

Food Stamp Have Seasonal Change

Salem — About 30,000 Oregon households will have a decrease in food stamp benefits starting in April. Lower utility costs used to calculate benefits during spring and summer months will cause an average monthly benefit decrease of \$20 per household.

The amount of food stamps a household receives is based on such factors as income, household size and living expenses including the cost of utilities. When reporting utility costs, recipients may use either a standard utility allowance, which is lower in the spring and summer and higher in the fall and

winter, or actual utility costs if they are higher than the allowance.

The lower spring and summer rate begins in April and remains in effect through September. Another 60,000 households using actual utility costs will not be affected by this seasonal adjustment.

Food stamps are federally funded by the U.S. Department of Agriculture but administered by Oregon Adult and Family Services Division. The 90,000 households receiving food stamp benefits in Oregon encompass 218,000 individuals.

The majority of stars we know of are in binary systems where two stars move through space together and influence each other gravitationally.

Artist Visits Portland



Artist Jacob Lawrence.
Photo by Richard J. Brown

Artist Jacob Lawrence spent March 31 and April 1 in Portland as a result of efforts by Portland Public Schools, Curriculum Department, Metropolitan Museum Consortium and Oregon Art Institute. Lawrence spoke on and showed slides of his work as part of a "Symposium on the Harlem Renaissance" held at the Portland Art Museum. The symposium included music of the period by pianist Janice Scroggins and poetry by Primus St. John. He also visited Hosford Middle School and was the guest of the Black Artist Guild at a potluck.

Lawrence who retired from teaching art at the University of Washington and his wife Gwen who accompanied him to Portland make their home in Seattle, Washington.

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Volunteers Needed

Volunteers are needed to help hospice patients — persons with a limited life expectancy — through St. Vincent Hospital and Medical Center's Hospice Program. Home visits, errands, yard work and meal preparation are a sampling of the services that volunteers may perform. Most services are rendered in a patient's home.

The next four-week (nine-session) training course for volunteers will begin Tuesday, May 6. To apply, persons may call Beth Boyd, hospice program volunteer coordinator at St. Vincent Hospital, 299-2001.

Red Cross Offers Health Care Classes in Headquarters Building

Red Cross volunteer instructors will teach the following classes in April at the Red Cross Headquarters, 3131 N. Vancouver Avenue:

Helping You Care — The basics of home nursing. For those with elderly parents or other family members who need constant attention but cannot afford private nursing care at home or in a nursing home. In five parts on the following Wednesdays: April 2, 9, 16, 23 and 30, from 10:00 a.m. to 12:00 noon. Registration fee: \$20.

The Lowdown on High Blood Pressure — An estimated sixty million Americans have it, but many do not understand what it is or the importance of proper treatment. In five parts on the following Wednesdays: April 2, 9, 16, 23 and 30, from 7:00 p.m. to 9:00 p.m. Registration fee: \$15.

Baby Care — For expectant, new and adopting parents and grandparents to help them prepare for and fulfill the special needs of infants through the first year of life. In four parts on the following Thursdays: April 3, 10, 17 and 24, from 7:00 p.m. to 9:30 p.m. Registration fee: \$15 per couple or individual.

To register for any of these classes or to inquire about other Red Cross Health Care classes, call 284-1234, ext. 175.

"Special Notice"

The April General Meeting of the North-Northeast Business Boosters has been rescheduled to the following date: Tuesday, April 15, 1986, 12:00 Noon at Viscount Hotel, 1441 N.E. 2nd Avenue, Crater Lake Room.

Please mark your calendar now with the new date. We sincerely hope you are not inconvenienced by this date change and that you will be able to attend the meeting as a matter of utmost importance to the N-NE area will be brought forth.

Further notification and information will be in the April Booster News which you will receive well in advance of the April General Meeting.

Sincerely,
Sam Brooks
President

Walk the Square

"Back in Shape" is the title of a special talk to be given on the mall at Washington Square Shopping Center Tuesday, April 22, 8:45 a.m., for the participants in the new indoor exercise program "Walk the Square". Speaker will be Pat Quintana, physical therapy department director at Meridian Park Hospital, Tualatin.

The program started in September, 1985, as a cooperative effort of Meridian Park Hospital and Washington Square management.

Participants, who register through the community education department at the hospital, receive personal log books and materials, a shirt, health education talks and bi-annual health screenings. Once enrolled, early morning access is given to permit walking in a safe, climate controlled environment, 8:30-10 a.m., Monday through Friday.

Restrictions on

I-5 Scheduled

Traffic on I-5 north and southbound at the 26th Avenue underpass and between Iowa and Hood Street underpasses will be restricted to two lanes in each direction. Crews will be setting traffic barriers starting at four a.m. at the 26th Avenue underpass and by Tuesday or Wednesday be setting barriers at Hood and Iowa Streets.

The lane restrictions, which will last between two and three months, will allow crews to overlay these structures with a new latex-modified concrete surface. The restrictions will be in effect 24 hours a day.

This work is a part of the I-5, Marquam Bridge to Haines Road project scheduled for completion this fall. The Contractor is Ross Brothers.



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