

## Questions And Answers

**For Social Security or Supplemental Security Income Assistance, call 1-800-772-1213.**

**For speech & hearing impaired assistance, call 1-800-325-0778.**

**Question:** I heard there's a form available to stop having Social Security tax deducted from wages. Is this true? If so, how does one go about requesting it?

**Answer:** No, there is no form to stop having Social Security taxes taken out of your paycheck. However, there are employers who do not take Social Security taxes out of employee paychecks because the work is not covered for Social Security. Examples are railroad employment, covered under the Railroad Retirement System, and certain federal employment, covered under the Federal Civil Service Retirement System which were collecting taxes from employees before Social Security existed. If you perform work that is covered for Social Security, then the employer should take Social Security taxes out of your paycheck. The Internal Revenue Service is responsible for making sure employers are taking Social Security taxes out of every employee's paycheck and substantial monetary penalties are levied against any employer who does not do so.

**Question:** How disabled must I be to get Social Security Disability benefits?

**Answer:** To qualify for disability

benefits from Social Security, you must have a physical or mental impairment that's expected to keep you from doing any "substantial" work for at least a year or is expected to result in your death. Generally, earnings of \$500 or more per month are considered substantial.

**Question:** On my next birthday, I will be 65. Do I have to sign up for medical insurance at Social Security?

**Answer:** You are not required to sign up for medical insurance, Part B of Medicare. However, if you do not enroll when first eligible, your Medicare Part B premium will be 10 percent higher than the basic monthly premium for each year you are eligible but not enrolled. If you are over 65 and not enrolled in Medicare Part B, you can sign up during the open enrollment period at the beginning of each year, from January through March.

**Question:** I'm a homemaker, but last year I worked as a beautician in the basement of my home. I want to be sure I get credit for my earnings for Social Security benefits. How do I do this?

**Answer:** You must report your self-employment earnings on your income tax return on Schedule SE if your net self-employment earnings are \$400 or more for the year and pay the tax when you file the return, due by April 17. The Social Security self-employment tax for 1994 is 15.3 percent on self-employment earnings

up to \$60,000. If your net earning exceed \$60,000, you continue to pay the Medicare portion of the Social Security tax, which is 2.9 percent, on the rest of your earnings.

**Question:** I heard social Security will be restricting benefits based on drug addiction or alcoholism. Exactly what are the restrictions?

**Answer:** Beginning March 1995, all individuals receiving disability benefits based on drug addiction or alcoholism must receive payment through a representative payee. The payee must be an organization or other person who will be responsible for managing the individual's payments and see that his/her needs are met. He/she must go for treatment when it is available, and benefits can be received for no more than 36 months.

**Question:** What about people who are already receiving disability benefits on the basis of drug addiction or alcoholism? Will the new restrictions on the receipt of benefits apply to them?

**Answer:** yes. In early February, the Social Security Administration sent notices to approximately 159,000 beneficiaries which summarized the changes. The notice invited them to contact the Social Security office for further information. They may also call Social Security's toll-free telephone number, 1-800-772-1213.

## Study Finds low-Fat Diet Is Safe For Children And Reduces High Cholesterol

A National study that included 127 Portland-area children has found that lower-fat diets can effectively reduce cholesterol levels in children without harming normal growth.

Kaiser Permanente's Center for Health Research in Portland was one of six clinical centers nationwide involved in the study, which was funded by the National Heart, Lung and Blood Institute, a division of the National Institutes of Health. The results appeared in the May 10 edition of the Journal of the American Medical Association.

Begun in 1987, the three-year Dietary Intervention Study in Children is the first large, randomized clinical study to look at the long-term safety and effectiveness of supervised lower-fat diets on children with cholesterol levels above 175 milligrams per deciliter of blood. Nationally, 663 children participated in the study. Results showed that the children who were given nutritional guidance to reduce total fat intake to 28 percent of calories showed a significant decrease in LDL cholesterol levels compared to a control group of similar children. Both groups received adequate nutrition and posted equivalent growth and psychological well-being scores.

After three years, children who received nutritional counseling and supervision of their diet showed a lower intake of total fat, saturated fat, and cholesterol than children who did not. Their LDL cholesterol levels were also 3.3mg/dl lower than the other children. Children in both groups were between 8 and 10 years old when they joined the study.

Victor J. Stevens, PhD, principal investigator for the study at the Center for Health Research, said the study is important for two reasons. "First, it shows that a well-balanced diet low in fat is not harmful to school-age children. And it shows that such a diet does work to achieve modest reductions in harmful LDL cholesterol levels. That should help these children decrease their chances of developing early atherosclerosis - a clogging of the arteries by fatty deposits that can lead to heart attacks and strokes."

Southeast Portland resident Barbara Eichorn's daughter, Sarah, had a cholesterol level over 200 mg/dl when she enrolled in the study six years ago. "It's amazing how even minor changes like broiling instead of frying and switching to skim milk instead of whole have made a difference in Sarah's cholesterol," says

Eichorn. "Today, at age 14, Sarah's cholesterol level is normal."

Because of these encouraging results, Stevens says youngsters in the study will be tracked until age 18 to see if the dietary intervention benefits them through adolescence.

## Parents Anonymous Of Oregon Hope For Families

Since 1974, Parents Anonymous has been a presence in Oregon for strengthening families and preventing child abuse.

In 1984, Waverly Childrens Home was asked by the non-profit Board of Oregon PA to umbrella the statewide program and to charter with National PA, Inc, as a state office.

Currently, Parents Anonymous of Oregon is 17 groups strong, all sporting a structured play group for PA parents' children. Sixty percent of PA groups are in the tri-county metro area, with additional groups in the counties of Josephine, Jackson, Coos, Deschutes, Marion. We are serving approximately 900 families per year. All PA direct services are provided by volunteers.

In addition to our support groups, we provide a statewide, toll-free 24 hour Parent helpline which is totally staffed by volunteers.

A parent education series is available to parents in the tri-county metro area which is entitled, "Discipline That Doesn't Hurt". It is offered for free to parents in our programs and serves as an auxiliary class for CSD mandated clients.

PA of Oregon also conducts a parent-planned, parent-led statewide Convention each year as an opportunity to develop parent leadership, network with other PA parents, and to celebrate our families.

We currently conduct 50 public awareness presentations to the com-

munity each year; provide professional training to agencies on a staff of unpaid volunteer advocates providing services every day to Oregon families (approximately 230 individuals statewide volunteer their energy and time).

**Parents Anonymous of Oregon is supported by Waverly Childrens Home, and receives other small grants:**

- Oregon Childrens Trust Fund (\$12,500 annually)
- Clackamas County Commission on Children & Families (CCF) (\$9,000 statewide)

- For the entire state of Oregon, we have 2.5 FTE. Our revenue is approximately \$60,000 annually, dependent on Waverly's success at private fundraising for the agency as a whole.

**What Parents Anonymous Can And Cannot Do For Families**

**What Parents Anonymous Can Do:**

- Provide supportive listening and adult contact for isolated parents.
- Provide a place to freely discuss difficulties in raising children.
- Have as a resource a professional in the group to identify further help in the community.

**Provide information about child rearing:**

- Child Development (Expectations)
- Alternatives to Corporal Punishment (Positive Parenting)

- Ideas on building children's self-esteem

- In most locations provide a program for children that is structured to work on self-esteem, friendship, and confidence building.

- Provide a network of other parents to assist the parent in child care, phone contact, support and caring.

- Enable parents to take better care of themselves so that they can take better care of their children.

- Assist parents who want to improve their parenting by providing models, information, and ongoing support while learning new child rearing techniques.

- Provide support to families as they grow towards health and non-violence.

**What Parent Anonymous Cannot Do....**

- Provide therapy, counseling for parents.

- Serve parents who are under the influence of drugs/alcohol
- Provide help for sexual perpetrators

- Serve parents who are mentally ill and not able to function in groups.

- Parents Anonymous Works Best For Parents

- Who Are Seeking Changes In Their Lives

Office: (503) 238-8819; 24 Hour Parent Helpline: 238-8818 or 1-(800) 345-5044

## PCC Board Member Resigns

Portland Community College is seeking applications to fill a vacancy on the board of directors.

Marcia Atkins, who represents Washington County in college zone 6, is resigning because of relocation. The person selected to replace her would fill the two years remaining on

Atkins' term and could seek election in March 1997.

The PCC board is responsible for the budget and overall policy direction of the college. Board meetings are held twice a month, generally the first and third Thursday evenings. Members receive no pay.

Those interested in being nominated should send a letter stating why they would like to serve on the board and a resume to PCC, Public Affairs Office, P.O. Box 19000, Portland, OR 97280-0990 by Friday, June 16. The board will interview candidates during June and July.

### Oregon Repertory Singers Children's Choir 95-96 Season Auditions

**Concert Choir ages 11 - 15; Prep Choir ages 7 - 11**

ORS Children's Choir meets at Colonial Heights Presbyterian Church every Wednesday afternoon, 2828 SE Stephens, 2 blocks south of Hawthorne. Auditions are being taken for children who love to sing. Call audition coordinator Mary Ann Kelley 246-8989 for audition information. Scholarships are available.

The goal of Oregon Repertory Singers Children's Choir is to create a multicultural, multiethnic singing group which represents the diversity of the greater Portland area. Our choices of music will be taken from all styles: classical, American folk and gospel, jazz, blues and world folk music.

Linda Noah, Artistic Director

### Miss Petite Teen International

Welcome to the 1st Annual Miss Petite Teen International Pageant. This exciting new pageant system features petite teens as there center focus! Kathy Wheatley, owner of Elite Productions, Inc. of Houston, Texas, has developed a unique new pageant system designed exclusively for teens who are under 5'6", single and between the ages of 13 to 17.

The Miss Petite Teen International Pageant provides the opportunity for petite teenagers to showcase their personal attributes, intelligence and inner beauty as well as developing personal growth. Girls from all over the United States and Internationally will be vying for the title of 1995 Miss Petite Teen international.

The Miss Petite Teen International Pageant will be held at the beautiful Doubletree Hotel in Houston, July 5th-9th, 1995. The prize package consist of \$30,000 in cash and prizes which includes jewelry, clothing a cash scholarship and much, much more!

There will be three areas of competition: Personal Interview, Evening Gown and Sportswear. The contestants will have their weekend filled with fun activities, dinner parties and rehearsals.

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