "Less than honorable" discharges may be upgraded by applying to the Discharge Review Board or the Board of Correction of Military Records. The decisions of the board may be appealed in Federal District Court. For information and assistance, contact the Portland Draft and Military Counseling Center, Koinonia House, 633 S.W. Montgomery, Portland, 224-9307.



### UNEMPLOYMENT INSURANCE BENEFITS

**Who is eligible?** You must be unemployed or partially employed. If you are partially employed and your weekly wage is less than your weekly benefit amount, you are eligible. You must be physically able and willing to work and you must have earned \$700 or more from a covered employer during a previous one-year base period, with average earnings of \$20 a week for 18 weeks. Almost all employers who pay more than \$225 in wages in a 3-month period must cover their employees.

**Where do you go?** Apply at 229 S. First, Hillsboro, 648-8911. Open 7 a.m. to 5 Monday through Friday. No appointment necessary but be prepared to wait.

**What do you bring?** Be prepared to relate: Date of last day you worked; name and address of your last employer; the reason you are no longer working there; the places you have worked in the past year.

**What do you receive?** Between \$24 and

\$95 a week, for up to 65 weeks. The amount you receive weekly is equal to 1.25% of the total wages paid to you during a previous one-year base period. Your unemployment credits are automatically stored by a computer in Salem that has been trained to keep track of how much money you were paid during your base period.

It will take 3 or 4 weeks for you to get your first check.

If you are found to have left work without "good cause" or to have been fired for misconduct, you will be penalized with an additional waiting period (usually 8 weeks).

**How do you appeal a decision?** Any decision to reduce or deny benefits must be sent to you in the form of a written notice. You have the right to dispute it by requesting a hearing in writing within 10 days of the notice. Send your request to your local office.

### MEDICAID - OREGON'S MEDICAL ASSISTANCE PROGRAM

**Who is eligible?** Oregon residents who: 1) are receiving OSIP, Welfare, or SSI; 2) are eligible for a check, but choose not to receive it; 3) are the spouses of SSI or Welfare recipients and are contributing some income to their support; 4) the minor children of any of the above.

**Where do you go?** Apply at local welfare office (see under ADC).

**What do you bring?** Social Security number, information about income or benefits you receive, bank book, life or health insurance, information on property you have sold in

the last three years.

**What do you receive?** A medical identification card which will provide medical services for you from certain doctors and hospitals in the community. This covers screening and diagnosis for children under 21 (Medi-check), family planning, hospitalization, laboratory tests, and physicians' and opticians' services. Sometimes chiropractors', dentists', and psychiatrists' services can be approved.

**How do you appeal a decision?** Appeals go through Welfare. See ADC.

### WORKMEN'S COMPENSATION

**Who is eligible?** With very few exceptions, all employers who employ 1 or more workmen within the state must cover their employees, through the State Accident Insurance Fund or through a private insurance company. If you are injured in the course of your work you are eligible. Family members of workers killed on the job are also eligible.

**Where do you go?** Notify your employer within 30 days of your accident. The employer must report to S.A.I.F. or the private insurance company within 5 days of the date he was notified. Both you and your employer will have to file claim forms. Medical verification will probably be required, but the visit to the doctor is covered by SAIF or the insurance company.

In the case of a death, a family member should file the claim.

**What do you receive?** In case of death: monthly payment of 4.35% x 50% of the average weekly wage to the spouse until remarriage, plus \$100 a month each for the first two children, and \$50 a month for each additional child, until the children are 18. In case of total disability (i.e., loss of both legs, eyesight, or paralysis), 66-2/3 of previous wages, with a minimum of \$50 a week. In case of a temporary partial disability (for example, an injured leg) 66-2/3 of previous wage, for no more than 2 years. If the partial disability is permanent, (for example, if you lost a finger) you will get a lump sum payment which varies depending on the injury.

## IRS SWEETENS RETURNS

For low-income people who are married, filing a joint return, or single with a dependent, there is a new IRS regulation that may provide some aid in these inflationary times.

The new regulations could add up to \$400 to a taxpayer's return.

The regulation applies to those who have an earned income of less than \$8,000. This would be the combined income of a married couple filing a joint return. Payments from pensions, social security, unemployment and welfare are not considered as part of the earned income figure.

Simplified, the computations are as follows:

A) Compute ten per cent of the first four thousand dollars of earned income.

B) Compute ten per cent of income over \$4000 or ten per cent of the adjusted gross income, whichever is greater.

C) Subtract figure B from figure A. This is the amount which will be added to the taxpayer's normal return.

**EXAMPLE:**

An earned income of \$5,000.  
 10 per cent of first \$4000 - \$400  
 10 per cent of remainder - \$100  
 -----  
 \$300

If you have any questions about this regulation or any other federal income tax problems, you should call the IRS Customer Service office at 1-800-452-1980. This is a toll free number for all of Oregon.

Washington County Community Action has submitted a grant to fund a Tax Help Clinic. Confirmation of the grant is hoped for by mid-February. If funded, this clinic would provide bi-lingual help with filing forms for low-income people.

*Bud Schmidt*

## VOTE! (Cont'd from P. 1)

You may register up to the week of the actual voting. If you do register late (30 days prior to the election), you will be sent a certificate which you must take to the polls with you. If you register less than 5 days before an election you must pick up your certificate at the elections office.

Once you are registered - Vote! There are 144 precincts in the county, each having its own polling place. They are open from 8 a.m. to 8 p.m. on Election Day. Under many circumstances you may apply for Absentee Ballots. Absentee ballot requests should be sent to the County Clerk of the county in which you reside. They must be in writing, stating you are a registered voter and unable to attend the election, name or number of your precinct. The request must then be signed by you as your name appears on the registration records. Requests for absentee ballots must be made no earlier than 60 days before the election, and no later than 8 p.m. the day fo the election. The ballots must be marked and returned to the County Clerk's office no later than 8 p.m. on Election Day.

Before you vote find out what's going on. Who are the people running, where do they stand on the issues? What are the ballot measures, and what are the pro's and con's. The brief way in which they are written seldom gives you a good picture of what they mean.

The League of Women Voters provides some information before the general election on candidates and issues. The League is a non-profit, non-partisan, grassroots organization, which involves itself at all levels of government. Their emphasis is on issues rather than candidates and membership is open to all citizens of voting ages. For more information you can call 649-4093.

If you should desire more information on a particular party or candidate drop in or call the party headquarter, listed below for help.

Republican - 12705 S.W. Beaverdam Road, Beaverton, phone 644-0326.

Democrat - 205 E. Main, Hillsboro

Socialist Worker Party - 208 S.W. Stark, Portland, phone 226-2715.

IT IS A PRIVILEGE TO VOTE.. EXERCISE THAT PRIVILEGE! Primary elections are May 25, 1976 and the general election will be held November 2, 1976.

*Sue Watson*

## QUESTIONS?

As this New Years starts forth and we celebrate our 2nd hundred birthday, just what do you promise yourself?

If you are too fat, will you get thin?

If you are too thin, will you get fat?

If you are poor, will you get rich, or if you are among the wealthy will you become poor?

If you are a sinner, will you be saved, or if you have been saved, will you become a sinner?

As we look at the new year ahead, those who live in this nation, The United States, are fortunate to live in one of the greatest nations on the face of the earth. A nation that is great because of the greatness of its people. For many, many years this nation was viewed with respect, by all nations the world over. This was brought about by the fact we were busy building and working our God-given natural resources and molding them into substance for the use of man. We saw these same things happen in Europe when after many resources were exhausted except earth, the people turned to the arts, great paintings, great works of art, delightful literature and many other things of value appeared.

As I approach my seventieth year, it suddenly dawns on me that in my lifetime, there has appeared more advances in the fields of science, medicine and others, in this very short time, than was developed during all the period from the beginning of time, up till the day I was born.

But suddenly on the horizon we see another movement appearing, that of getting all you can get, while the getting is good, and the devil with the next guy. This is in direct opposite direction from building and working, that went to make this a great nation in the first place.

We are embarking on a huge project of building a huge perpetual motion machine, called greed that will crush all those who happen to be in front of it. The only thing that is different, we have equipt it with rubber tires, so that it will not hurt too badly those luckless ones it chanches to run down.

We cannot be proud of Watergate and what has happened. We cannot be proud of business ethics that are questionable that have become the accepted way of life. However, we can hang our heads and say we are sorry, for it takes great people to do this. And then go forth with our heads held high, a trustful gleam in our eye, and with hand calloused, go back to living the way of the past, that will again bring self respect from this great family of nations. We have the people, the intestinal fortitude and the opportunity to do this.

Just remember, the track that a man leaves, will long be remembered.

*Glenn Simmons*

# SWAPS

Will trade my harpsichord for your piano. Write 2412 16th, Forest Grove, Oregon, 97116.

Want to trade my 3 or 4 person rubber raft in need of repair, 2 oars, 2 life jackets, 2 pillows, for your chest of drawers with or without mirror. Call Claudia, evenings at 648-2693.

Swap - electric range, needs cleaning, for old or unusual clock/watch or 12 gauge shotgun. Wm. S. Hundley, Rt. 2 Box 239-61, Cornelius, 97113, phone 648-7960.

Exchange seamstress services for piano lessons. Call Alita, 985-7271.

Swap my 1948 Ford 2 1/2 ton flatbed for a car of similar value. Write Max Stemple, Rt. 3, Box 320, Hillsboro.

I have 2 E78x14 tires on Chevy rims in good shape and a portable floor fan and want to trade for your children's coats and clothes. Clothes should be suitable for 9,11, and 13 year olds. Chester Lehman, 1240 SE Maple, Apt. 3, Hillsboro.

Will trade my tree pruning or pruning instruction for locker meat, VW engine, or ? Contact Bud Schmidt, Rt. 2, Box 351 A, Gaston.

What will you trade to finish my bathroom? Call Julie at 648-8386, evenings.

My rooster for your rabbit. Dee Elia, Rt. 2, Box 351 A, Gaston.

Will swap my exercise bicycle for your bookcase. Call Mary Lou 761-1468 evenings.

I will oil and clean your treadle sewing machine, and show you how, in exchange for old (pre-1960) fabrics, curtains, tableclothes, etc. that can be used for making clothes. Call Judy, 985-7229, evenings.

Send your Swaps to SWAPS, c/o The Rural Tribune, 546 E. Baseline, Hillsboro, Oregon, 97123.

### Try a carpool savings account

Table below shows estimated savings for carpool riders. Depending on the distance you commute, what size car is used & how many comprise the carpool, you can reduce your commuting costs by a few hundred dollars to over a thousand dollars. The out-of-pocket money you save can go into a savings account, be used for installment payments or used to extend the budget.

HOME TO WORK	ANNUAL ROUND TRIP COSTS AND SAVINGS	SUBCOMPACT (PINTO, DATSUN, VEGA, VW, COLT)	COMPACT (NOVA, DART, MAVERICK, PACER)	STANDARD (MATADOR, CUTLASS, LTD, CAPRICE)
10 MILES (16 kilometers) [20 MILES ROUND TRIP]	<b>COST OF DRIVING TO WORK ALONE</b>			
	GASOLINE AND OIL	\$128	\$176	\$234
	MAINTENANCE AND REPAIR	97	109	130
	PARKING	145	145	145
	INSURANCE	166	176	189
	DEPRECIATION	110	143	250
	<b>TOTAL</b>	<b>\$646</b>	<b>\$749</b>	<b>\$948</b>
	<b>SAVINGS PER PERSON IN A:</b>			
	2 PERSON CARPOOL	\$281	\$332	\$427
	3 PERSON CARPOOL	361	427	553
	4 PERSON CARPOOL	402	474	617
	5 PERSON CARPOOL	425	502	654
15 MILES (24 kms) [30 MILES ROUND TRIP]	<b>COST OF DRIVING TO WORK ALONE</b>			
	GASOLINE AND OIL	\$193	\$264	\$352
	MAINTENANCE AND REPAIR	145	164	195
	PARKING	145	145	145
	INSURANCE	166	176	189
	DEPRECIATION	166	215	374
	<b>TOTAL</b>	<b>\$815</b>	<b>\$964</b>	<b>\$1,255</b>
	<b>SAVINGS PER PERSON IN A:</b>			
	2 PERSON CARPOOL	\$366	\$438	\$561
	3 PERSON CARPOOL	473	569	758
	4 PERSON CARPOOL	528	635	847
	5 PERSON CARPOOL	559	674	899
20 MILES (32 kms) [40 MILES ROUND TRIP]	<b>COST OF DRIVING TO WORK ALONE</b>			
	GASOLINE AND OIL	\$257	\$352	\$458
	MAINTENANCE AND REPAIR	193	218	260
	PARKING	145	145	145
	INSURANCE	166	176	189
	DEPRECIATION	221	286	499
	<b>TOTAL</b>	<b>\$982</b>	<b>\$1,177</b>	<b>\$1,561</b>
	<b>SAVINGS PER PERSON IN A:</b>			
	2 PERSON CARPOOL	\$449	\$545	\$734
	3 PERSON CARPOOL	585	712	963
	4 PERSON CARPOOL	654	796	1,077
	5 PERSON CARPOOL	693	845	1,145

Washington County Community Action Organization 648-6646  
546 SE Baseline  
Hillsboro  
8:30am-5pm  
Consumer advocacy for Welfare, Food Stamp, Social Security, and other problems.

Discrimination services  
Emergency Shelter House  
Gleaning Project (seasonal)  
Home Maintenance  
Winterization of Homes  
Juvenile rights  
Translators Bureau  
Rural Awareness Project



Washington County Legal Services 648-7163  
205 E. Main Street  
Hillsboro  
8:30am-5pm  
Provides Legal assistance to low income persons having consumer, housing, insurance, or other non-criminal legal problems. Call for appointment.

Metropolitan Public Defenders 640-3413  
107 SE Second Ave.  
Hillsboro  
8:30am-5pm  
Provides legal assistance and related services to low income clients involved in criminal cases.

**Counseling**

Tualatin Valley Guidance Clinic 645-3581  
14600 NW Cornell Road  
Portland  
8am-5:30pm/Mon,Wed,Fri.  
8am-9pm/Tue, Thurs.  
Gives counseling for marriage and mental health related problems. Coordinates services for developmental disabilities and alcohol problems. Individual and group therapy, parent training, and educational services available in evening. Charge is according to income.

Tualatin Valley Guidance Drop-In Center (no phone)  
United Methodist Church  
9845 SW Walnut Place  
Tigard  
1-5pm/weekdays

Metropolitan Family Service 648-5717  
168 NE Third Ave.  
Hillsboro  
9am-5pm/weekdays  
24-hour answering service  
Provides marriage, sex, group and individual counseling, family life education, crisis intervention, and voluntary commitment. Bilingual counselor. Charge is according to your ability-to-pay.

Drug Information and Evaluation Service 648-8637  
648-8636  
27280 SW Tualatin Valley Hwy.  
Hillsboro  
8:30am-5pm/Tuesday-Thursday  
Drug information and evaluation  
Kids groups. Parents groups,  
One-to-one counseling,  
Comprehensive Options for Drug Abusers

**CALL FOR HELP**

**Education**

Washington County Head Start 648-6646  
Office: 546 E. Baseline  
Hillsboro  
Sunset Center:  
17625 NW Cornell Road  
Beaverton  
9am-12:30pm/Mon-Thursday  
Field Trips - Fridays  
Educational program for preschool children(3-5 years) with special needs or from low-income families. Developmental medical, dental, hearing, and vision screening, and supportive services also provided.

West Tuality Day Care 357-7121  
2221 19th Ave 648-4200  
Forest Grove  
6:30am-6pm/weekdays(W.T. Center)  
24 hours/every day(Family Day Care)  
Child-care services provided for children 0-13 years old. Preference is for single-parent low-income working families, and the charge depends upon the family's ability-to-pay.

A Child's Place  
951 SE 13th Street  
Hillsboro, Or.  
648-8413  
640-2165  
7AM - 6PM Weekdays  
Bilingual day care and pre-school program for children 3-5 years. Special education, language development, reading readiness for children with special needs. Day care services available on ability to pay basis.

Washington County Cooperative Library Service 645-5112  
mailing address: P.O. Box 5129  
Aloha, Or. 97005  
Neighborhood Library(at Town Center)  
185th Ave. + Sunset Hwy.  
9:30am-4:30pm/weekdays  
Many books(mostly paperbacks) are available by mail to elderly, handicapped, and shut-in persons, as well as all rural boxholders. Catalog available. No mailing costs!

Portland Community College  
Main Campus  
12000 SW 49th Ave.  
Portland 244-6111  
Forest Grove Center  
1925 Elm Street 357-6111  
PCC Southwest Center  
13137 SW Pacific Hwy.  
Tigard 639-6110  
Beaverton Area 297-4531  
3670 SW 78th Ave.  
Adult Basic Education(catalog available), GED preparation and testing, English,Spanish, Group or individual learning, counseling, occupational program, courses for seniors



**Medical Services**

Virginia Garcia Memorial Health Center 357-7515  
142 N.11th Ave.  
Cornelius  
2-10pm/every day.  
Provides primary medical services to anybody who needs medical care, regardless of their ability to pay.

Outside-In Free Clinic 223-4121  
1236 SW Salmon  
Portland  
24-hour answering service  
Times vary for these services: pregnancy testing, abortion counseling, medical clinics, psychological counseling, mobile crisis intervention, and general referrals. You should call first.

St. Vincent Family Medical Care Unit 297-4411  
9205 SW Barnes Road  
Portland  
10am-10pm/ every day  
Services are available to anybody who needs medical care, regardless of their ability-to-pay.

Washington County Dept. of Public Health 648-8881  
Administration Bldg.(lower level)  
150 N. First Ave.  
Hillsboro

8am-noon,1-5pm/weekdays  
Health Education, Nutritution Consultation, Home Health Care, Home Nursing Visits, Hearing Tests, Chest X-Rays, Immunizations, Laboratory testing, Rehabilitation Equipment Center  
Family Planning Clinics  
Pre-Natal + Post-Natal Classes  
Tuberculosis Clinics  
Venereal Disease Clinics  
Child Development Clinics  
Dental Clinics  
- 0-21 years(welfare clients only)  
Medicheck Clinics  
- 0-21 years(welfare clients only)



**Jobs**

Multnomah-Washington County Manpower Consortium  
Adult Program (22 years and up)  
451 S. First Ave. Suite 500  
Hillsboro CETA 640-1781  
Youth Program (14-22 years)  
655 E. Baseline  
Hillsboro  
Provides listings of job openings and places low-income,low-skilled, underemployed, and unemployed people in jobs. Provides any training, educational, or medical services necessary to prepare clients for employability; as well as any needed supportive social services. Appointment required:

Division of Vocational Rehabilitation  
232 NE Lincoln St. 648-7114  
Hillsboro  
8am-5pm/weekdays  
Helps rehabilitate any individual with a disability which constitutes a vocational handicap. DVR will purchase any medical services or treatments necessary to prepare for employability.

Employment Division 648-8911  
229 S. First Avenue  
Hillsboro  
7am-5pm/weekdays  
Employment and educational counseling, information on job opportunities, job placement, Job Corps(16-21 years), and unemployment compensation

KIDS FOR HIRE  
12850 SW 3rd(3rd + Main)  
Beaverton 644-5437  
1925 Pacific Avenue  
Forest Grove 357-5437  
9am-5pm/weekdays  
Provides referral service between kids(14-21years) and employers.

**Housing**

Housing Authority 648-8511  
of Washington County  
245 SE Second Ave.  
Hillsboro  
8am-noon, 1-5pm/weekdays  
New federally subsidized housing program to assist eligible persons who need housing at a reasonable rent. Services are available for low-income families, handicapped, disabled and elderly persons. Application required soon! Low-cost and leased housing program has a waiting list.

Oregon Rural Opportunities  
529 SW 10th Avenue  
Hillsboro 648-0655  
Vocational, college, ESL, and GED educational services.

Aid in finding housing and in finding a job. Aid in filling out forms. Transportation in emergencies only.

Renter's Hotline 288-9145 and 288-8391.

**Food**

Expanded Food and Nutrition Education Program 648-8656  
27280 SW Tualatin Valley Hwy.  
Hillsboro  
8am-5pm  
Provides nutrition education to low-income families for meal planning, food buying, and food storing. Will make home visits. Call first.

Food Stamps 648-0711  
Washington Public Welfare Branch  
560 S. Third Ave.  
Hillsboro  
8am-noon, 1-5pm  
Apply in person(call for appointment first). An applicant needs proof of income, rent cost, permanent address, paid medical expenses, and utility bills.

W.I.C. Food Program 640-3555  
Dept. of Public Health  
County Admin. Bldg.(lower level)  
150 N. First Ave.  
Hillsboro  
9am-4pm/weekdays  
For low-income women who are pregnant, nursing, or have children under five. Women receive W.I.C. food coupons that buy milk, eggs, cheese, fruit juices, iron-fortified cereals, and instant formula. Call for appointment.

for Emergency Food Needs call or come to: Community Action  
546 E. Baseline  
Hillsboro 648-6646



Hope Food Co-op 324-3803  
Buxton  
Store hours: Thursdays/5-9pm  
Fridays/1-9pm  
Saturdays/10am-6pm  
Sundays/1-5pm  
\*Take Sunset Hwy. to Rocket Station near Vernonia Jct. Turn right and go 1/2 mile up Fisher Road.  
Freezer lockers also available.

Milk & Honey Non-Profit Food Store 638-6227  
18930 SW Lower Boones Ferry Rd.  
Tualatin  
Store hours: M, W, F./11am-6pm  
Tu,Th,Sat./11am-5pm

North Plains Food Buying Club  
Commercial Street(next to Post O.)  
North Plains 647-5666  
Mon.-Sat./9am-6pm  
Must order food ahead.  
Open to anyone.

opening soon  
Hillsboro Food Co-operative  
1635 SW Tualatin Valley Hwy.  
Hillsboro

**Elderly**

Washington County Agency on Aging 640-3489  
Council on Aging  
Room 406 Admin. Bldg.  
150 N. First Ave.  
Hillsboro  
9am-5pm/weekdays  
Supervision of Aging programs  
Tri-Met Discount Passes for seniors  
Referrals for all services available for older persons (648-8720)

Aloha Senior Citizens  
18380 SW Kinnaman Road  
Aloha 649-5677 (or 649-2217)

Elsie J. Stuhr Adult Leisure Center  
5550 SW Hall Blvd.  
Beaverton 643-9434  
Meals-on-Wheels - Anne Schmidt (644-7321)

Forest Grove Senior Center  
2032 College Way  
Forest Grove 357-2031  
9am-4pm/weekdays  
Activities, lunches, meals-on-wheels  
Forest Grove Senior Transportation serves all of Western Washington Co.

Grandma's Corner  
110 Front Street  
Gaston 985-7570  
10am-5pm/Mon-Saturday

Community Senior Center of Hillsboro 648-3823  
372 NE Lincoln Street  
Hillsboro  
10am-2pm  
Hillsboro Senior Bus 648-1414  
serves Hillsboro, Laurel, Mountindale, North Plains, Orenco, Reedville, and Scholls

Retired Senior Volunteer Program R.S.V.P. 648-9828  
357-6111  
1925 Elm Street  
Forest Grove  
8:30am-5pm

Tigard Loaves and Fishes Senior Center 639-3273  
10445 SW Canterbury Lane  
Tigard  
10am-2pm/Mon,Tu, Wed, Fri.  
Tigard Mobility Transportation Services

Social Security Administration 643-9617  
10700 Beaverton-Hillsdale Hwy.  
Beaverton  
9am 4:30pm  
Retirement Benefits(62+ years old)  
Disability Benefits  
Supplimentary Security Income  
Survivor's Benefits

Washington County Government 648-8611  
County Courthouse, Hillsboro

Public Welfare Division 648-0711  
560 S.Third Ave.  
Hillsboro  
8am-5pm/weekdays  
Financial assistance, medical assistance, and supportive services for persons who are incapacitated,disabled,blind, or with dependent children.

Children's Services Division 648-8951  
326 NE Lincoln Street  
Hillsboro  
8am-5pm/weekdays  
Some Social Services are available only if the families of children are receiving Public Welfare. Other services are available even if families are not getting any money from Welfare. The services are related to: Adoption,Education, Child Care, Employment and training,Housing,Paternity support, homemaker,,health, money management, and emergency assistance problems.



We depend on our readers to help us keep this information up-to-date. If you have any corrections or additions for this page, call The Rural Tribune at 648-6646. Thanks.

Vol. 4, No. 3, the Rural Tribune. This newsletter is published monthly by the Washington County Community Action Organization and funded by the Community Services Administration of 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. We ask letter-writers to identify themselves by name and address.

# DAM

Cont'd from P. 1

In September of 1974 a meeting was held by the Tualatin Hills Recreation District regarding the use of motorboats on the proposed reservoir. This was highly criticized by boating organizations. They called it "suicide" to use high-powered boats in such a small congested area, plus the fact that the shallow lake bottom and shores are all mud. The net results, they said, would be muddy water all the time.

This has already been seen in Henry Hagg Lake, in spite of the fact that three freshwater streams entering the lake have a year-round flow. Coliform bacteria has already appeared in Scoggins reservoir, which the cities of Hillsboro and Forest Grove hope to use in 1976 for drinking purposes. Many complaints have also been received about Hagg Lake's muddy shore conditions, accompanied by requests for sand to be hauled in to cover the beaches.

Impact will not only be felt on land use if Rock Creek Dam is built, but also on the county road system, which is already close to bankruptcy. After much pressure from the Gaston CPO, Congress has authorized \$2 million to improve the main road



leading to Scoggins Reservoir. Rock Creek Dam, if built, will affect not one, but many roads. Cornelius Pass, Germantown, Springfield, Kaiser and West Union Roads will need widening, and Cornelius Pass and Germantown Roads will have to be raised to pass over the reservoir. Since N.W. 185th will be closed, all traffic heading north from Aloha will face a long detour. Who will finance such extensive road work has yet to be seen.

Another added cost to the project will be \$1 million to relocate eight towers of the Bonneville Power transmission line.

A recent map of the project shows the proposed high pressure irrigation system as serving the area south of the Sunset Highway. This area is zoned primarily for residential use. Since project costs were figured in 1971, interest rates used in plan formulation have increased from 4 5/8 per cent to 6 1/8 per cent, which became effective in July of 1975. This high cost has crippled the idea of even using a high pressure distributing system for irrigation.

The stored water, then, will most likely be used to flush out Rock Creek. In a recent biological test where Rock Creek empties into the Tualatin River, Rock Creek did show the highest pollution of any stream in the Tualatin Drainage system.

Resolution of the problems of urban runoff and other sources of pollution is many years away. Some viruses in sewage effluent cannot be killed by present methods of treatment. This not only inhibits recreational swimming, it also restricts the potential use of treated effluent for irrigation. Some opponents of the project feel it would be safer to build swimming pools if recreational needs are to be met.

A little known fact is that anyone who signs for water automatically has a lien on their property for 50 years. If a person signs for irrigation water and the land use changes in ten years, that landowner will continue to pay for the water whether he uses it or not—and he is not allowed to sell his interest to his neighbor. This arrangement, as well as the increasing cost of the water, is indeed prohibitive.

To irrigate one acre of land approximately 1.5 acre feet of water is desirable. (This is the equivalent of 1 acre of water 18 inches deep.) Last April, cost of McKay water was figured at \$43 an acre foot at North Plains (200 ft. elevation) and \$83 an acre foot at Pumpkin Ridge (600 ft. elevation). Rock Creek water was figured at \$24 a foot. Five years earlier, the same water was projected to cost \$6 an acre foot.

The November 1975 BOR report had this to say about the Rock Creek Project: "Run-off at this site is very low and maximum annual irrigation yield would therefore be low, falling into the 10,000 to 15,000 acre foot range. This inherent low yield plus the fact that right of way costs are expected to be high due to the proximity of Portland, results in an average cost for irrigation yield of \$740 per acre foot at approximate optimum reservoir size."

Flood control is unlikely to occur if Rock Creek Dam is built. The annual run-off, some 15,000 acre feet, occurs primarily in December, January and February. Two years ago when the valley was flooded in February, the Corps of Engineers stated that even if every project in the Tualatin Valley drainage system had been completed (thus far, nine have been considered or are under consideration), the level of the water in the valley would have been only a few inches less, since all the reservoirs would have already been full.

A familiar question was raised by local residents at a BOR consultants' meeting in November—"Who is behind this project?" No answer was given, although the McKay-Rock Creek manager and at least two board members were present. Opponents suspect that the sole purpose of the project is for the benefit of the Tualatin Hills Recreation District. 1970 figures show the project costing \$5 million in public funds.

Recently voters approved a \$10 million bond issue for the Tualatin Hills Recreation District, which must spend it within two years or it will be lost. They have purchased the Jenkins Estate of 68 acres for more than \$500,000.00 and another parcel of 66 acres for \$400,000.00. This averages out to between 6 and 8 thousand dollars per acre for the farm land, much more than landowners could expect to get if their farms are taken for the Rock Creek Project.

As houses with small acreages are harder and harder to find in Washington County, those 45 landowners who will be affected by the project will find it extremely difficult, if not impossible to replace their homes and property. And they could not rebuild in the immediate area unless 38 acres are purchased, in accordance with the county's framework plan. It is doubtful that this would be financially possible for them.

Again, the undisputed growth of Washington County is making its impact felt. Physical changes, cultural changes and psychological changes will take their toll until the best, and best-accepted planning processes are truly in effect. This can be accomplished only by getting input from those who will be affected. And once it is given, that input must be taken seriously.

Consultants have been hired by the Soil Conservation Service to get public input prior to writing an environmental impact study. The study should be completed in February of this year. To add your comments, write to Welsey and Ham Consultants, 222 S.W. Harrison, Suite 4, Portland, Oregon.

Judy Schilling

## HOPE



**GREETINGS!** The Hope Neighborhood Food Co-op in Buxton is now three years old and we want to introduce ourselves to those of you who are not familiar with us and to say hello to our old friends.

**ABOUT THE CO-OP:** Hope Co-op is a non-profit organization set up to provide low-cost, quality food to the people of our area. All people are welcome to shop at the Co-op (we accept food stamps) but you are urged to become a member to get the lowest prices. There is a \$10 lifetime membership fee (payable over 12 months) except for senior citizens who are automatic members. Non-members are charged an additional 10 per cent above the prices marked. The mark-up on the food we sell is just high enough to cover costs and the Co-op is run solely by volunteers. All members are urged to contribute, if possible, four hours a month to running the Co-op, for it is only on this volunteer basis that the Co-op survives. There are a variety of jobs to be done—many of them at times other than regular store hours—so please help out.

The Co-op sells many kinds of flours, grains, nuts, dried fruits, oils, cheeses, breads, spices, herbs, and fresh fruits, along with assorted canned and dry goods. And more! Because we buy in bulk and work on a non-profit basis, our prices are usually the lowest around. Also, we carry many items that you just can't find anywhere else. Come in and visit us, the store speaks for itself.

**HOURS:**

Thursday	5:00 - 9:00
Friday	1:00 - 9:00
Saturday	10:00 - 6:00
Sunday	1:00 - 5:00

**PHONE:** 324-3803

**HARDWARE:** The Co-op now has various houseware and hardware catalogues through which people may order a variety of items at substantial savings.

**FREEZER LOCKERS:** The Co-op operates a freezer room and rents 12-cubic foot freezer lockers at the rate of \$15 per year for paid-up members and \$20 for non-members.

**POTLUCKS:** There is a potluck at the Co-op on the first Sunday of every month at 5:00. Everyone is invited to share in some good food and company. The potlucks are also our opportunity to discuss Co-op business matters. Come and meet your neighbors. (Bring your own plates and utensils.)

**IMPORTANT!**

### ANNUAL BUSINESS MEETING

There will be a general business meeting of the Co-op on Sunday, February 1st at 7 p.m. at the Buxton Grade School (the potluck will not be held). The meeting will discuss business of the Co-op and will be an opportunity for people to express their ideas and views about the future of the Co-op. The Co-op cannot maintain its present level of operation unless more people get involved and take an active interest in it. It's important that you show your support for the existence of the Co-op by coming to this annual meeting.

Any questions? Call Robert Grott at 324-9281.



**SENIORS! DO YOU HAVE ALL THE FACTS ABOUT PROGRAMS THAT ARE AVAILABLE TO YOU? PROGRAMS SUCH AS FOOD STAMPS, SSI, SSA, WINTERIZATION, HOME REPAIR AND HOMEMAKER SERVICES ARE DESIGNED FOR YOUR USE. YOU SHOULD KNOW ABOUT THEM! AND IF YOU KNOW SOMEONE ELSE WHO MIGHT BENEFIT FROM ANY OF THESE PROGRAMS—OR HAVE OTHER QUESTIONS ABOUT SERVICES FOR SENIORS, CALL MILDRED AT 648-6646.**

## 4C's CHILD CARE

Child care at reduced fees is available for low income families now. Many federally licensed child care programs participating in the Community Coordinated Child Care (4C) System have openings for 4C eligible children. Some centers care for pre-school age children, 3-6, for the full work day of the parents. Others are Latch Key programs for school-age children, ages 6 - 12, providing care before and after school, and all day during school vacations. Care is also available in Family Day Care homes for children from birth through 12 years of age.

In 4C childcare programs, rates are on a sliding scale, based on gross income and family size. The lower the income, the lower the rate will be. Parents who are students must meet additional requirements, but may be eligible for help too. Unfortunately, families currently receiving Aid to Dependent Children (ADC) are not eligible for 4C reduced fees.

All families needing child care may call 4C information and referral to learn about programs in their area, current openings, and possible eligibility for 4C help.