

The Rural Tribune

Volume 3, Number 11

September, 1975

A Prison Plot - by Whom?

On September 2nd and 3rd, the two most widely read "news"papers in this area ran stories with highly sensational headlines and little investigation evident in the stories themselves. "Death Plot Against Warden Shakes State Penitentiary" was front-paged in "The Oregonian".

Eight days earlier, three prisoners had been removed from Oregon State Penitentiary to jails in Washington, Marion and Lane Counties. This was done without a hearing procedure. Two days passed before officials disclosed the whereabouts of the prisoners to the families of or attorneys for these men.

Scott McAlister, Assistant Attorney General, said charges against the men were being prepared, and would be presented at administrative hearings. The men will be allowed legal counsel at these hearings, although according to Sheila Lea, an attorney for one of the men, the administration has no obligation to follow rules such as would be followed in a court. Prison officials can present hearsay evidence and unidentified witnesses, whereas the defense is limited to basically only advising the prisoner. The defense cannot cross-examine or present other evidence and testimony. The hearing is held before a prison board and has no pretext of being impartial. The hearing will determine if these men will remain in Oregon or are removed to out-of-state or federal prisons. Removal from the state would cause hardship and suffering to these men through separation from family, friends and legal counsel.

According to McAlister, the charges will include attempts to harass the prison staff and inmates, planning and supporting a January 1975 sitdown strike, instigating a fight between prison staff members and inmates, threats to kill the warden and possibly others, and agitation in the prison.

McAlister admits that "the evidence is highly circumstantial". He is also quoted as saying, "Even if they weren't involved, and we think we can prove they were, the other inmates think they are, and that is sufficient justification to move them to another state."

The "evidence" that has been mentioned is a note which supposedly threatens Warden Hoyt Cupp. This note supposedly implicates the three men who were removed from the prison. Cupp has admitted privately that the note does not mention any of the men by name and its writer is "identified" by the handwriting.

Friends of the men, both inside and outside the prison, contend that the allegations are false and that instead of creating tension in the prison, the oppos-

ite is true; these men have been actively trying to keep things cool in an extremely volatile situation. Facts cited by these people are that the prison population has been 200 over the 1100 capacity for many months. Outside work programs and family visitation programs have been cut back to almost nothing, multiplying the overcrowding effect. The resemblance of what is happening in the Oregon State Penitentiary to the conditions that preceded the Attica, New York prison riot and massacre is striking.

In a recent news release the Prisoner Assistance Project points out that if these charges have any basis in fact, they should be filed in a state or federal court and the men given trials, not in a closed limited hearing. And that the same rules about statements to the press be followed as would be in any other criminal charge.

The people of Oregon deserve better news coverage than they are currently receiving in the major press. We have a right to not be manipulated by bureaucrats who feel they can sway the public through sensationalized stories that will receive wide coverage and bold headlines with little objective investigation.

Bud Schmidt



Robb Sansum (center), Home Maintenance Coordinator, welcomes Arthur Dickinson, Council on Aging (left) and Bob Tepper, new Director of Washington County's Agency on Aging, to Community Action's Open House, held August 27. See Pages 4 and 5 for more photographs of the event, held in honor of WCCAO's new Director, Claudia Johnston.



U.S. DEPARTMENT OF AGRICULTURE

FOOD COUPONS

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Has Outreach Reached You?

The Food Stamp Act of 1964 gave the state responsibility "to undertake effective action including the use of services to inform low income households of the availability and benefits of the Food Stamp Program and insure the participation of eligible households."

Not until 1971, however, were Outreach guidelines set up. At this time Outreach was defined as "any communicative effort initiated by the state agency and performed cooperatively or singularly by federal, state or local agencies and organizations, or by an individual, to inform low income households with due respect to ethnic groups of the availability and benefits of the program and encourage the participation of eligible households." The 1971 Food Stamp Outreach guidelines gave this responsibility to the state.

The new regulation required that plans be submitted by January 24, 1972. But even as late as January 1973, five states had not submitted plans

and of those that had, several had only received conditional approval. Oregon was one of these states.

The mandate was ineffectual and poorly monitored. A major victory for the people came when the Food Research and Action Center, and Minneapolis Legal Aid took Earl Butz and the United States Department of Agriculture to court for their lax attitude concerning Outreach.

The result of this case gave FRAC the opportunity to have a great deal of input in writing the court-ordered outreach revisions. The revisions give more explicit details as to the mechanics of outreach. Plans were to have been submitted by

Cont'd on page 6

Mujer Diríje Manpower

En este verano, la oficina del Manpower para adultos del condado de Washington ha pasado por varios cambios. En Julio, la oficina fue movida de 546 E. Baseline a 451 South First en Hillsboro. En Agosto un director fue ocupado para substituir al John Brenne.

La nueva directora es Maria Elena Bazan, que por el año pasado ha trabajado como una "persona expidiente" para el programa Educacional para Migrantes dirigido por el Intermediate Education District del condado de Washington. Ella se explica de este trabajo como basicamente como una coneccion entre las escuelas, familias como una coneccion entre las escuelas, familias y la comunidad para el proyecto migrante. Ms. Bazan fue crecida cerca de Laredo, Texas y recibio su titulo de masters en Espanol de la universidad Women's University en Texas ("famoso por las señoritas de America"), segun a Maria Elena Bazan.

Antes de venir al area del condado de Washington, Maria Elena fue profesora de Espanol por tres años en la universidad de Idaho y por tres años y medio trabajo en un programa de drogas, tratandose con minorias en San Antonio, Texas.

Maria Elena ha comenzado hacer varios cambios en la oficina para mejorar los servicios ofresidos para los clientes de Manpower. Una de las primeras cosas es de establecer una lista de prioridades de cien personas que presente estan esperando para puestos.

Dineros nuevos han sido buscados que les dara ayuda en areas de problemas especiales, como personas que han tenido problemas con la ley y personas que estan retardado pero que son habiles para la educacion. La oficina local esta tambien tratando en trabajar mas cercas con el departamento Vocacional y Educacional para desarrollar mas buenos entrenamientos de trabajos. Ms. Bazan

tambien ve una necesidad para mas comunicacion con la comunidad para que patrones potentes tengan un entendimiento de que programas estan disponibles.

Nosotros discutimos los problemas que han estado en las nuevas ahora pronto del Programa Manpower en Portland. Elena dijo que el Programa de Portland es totalmente separado con el que presentemente esta operando en el condado de Washington. El programa en esta area esta bajo la direccion de Washington-Multnomah Manpower Consortium. Esta consortium opera los programas en el condado de Washington y en las areas afuera del condado de Multnomah tanto como afuera de la ciudad de Portland.

Maria Elena se siente que el mayor problema con el programa en Portland es uno de mucho burocracia. Comparado con el programa de Portland, el Washington-Multnomah Consortium tiene un movimiento en calma de informacion desde de arriba hasta abajo de la escalera administrativa. "La publicidad en acompanamiento con el problema en Portland ha sido muy mal para todos los programas de Manpower," dijo Maria Elena.

La necesidad mas extrema es de lugares para trabajos. Joy Browne fue ocupada para buscar y hayar trabajos para la oficina del condado de Washington. Cualquier patron que crea que vayan a tener un trabajo y que pueda ser llenada por el Manpower debe de ponerse en contacto con Joy Browne. Para corporaciones que no sean de comercio, hai colocaciones en "experiencia en el trabajo." Estas son posiciones de tres a seis meses con el Manpower pagando un salario lleno. Para organizaciones de comercio o que no sean de comercio hai posiciones de entrenamiento en el trabajo. Manpower paga la mitad del salario para posiciones de OJT y el patron paga la otra mitad.

Es esperado que el patron asegure que lo va a emplear despues del periodo del entrenamiento.

Manpower tambien puede surtir varios servicios de soporte a sus colocaciones cuando son necesitadas. Estos servicios incluye uniformes, cuidado de niños, dinero para transportacion al trabajo y en otros casos, otros servicios de emergencia.

Maria Elena dijo que el programa Manpower esta disenado para poner al la gente en trabajos significativos. "Esto opera en muchos niveles diferentes," dijo ella, "Si alguien viene a aqui y quiere ser un mecanico, pero no puede hablar el idioma Ingles, hai es donde comenzamos. La persona sera registrada en una clase educacional de adultos y se la pagara para atender." "Nosotros estamos tratando en poner mas interes en nuestros clientes. Un aspecto que yo quisiera que nosotros pueganos hacer es establecer alguna clase de lugar para los clientes que estan retardados de la mente para que se pueda ofrezar alguna clase de entrenamiento y experiencia en el trabajo sin la presion que normalmente existen en esas situaciones."

Cualquiera que tenga una posicion abierta o alguien que ande en busca de trabajo o entrenamiento para que puedan trabajar deben de ponerse en contacto con la oficina del Adult Manpower. El numero de telefono es 648-0891.

Bud Schmidt



Woman Heads Manpower

This summer, the Washington County Adult Manpower office has gone through several changes. In July, the office was moved from 546 East Baseline to 451 South First in Hillsboro. In August, a new director was hired to replace John Brenne.

The new Director is Maria Elena Bazan, who for the past year has worked as "resource person" for the Migrant Education Program conducted by the Intermediate Education District in Washington County. She explains this job as basically a liaison between schools, families and community for the migrant project.

Ms. Bazan was raised near Laredo, Texas and received her Master's degree in Spanish from Texas Women's University ("famous for Miss Americas", added Ms. Bazan). Prior to coming to the Washington County area, Ms. Bazan taught Spanish for three years at the University of Idaho and for three and a half years worked in a minority drug program in San Antonio, Texas.

Ms. Bazan has started making certain changes in the office to improve the service delivery to clients of Manpower. One of the first things was to establish a priority list of the hundred names that are currently waiting for placements. New grants are being sought which will give aid to special problem areas, such as ex-offenders and the educable mentally retarded.

The local office is also trying to work more closely with the department of Vocational Education to develop more meaningful work training. Ms. Bazan also sees a need for more communication with the community so that potential employers have an understanding of what programs are available.

We discussed the problems that have been in the news lately about Portland's Manpower Program. Ms. Bazan emphasized that Portland's program is totally separate from that which operates in Washington County. The program in this area is under the guidance of the Washington-Multnomah Manpower Consortium.

This Consortium operated the programs in Washington County and in that area of Multnomah County outside of the city limits of Portland. Ms. Bazan feels that the major problem with the Portland program is one of too much bureaucracy. Compared to the Portland Program, the Washington-Multnomah Consortium has a smooth flow of information up and down the administrative ladder. "The publicity accompanying the Portland program has been bad for all Manpower programs," Ms. Bazan added.

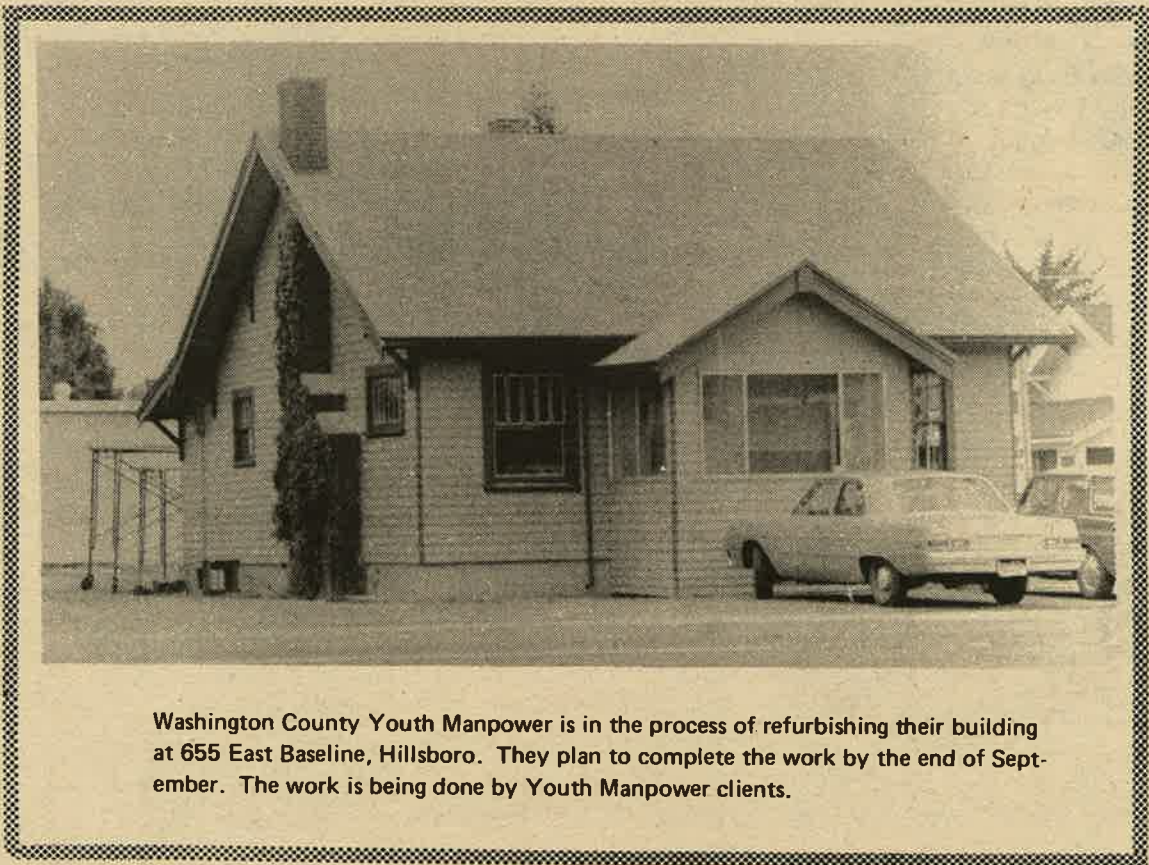
The most desperate need is for job sites. Joy Browne has been hired as a job developer for the Washington County office. Any employers who think they might have an opening which could be filled by a Manpower placement, should contact Ms. Browne. For non-profit corporations, there are "work experience" placements available. These are three six-month positions with Manpower paying the full salary. For both non-profit and profit making corporations, there are on-the-job training positions. Manpower pays half of the salary for OJT positions and the employer pays the other half. The employer is also expected to give assurance of hiring the trainee after the training period is over.

Manpower can also provide some support services to their placements when needed. These services include uniforms, day care for children, bus fare for work and, in some cases, other emergency services.

Ms. Bazan emphasized that the Manpower Program is designed to get people working at meaningful jobs. "This operates on many different levels," she said. "If someone comes in who wishes to be a mechanic, but lacks English language ability, that's where we start. The person will be enrolled in an adult education class and paid to attend." "We are trying to become more responsive to the needs of our clients. One aspect I would like to see us pursue is the establishing of a shop-type set-up for EMR's that would provide training and work experience without the pressures that normally exist in those situations."

Anyone who has a position open or anyone looking for work or needing training to be able to get work, should contact the Adult Manpower Office. The telephone number is 648-0891.

Bud Schmidt



Washington County Youth Manpower is in the process of refurbishing their building at 655 East Baseline, Hillsboro. They plan to complete the work by the end of September. The work is being done by Youth Manpower clients.

Who benefits?

Housing Authority

Low income families and individuals in Washington County may have to wait as long as 35 years before they obtain housing for which they qualify under Section 23 of the National Housing Act.

Recent figures from Washington County's Housing Authority, administrative agency for low income subsidized housing, show that 350 qualified families and individuals have applied and are waiting to occupy the 202 existing subsidized rental units, currently showing a 4.67% turnover rate per year. This averages out to approximately 10 vacancies per year. So if you happened to be number 350 on the list, you could expect an apartment or house by the year 2010.

Funding for the Housing Authority comes from the Department of Housing and Urban Development (HUD). Although the Housing Authority was formally established in August of 1970, it was not until February, 1972 that initial funding was received from HUD and rental units were made available. An application for additional rental units was made in late 1974 which was not approved by HUD. No additional units have been allocated since the 1972 allotment.

To be eligible for assistance, family income must be below a certain level, based upon the number of family members. One person whose income is below \$6,000 annually may qualify, and a family of 10 may earn up to \$10,000 per year. An additional \$200 is allowed for each family member beyond 10.

The primary sources of income for families assisted by the Housing Authority in 1974 were:

Employed	21.73%
Social Security, VA, pension	46.85%
Welfare, ADC, etc.	52.17%
Other (child support, etc.)	28.50%

Rent paid to owners in 1974, from whom the units are leased by the Housing Authority, averaged \$125.68 per unit. Rents paid by tenants averaged \$37.85, making the average subsidy per unit per month \$87.83. Rent paid is not more than 25% of the tenant's total monthly income.

As of January, 1975, 42% of those assisted by the Housing Authority were elderly and 13.8% were disabled. 9% of tenant families are from minority groups, predominantly Mexican-American.

Estimates of the number of low income families in Washington County vary. A conservative estimate approaches 22,000 - 23,000 (or 5,500 families) poor living in a county of 192,000 people. With only 202 units available for 5,500 families, less than 4% of the



county's poor are receiving assistance in their housing needs.

In July of 1974 the State Housing Division released a statewide Needs Analysis grouped according to cities and counties. Washington County fared poorly. The analysis stated that housing needs in the county and its cities are "minimal" and that the needs revealed by the survey are "primarily related to excessive rents."

In August of 1974 a separate survey and analysis of housing needs in Washington County was made for the Housing Authority. This analysis said there is a "good availability of reasonable quality rental units with an estimated need for low-rent subsidized housing for 95 families and 45 elderly."



These figures contrast sharply with results of a survey conducted by the Housing Authority, of senior citizens in the Forest Grove area. Of 418 respondents, 77% or 322 persons have incomes that are below the maximum income making them qualified for subsidized housing. 141 said they needed help with housing costs.

One would expect similar results in other sections of the county, and indeed, one cannot deny there is a crying need for housing which does not consume the larger portion of some five thousand families' incomes.

Who benefits? Advantages of Housing Authority subsidies are felt at both ends of the bargain. Landlords are assured of monthly payments and, in theory, will be encouraged to carry out regular maintenance of the unit, thus preserving the existing housing stock.

Tenants who are financially disadvantaged fit unobtrusively into the community. They are better able to cope with other problems they may have without the threat of eviction, so often faced by low income families unable to find housing at a price they can afford.

Judy Schilling

(Next month: Interviews with those involved—
What needs to be done—
Section 8 - Help is on the way—)

Commissioner of Labor Warns of "Savage Struggle."

Oregon Labor Commissioner Bill Stevenson stated September 9, that contrary to the claims of President Ford and U. S. Labor Secretary Dunlop, the recession is not over for millions of American men and women who have lost their jobs. Speaking before the Second Biennial Constitutional Convention of the Oregon AFL-CIO at Seaside, Oregon, Stevenson pointed out the number of long-term insured unemployed - 15 or more weeks - had jumped 91.3% from July 1974 to July 1975.

Stevenson placed the blame for massive unemployment and renewed inflation on President Ford's continuance of Nixon economic policies. He stated, "We must remember that many Oregonians - the middle class as well as the poor - are struggling to meet the needs of

their families. Unless government listens and responds to the needs of its people, that struggle will become savage."

Pointing out that the Bureau of Labor is of special concern to working people during times of economic uncertainty, Stevenson reviewed the progress made by the Bureau during the first eight months of his four year term. He indicated that the Civil Rights Division had streamlined its procedures, eliminating a 600+ investigative backlog.

Stevenson also pledged continued efforts to expand the apprenticeship and training program and to resolve questions concerning prevailing wage rates and wage claims made by union members. In addition, the Bureau of Labor intends to speed-up the processing of wage claims.

WOMEN TOGETHER SOCIAL EVENING

Friday, September 19, 7:30 p.m.

Opening of Washington County's new
Women's Resource Center

basement, Bates House
Pacific University campus
College Way
Forest Grove

Everyone Invited!

Budgeting Help

We all, at sometime, seem to be in debt. If people are "wise buyers" then they shop and buy goods and services that they can afford, but many times we find ourselves in situations where our monthly income doesn't cover what our financial obligations are -- what you bring home isn't enough to pay your bills.

Whether you are in this situation because of lack of work or simply have over-extended your credit, take heart. There is an alternative to debt reducing agencies.

The alternative is Consumer Credit Counseling Service. They are a non-profit agency that helps families and persons in financial crisis situations. Consumer Credit Counseling Service has professional counselors who examine your financial situation. They will help prepare a budget for you and your family. They will also contact your creditors and help to get them off of your back so that you can relax a little.

In order to use this service you must make an appointment. Call 232-8139. If it is inconvenient to go to their office, they will help through the mail. They are located at 3420 S.E. Powell Boulevard in Portland. Just drop them a note.

James Hynson



Help rebuild the Centro Chicano Cultural of Woodburn
FUND RAISING EVENT

FOR
CENTRO CHICANO CULTURAL
WOODBURN, OREGON

Saturday, September 13, 1975

7 p.m. to 1 a.m.

Salem Fairgrounds, Agricultural Building

Door Prizes - Raffle - Food - Chicano Texas Dance Band

For more information, contact David Aguilar or Jesus Capetillo, phone (503) 792-3616, P.O. Box 291, Woodburn, Oregon.

WELCOME OPEN HOUSE



More than 100 people attended Community Action's Open House, held August 27 in honor of the new Executive Director, Claudia Johnston. Agency representatives, elected officials, and people from the community came together and talked about their involvements from various points of view. People concerned with prisoner's rights discussed the fact that prisoners at Oregon State Penitentiary were going to be transferred without legal procedures (see related article, p. 1). Many discussions of feminist issues were heard, spurred by Becky White's recent article in The Rural Tribune. Representative Pat Whiting visited with the staff and spoke of the need for support of juvenile rights issues. She also met with Robb Sansum, whom she has recommended for a position on the Governor's Committee on Aging.

To WCCAO



Claudia Johnston wishes to express her appreciation to the staff for the Open House in her honor, and for the fine work involved, especially to Sue Watson for designing the invitations and compiling the mailing list; to Dian Elliott for coordination of the building projects; and to Frank Siller for his work above and beyond the call of duty.

Next meeting of Washington County Community Action Board of Directors --- Wednesday, September 17
Beaverton City Hall Council Chambers --- 4950 S.W. Hall Boulevard --- Beaverton --- 6:00 p.m.

all states as of July 1 of this year and implemented by August 1. But here again the states are not monitored closely enough and it would be very easy to slip out of compliance.

Tony Cardiello of the Oregon State Food Stamp Office emphasized that even though the new plan was submitted, Oregon's Food Stamp Program was not going to change drastically because it was already "very effective". He has asked each Branch of his Office to design their own program according to the needs of the communities involved.

Washington County Branch Coordinator is Adell Hayes. Bob Austin is designated as her assistant and Doris Beard serves as volunteer coordinator. Ms. Hayes and her staff have compiled an extensive list of community contacts and the Outreach Program has begun in Washington County.

But is it really effective as Outreach? According to Welfare Advocate Mary Lou Rivera, the majority of people she sees "have only heard about the food stamp program through word-of-mouth and not through any state-initiated campaigns. Many people don't even realize they are eligible", she continued.

Will it be effective?

The following information is provided to make you more aware of eligibility standards and how they are computed.

Sue Watson

Household Size	48 STATES AND D.C.	
	Maximum Monthly Income	Coupon Allotment
1	\$215	\$ 48
2	300	90
3	427	128
4	540	162
5	640	192
6	740	222
7	833	250
8	926	278
9	999	300
10	1072	322
11	1145	344
12	1218	366
Each Additional	+73	+22

INCOME WORK SHEET

This work sheet will help you figure out your monthly income for the purpose of obtaining food stamps. The amount of stamps you receive each month is based on your household size. However, the amount you pay for the stamps changes with your monthly income. For that reason, it is important that each household fill out this work sheet in order to pay no more than it should. Caseworkers do make mistakes, and this is a good way of making sure that you are paying what you are supposed to pay. The information on this page is based on your legal rights. You are entitled to the deductions listed below.

- (a) Give monthly income from work or work training program before payroll deductions.....
- (b) Take 10% of the answer to (a) up to \$30.00.....
- (c) Give monthly take-home pay.....
- (d) Subtract the answer to (b) from (c).....
- ANSWER
- (e) Add ALL other incomes.....
- ANSWER
- (f) Subtract all medical bills if totalling over \$10 a month.....
- ANSWER
- (g) Subtract educational expenses.....
- ANSWER
- (h) Subtract court-ordered child support or alimony you pay.....
- ANSWER
- (i) Subtract child care payments you must make in order to work.....
- ANSWER
- (j) Subtract any unusual expenses because of a disaster.....
- ANSWER
- (k) Subtract your shelter deduction (if your shelter costs are greater than you shelter standard)
- Shelter Costs.....
- * Shelter Standard.....
- = Shelter Deduction.....
- ANSWER

The last answer is your Food Stamp Income for determining eligibility and the amount you use to determine how much you must pay for your stamps.

* TO DETERMINE SHELTER STANDARD SEE CHART, PAGE 7

How to Salvage Canned Vegetables

How to salvage home canned vegetables if the jar doesn't seal or it appeared sealed and then the seal broke later after processing is a question frequently asked at the OSU Extension Service office, according to Betty Burkhart, Home Economist.

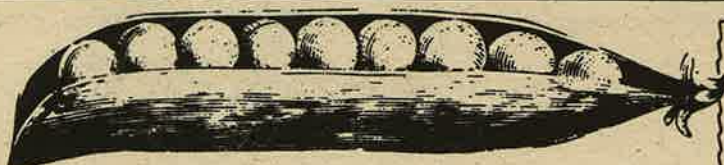
First consider the jar that didn't seal -- the length of time it has been unsealed determines which of the three alternatives would be safe to use.

If seal failure occurs one day after processing you may do one of the following things:

1. Inspect jar to determine why it failed to seal (chipped edge, food on jar edge, air bubbles, etc.), correct the problem, add a new canning lid and reprocess the food for the entire processing time. Food will be overcooked, but safe to eat.
2. Jar of food may be refrigerated. It will keep for 2 to 3 weeks in the refrigerator.
3. Freeze the food in the canning jars. (Lower liquid level if using a narrow neck jar as food will expand during freezing.)

If seal failure occurs more than one day after processing you should first check for signs of spoilage such as: mold, foaming, cloudy liquid or off odors. If the food has spoiled, discard it. If the food appears normal, attach a label saying, "Boil for ten minutes before testing" to each jar. Then proceed to refrigerate it and use within two or three weeks or freeze it.

In all cases, home canned vegetables must be boiled for ten minutes before eating to assure safety. If foaming or off odors develop during boiling, discard the food. It's always best to take corrective action to salvage jars that didn't seal on the same day they were processed.



Give Food for Winter

With the approach of fall, efforts in "stocking up" a winter food supply are rapidly increasing. The Gleaning Project, a self-help program now in its third year, urges those who have extra fruits and vegetables to donate them to low income families in the county.

Members of the Gleaning Project will pick leftover crops, under supervision, and share their gleanings with those elderly and disabled who are unable to pick.

For more information please call Monika Belcher, Project Coordinator, at 648-8381 or Community Action, 648-6646.

Vol. 3 No. 11 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 paper. 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, Community Action, 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.

Welfare Advisor

Q. I just got a raise in my Social Security benefits, and now I have to pay more for my food stamps and Medicaid every month. Actually, I'm getting \$3.00 a month less than I was before. How can they do this? I'm 78 years old and disabled.

A. The increased costs you are seeing in your food stamps and Medicaid are the result of the increase in your gross Social Security benefits. Your food stamp costs are figured on the basis of how much money you get each month. Because you are getting more money now than you were before the increase went through, the Food Stamp Program is charging you more than they were before for your stamps.

Not everyone's Medicaid situation is the same. Not knowing more about your problem, I couldn't tell you exactly what happened. You should ask your worker about Medicaid. The Assistance Workers are there to help you when you need assistance and you should not be afraid to ask questions.

If you are getting OSIP (Oregon Supplemental Income Program) payments, these payments may decrease as a result of the Social Security benefits increase. This is because the OSIP standards - the amount of money allowed one person for a month - did not increase as much as Social Security benefits. So you get more money from Social Security, and less from OSIP (Executive Bulletin 75-22). Remember that Social Security is administered by the Federal Government and OSIP by the State of Oregon. This helps to understand some of the discrepancies between the two programs.

Because you are paying more now for food stamps and Medicaid than you were prior to the Social Security increase, your net income has decreased. If that seems unfair to you, as it no doubt is, remember that you are not alone. Lots of other people are in the same boat. If you feel strongly enough about your problem, write to your state legislators and tell them how you feel.

Emily Chalmers

DETERMINE SHELTER STANDARD USE CHART BELOW

MONTHLY COUPON ALLOTMENTS AND PURCHASE REQUIREMENTS (Effective July 1, 1975)

Remember: the "income" figure used here is income after the other deductions (payroll deductions, taxes, medical expenses, etc.).

INCOME (after other deductions)	SHELTER STANDARD
\$ 0 - 29.99	\$ 0
30 - 39.99	9
40 - 49.99	12
50 - 59.99	15
60 - 69.00	18
70 - 79.00	21
80 - 89.00	24
90 - 99.99	27 ³ / ₄
100 - 109.00	30
110 - 119.99	33
120 - 129.99	36
130 - 139.00	39
140 - 149.99	42
150 - 159.99	45
160 - 169.99	48
170 - 179.99	51
180 - 189.00	54
190 - 199.99	57
200 - 209.99	60
210 - 219.99	63
220 - 229.99	66
230 - 239.99	69
240 - 249.99	72
250 - 259.99	75
260-269.99	78
270-279.99	81
280-289.99	84
290-299.99	87
300-309.99	90
310-319.99	93
320-329.99	96
330-339.99	99
340-349.99	102
350-359.99	105
360-369.99	108
370-379.99	111
380-389.99	114
390-399.99	117
400-409.99	120
410-419.99	123
420-429.99	126
430-439.99	129
440-449.99	132
450-459.99	135
460-469.99	138
470-479.99	141
480-489.99	144
490-499.99	147
500-509.99	150

states and D.C.	Number of Persons in Household:							
	1	2	3	4	5	6	7	8
	Monthly Coupon Allotment:							
Monthly Net Income	\$48	\$90	\$128	\$162	\$192	\$222	\$250	\$278
Monthly Purchase Requirement:								
\$ 0 to 19.99....	\$ 0	\$ 0	\$ 0	\$ 0	\$ 0	\$ 0	\$ 0	\$ 0
20 to 29.99....	1	1	0	0	0	0	0	0
30 to 39.99....	4	4	4	4	5	5	5	5
40 to 49.99....	6	7	7	7	8	8	8	8
50 to 59.99....	8	10	10	10	11	11	12	12
60 to 69.99....	10	12	13	13	14	14	15	16
70 to 79.99....	12	15	16	16	17	17	18	19
80 to 89.99....	14	18	19	19	20	21	21	22
90 to 99.99....	16	21	21	22	23	24	25	26
100 to 109.99....	18	23	24	25	26	27	28	29
110 to 119.99....	21	26	27	28	29	31	32	33
120 to 129.99....	24	29	30	31	33	34	35	36
130 to 139.99....	27	32	33	34	36	37	38	39
140 to 149.99....	30	35	36	37	39	40	41	42
150 to 169.99....	33	38	40	41	42	43	44	45
170 to 189.99....	36	44	46	47	48	49	50	51
190 to 209.99....	36	50	52	53	64	55	56	57
210 to 229.99....	38	56	58	59	60	61	62	63
230 to 249.99....		62	64	65	66	67	68	69
250 to 269.99....		68	70	71	72	73	74	75
270 to 289.99....		70	76	77	78	79	80	81
290 to 309.99....		70	82	83	84	85	86	87
310 to 329.99....			88	89	90	91	92	93
330 to 359.99....			94	95	96	97	98	99
360 to 389.99....			100	104	105	106	107	108
390 to 419.99....			109	113	114	115	116	117
420 to 449.99....			110	122	123	124	125	126
450 to 479.99....				131	132	133	134	135
480 to 509.99....				138	141	142	143	144
510 to 539.99....				138	150	151	152	153
540 to 569.99....				138	159	160	161	162
570 to 599.99....					164	169	170	171
600 to 629.99....					164	178	179	180
630 to 659.99....					164	187	188	189
660 to 689.99....						190	197	198
690 to 719.99....						190	206	207
720 to 749.99....						190	214	216
750 to 779.99....							214	225
780 to 809.99....							214	234
810 to 839.99....							214	238
840 to 869.99....								238
870 to 899.99....								238
900 to 929.99....								238

For each additional household member over eight, add \$22 to the eight person allotment.

For monthly income over \$509.99, the shelter standard is 30% of monthly income after deductions.

Open Doors
for Women

Mary Dombek of Tigard is a 37 year old student at Portland Community College. She is representative of a growing number of women who are starting a new life by going back to school. She runs a household, is mother of three children, ages 11 to 16, and is pursuing a major in psychology.

Women like Mary Dombek will share their experiences with other women who are considering a return to college, September 18, 10 am to 8 pm at the Lloyd Center Auditorium in a program entitled "Open Doors for Women: Educational Opportunities." The event is sponsored by Portland, Clackamas and Mt. Hood Community Colleges.

Panels of returning women students will be held at 10 a.m. and 2 and 7 p.m. Booths, publications and counselors will be on hand throughout the day to provide information about the concerns of returning to school. A film "Tell Me Where It Hurts", will be shown at 11:30 a.m. and 3:30 p.m.

Free childcare at the Women's Resource Center, 1915 N.E. Everett, is available by making a reservation with the PCC Information Center, 244-6111.

As Mary Dombek says, "I didn't think I could compete with younger students, but to my surprise I found I did have something to contribute. My whole view of life is different now; I'm not afraid of failure or to try something different."

QUESTIONS?

We hear much these days of strikes, agitation, labor grievances -- all with justification, whether imagined or otherwise. What will it lead to? How long is it going to take for these people to see the light at the end of the tunnel?

We wonder sometimes at the evident positive results that should occur, if teachers, rank and file of labor, those not satisfied with our pattern of life, were to strike; not for higher wages, but instead would say, we will not go back to work until prices are rolled back to a normalcy situation of where the dollar would buy more, would be worth more, would command the attention of all peoples the world over, to such extent we would again be the leader toward economic stability.

Greed has hypnotized people the world over to such an extent that the captivation of their minds has disrupted the product of thought, so often controlled by their industrial or factory type brain.

The only move to correct our inflationary spiral is to decrease, rather than increase the cost of any items, no matter how large or how small.

This goes too for government spending, the cost of interest, the cost of doing business and every other item so essential to our worldly life pattern.

We simply cannot stack one account payable upon each other to the extent it becomes top heavy, and like Humpty Dumpty, it all comes tumbling down.

A quick shot in the arm of government spending is

simply not going to do the job. It is like robbing Peter to pay Paul, it just simply will not work. It may buy votes for '76, but it is no solution to the economic life blood anemic condition we have been experiencing the past few years. Quite often these radical disturbances of dissidents will tend in turn to the creation of an anarchy or police state. Disturbances of this sort often give those in control excuses to impose complete control over the lives of those who are simply searching for those elusives known as life, liberty and pursuit of happiness, guaranteed to us by our bill of rights.

Let us use reason - far seeing people simply cannot afford to lose those values so dear to us. Values given to us by our constitution, authored by far seeing people of those times. Liberty was essential to them then, just as it is to us now. Even more so, because, more of us are involved. Countries are depending on each other for essential needs. Freedom from hunger and mental stress, toward this pursuit of happiness, should be erased. This cannot be accomplished by piling cost upon cost, both in money values and human misery. So, in the end, let us say, let's start a return back, don't buy as long as the price increases. If you must strike, strike not for higher wages, but for lower prices. Not for a period of peonage but rather a period of stability. Let us use the intelligence of far seeing people, for us and our youngsters from here on.

Glenn Simmons



CALL FOR HELP

General

Washington County Community Action Organization 648-6646
546 S.E. Baseline
Hillsboro
Advocates:
Discrimination Sam Perez
Welfare Mary Lou Rivera
Consumer James Hynson
Education Diane Elia

Translator's Bureau 648-6646

Rural Awareness Project Head Start

Washington County Legal Services 648-7163
205 E. Main
Hillsboro
Attorneys . Robert A. Stalker, Jr.
Robert Moog
Secretary Joan Meyer
Legal Assistant . Emily Chalmers

Crisis

Suicide and Family Crisis—Office 224-1875
Emergency 227-0403



Medical Services

Lovejoy Speciality Hospital, 221-1870
933 N.W. 25th
Portland
Abortion information and referral

Birthright, 221-0598
Mayor Bldg., 11th & Morrison
Portland
Services are offered to women who need assistance with pregnancy. Free counseling, medical services, legal services, home service, foster care, indirect financial aid and moral support.

Health Department, 648-8881
Courthouse
Hillsboro
Family Planning Clinic
Check-ups and birth control offered by appointment
Medical Clinic
Hours: M-W-F, 8:30-11:30, by appointment
V.D. Clinic
Mon-Wed-Friday morning. No appointment necessary.
Immunization
Most shots \$1.00, if you can afford it. Hours: Mon & Wed 1-4, Fri 1-3.

Washington County Branch Public Welfare Division 648-0711
560 S. 3rd
Hillsboro
Has medical services for people on Welfare or who have low income.

Washington County Branch Children's Services Division, 648-8951
326 N.E. Lincoln, Hillsboro
Family planning, pregnancy counseling, and medical referral.

American Legion Auxiliary 648-3397
255 N. Bailey
Hillsboro
Lends hospital equipment. No deposit. Emergency use only. Time limited to six months.

Pacific University Optometry Department, 357-6151 or 648-5630
Forest Grove
Reduced rates offered for eye care. \$16.00 for examination, slightly more for special test. Glasses offered at cost price.

University of Oregon Medical Outpatient Clinic, 225-8311
Fee charged according to income. Any medical or surgical service offered to all Oregon residents. No transportation available.

Tualatin Valley Guidance Clinic, 645-3581
14600 N.W. Cornell Road
Portland, Oregon 97225
Gives mental health care and counseling; charges people according to income.

CODA (Comprehensive Options for Drug Abusers), 229-5129
309 S.W. 4th
Portland, Oregon 97204
Drug abuse program providing rehabilitation and training.

Dental Services

University of Oregon Dental School, 225-8867

Portland Community College, 244-6111 x413
\$1.00 for x-ray, \$2.00 for hygiene and \$1.00 for fillings.

Dental Aid for Children, 648-7595
233 E. Baseline
Hillsboro, Oregon
Helps children from low-income families who aren't receiving any kind of public assistance other than food stamps. Basic dental care and prevention education.

Food and Clothing

Food Stamps, 648-0711
560 S. Third
Hillsboro, Oregon 97123

FISH
Beaverton 646-1141
Forest Grove & Hillsboro 648-4128
Tigard 639-2012
Offers emergency food, clothing and furniture as available. Helps whenever able.

Oregon Rural Opportunities, 357-6169
2604 Pacific Avenue
Forest Grove, Oregon 97116
Food vouchers when available. Clothing. Also aid in finding housing and in finding a job, and in filling out forms. Transportation in emergencies only.

Expanded Food and Nutrition Program, 648-8656
Teaches low income families with children about good nutrition. A nutrition aide will visit the home. No cost involved.

Community Care Association, Inc. 288-8321
2022 N.E. Alberta
Portland, Oregon
Monday-Friday, 8:00-3:00.
Food boxes prepared, and some baby goods available. Hot meals also prepared; however, no delivery service. Bring your pots and pans. There's also a Chicken Kitchen for those who can pay small price of about 20¢.

Milk and Honey Non-profit Food Store
18930 S.W. Lower Boones Ferry Road
Tualatin
Sells bulk and other food at reduced prices. To join, you must volunteer 2 hours a month.

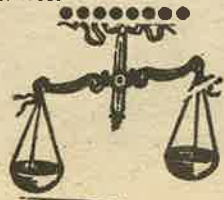
North Plains Food Buying Club, 647-5666
Next to Post Office in North Plains.
Sells food at reduced prices. Membership is \$1.00 per month. Everyone welcome.

Economy Center, 648-5800
Corner of 11th and Adair, Cornelius
Sells everything that people donate. Low prices.

Hope Neighborhood Food Co-op, 324-3803
Buxton, Oregon
Take Sunset Highway to Rock-et Station near Vernonia Junction. Turn right and go ½ mile up Fisher Road.
Membership fee of \$10 payable over one year. Members are asked to donate four hours per month to the store. Non-members welcome to shop, must add 10% to marked price.
Store hours: Thurs. 5-9 pm, Friday 1-9pm, Sat. 10-6 pm. Freezer lockers also available.

Resale Shop, 644-6364
Corner of Broadway and S.W. West, across from bus depot in Beaverton.
Hours: weekdays 9 am to 5 pm, Sat. 11:00 to 3:00 (closed Sundays).
Sells clothes and other things for low prices.

Dorcas Society, 648-3922
367 N.E. Grant
Hillsboro
Gives clothes and other items for free.



Jobs

Oregon Vocational Rehabilitation Division, 648-7114
232 N.E. Lincoln—Weil Arcade
Hillsboro
Helps people with any kind of disability except blindness. Provides whatever services necessary to make a person employable.

Job Corps, 648-8911
229 S. First, Hillsboro
Learn a skill such as carpentry, welding, food services, clerical and business, brick laying, while getting your G.E.D. Residential training program providing medical, dental, clothing, transportation, and spending money for participants. Primarily for 16-21 year people who have not finished high school. Some centers are coeducational and skills are open to both sexes.

State of Oregon Employment Division, 648-8911
229 S. First, Hillsboro
Assistance in finding a job. Testing available to determine what work you are best suited for.

Washington County Children's Services Division, 648-8951
229 S. 1st, Hillsboro
Referral for training and employment resources for low income people.

Kids for Hire 645-5437
Forest Grove 357-KIDS.
Finds job opportunities for persons 14-22 years of age.

Youth Manpower, 648-0623
695 E. Baseline, Hillsboro
Work training and educational program for low income people ages 14-21.

Housing

Housing Authority of Washington County, 648-8511
245 S.E. 2nd, Hillsboro

Oregon Rural Opportunities, 357-6169
2604 Pacific Avenue, Forest Grove
Aid in finding housing and in finding a job. Aid in filling out forms. Transportation in emergencies only.

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

Education

Washington County Literacy Council (Laubach Method) 648-6040, 644-3785 or 357-3073
912 E. Main, Hillsboro
Learn to read. Individual tutoring, no charge.

Adult Tutoring Service 224-2135 or 648-8928.
Individual tutoring in student's or tutor's home or in public building. One-to-one. Basic Education, BED, or English as a second language. No tuition. Day or evening meetings.

Portland Community College, 648-8928
330 N.E. Lincoln, Hillsboro
Adult Basic Education, GED classes. Learn to read, write, and do math; English as a Second Language; GED Preparation. Individual or group learning. Materials furnished. No tuition. Classes are 9:00-3:00, Monday-Thursday.

Apprenticeship Information Center 229-6030
1030 N.E. Couch Street, Portland

Centro Cultural 648-4815
1101 Adair St., Cornelius
Now has free classes in sewing, rug making, ceramics, mechanics, and job training as assemblyline work.

Operation Plus
Admissions Office, Portland State University, P.O. Box 751, Portland, Ore. 97207
A program to assist students from low income families and have GPA's below 2.45, through their first two years of college.

Child Day Care

West Tuality Day Care, 357-7121
Forest Grove
Charge is according to income. Center is open from 6:30 am to 6:00 pm. Children taken from infant to age 14. Medical test required.

Washington County Children's Services Division, 648-8951
326 N.E. Lincoln
Hillsboro
Day Care centers provided.

Head Start—Main Office, 648-6646
546 S.E. Baseline
Hillsboro
Head start is a program for preschool children with handicaps or pre-school children from low income families. Medical, dental, nutritional, and social services provided to participating children.

Elderly

Agency on Aging 640-3489
150 N. First, Room 306
Referral on all services available in the County for older people.

Aloha Over 50 Club 648-4682
They are a social group and meet on the second and fourth Mondays of each month. They gather Christmas toys and food for the Fire Dept. to help needy families.

American Association of Retired Person 648-6892
Hillsboro
Refers people to other organizations or programs.

Council on Aging 644-2014
Overall coordination of aging programs in the county.

Forest Grove Seniors Center 357-4115

North Plains Seniors Center 647-5666

Hillsboro Community Senior Center 648-3823
N.E. 4th and Lincoln, All Saints Episcopal Church
Open Monday through Friday, 10:00 am to 2:00 pm. Loaves and Fishes meals at noon daily. Meals on Wheels delivered to shut-ins in Hillsboro, Orenco and Aloha areas. Social activities, knitting, bridge and pinocle. Informational programs and entertainment. Open to anyone in the area 60 years of age or older.

Friendly Neighbors 644-4240
14205 S.W. Jenkins Road, Beaverton
They are a social group and have meetings for senior citizens.

R.S.V.P. 648-8928
330 N.E. Lincoln, Hillsboro
Helps to bring retired seniors back into the community. Interested volunteers 60 or over should call Gerry Nutt, RSVP Director.

Social Security Office 643-9617
10700 S.W. Beaverton-Hillsdale Highway, Beaverton
Benefits for elderly, blind and disabled persons. Also sign up for Medicare here.



Home & Family

Washington County Extension Service 648-8771
Mail: Courthouse, Hillsboro, Oregon 97123
Homemaker Services and anything relating to home and family living. Home study groups meet once a month.

American Red Cross 648-2622
168 N.E. 3rd
Hillsboro
Home nursing and first aid classes given.

Discrimination

Civil Rights Division, Bureau of Labor 229-5741
State Office Building, Room 479
1400 S.W. 5th, Portland
If you have been discriminated against, call for help, and file your complaint.

Community Action 648-6646
546 S.E. Baseline
Hillsboro
Help here if you have been discriminated against.

Counseling

Tualatin Valley Guidance Clinic 645-3581
14600 N.W. Cornell Road
Portland, Oregon 97229
Gives mental health and marriage counseling and charges people according to their income.

American Red Cross 648-2622
168 N.E. 3rd Street
Hillsboro
Family and personal counseling.

Community Youth Services 645-6111
13865 N.W. Cornell
Beaverton, Oregon 97005
8:30 am to 5:00 pm

Washington County Children's Services Division 648-8951
326 N.E. Lincoln
Hillsboro
Family, marriage, and pregnancy counseling offered.

Metropolitan Family Services, 648-5717
168 N.E. 3rd
Hillsboro
Offers family, marital and personal counseling. In Hillsboro Monday through Friday from 9-5. Charge according to income. 24 hour answering service.

Project Return 234-0801
4241 S.E. Hawthorne
Portland
Counseling for Vietnam Veterans.

Voter Information

Voter Registration 648-8856
Washington County Courthouse
Hillsboro
They will tell you how and where to register and what district you're in.

League of Women Voters 639-4029
The League of Women Voters is a national, non-partisan organization devoted to promoting informed citizen participation in government.

Government

Beaverton City Hall 644-2191
4950 S.W. Hall Blvd.

Cornelius City Hall 357-8024
120 N. 13th Avenue

Forest Grove City Hall 357-7151
1924 Council Street

Hillsboro City Hall 648-3522
205 S. 2nd

Tigard City Hall 639-4171
12420 S.W. Main Street

Washington County Government 648-8611
County Courthouse, Hillsboro



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.