



**OPPORTUNITY NEWS**

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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.

The editor of this newspaper was pleased to have a visit from three members of the League of Women Voters this week, to discuss common problems. The **Opportunity News** hopes to be able to present to its readers some general voter information, in two languages, which the League of Women Voters may be willing to prepare for our use. —D.W.

This is Boy Scout week. In Ontario, Oregon, Cub Scouts appear on the front page of the **Argus-Observer**. In an **Argus-Observer** editorial, we read: "Today's young Scouts are the business men, professional men and leaders of the next generation. Their education and welfare is vital to the nation."

The **Opportunity News** joins other newspapers in their salute to the Boy Scouts of our nation. And we look forward to the time when scouting opportunities can be extended to more of the young boys who belong to the families of migrant workers.

**Fried Chicken Patties**

Combine one can of cream of mushroom soup with two tablespoons of minced onion and three cups of cooked chopped chicken or tuna. Mix well and place in the refrigerator for 45 minutes or until well chilled. Then make patties out of the chilled chicken or tuna mixture.

In another bowl mix one beaten egg with two tablespoons of water. Dip each patty into this mixture, then dip into finely ground dry bread crumbs. Fry these in the hot cooking oil a few at a time. Cook about 5 minutes or until golden brown.

**Rincón de Andrea**

Por Felice y Lidia Saldana

**Tortitas de Pollo**

Se combina una lata de sopa de crema de hongos con 2 cucharadas de cebolla picada y 3 tazas de pollo picado o atún. Se mezcla bien y se pone en el refrigerador por 45 minutos o hasta que están bien frios. Se hacen tortitas de la mezcla de pollo o atún.

En un otro platón se mezcla un huevo y 2 cucharadas de agua. Se metan cada tortita al huevo y después se metan a las migas de pan molido y seco. Se frien en un sartén con aceite caliente dos o tres cada vez. Se cosan por 5 minutos hasta que están dorados.

Dear Ann:

I am a student of Spanish on Salem school. We get a publication of the **Opportunity News** every two weeks. Our class gets great pleasure from reading it. My family is very fond of Mexican food, especially enjoy your recipes. I am wondering if you would be so kind as to send me a recipe for tamales and enchiladas . . . I would appreciate it very much if you could send this for me. Thank you.

Sincerely,  
Mary Barkuloo  
2390 Barberry N.  
Salem, Oregon



**HILLSBORO GROUP ATTENDS POVERTY MEETING**

SEVERAL FARM workers and Hillsboro VML members went to Eugene last week to attend a conference on poverty.

ABOVE — CECIL BRUNER poses a question to Lampman about economics and poverty.

BELOW — Left to right: Cecil Bruner, Burl McClure, Marion McCloud, Roy Merritt, Ken Glover, Ruby Jose Morales.

**LETTERS**

Sirs:

To the staff members of the **Opportunity News**. Also to my friend Ruben Contreras. I am so pleased with the **Opportunity News** that I have talked to all the members of my Club. I have 27 members represented by our parish name Club Guadalupano. They have given me their addresses, so please, if you don't mind, send the **Opportunity News** to them. Here are eight names and addresses . . .

As I am president of this club, I know they will be very pleased if they receive this published news. Again, thanks to all the staff and keep up the good work.

Sincerely,  
Fred Vigil  
Rt. 1, Box 317  
Prosser, Washington

Dear Rick:

What do you think of the idea of the VML having a radio show? Drop by the school when you have time. I'm full of ideas.

Ray Anderson  
(Bob and Ray)  
P. O. Box 211  
Dayton, Oregon

Sirs:

I would be most happy to receive a copy of the **Opportunity News** each week. I am studying Spanish.

Sincerely,  
Maple Beals  
Salem, Oregon

**THIS IS MEDICARE**

By Grant Chipps

Medicare is a kind of insurance against the expenses of illness or accident. It is only for those 65 or older but practically everyone in that age group can qualify. They need never have worked under social security or even have had a social security card. A person 65 who receives social security or railroad benefits qualifies automatically for basic hospital benefits. If he wants payment made for his doctor bills too, he has only to complete a simple form to authorize a \$3 monthly deduction from his benefit check for this coverage.

Anyone not receiving social security or a railroad annuity will have to make application to qualify for either part of Medicare. If not entitled to monthly benefits, he must also be a citizen of the United States or have been admitted to this country for permanent residence and have lived here continuously for the last five years.

Those who were 65 before this year must make application by March 31 to have doctor bills covered or they will have to wait two years for another chance to have this inexpensive insurance. The government matches the \$3 which the enrollee pays.

**ESTE ES MEDICARE**

Por Grant Chipps

El "Medicare" es un clase de seguros contra los gastos de una enfermedad o accidente. Es solamente para los de 65 o más viejo para casi todos de esta edad pueden calificar. No necesitan haber bajado bajo de seguro social, ni quiera tener una tarjeta de seguro social. Una persona de 65 o recibe seguro social o beneficios ferrocarril califica automáticamente para beneficios básicos de hospital. Si él quiere que pagan los gastos del médico también, solamente tiene que llenar un papel que autoriza una deducción de \$3.00 mes de su cheque de beneficiario para estos seguros.

Cualquier que no recibe seguro social o beneficencia de ferrocarril tendrá que hacer aplicación para calificar para cualquier parte de Medicare. Si no puede recibir beneficios mensuales, también tiene que ser ciudadano de EE.UU. o haber sido admitido a este país para residencia permanente haber vivido aquí continuamente para los últimos cinco años.

Los que tenían 65 años antes de este año tienen que hacer aplicación antes de el 31 de marzo para tener los cuentas de médicos de este programa o tendrán que esperar dos años más para otra oportunidad de tener este seguro barato. El gobierno pareja los dólares que paga el suscriptor.