



OPPORTUNITY NEWS

Vol. 2 No. 2
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This newspaper
is a publication
of the
VALLEY MIGRANT LEAGUE
P. O. Box 128
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OPPORTUNITY NEWS is published weekly for free distribution to seasonal farm workers of this area, and to persons interested in the activities of the VALLEY MIGRANT LEAGUE.

"We must open the doors of opportunity. But we must also equip our people to walk through those doors."

Lyndon B. Johnson
President
United States

"Surely, it is not beyond our resources nor our ingenuity to include in our war against poverty these always 'excluded' Americans (the migrants)."

Sargent Shriver
Director
Office of Economic Opportunity

The VALLEY MIGRANT LEAGUE, sponsor of this newspaper, is a part of the President's War on Poverty and is funded by the Office of Economic Opportunity, Washington, D. C.

Mr. Tompkins and

Mr. Flanagan,

Thank You!

How can we ever catch up with our thank-yous?

We, the staff members of the **Opportunity News**, wish to thank Joe Tompkins for taking pictures of us, and putting us on television. It was a swift operation. We were in the midst of wrapping up an issue, and Joe told us just to go right ahead and be editors, not actors.

When the program came through on Channel 8, it moved so neatly we didn't have time to be self-conscious. We were too busy hearing about our newspaper operation, and watching it pass before our eyes.

And another big thank-you to Mr. Flanagan of the **Capital Journal**. It was a nice article and a good photo. And that headline — "going great" — was right in key with our own feelings. When we get a write-up like that, everything is great.

Rincón de Andrea

In the winter, when work is hard to find, and there is little money, we all feel we cannot spend much money on food. Some of us are eating only beans and rice. This saves money, but it is bad for the health. Meat, dairy products and vegetables are necessary for a balanced diet.

Marion and Polk counties have an Abundant Food program. This is for low income families, residents and also people who have recently moved here. It is only necessary to have proof that you are living in Marion or Polk county. A water or light bill is all you need to prove your address. A handwritten note signed by your landlord or the owner of the farm on which you live will also be accepted.

The abundant food program is a supplement for your regular diet. It includes butter, corn meal, canned beef, dried beans and split peas, flour, lard, dried milk, peanut butter and rolled wheat and peanut butter.

If you wish more information write to:

Abundant Food Program
645 Hood St. N.E.
Salem, Oregon
Telephone 364-8474

Stew Made With Canned Beef
1 package of frozen peas

En el invierno cuando el trabajo está escaso y hay poco dinero todos sentimos que no podemos gastar mucho dinero en comida. Algunos de nosotros estamos comiendo solamente frijoles y arroz. Así cuidamos el dinero pero esto no es bueno para la salud. Carne y productos del lechería y verduras están necesarios para una dieta balanceada.

Marion y Polk counties tienen un programa de Abundant Food (comida abundante.) Esto es para los que tienen sueldo bajo; familias residentes y también familias recién llegadas. Solamente es necesario tener prueba que viva en Marion o Polk county. Una cuenta de luz o agua o una nota firmada del dueño de su casa o el patrón de su campo es aceptable. El pro-

2 large potatoes, diced
2 large carrots, diced
2 stalks of celery, diced
1 package of dry onion soup
Salt and pepper to taste
1 cup of water

Cook this for 20 minutes over medium heat.

Then cut in squares one can of beef, roll in flour and fry in oil until brown. Mix with your vegetables and cook over low heat for 20 minutes.



Ann Chávez

grama de Abundant Food es un suplemento para su dieta regular. Se incluye mantequilla, corn meal (harina de maíz) carne en lata, frijoles secos, chicharos secos, harina de manteca, leche de polvo, maizena, quilla de cacahuete y trigo molido. Si usted quiere más información escriba a:

Abundant Food Program
645 Hood St. N.E.
Salem, Oregon
Telephone 364-8474

Guisado de Carne en Lata

1 paquete de chicharos helados
2 zanahoria cortadas in cuadros
2 papas grandes cortadas en cuadros
2 ramas de apio picada
1 paquete de sopa de cebolla seca

Sal y pimienta al gusto
Cose por 20 minutos al fuego bajo.

Después usa una lata de carne picada envuelta en harina y frita en aceite hasta que es dorada. Pone este con sus verduras y cose todo por 20 minutos al fuego lento.

VISTA REPORTS . . .

(Continued from page 1)

to my abode and informed me that he has to appear in juvenile court soon. I told him that I would appear with him.

Monday, 1/3. Went to Mt. Angel and spoke with Leopoldo Barrios, age 21. Leopoldo was born with a (serious physical handicap) and needs help in finding a job which he can do with his handicap. I told him that I would do what I could about work and contact him during the week. While there, I also talked with him about an education program. This young man is of good appearance and has good command of the English language. He has had seven years of school in this country.

A friend brought a Mr. Falla to see me at the center. He is an employee of the Southern Pacific Railroad and a former farm worker. He claims he suffered a back injury while at work and needs help settling his claim. He is now collecting payments under the federal railroad act. I went over his claim with him . . . I called the claim agent at the Southern Pacific Railroad . . . (After some study on this case, Mr. Klinge arranged an interview between the parties involved.) This is a case in which an attorney should have been obtained some time ago . . . I do not consider the case to be one which comes under our program, and unless told otherwise I intend to do no further work on Mr. Falla's claim.

Mr. Frank White, in a nearby town, called about a Mexican boy, Manuel Rizzo, age 21. This young man is now in a jail. He is married

and his home is in another town nearby. He has been in trouble with the police several times over his driving habits, and his license was suspended twice. Seems this time the man he was with had been drinking and Manuel decided he had better do the driving. Manuel works on the farm for Mr. White and when not in trouble is a good worker. Mr. and Mrs. White would like some help from me in filling out several papers for Manuel, and also need me to assist in obtaining a worker's driving permit. The permit requires the signature of three judges . . . and an okay from the registry of motor vehicles. I told Mr. White I would do what I could for Manuel. He is supposed to be released from jail on 1/5/66. Mr. White told Judge T. that I was going to work with Manuel and the judge thought it was a good idea. Will follow through on this case.

Made delivery of papers at Woodburn, Mt. Angel, and Silverton.

I went to the Community College at Portland to get additional information concerning the M.D.T.A. program. Spoke with some people who teach in this program, especially Mr. Richard Young who is in charge of basic education . . . There are not any openings in his basic education classes and he does not know when there will be any openings . . . A question of funds . . . also a teacher shortage at the college . . .

We discussed the number of people in training under the M.D.T.A. program from a certain area. He was not in agreement with the qualifications of some of these students, and was not sure if it was

poor screening or just what the cause was.

(In this section of Mr. Klinge's report he presents details on the M.D.T.A. setup, amount of money received, mileage allowance, names of teachers, classes offered, etc. When space permits, this newspaper will present some of this information.)

Tuesday 1/4. Made general affidavit form for Orlando Luis and sent to Arizona to be signed by a notary public. Affidavit is for claim against the Fireman Benefit Insurance Company of Omaha, Nebraska, which is now in hands of receivership.

Visited home of Leopoldo Barrios and spoke to Leopoldo and his parents about appointment with Mr. Thomas of the Dept. of Education, rehabilitation office. I am to call Leopoldo at 2 p.m., 1/5, and go with him to Mt. Angel for an interview with Mr. Thomas.

While in this town I checked up on an appointment for another VISTA who is starting a 4-H club in this area.

Juvenile court official called and reported that Harry Chard and (in earlier case) Rodolfo G. will have hearings on 1/11 in the afternoon. I will appear with them.

Attended school in Monmouth in the evening.

Wednesday 1/5. Stayed in the office until 10 a.m. writing reports.

(This, in brief report, was the trail of events for VISTA Volunteer Klinge from Sunday to the beginning of a busy Wednesday. Five pages of activities followed through the remainder of the week.