



## OPPORTUNITY NEWS

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This newspaper  
is a publication  
of the

VALLEY MIGRANT LEAGUE  
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Woodburn, Oregon

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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.

### THIS NEWSPAPER IS FREE FOR SEASONAL FARM WORKERS BUT IF YOU WISH TO PAY . . .

Many persons have written to this newspaper, saying, "We would like a subscription, and we would be glad to pay."

Until now, we have replied, "This newspaper is free."

However, we have written to the O.E.O. offices in Washington, to state the problem: The requests from non-migrants have become so numerous that our budget will not permit us to keep on adding names to the free list. And so, after communicating with Washington, we offer the following plan:

If you wish to be a subscriber, and you are not a seasonal farm worker and do not have official reasons for being interested in the Valley Migrant League program, we invite you to send a contribution of \$1.00 or more for a one year subscription. This will help to off-

## Rincón de Andrea

(Continued from page 1)

losing his body fluids. If he does not drink a sufficient amount of liquid, his body will become seriously dehydrated (serious lack of fluid). Any child who has had diarrhea for more than two or three days must be taken to a doctor. After starting to use the doctor's medicine, the child's diarrhea should stop within two days. If it does not, go immediately again to the doctor. Have the child rechecked and perhaps have a change of medicine.

Time is an important factor when a child is losing body fluids by diarrhea. The smaller the child, the more easily he can become dehydrated, and lose his life, if there is not prompt medical treatment.

A child who has influenza needs a good diet and plenty of rest in bed to get well. A child who has no appetite can perhaps be tempted to drink lemonade or orange juice. This gives him important liquid and vitamin C. Canned or fresh tomatoes also have vitamin C.

Many children seem to be well from the flu, but they still have a cough. This cough is a sign that the child is still sick with the flu. He should be kept quiet and at home and be checked by a doctor. Don't get your child out of bed and back to school too soon. He should have one completely well day at home before he returns to school. These few health hints may mean a healthier and happier springtime for your child.

### YOUR CHILD MAY BE IN TROUBLE AT SCHOOL. PLEASE VISIT!

Most parents never visit the schools that their children attend. Why not? Are the parents afraid of the teachers?

Do the parents really know what the schools are teaching and how it can help their sons and daughters? Probably not. Do the parents know what they can do to help the schools and how the schools can help them? Again, probably not.

Are parents afraid that they can't speak English well enough to visit the schools? The Valley Migrant League and some of the schools have people who will be glad to

set the cost of printing extra copies, and the cost of handling and mailing. Sixty-five cents of your contribution will be absorbed by

(Continuación de la p. 1)

corporales y si no toma suficiente líquidos su cuerpo se puede deshidratar.

Cualquier niño que este enfermo de diarrea por más de dos días debe ser llevado al medico. Después de estar tomando medicinas prescritas por el medico, la diarrea debe pararse en dos días. Si no, vuelva inmediatamente al medico con el niño para un posible cambio de medicina.

El tiempo es un factor importante cuando el niño esta perdiendo sus líquidos corporales por causa de la diarrea. Entre más chicos que sea el niño hay más probabilidades que sea deshidratado, y pierda su vida, si no es atendido prontamente por un medico.

Un niño enfermo de influenza necesita una dieta alimenticia adecuada y suficiente descanso, o reposo en cama. Cuando un niño enfermo de influenza pierde el apetito insista en que tome limonada o jugo de naranja que contiene vitamina C. Como también tomates en latas o frescas. Muchos niños parece que estan bien de influenza pero siguen tosiendo. Esto significa que el niño todavia siga enfermo de influenza. Puede usted tener el niño adentro de la casa y llevar al medica para una consulta final. Cuando el niño este completamente aliviado debe de detener un día más en casa antes de mandarlo a la escuela. Estos consejos puedan ayudar los padres a cuidar sus niños.

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Секретарь Обществ  
И. Г. Мартусhev  
P. Martushev  
Vasily Bodunov

### ADULT CLASS VISITS CAPITAL

The inter-area adult educ of c  
class at Salem visited the Or le  
State Capital this week, Lane T  
liams of the VML adult educ er  
staff reports. Seventy-five Un  
and teachers were given a tope Sur  
the building. They learned per  
there are 28,000 employees an  
work for the State of Oregon. uc  
were shown the plans for en th  
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ilities, and they were remi Ele  
that the responsibility for all lin  
work of the state falls upon ar  
voter. After the visit, the stud te  
studied the printed information as  
discussed the ideas in their cel  
room. m

postage, at 1¼ cents per copy.

Please make checks payable to Valley Migrant League Newspaper Fund. Thank you.