

# Finding Help During Hard Times

continued ▲ from Front

the federal poverty level. In addition to the state-sponsored services, there are a number of private non-profit organizations available to help.

If you are about to have your energy cut off, bring in your utility bill with a "final notice" warning to Human Solutions and they should be able to help keep the lights on in your home, according to Lauren Rimestad, director of development for the non-profit, who describes the program as "a quick shot in the arm."

Families in extremely dire straights and are at risk of homelessness can turn to shelters run by Human Solutions. The organization also operates a free clothing store and offers training in Microsoft Word programs.

Rimestad adds that her organization, like many, is feeling the economic crunch and many of their programs are on a first-come, first-serve basis.

Oregon Department of Human Services spokesperson Lauri Stewart explains that the rub with some government programs is that you have to be "virtually destitute" to receive

them.

For instance, the federal Temporary Assistance to Needy Families program is only eligible for people who have almost no money coming in, and can only get \$528 a month for a family of three. Participants are also expected to participate in job training.

Stewart said that some programs are intended for a very specific demographic facing a precise issue. For instance, the Oregon Health plan only covers seniors over 65, the disabled, pregnant, or children under 18.

Officials say the number of people seeking Temporary Assistance is up about 16 percent from last October, making for an increase of 2,900 more Oregon families. The number of households receiving food stamps is up by about 13 percent, helping an additional 29,000 families.

However, Stewart stresses that people aren't taking away from other more needy individuals by enrolling in these services. She explained that everyone pays into these programs with their tax dollars, and people should think of them as insurance programs if they fall on hard times.

## Holiday Assistance Numbers

Times are hard and money is tight. The following numbers may provide some much needed help. For a more extensive list, call 211.

- Africa House -- 503-802-0082; ask for Salome
- Allen Temple Emergency Aid Center -- 503-284-1010
- Asian Family Center -- 503-235-9396
- Cascade AIDS Project-Housing Project -- 503-223-5907
- Christ Community Ministries -- 503-282-7683
- Client Choice Grocery Warehouse-PACS -- 503-252-8500 x118
- Community Service Center-Transition Projects -- 503-823-4930
- Crossroads Cupboard -- 503-257-9345
- Portland Impact -- 503-988-6000
- Downtown Chapel of St. Vincent de Paul Parish -- 503-228-0746
- El Programa Hispano-Portland -- 503-236-9670
- Emergency Food Box Program -- 503-288-1055
- Esther's Pantry -- 503-349-4699
- Fish Emergency Service -- 503-233-5533
- Food Box Ministry -- 503-916-4009
- Francis Center -- 503-775-6754
- Good Samaritan Center of North Portland -- 8160 N Jersey Ave.
- Helping Hand Emergency Food -- 503-292-9293
- Hope House Food Bank -- 503-282-8960
- Human Solutions, Inc. -- 503-548-0200
- Insights Teen Parent Program, Inc. -- 503-239-6996
- Neighborhood House -- 503-246-1663
- Northeast Emergency Food Program -- 503-284-5470
- SEI Community Services -- 503-285-0493
- Salvation Army Moore Street Center -- 503-493-3927
- Salvation Army Portland Tabernacle -- 503-239-1264
- SnowCap -- 503-674-8785
- St. Andrew Emergency Services -- 971-244-0339
- St. Mark's Lutheran Church Food Pantry -- 503-777-1443
- St. Vincent de Paul Portland Council -- 503-235-8431
- Sunshine Division -- 503-823-2120
- Toys and Joy Makers -- 503-231-8697
- Union Gospel Mission -- 503-274-4483
- We Care Food Market/Food Box Program -- 503-287-6343
- William Temple House -- 503-226-3021
- William Temple House North -- 503-283-3511
- YWCA Homeless Services -- 503-721-6760

## President-Elect Builds Team

continued ▲ from Front

and his six newest appointees. While Gates will stay at the Pentagon, Obama said the military's new mission will be "responsibly ending the war in Iraq through a successful transition to Iraqi control."

He said a newly completed agreement between Iraq and the Bush administration covering U.S. troops signals "a transition period in which our mission is changing." He added: "It indicates we are now on a glide path to reduce our forces in Iraq."

Obama has now selected half his Cabinet, including the high-profile jobs at State, Defense, Justice and Treasury. A week ago, he named his economic team, led by Timothy Geithner as treasury secretary. And soon he plans to announce New Mexico Gov. Bill Richardson as commerce secretary and former Senate Majority Leader Tom Daschle as health and human services secretary.

Obama's picks suggest he is mindful of his own relative inexperience; most of the appointees have decades more experience in government than he does as a former one-term Illinois senator. The selections also reflect his long-voiced desire to invite divergent viewpoints to chart the best course for the country.

"I assembled this team because I'm a strong believer in strong personalities and strong opinions," he said. "I think that's how the best decisions are made.... So I'm going to be welcoming a vigorous debate inside the White House."

"But understand I will be setting policy as president," he added. He said he will be responsible for "the vision that this team carries out, and I expect them to implement that vision once decisions are made."

Quoting Harry S. Truman, Obama said: "The buck will stop



U.S. Sen. Hillary Clinton with President-elect Barack Obama.

with me."

"The time has come for a new beginning, a new dawn of American leadership to overcome the challenges of the 21st century," Obama said.

Clinton will give up her seat as a senator from New York to join the Cabinet. Her appointment was preceded by lengthy negotiations involving her husband, the former president, whose international business connections posed potential conflicts of interests.

Holder, a former Justice Department official in the Clinton administration, led Obama's vice presidential search, while Rice was his top foreign policy adviser. Jones, meanwhile, advised both Obama and Republican presidential nominee John McCain during the campaign on national security issues. Last year he led a commission that advised Congress on progress in training Iraqi security forces.

Clinton, Holder, Napolitano

and Rice require Senate confirmation. Jones, as a White House official, does not. Nor does Gates, already confirmed to his post.

DHS: PUBLIC HEALTH DIVISION

### Protecting ONE takes EVERYONE!

**Is your family protected against pertussis?**

Pertussis can occur at any age, but infants and young children are at highest risk of life-threatening consequences.

Older children, adolescents, adults and parents who may have a mild illness can spread the disease to infants and young children.

The new Tdap vaccine will help protect your family.

For more information, please call your health care provider or 1-800-SAFENET to find out where you can get a pertussis vaccination.

Oregon Partnership to Immunize Children

DHS | Independent. Healthy. Safe.

shop online

## NEW SEASONS MARKET

**NOW DELIVERING**

Your favorite neighborhood grocery store now delivers groceries right to your home or office.

[www.newseasonsmarket.com](http://www.newseasonsmarket.com)  
you click. we deliver. (or pull up for pick up)

The Portland Observer Established 1970  
USPS 959-680  
4747 NE Martin Luther King, Jr. Blvd., Portland, OR 97211

EDITOR-IN-CHIEF, PUBLISHER: Charles H. Washington  
EDITOR: Michael Leighton  
DISTRIBUTION MANAGER: Mark Washington  
CREATIVE DIRECTOR: Paul Neufeldt

The Portland Observer welcomes freelance submissions. Manuscripts and photographs should be clearly labeled and will be returned if accompanied by a self-addressed envelope. All created design display ads become the sole property of the newspaper and cannot be used in other publications or personal usage without the written consent of the general manager, unless the client has purchased the composition of such ad. © 2008 THE PORTLAND OBSERVER. ALL RIGHTS RESERVED. REPRODUCTION IN WHOLE OR IN PART WITHOUT PERMISSION IS PROHIBITED. The Portland Observer—Oregon's Oldest Multicultural Publication—is a member of the National Newspaper Association—Founded in 1885, and The National Advertising Representative Amalgamated Publishers, Inc., New York, NY, and The West Coast Black Publishers Association

POSTMASTER: Send address changes to Portland Observer, PO Box 3137, Portland, OR 97208

CALL 503-288-0033 FAX 503-288-0015  
news@portlandobserver.com ads@portlandobserver.com  
subscription@portlandobserver.com