



Washington Hot Line

by Congressman Ron Wyden

Q. President Reagan recently submitted his 1984 budget to the Congress. What are your thoughts on the Administration's health care proposals included in this budget?

A. What concerns me most about the Administration's 1984 health care budget proposal is that it would force sick people to pay more for the care of even sicker people.

Under this plan, benefits would be cut dramatically for the 29 million retirees who depend on it to meet basic health care needs, forcing these people to pay twice as much out-of-pocket for a modest hospital stay. Benefits would be increased, however, for the less than 200,000 people who need long-term catastrophic care.

No one feels stronger than I do about the need for development of a catastrophic health care program for seniors, but not at the expense of existing Medicare benefits. The best available information indicates that less than one percent of eligible Medicare beneficiaries are likely to use the extended catastrophic coverage included in the Administration's proposal. Meanwhile, the proposal would cost the other 99 percent of beneficiaries hundreds of millions

of dollars in benefit cuts.

Perhaps the worst thing about this whole proposal is that it illustrates that the Administration is continuing to pursue its hatchet approach to health care planning.

What this country needs is a new wave of ideas and incentives to develop rational, responsible health care policy—a policy built around preventive medicine and development of broader and better health care choices.

What the Administration has proposed in its 1984 budget proposal would not bring that wave to shore. Instead, it would leave us surrounded by stagnant ideas and policies that haven't worked in the past and won't in the future.

Q. Reinvestment of the housing industry is critical to get Oregon's economy on the mend and our people back to work. Are there any solutions before the Congress to address this serious problem?

A. Yes. Just last week I introduced legislation that would open up new sources of capital for the housing industry by clarifying regulations that have discouraged private pension funds from investing in housing.

Under current law, there is one set of rules for investments in mortgages, and another for other investments. The result is that pension fund managers are discouraged from investing more than a small percentage of the available \$300 billion in private pension funds in residential mortgages.

This is neither justified, nor wise. Experience has proven that mortgages are safe, sound and profitable investments. In fact, in some cases, they have been shown to outperform corporate bonds, long-term Treasury bills and other "blue-chip" securities.

Because it requires that pension fund managers apply the same conservative rules of investment policy that they would to any other investment, my bill will protect the interests of pensioners. It also will protect taxpayers because it is a market-place solution and does not cost taxpayers a cent. Finally, by opening up a new source of capital for the capital-starve housing industry, my bill will help the industry, Oregon's economy and our workers—and we all know how desperately that is needed.

Liberation theology

Non-violence not option

by Bob Lothian

Non-violent political activism is no longer viable in Latin America, and Christians there are faced with a moral dilemma—"which violence to support?" according to a Chicano minister who spoke at Portland State University on February 1.

"From Mexico to Tierra del Fuego there is not a free or democratic country," said Ignacio Castuera, Los Angeles District Supervisor for the United Methodist Church.

Those who in the past have tried non-violent means to alleviate the tremendous poverty of Latin American countries have often met untimely deaths, said Castuera. "When you live in Latin America, you live in a situation of violence," he said.

"Oceans of poverty," which surround "islands of superaffluence—affluence like you wouldn't believe," create a pervading atmosphere of violence, according to Castuera, who said that "institutionalized violence"—malnutrition, poor health care, poor education—"kills more people than guns."

"Just to teach a person to read and to add numbers" in such a situation, he said, is considered subversive and violent by those in power.

"If anyone does not like this situation and tries to do something to stop it," he said, "guns are there to put a stop to it. From the Rio Grande to Tierra del Fuego," he said, "that is the situation in Latin America."

Castuera described a "dictatorship of the party" in his native Mexico, where the ruling Institutional Revolutionary Party "has its tentacles" in virtually all institutions, including unions. The party is so powerful, he said, that it subsidizes opposition parties, including the communist party. Ninety percent of the people vote, but only because they must—children of those who don't are not allowed in school.

Mexico's continuing economic problems, said Castuera, have

caused peasant communities to fall back on a barter system while the middle class is being driven down into poverty. There is "very little hope of major change," he said.

Latin American Christians concerned with the problems there are faced with a choice, said Castuera: whether to condone the "violence of hate" which reinforces poverty, or to support the "loving violence" of the revolution.

Increasingly, large numbers of church people have come to believe in a "liberation theology," according to Castuera, and are supporting the guerrillas. "If I were in El Salvador today," he said, "I would probably go with the rebels."

Under the influence of "liberation theology," he said, something new has emerged in the Latin American revolution—a cross-fertilization of Christianity and Marxism.

In Nicaragua, the church came to be considered "the strategic ally of the revolution," he said, and a similar change in attitude is taking place throughout Latin America.

This "hybridization," as Castuera describes it, is a moderating influence. "The Nicaraguan revolution is a forgiving revolution," he said, pointing to the absence of mass executions after the victory there.

Castuera was born and raised in Mexico and attended college in Los Angeles where he was involved in the Chicano civil rights movement of the late '60s. He travels extensively in Mexico and Latin America, and receives news of the situation there often from visitors.

While attending a meeting of Latin American church people in Chile in 1972, Castuera said he was exposed to Christians who were "intimately and passionately concerned with the poor."

Such experience, coupled with involvement in the civil rights movement, caused Castuera to evolve into "a Christian who cares very much what happens to the poor," so that now, he said, "I am talking to you from the perspective of solidarity with the poor."

Castuera said it is essential for U.S. citizens to become aware of the changes taking place in Latin America. "We have to learn that is basically the same here, only less apparent," he said.

"Open non-violent action" is necessary to stop the flow of U.S. military aid to Latin American dictatorships, he said. "We have to learn from Viet Nam," he said, "where the people said, 'No more.' The forces of the poor will take power as soon as the last U.S. bullet is shot."

Street Beat

by Lanita Duke and Richard Brown

The United States and the racist Republic of South Africa are the only two developed countries without free medical care to their citizens. The **Street Beat** team asked, "Should citizens of the United States have free medical care?"



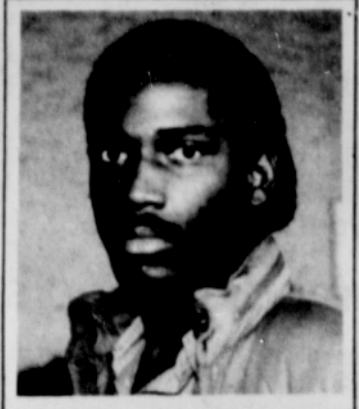
Winfred Strickland
Food Service Clerk

No—although it depends. If their income is under \$10,000 per year they should receive some type of assistance. And if they are elderly. But for those making \$25,000 a year and more, they should pay.



Earline Barnes
Supply Technician

Yes, I think they should. People who are unemployed can't afford health care. If you don't have a medical plan you won't get the best of care.



Dave Hubbard
Unemployed

I believe they should. We have so many people out of work. Right now I'm out of work and my wife is expecting. We are on a program where we don't have to pay the costs—not yet, at least.



Kamau Anderson
Engineer

Yes, it's the social responsibility of the government to provide this basic human need to its taxpayers.



Ron Strait
Mechanic

No, they shouldn't I don't think the country can afford it.



Sue McInroy
Merchandise

Yes, I do. Our insurance premiums are getting out of hand and there are too many people out of work who cannot afford it.

FLOURIDE

MOUTH-RINSES



YOUR DENTIST's home dental care recommendations may now include daily rinsing with a fluoride mouth-rinse in addition to regular brushing and flossing. Fluoride, the most significant factor in the prevention and reduction of tooth decay, is now available to the public in the form of mouth rinses to be used at home.

Until recently, these products were available only by prescription or through a dentist's office. Now a variety of fluoride mouth-rinses are available for over-the-counter purchase. Several of these have been accepted as effective in preventing decay by the American Dental Association's Council on Dental Therapeutics and display the Council's seal of acceptance on their labels and advertising.

A recent Food and Drug Administration report also supports the use of these fluoride products, citing clinical trials in which tooth decay in children was reduced between 20 and 50 percent.

Both the FDA and ADA recommend that non-prescription fluoride mouth-rinses be used only by children over the age of six. Younger children may swallow the rinse accidentally; excessive amounts of ingested fluoride can result in discolored teeth.

Fluoride, found naturally in some water supplies and foods, can make teeth more resistant to decay when absorbed into the tooth enamel.

The ideal level of fluoride in drinking water is about one part per million, the ADA reports. Persons who drink from birth water with the optimum level of fluoride have up to 65 percent fewer cavities than their counterparts in nonfluoridated areas.

In areas where the water fluoride level is less than optimal, supplemental fluoride obtained through fluoride toothpastes, mouth-rinses and treatments at the dentist's office helps reduce decay.

Nightingale Had Toothbrushes

When Florence Nightingale came to the Crimea War to nurse the wounded, she brought along soap, towels, knives, forks, and toothbrushes. The doctors who ran the barracks fumed and fussed when she handed out the toothbrushes, but Miss Nightingale paid no attention, for she knew that the soldiers would be healthier if they kept their teeth clean.

A few years later, when Booker T. Washington founded Tuskegee Institute to educate poor black students, he made the following rule: "No student is permitted to remain who does not keep and use a toothbrush." Soon students admitted to Tuskegee came with toothbrushes in hand, although they were sometimes so poor that they brought nothing else. Washington said: "In all my teaching I have watched carefully the influence of the toothbrush, and I am convinced that there are few single agencies of civilization that are more far-reaching."

These days, we take toothbrushes for granted. We all have at least one and use it—or know that we should. Why were such famous people so excited about them?

For one thing, using toothbrushes to clean the teeth was a comparatively new idea. Although the Chinese invented the toothbrush in 1498, by attaching horse bristles to a handle, modern toothbrushes were not available till the late 18th century and not really popular till the 19th century. Indeed, as recently as 60 years ago, three persons out of four in the United States did not own a toothbrush.

Using a toothbrush was not only a new way to clean the teeth, it was also an easy and effective way. Even today, the toothbrush is a major weapon in our fight against dental disease.

Dental disease is caused by plaque, an invisible film of bacteria that forms on everyone's teeth. When we eat, these bacteria use the sugars in our foods as their source of energy. As part of this process, they produce acids and other waste products. The acids attack our tooth enamel, causing dental caries or tooth decay. The waste products irritate our gums, resulting in periodontal or gum disease. Brushing and flossing our teeth thoroughly at least once a day to remove the plaque is vital for good oral health.

Your dentist can show you the best way to brush your teeth. Everyone's mouth is different. Many dentists recommend that you hold the brush at an angle against the gumline and move it back and forth in short strokes, using a gentle scrubbing motion. Whatever method you use, be sure to brush the inside, outside, and chewing surfaces of all the teeth.

Choose a toothbrush with soft, end-rounded bristles and a head small enough to reach every tooth easily. If a brush has bristles that are bent or frayed, it is worn out and cannot remove all the plaque from your teeth, so buy a new one.

This message is brought to you by the American Dental Association, Multnomah County Dental Society, and your local Dentists below:

Dr. Edward E. Ward
D.M.D. (Dentist)
Open Mon. - Sat.
Parking tickets validated.
610 S.W. Alder
228-3009

Dr. Booker T. Lewis,
D.D.S. (Dentist) Open Mon.-Fri.
If unable to keep appointment,
kindly give 24 hr. notice.
34 N.E. Killingsworth
281-3010

Dr. Samuel J. Brown,
D.D.S. (Dentist)
Open Mon.-Fri.
2209 N.E. Killingsworth
282-7543



BEEF CHUCK ROAST

U.S.D.A. Choice
Boneless

\$1.58

POTATOES

U.S. No. 2
RUSSETS

15¢ 98¢

PRAIRIE MARKET

FRESH MEAT IS AVAILABLE AT:

LOMBARD - 7611 N. Exeter
PORTLAND - 14410 S.E. Division
PORTLAND - 3955 S.E. Powell Blvd.
SAN RAFAEL - 1910 N.E. 122nd

OREGON CITY - 878 Molalla Ave.
HILLSBORO - 960 S.E. Oak
FOREST GROVE - 1531 Pacific Ave.
PORTLAND - 74th and Glen

Flash Roofing Co.

Roofing of all kinds. Guarantee:
90 days thru 1 year.

4011 N.E. Union Ave.
287-8474

Hours: Morning 7-9 a.m./Evening 5-7 p.m.