



OPPORTUNITY NEWS

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of the

VALLEY MIGRANT LEAGUE
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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

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DREAM OF A HOME OF OUR OWN REALITY FOR 8 FAMILIES

(Continued from page 1)

\$10,000, about \$52. Each person applying for a loan must meet certain requirements. He must be a citizen of the United States; he must be 21 years of age, or, if married, 18; he must have good personal credit and show an ability to repay the loan; these and certain other requirements must be met.

The loan money will be used to buy land and the materials needed to build the home. In addition, the loan can cover the cost of sewer, water, electricity and improvement of the land around the house.

The Opportunity News invites Joe Lopez and other members of the Washington County Self-Help Housing Project to let us know when the dreams come true.

Rincón de Andrea

Green Beans

4 cups of cooked and drained green beans
Fry them in butter
Then add one clove of garlic
1 package of dried onion soup
1 small can of tomato sauce
¼ cup of water
Add salt and pepper to taste
Cook for 20 minutes over low heat.

Shrimp Louisiana

2 tablespoons butter or margarine
¼ cup chopped onion
¼ cup chopped green pepper
1 clove garlic, minced
1 seven ounce bottle of 7 Up
1 cup tomato juice
1 tablespoon Worcestershire sauce
¼ teaspoon salt
¼ teaspoon marjoram
3 cups cooked rice
2 cups diced cooked shrimp

Melt the butter in a large skillet and add the onion, green pepper, and garlic. Cook over low heat until the vegetables are soft, about five minutes. Stir in the 7-Up, tomato juice, Worcestershire sauce, salt and marjoram. Continue cooking over a low heat until the mixture comes to a boil, then stir in the rice and the shrimp. Cook about five minutes. (makes 6 servings).

Green Beans (frijoles verdes)

4 tazas de frijoles verdes cocidas, frito en mantequilla
1 diente de ajo
1 paquete de sopa seco de cebolla
1 lata chica de salsa de tomate
¼ taza de agua
Sal y pimienta al gusto, cocer por 20 minutos — llama baja.

Camarones Louisiana

2 cucharadas de mantequilla o margarine
¼ tazas de cebolla picada
¼ tazas de chili verde (de bola) picado
1 diente de ajo molido
1 botella de 7 onzas de 7 Up
1 taza de jugo de tomate
¼ cucharadita de sal
¼ cucharadita de majorom
1 cucharadita de Worcestershire sauce
3 tazas de arroz
2 tazas de camarones cocido (o de lata)

Derrita la mantequilla, en una vasija grande combine la cebolla, chili verde y ajo. Esto se cose en media llama hasta que las verduras estan blanditas. (5 minutos) Se combina la 7 Up, jugo de tomate, Worcestershire sauce, sal y majorom. Cose siempre con una llama baja, revolviendose constantemente, hasta que comense a herbir. Combine el arroz y camarones y en 5 minutos esta listo para servir.



Consejos para el Hogar

La Madre que está convencida de haber hecho sus deberes en la educación sexual de sus hijos será particularmente cuando lo durante la niñez de sus hijos.

Nuestro hijos e hijas necesitan enseñanza en estas cosas con conciencia para que crecan buenos salud y mente pura. Tenemos que explicarles a nuestros hijos cuando preguntan preguntas naturales. Los hijos irán a otros para enseñarles tal vez no aprendan toda la verdad, o la mitad en una forma impuerversa. La mente de un niño siempre tiene las impresiones de la juventud.

Nuestros hijos corren peligro cuando están ignorantes, por el motivo de haber sido demasiado modestos por no enseñarles las leyes de la naturaleza. Madres, falten ustedes en sus deberes grado. La maternidad es la dulce alegría. Debe ser preparada también para su hija.

Ningún muchacho debería aprender sino unicamente por sus padres. Mi parece que la madre es una de las mejores personas que puede darle las buenas explicaciones.

VISTA VOLUNTEERS MEET IN SAN FRANCISCO

"The VISTA Volunteers are the heart of the War on Poverty."

These words come from Sargent Shriver, the Director of the Office of Economic Opportunity in Washington.

Last week 81 VISTA Volunteers who work in the Pacific Coast area assembled in San Francisco to talk about their responsibilities. They were a serious, earnest group. They attended meetings Friday evening, all day Saturday, and Sunday forenoon.

At the close of the meetings, 5 VISTA Volunteers who have finished their terms of service told what they had tried to achieve, working with seasonal farm workers.

"It is a mistake to try to do too much for people who need help," one of them said. "It is better to show them ways to help themselves. People who are in need must learn to depend upon themselves."

Thirteen VISTA Volunteers from the Valley Migrant League attended the meetings:

Karen Berg, Lorraine Brown, Judy Collins, Kaye Dwiggin, Alan Fujii, Helen Gorini, James Houser, Arlene Isaacson, Albert Klinge, Lucinda McCrevey, Toni Novak, Richard Pollak, and Sandra Terranova.



You may have a surprise visitor so

One of the persons in the above picture may knock at your door and ask you to answer a lot of questions. And if you answer the questions, you will receive one dollar.

This is not a guessing game, it is a survey. The people in the picture are getting ready to gather information. They will talk with 200 different persons, especially seasonal farm workers, in Willamette Valley. This method of gathering information is called sampling.

Two of the persons in the picture are explaining the sampling work to the others. The man in the center, with his back to the camera, is David Chagall, project director of Haugh Associates, Los Angeles, California. The woman at the left, wearing glasses, is Evelyn Rutan, also from Haugh Associates. The Valley Migrant League officials at the opportunity centers have recommended persons to work on this project. They must be able to conduct interviews in two languages, English and Spanish, and they must have automobiles. They will receive \$1.75 an hour.

Tal vez una de las personas en esta foto tocará a su puerta. Preguntará que si Ud. tiene tiempo para contestar un poco de preguntas. Y se las responde, recibirá un dólar.

Este no es un juego de adivinanzas, es un estudio. Esta gente en la foto se está alistando para recibir dicha información. Ellos entrevistarán a 200 personas distintas, especialmente a trabajadores de la zona del "Willamette Valley."

Dos de las personas en la foto están explicando este trabajo a los otros. El señor en el centro, de espaldas a la cámara, es David Chagall, director del proyecto "Haugh Associates," de Los Angeles, California. La señora a la izquierda con anteojos, es Evelyn Rutan, también de "Haugh Associates." Los directores de los centros de oportunidad del Valley Migrant League han recomendado algunas personas para trabajar en este proyecto. Deben tener la habilidad de hacer tal entrevista en dos idiomas, inglés y español, y deben tener autos. Recibirán \$1.75 por hora.