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The Benefit for Young and Old

President Ford's proposals plus the ongoing Federal action programs are specifically designed to improve the security, health and quality of life of older Americans. And yet, we all benefit, young as well as old.

For as the President reminds us, "each generation can measure its progress in part by its ability to recognize, respect and renew the contributions of earlier generations."

*President Ford is your President.
Keep him.*

President Ford '76

President Ford wants older Americans to be actively involved in his campaign. That's why we have established the *Older Americans for President Ford Committee*. We need your help. Join us.

Complete the information requested below and send to: The Older Americans for President Ford Committee, 1828 "L" St., N.W., Suite 505, Washington, D.C.

Name _____

Address _____

City _____

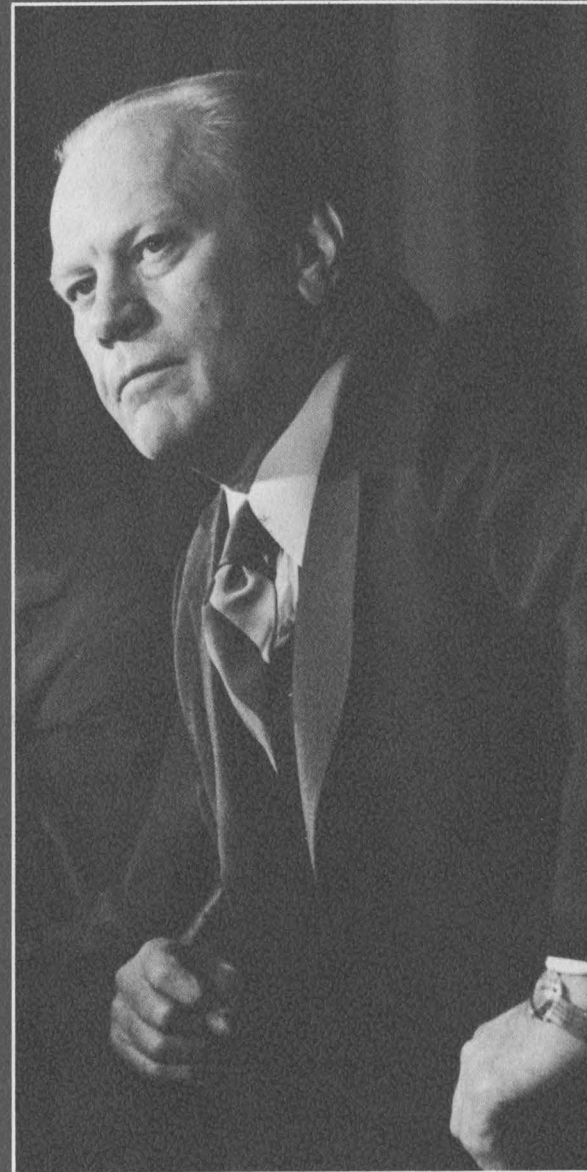
State _____ Zip _____

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President Ford is helping older Americans.



*"As President, I intend to
do everything in my power
to help our nation
demonstrate by its deeds
a deep concern for the
dignity and worth of
older persons."*

*President Ford's Message to Congress
on Older Americans*



"Older Americans continue to enrich our lives with their vision, strength and experience," the President believes, "They've earned the right to live securely, comfortably and independently."

But the President knows, "The single greatest threat to the quality of life of older Americans is inflation."

Under the President's leadership, inflation has been cut almost in half. But he knows more must be done.

That's why he has proposed increased Social Security and Medicare benefits.

Increased Social Security Benefits

President Ford has asked Congress for:

A full Cost-of-living increase in Social Security benefits, payable in July, 1976.

This will help maintain the purchasing power of 32 million Americans.

Maintaining the Integrity of Social Security

President Ford is concerned because the Social Security system "now pays out more in benefits than it receives in tax payments."

"I strongly reaffirm my commitment to a stable and financially sound Social Security system." With that goal in mind, the President wants to increase payroll taxes for workers and employers by three tenths of one per cent.

This will cost no worker more than \$1 a week per year. Most will pay less. Contributions will then match or exceed what is paid out, insuring the financial integrity of the system.





Catastrophic Illness Protection

Every older American lives in fear of a catastrophic illness.

President Ford says, "We have been talking about this problem for many years. We have it within our power to act now so that today's older persons will not be forced to live under this kind of a shadow."

To ease this fear, President Ford wants to protect everyone on Medicare against the cost of catastrophic illness. Under his proposal:

—*Unlimited stays in hospitals and nursing homes would be covered.*

—*No one would pay more than \$500 a year for hospital services, or \$250 for physicians or non-hospital care.*

—*Over one billion dollars would be made available to cover benefit payments for prolonged illness.*

President Ford wants to slow down the inflation of health costs by limiting increases in Medicare rates in 1977 and 1978 to 7% for hospitals and 4% for doctor's services. Further, he wants to discourage overuse of hospitals and medical services. Patients would pay 10% of hospital and nursing home charges after the first day. In addition the deductible would be increased from \$60 to \$77 annually.

Savings from limiting the increases in Medicare rates and some of the revenue from increased cost sharing will be used to finance the catastrophic illness program.

Strengthening the Older Americans Act

President Ford believes in and will continue to strengthen the Older Americans Act. He voted for it in Congress. Recently he signed into law an extension of the Act. Through the Administration on Aging, a national network on aging composed of state, area and nutrition agencies has been brought into being. For example, at 5,000 locations, the nutrition agencies serve older persons 300,000 hot meals a day, five days a week.

This network helps older persons to:

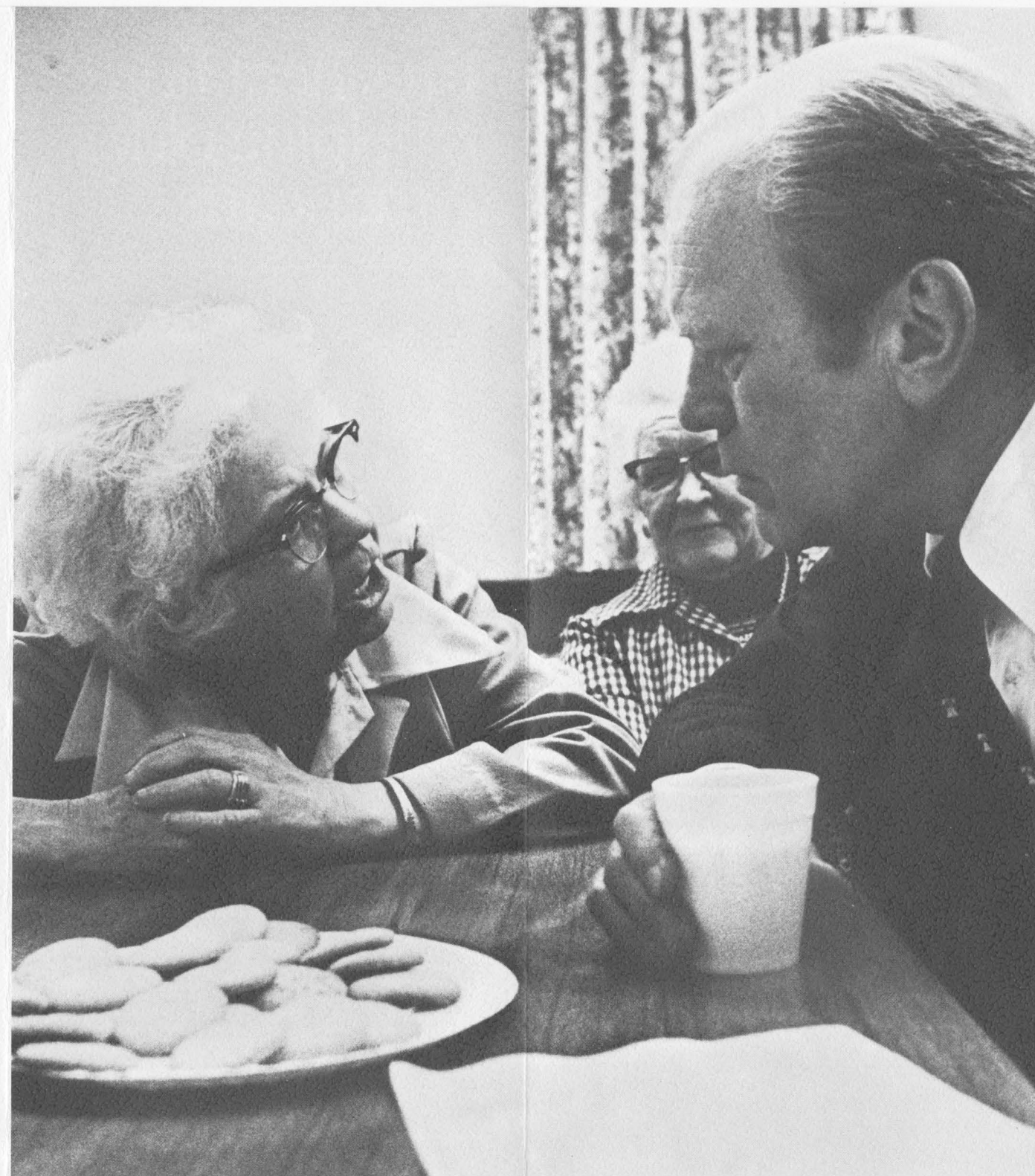
- Know what resources are available
- Secure services enabling them to live in their own homes
- Meet their needs for transportation
- Provide for the weatherization of their homes
- Obtain legal services
- Continue to be involved by serving in full-time, part-time and volunteer positions serving the community
- Cope with housing problems
- Participate in Senior Center activities
- Have a meaningful voice in setting priorities for meeting their needs at the local level.

Improving Nursing Homes

The network is launching a nation-wide ombudsman program for nursing home residents to hear and resolve individual complaints.

President Ford believes this will, "facilitate important citizen involvement in the vigorous enforcement of Federal, State and local laws designed to improve health and safety standards, and to improve the quality of care in these facilities."

The President Ford Committee, Howard H. Callaway, Chairman, Robert Mosbacher, National Finance Chairman, Robert C. Moot, Treasurer. A copy of our Report is filed with the Federal Election Commission and is available for purchase from the Federal Election Commission, Washington, D.C. 20463.



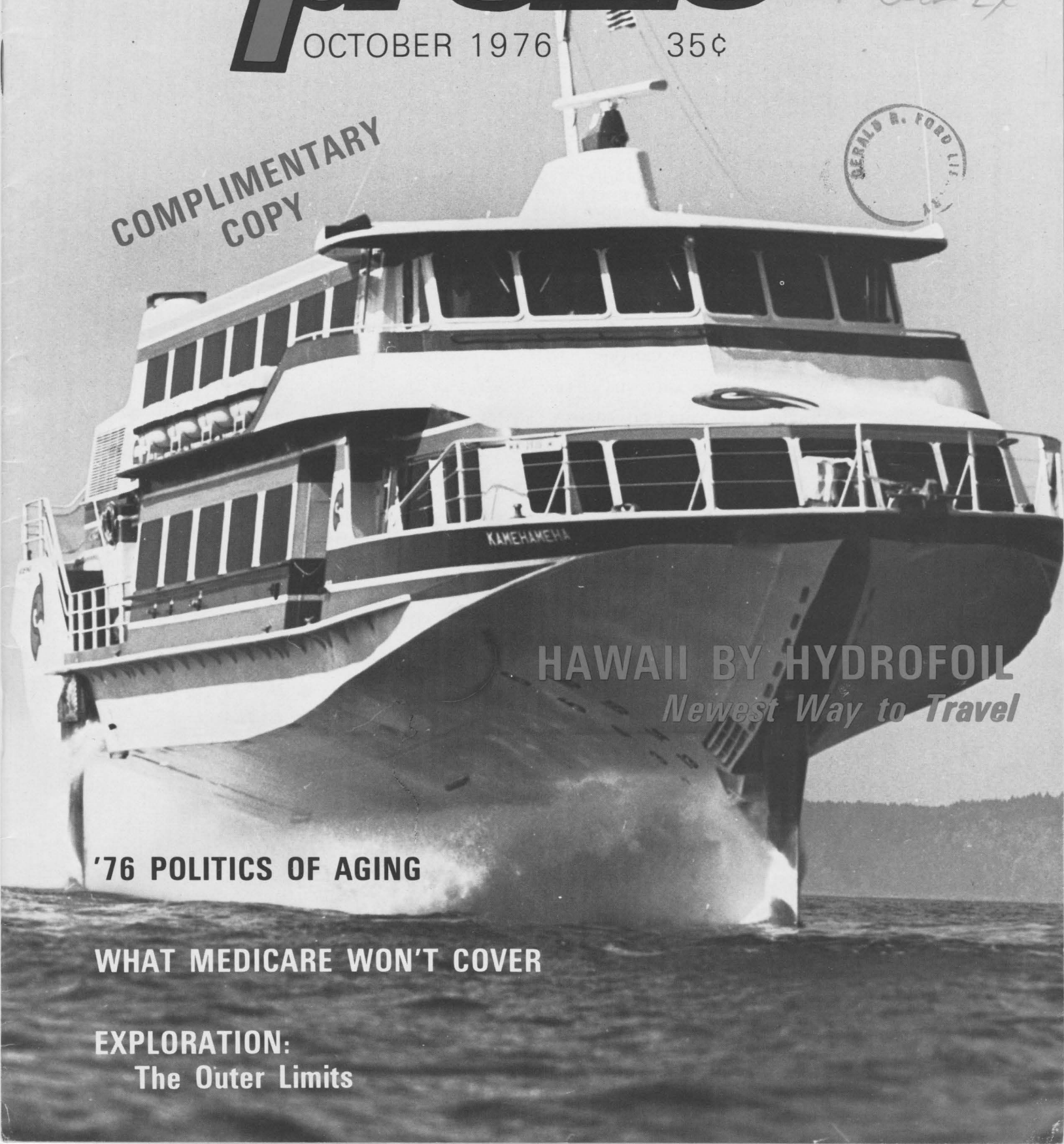
senior profile

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'76 POLITICS OF AGING

WHAT MEDICARE WON'T COVER

EXPLORATION:
The Outer Limits

IMPORTANT SENIOR NUMBERS

AARP (AMERICAN ASSN. OF RETIRED PERSONS).....	227-5268
711 SW Alder #314, Portland 97205	
ADULT DAY CARE CENTER (VOA)	232-2233
1111 SE Pine Street, Portland 97214	
AREA AGENCY ON AGING	248-4752
620 SW 5th, Portland 97204	
BELMONT DROP-IN CENTER.....	234-2510
3401 SE Belmont, Portland 97214	
CITY/COUNTY COMMISSION ON AGING.....	248-3960
430 SW Morrison #808, Portland 97204	
CITY OF PORTLAND AGING SERVICES FOR SENIOR ADULTS	248-4752
CLACKAMAS CO. SENIOR CITIZEN'S COUNCIL	655-8578
825 Portland Ave. Gladstone 97207	
COMMUNITY SENIOR CENTER OF HILLSBORO	648-3823,
372 NE Lincoln, Hillsboro 97123	(bus) 648-1414
COUNCIL ON AGING INC. WASH. CO.....	648-8720,
150 N First Street #405, Hillsboro 97123	640-3489
ELSA J. STUHR ADULT LEISURE CENTER.....	643-9434
5550 SW Hall Blvd., Beaverton 97005	
ERROL HEIGHTS SENIOR CENTER	774-2582
7414 SE 52nd, Portland 97206	
FOREST GROVE SENIOR CENTER	357-2021
2032 College Way, Forest Grove 97116	
FRIENDLY HOUSE SENIOR CENTER.....	224-2640
1956 NW Everett, Portland 97209	
GRESHAM SENIOR CENTER.....	665-7189
50 NE Elliott, Gresham 97030	
HOLLYWOOD SENIOR CENTER	288-8303
1820 NE 40th, Portland 97212	
HOLLYWOOD SENIOR CENTER CRAFT STORE.....	281-8274
4029 NE Sandy, Portland 97212	
JEWISH COMMUNITY CENTER.....	244-0111
6651 SW Capitol Hwy. 97219	
LAMBERT HOUSE/ADULT DAY CARE	234-9128
5120 SE 28th Ave., Portland 97202	
LAKE OSWEGO ADULT COMMUNITY CENTER	635-3758
505 Avenue G, Lake Oswego 97034	
LOAVES & FISHES INC.....	288-8351
1817 NE 17th Avenue, Portland 97212	
MCCA-MULT. CO. COMMUNITY ACTION AGENCY ON	777-4761
4420 SE 64th, Portland 97206	
MEDICARE.....	221-3381
MONTAVILLA SENIOR CENTER.....	254-0698
414 SE 81st, Portland 97215	
NEIGHBORHOOD HOUSE SENIOR ADULT PROGRAM.....	226-3251
3030 SW 2nd, Portland 97201	
NORTHWEST PILOT PROJECT	227-5605
824 SW 5th, Portland 97204	
OREGON CITY SENIOR CENTER	655-8335
706 Jefferson Street, Oregon City, 97045	
PACT SENIOR SERVICE CENTER.....	233-5426
3588 SE Division, Portland 97202	
PENNINSULA PROJECT ABLE	286-8228
8832 N. Syracuse, Portland 97203	
PENINSULA SENIOR CENTER.....	289-8208
7508 N. Hereford, Portland 97203	
PSU ADULT LEARNING CENTER.....	229-4739
Portland State Univ., PO Box 751, Portland 97207	
ROSE CENTER FOR SENIOR ADULTS (SALVATION ARMY)	234-0825
1785 NE Sandy Blvd., Portland 97232	
RSVP	248-4752
620 SW 5th, Portland 97204	
SANDY SENIOR CENTER.....	668-5569
38885 Pioneer Blvd., Sandy 97055	
SENIOR CITIZEN SERVICE CENTER (VOA)	234-9112
726 SE Ash, Portland 97214	
SOCIAL SECURITY	221-3381
SOUTHEAST SENIORS, INC.....	234-9371
3588 SE Division, Portland 97202	
TIGARD SENIOR CENTER.....	639-3273
10445 SW Canterbury Lane, Tigard 97223	
URBAN LEAGUE SENIOR ADULT SERVICE CENTER	288-8338
3904 NE Union, Portland 97212	
VOLUNTEER BUREAU OF GREATER PORTLAND.....	222-1355
718 W. Burnside, Portland 97209	
VOLUNTEERS IN SERVICE ACTION (VISA)	777-4761
4420 SE 64th, Portland 97206	

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Don't take old age sitting down!

Right now millions of Americans are being forced to sit back and rock their lives away. Simply because they're older. Stop and think about it!

It's going to happen to you. You're going to be "older" someday.

And you're going to have to face the same problems that exist today. Unless you start changing your attitudes about aging now. Get rid of your stereotypes!

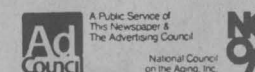
Try and imagine what you'll be like. What you'll want to do. What you'll want to contribute. That's all we ask.

But you'd better hurry. If you don't want to take your old age sitting down, get off your rocker and separate the facts from the myths.

For more information on what you can do, write: The National Council on the Aging, Inc. Box 28503, Washington, D.C. 20005.



Get off your rocker.



COVER

The Hydrofoil, seaflite, leaves from Oahu for the island of Maui.

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At 100 He's Home From the Sea

Sam Best, after sailing the seven seas and viewing the world from a span of 100 years, finds himself in a safe port among friends at the Forest Grove Masonic and Eastern Star Home.

Born, Sept. 1, 1876 in Glasgow, Scotland, in a family of nine children, Best early set out to make his own way. At 16 years of age he went to sea as an apprentice seaman. He worked up to able seaman and eventually to marine engineer.

His travels ceased when his ship came to Portland at festival time and he met his future wife. He became a land-locked seaman but turned his machinist training to employment in Portland.

He and his wife lived for a time on Borthwick Street in North Portland and later moved to Miles Place, south of the Sellwood Bridge, on the west side of Portland.

Best was initiated into Masonry in his home town of Glasgow but transferred to what was then known as Albina Lodge 101, receiving the fellowcraft degree on Nov. 19, 1905. The



Sam Best enjoys the bagpipe tunes of Duncan MacKenzie.

lodge now best known as Oregon 101, of which Best has been a member for 70 years, participated in honoring its veteran member with a birthday

party at the Masonic Home in Forest Grove on Sunday, Aug. 29.

Arylie Shannon, worshipful master of the lodge; and Walter Flager, senior warden and William M. Spencer, junior warden, participated in the presentation of gifts to Brother Sam. The Al Kader band saxophone sextet serenaded Best and the guests assembled in the Home auditorium. Particularly appreciated by Best were the bagpipe tunes played by Duncan MacKenzie of Mt. Tabor Lodge who recalled having delivered daily papers to Best when he lived on the Portland west side.

The week of celebration for Best was continued when the Forest Grove Rainbow Girls gave him birthday anniversary recognition on Wednesday, Sept. 1.

Best is now looking forward to 101 when his age will match the number of his home lodge in Portland. ■



A centenarian celebrates at the Masonic Home in Forest Grove.

ACTION IN SALEM



by Ann Goddard

The first step has been taken to translate the wishes of seniors into legislative action. After a series of polls and meetings this spring, the Legislative Subcommittee of the Governor's Committee on Aging has compiled a list of issues deemed most

important by Oregon's elderly. The list has been presented to the full committee which, after ratification, will begin to gather coalitions to lobby for special bills.

The polls involved nearly 250 senior organizations and three or four

times as many individuals. Seniors were asked to suggest legislation, then the suggestions were forwarded back to them for comment. In July a set of 59 legislative suggestions dealing with eleven subject areas were used as a "ballot" by seniors throughout the state.

The Legislative Subcommittee used the ballot results at their meeting on August 2, and identified the "number one" priority as well as additional bills in each subject area.

To increase effectiveness, the Committee on Aging is sponsoring a Legislative Training Advocacy Course to interested groups throughout the state. One such session was held the end of July at the PACT Senior Center in southeast Portland. Topics covered were "Senior Power: Fact or Fiction", "Organization of the Oregon Legislature", "How a Bill is Introduced, Lobbied, and Passed", "Approaching the Executive Branch", "A Team Approach for Advocates", and "Getting the Act Together Ahead of Time". Also sponsoring the training are the Oregon Republican Party, the Oregon Democratic Party, the Oregon League of Women Voters, and the Oregon Council of Senior Citizens.

The following list of priorities will be written into bills after changes which will inevitably be made before the legislature convenes on January 1, 1977.

The "overall top priority legislation" is to shift the tax base from property tax statewide and to provide at least 50% state support for schools.

In the housing category, the top priority is to provide more housing for the elderly, with priority to low-income elderly, at reasonable cost to occupants, and with state financing.

The employment-retirement category has two top priorities: to allow retired state employees to work for the state long enough each year to earn income allowed by Social Security, and to allow and give priority to older job applicants in community service programs which provide service to the elderly.

Health's top priority is basic: to provide general fund dollars to county health departments.

Under alternatives to institutional care is the priority to continue a program such as "Project Independence" which provides a variety of

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home services to elderly who are at high risk of institutional care. Those who are not eligible for welfare and whose incomes are less than \$3,000 for an individual and \$5,000 for a couple would receive the service free. A sliding fee would apply to others based on ability to pay.

Recreation's priority is to amend the present state requirement of 50 years residency in Oregon to obtain a \$1 Pioneer Angler's License to 30 years.

To obtain greater influence with the Governor, an Office of Elderly Affairs is proposed as a program administration priority. A somewhat similar position is currently held by Ruth Shepherd who is a special assistant under the Department of Human Resources. The new position would be as advocate and state coordinator and would hopefully elicit a strong administrative response.

In mental health, the list recommends mandating training programs for mental health service providers which would sensitize those workers to needs of the elderly. Also a priority is to provide additional clinical services to seniors at the local level on a "fair share" basis. (At this time less than 2% of local funds go to elderly mental health.)

Insurance is likely to be a hot issue this year, and the transportation priority considers it: to limit liability insurance costs for senior bus systems, or provide state-wide, reasonably priced liability insurance for those systems.

On the tax issue, a more specific priority is to combine present property tax relief and renter assistance programs, to increase amounts of tax refund and relief to renters at the low-income levels, and to allow low-income elderly to include utility costs.

Under miscellaneous is the top priority of protecting heirs from exorbitant legal fees connected with probate.

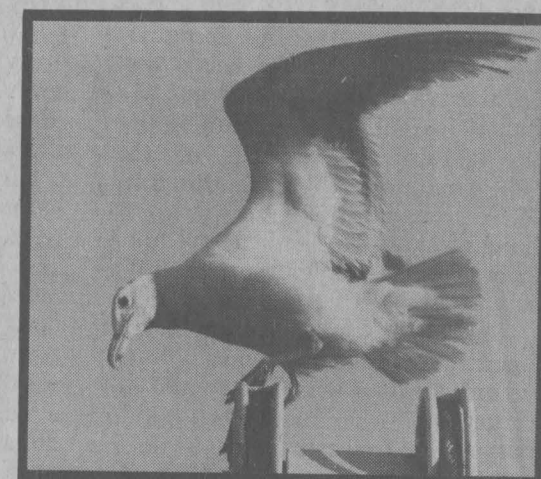
The Governor's Committee on Aging is still looking for feedback on the list of legislative priorities, as well as people interested in lobbying for specific bills. To find out more, contact Ruth Shepherd, Executive Officer, Governor's Committee on Aging, Room 314-A Public Service Building, Salem, Oregon, 97310, or call at 378-4689. ■

AROUND THE NORTHWEST

The Gulls Glide With You to —

Victoria, B.C.

by Ann Goddard



You may have forgotten, but there's a foreign country nearby.

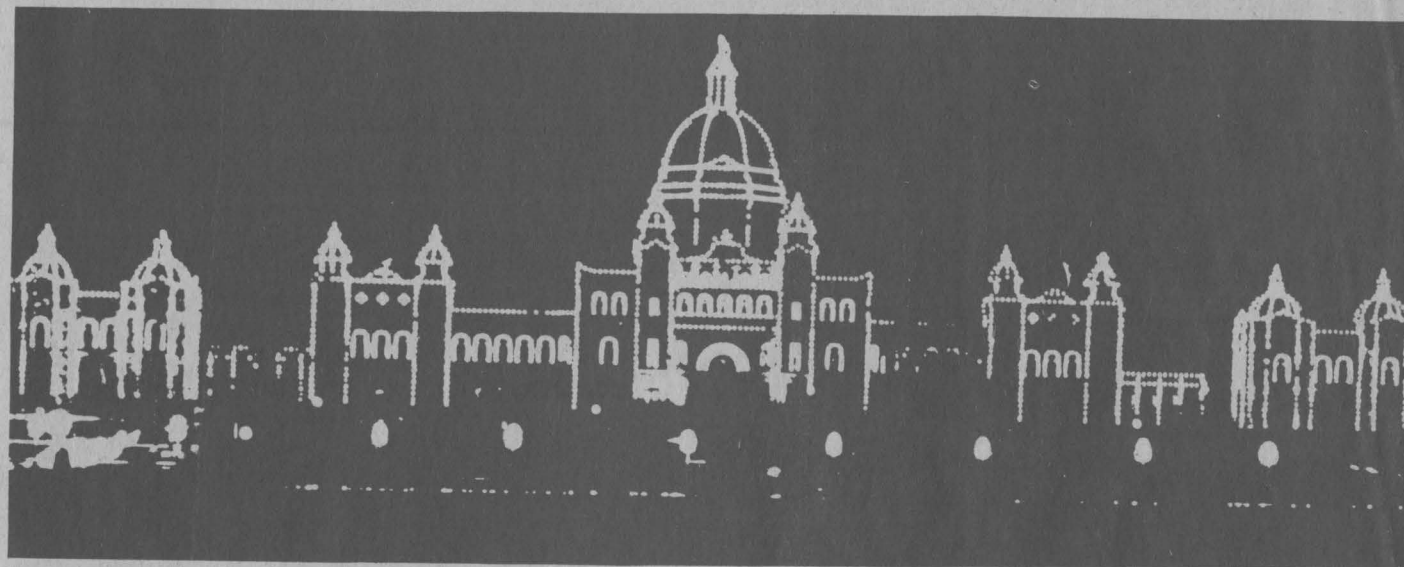
Although Vancouver, British Columbia, Canada, may have struck you as about the same as Seattle, Victoria won't.

Heading toward the southern tip of Vancouver Island, going to Victoria can be quite an adventure. You can fly, but the plane lands nearly as quickly as it takes off. The traditional route is by ferry, though this month you'll have the opportunity of trying one of those new hydrofoils from Seattle to Victoria.

If you plan to take a car, plan on the ferry leaving from Port Angeles, Washington (west of Seattle) or Anacortes, Washington (north of Seattle along the Interstate). A car will cost \$11 to cross, with campers and trailers costing more. Be sure to get in line several hours early, as it's usually crowded.

You may be better off walking, as most of Victoria can be reached by bus or foot and your ferry fare can include the bus to town from the dock at Sidney. Passenger fare is \$2.75.

The prettiest route is out of Anacortes, taking you through the lovely San Juan Islands. It takes about three hours. The Port Angeles ferry leaves more often. The new hydrofoil will replace the Princess Marguerite on its route out of Seattle, arriving at the docks in front of the parliament Buildings, a spectacular sight at night when electric lights outline the buildings and the Empress Hotel. The speed boat leaves Seattle, Pier 64, at 9 am and arrives almost two hours later (two hours faster than the ferry). The fare is \$16 one way, \$4 cheaper than air fare. Cars won't



The British Columbia Parliament buildings are spectacularly outlined by electric light bulbs at night, as seen from the Victoria harbor.

fit on the foil; it's more like an airplane than a ferry.

After the refreshing ferry ride where you probably fed the seagulls with cracker crumbs and got your hair blown a bit, you'll want to taste the flavor of Victoria. It is very English, though you'll hear the lilting of Scotch and Irish, too. From the hanging flower baskets to the horse-drawn carriages, Victoria is unlike any other North American city.

The information center on Government Street near the docks will help you in deciding where to go and how to get there. Double-decker London buses leave from that area, as do the

"Tally-Ho" horse-drawn carriages. They'll also tell you how to catch the bus to Butchart Gardens, a must for every visitor. The gardens are planted in huge banks of blooms, calculated to bloom all year long (even at Christmas!).

Also in that dock area are the Parliament Buildings, with their recently gilded statue of Capt. Vancouver, and the Provincial Museum. The museum is quite large and offers one floor with a replicated gold rush town, and a large collection of Northwest Indian art. Near the museum is a carillon tower, ringing regularly, donated by the Dutch. In back of the

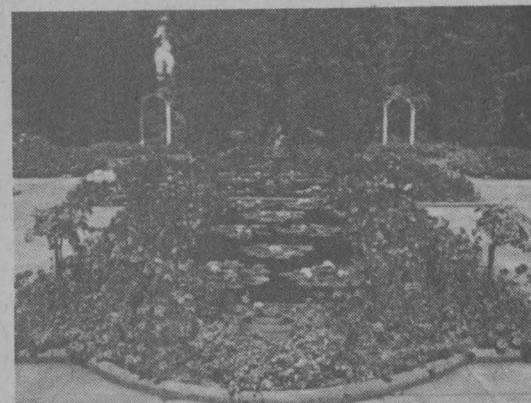
museum several Indians demonstrate the ancient art of totem pole carving, as it was carried on by the late Chief Mungo Martin.

The Empress Hotel rises imposingly next to the Parliament Buildings. An antique and grand old hotel, it's the place where the Queen stays when she visits the city. Afternoon tea with crumpets are served in Victorian stateliness, surrounded by potted plants and well-dressed visitors. Rooms at the hotel are of the luxury price. The Empress has a yearly festivity at Christmas, with processions and carols and a huge Christmas feast.

It's not a far walk from the docks to the center of town, where a number of unique items can be found. Victoria is the antique hunter's paradise. Most of the antique shops are on Fort Street, between Quadra and Cook streets, though one shop specializing in silver is above Cook and shouldn't

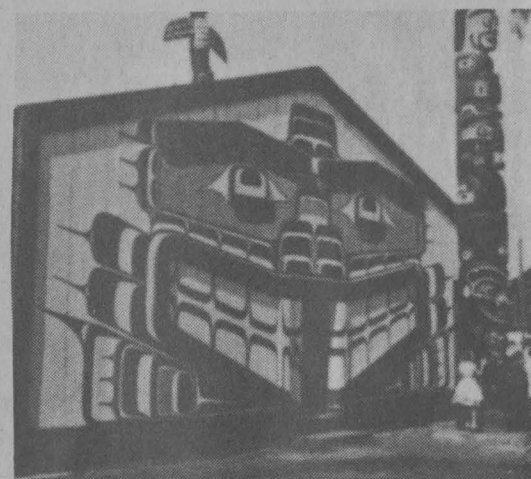


The Empress Hotel is the grande dame of Victorian lodging. Flower baskets in bloom hang from every light post in the city.



Butchart Gardens are deservedly famous for their well-kept gardens forever in bloom.

Totem poles are an ancient tradition kept alive by the British Columbia Indians.



The Dutch donated this carillon tower whose beautiful bells chime in the harbor area.

be missed. The best English woolens are available, as is the best Canadian rye whiskey (it's also less expensive there). English china is usually cheaper and there is a greater selection in Victoria. Cowichan Indian sweaters, heavy with black and grey geometric designs, are found there and not in the U.S.

Just as things have gotten more expensive here, they are more expensive there. A 7% sales tax will accompany nearly everything you buy. A change from the past, the Canadian dollar is worth 3% more than the American now. Clothes are generally more expensive there, as are accommodations, food, and gas. Going in the fall and spring, the off-seasons, will cut down on some costs.

A beautiful sight-seeing trip within Victoria is down Dallas Road to Beacon Hill Park. At Ogden Point are the ship docks where hundreds of foreign freighters put in. Many of the Victorian mansions along the road are gone; many aren't and give historic flavor to the area. Long flights of steps lead down to the wave-torn beaches. Where Dallas Road hits Beacon Hill Park, a sign marks Mile

0, the beginning of the trans-Canada Highway which ends in Newfoundland. Still on Dallas Road, you will pass the tallest totem pole in the world.

Beacon Hill Park is wonderful for a walk. A series of ponds host thousands of ducks and geese who will gladly accept bread crumbs. Banks of flowers delight the eye and nose. A band shell sometimes provides space for the band or symphony on Sundays. The park is completed with ocean views, a small zoo, and wooded paths.

For dinner, you may want to try the converted ferry boat, the Princess Mary, just beyond the Johnson Street drawbridge.

For a short trip out of Victoria, take the scenic Malahat Drive. Fir covered hills dive down to deep gorges, reminiscent of Norway's fjords. The drive leads to Nanaimo, where you can catch the ferry over to Vancouver.

The island city, Victoria, has a mild, less rainy climate year-round, and deserves a visit this fall. Without a fortune, escape to a foreign country. ■

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VISION AND AGING

Glaucoma — Cataracts — Macular Degeneration

The increased provision for eye care and the early detection and control of eye and vision disabilities is one of the important trends in the current nationwide movement for the welfare of the aged. A major part of that movement involves informing the senior citizen about common changes of the vision system that occur as we grow older.

Three of the most common changes seen in the older eye are cataract, glaucoma and macular degeneration. Technically, a cataract is any opacity or cloudiness of the crystalline lens of the eye. While almost everyone, from childhood to old age exhibits some degree of clouding of this lens, a cataract is not considered a problem until it interferes with useful vision.

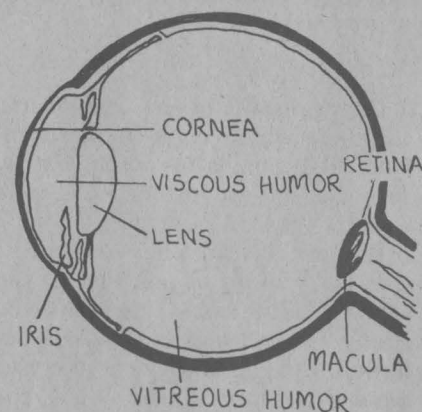
What would cause a cataract to develop and what can be done about it? While the exact cause is not fully known, it is believed to be related to the normal aging process and an alteration in the nourishment to the lens. Certain molecular changes occur in the cortex and lens capsule which are not consistent with clearness and transparency. Another contributing factor is the fact that the crystalline lens continues to lay down new fibers and to grow throughout life, steadily increasing in thickness, volume and weight. As this happens the center of the lens, the nucleus, is compressed with a resulting loss of transparency. These and other changes in the structure of the lens are some of the reasons for the developing "dimness" of vision experienced by so many.

Developing cataracts can be detected as part of a routine optometric vision examination. If detected early, good vision can usually be maintained with the help of prescription lenses until such time as surgery by an ophthalmologist may be required. After the cataract or cataracts are surgically removed, optometric treatment in the form of special light weight spectacles and/or contact lenses will permit the older individual to once again enjoy the bright, col-

by Dr. John Boyer

orful world around him.

Glaucoma is an eye condition in which there is an increase of fluid pressure inside the eye to a point where eye health and vision suffer. This build-up of pressure is due to an imbalance in the production and drainage of a vital nourishing fluid in the front part of the eye, the aqueous humor. Most often the outflow of aqueous humor is restricted by a change in the meshwork which allows it to drain back into the general circulation. This meshwork is found in the angle formed by the cornea and the root of the iris. Another cause of pressure buildup comes



when this angle suddenly closes either partially or completely. The chance that a person will develop glaucoma increases with age. More than 90% of all cases occur in people over age 35. Glaucoma can show itself in different forms, but the symptoms of the most common form often go unrecognized by a person or are attributed by him to other less serious eye conditions.

Periodic optometric vision examinations which include a tonometry test (a simple, painless measurement of eye pressure), and/or a visual field examination are the best way to protect ourselves against unsuspected

and unnecessary vision loss due to glaucoma. Should glaucoma be suspected or detected, prompt referral for medical or surgical management will be made by the optometrist. Medical care by an ophthalmologist or family physician may take the form of daily "eye drops" designed to keep eye pressure controlled.

The term "macular degeneration" refers to a group of changes that occur in the region of the macula, that part of the light receptive retina which provides us with our daylight central vision and allows us to perceive fine detail such as print or the recognition of faces. Our so-called 20/20 vision is provided by the macula as is our color vision.

Macular changes can come about as a result of high blood pressure, kidney disease, blood vessel diseases and diabetes. Other factors which may cause a reduction in our sharp central vision are malnutrition and lack of vitamins (especially vitamin B complex), excessive smoking and/or alcohol, certain infectious diseases, and environmental conditions such as lifetime exposure to excessive light and heat, solar eclipse or welder's arc.

Once the underlying cause of these common macular changes is determined and the condition is stabilized by proper medical treatment if needed, the patient is then able to avail himself of proper optometric treatment in the form of special low vision aides. When the "20/20 vision" changes to 20/40 or even 20/200 and cannot be restored through the use of "conventional" lens prescriptions, the person is not able to read a newspaper, or book, crochet or sew accurately, enjoy television and many table games or even easily identify the face of a friend.

At this time an optometrist well trained in the prescribing of low vision aids therapy can often help the senior citizen regain a level of visual function which will allow him to return to these simpler pleasures of life and so assure for him wider dimensions of health and enjoyment. ■

HAWAII BY HYDROFOIL

by Ann Goddard



You may have been on the Hawaiian Islands, but chances are that you haven't been to the "other islands" by hydrofoil.

Up until June 1975, the only way to get from Oahu to Kauai, Maui, and Hawaii was by the two airlines' planes. A regular steamer used to operate up until 1949, but the ride was very rough. The hydrofoil, by skimming above the waves, avoids seasickness.

The hydrofoil (the passenger version is called the jetfoil by Boeing)

flies over the waves on waterborne winglike structures. Unlike a plane, the hydrofoil boat's wings (or foils) use the lifting capability of water rather than the buoyancy of air. Attached to the hull by a system of struts, they lift it several feet above the surface, allowing it to zip along unaffected by water resistance.

Hydrofoils aren't new. The first was the product of an accident in 1861 when an Englishman attached wings under his boat to study the aerodynamics of the wings. To his amazement, the vessel rose from the

water. The first efficient one was designed in Italy in 1898. Alexander Graham Bell designed one of the most successful hydrofoil boats in 1918.

The commercial passenger hydrofoil is 90 feet long and cruises at about 50 miles per hour. The interior is similar to an airplane's, with windows constructed to allow an unobstructed view of the passing island vistas. Inside the cabin, the jet noise is about the same as an airliner, with sideways motion similar to a train's.

From Honolulu on the island of

Oahu, you'll want to travel west to the island of Kauai. Leaving Honolulu at 1:10 in the afternoon, you'll arrive at Nawiliwili, Kauai at 3:50. The least inhabited isle, Kauai is really "rural Hawaii".

Russia at one time claimed Hawaii and you can visit an old Russ fort near the Waimea River. Travelling up the highway to Waimea Canyon, you'll view an orgy of green foliage. Fifteen miles up is the Kokee tracking station where the U.S. Air Force keeps track of its many satellites and space flights.

Spend another day on the east coast. Driving up through the plantation town of Kilauea you'll view

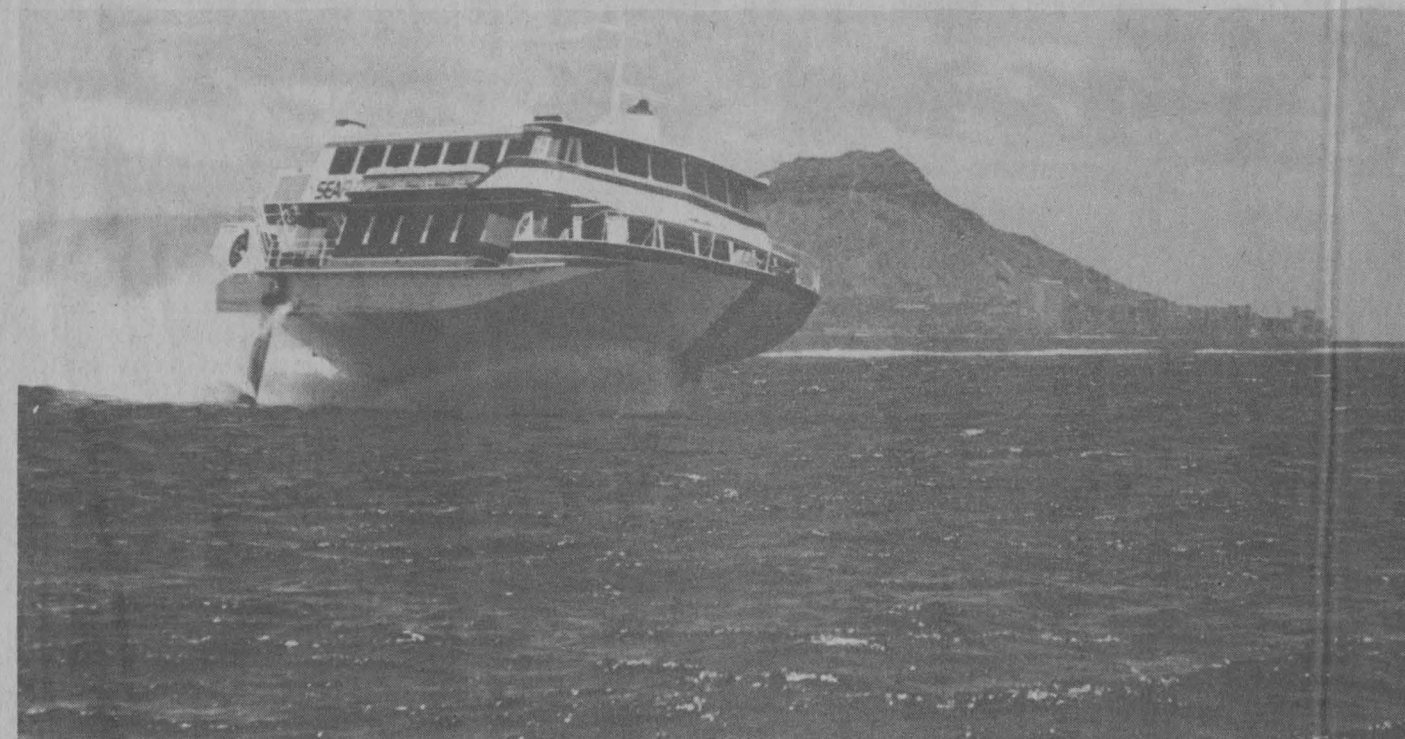
miles of rice fields. Farther up the road is Hanalei Plantation, where waves up to 30 feet high roll in.

An evening ride takes you back to Oahu, and the hydrofoil leaves for the island of Maui in the morning and in the afternoon. After a thrilling ride through the Molokai channel, the boat lands at Maalaea, not far from the tourist spots. While on the island, be sure to catch the last train in Hawaii, travelling the ten miles from Lahaina to Kaanapali. Try the open-air coach for a breath of tropical air.

You'll depart Maui Sunday morning for Kailua-Kona on the big island of Hawaii. Considering the high price

of coffee on the mainland this year, you'll want to bring home some of the best from Kona. Across the bay is a monument to another great seafarer, Captain Cook, which occupies a small spot of still British territory. Other attractions will be mentioned to you often — the volcanoes and black sand beaches, the resorts such as the Moana Kea Hotel.

If you're tired of hydrofoil travel or don't want to stay on Hawaii until the hydrofoil leaves the next Sunday, take the plane. The fare is almost exactly the same as the hydrofoil's. From the air you'll get a bird's-eye view of the route you took through the Jewel of the Pacific, Hawaii. ■



Kamehameha Jetfoil takes off for the island of Kauai from the Aloha Tower in Honolulu. Diamond Head in the background.

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Dispelling the Myths

by Margaret E. Kuhn

Margaret E. Kuhn, of the National Steering Committee of the Gray Panthers, delivered the following paper (excerpted) last spring at a public policy program in Spokane, Washington sponsored by Whitworth College and various community agencies.

This is a new age, of liberation, of self-determination, of freedom. Winds of change are blowing from every quarter, disturbing every system, every organization, every human group. None of us can escape or hide from these changes.

Some groups have been unmoored, damaged by these changes. Some have been liberated by them. Some are resisting them. In this age of self-determination and liberation many groups are struggling for freedom. Their struggles are all of a piece:

The non-whites struggling against racism.

The women struggling against the domination of men and sexism.

The young and the old struggling against agism.

The developing nations in the third world struggling against United States imperialism and Pax Americana.

All of these struggles are linked in the worldwide struggle for a new humanity. Together they have the potential for a new, community-based social justice, human compassion, and self-hood.

These winds of change are impelling, empowering. They can free us or destroy us. Let's take a big breath of them and free ourselves! As liberated spirits we can shake off our old hang-ups and prejudices, heal ourselves of the brain-damage society has done to our heads, demythologize ourselves and our society.

Life is a continuum — one whole entity that we have violated with all sorts of quackery about getting old. We have chopped up life in little pieces and wrapped each piece in plastic ersatz segregation from other pieces. We have made old age lonely and frightening. We have made youth

isolated and rootless.

The myth: old age is a disease which nobody will admit to having.

The myth: old age is disengagement, beginning with enforced retirement, a shock which some people never get over.

The myth: old age is mindless.

The myth: old age is sexless.

To demythologize these myths we need to find and affirm wholly new images of ourselves and take on some entirely new roles, new to western society.

We need to counter the old dehumanizing images with new ones.

We are not senior citizens or golden agers, we are elders, the experienced ones. We are maturing, growing adults responsible for the survival of our society. We are not wrinkled babies, succumbing to trivial, purposeless waste of our years and our time.

We are a new breed of old people. There are more of us. We are the longer-living folks, better educated,

healthier, with more stake in this society. We are redefining goals and taking stock of our skills and experience.

We have so much in common with young people. Society keeps us apart and induces us to hate and fear each other. But together we affirm and empower each other. We seek and are finding a new identity and we are building a new coalition of youth and age.

We have a lot to offer society. We aren't finished or washed up. We have ideas; we have time and freedom to learn and grow; we have experience and a sense of history.

We are and should be perfecting a new image of moral strength and courage. We are the only ones in society who are free to initiate change, challenge the status quo and its pervasive malaise, corruption and cynicism.

We are rediscovering and enhancing our sexuality, reaching out to each other with tenderness and depth of feeling. Each age has its attributes and its appropriate sexual responses.

We are not passive and powerless. We are engaged and outraged at the apathy, the injustice and inhumanity all around us.

With these ego-strengthening images of ourselves we have proven ability to cope with change and adversity and survive.

We have enormous freedom to speak out, and equally great responsibility to take the risks that are needed to heal and humanize our sick society. We can try on the future for size and take on entirely new roles, dangerous roles. Let me describe some of them:

Testers of a new life style: In old age we don't have to compete, but we need desperately to cooperate, to live communally, to reach out to other human beings we never knew before. Our society worships bigness, numbers, profits. We esteem smallness, small groups caring for each other, small groups of activists taking on the giants. Small is beauti-



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ful.

Builders of new coalitions: Age is a universalizing factor, enabling us to close ranks on young and old, black and white, rich and poor, coalitions of power and shared humanity, old and handicapped natural allies.

Watchdogs of public bodies, guardians of the public interest and the common good: We are cadres of watchdogs — observing the courts,

to be shaped by new standards of performance.

You are performing well in the public interest when you are enablers, energizers, liberators. You send us to be your spokespeople and our own in hearings in public meetings. Many of you are caught in bureaucracies which hold you captive, and which you can't change. We can be your advocates.

"WHAT ARE WE GOING TO DO THE REST OF OUR LIVES?"

watching city councils, watching the public and quasi-public bodies where critical decisions are made, often hidden from public view (planning commissions, utility commissions, transportation authorities, school boards, state legislatures).

Advocates of consumer rights and whistle-blowers on fraud and corruption: We are patient advocates in nursing homes, advocates of the hearing-impaired, advocates of farm workers, advocates of elderly residents in retirement homes.

Monitors of corporate power and responsibility, TV viewers watching and monitoring TV and the press, organizers of protests in stockholders meetings, ethical counselors reminding the multinational corporations of the ultimate ethical questions about their operations, safety of their workers, protection of the environment.

Healers of a sick society, using our weakness and deprivation as powerful social criticism and a lever for change.

Critical analysts of contemporary society and planners for its future directions, shrewdly assessing our materialism and the ersatz values of our plastic world.

There is much that we need and must do together. In this age of liberation and self-determination, ministers, directors of homes for the aged, coordinators of the federal, state, and area-wide programs for the aged, doctors, nurses, social workers, have to shift gears and stop treating us like children and wrinkled babies.

There is a massive paternalism for us to overcome. Well-meaning professionals doing for us simply have to be challenged. Professional goals as ministers, counselors, educators need

Where do we go from here? Is it over the hill? I believe we stand precariously on the brink. We have the capacity to destroy our society or heal and humanize it. America suffers from rampant ennui. Old people often have an exaggerated case of ennui linked with cynicism, loneliness and despair. Much of the despair will lift when we realize that the power ultimately is in the people. Great system problems oppress and discourage us from any action.

The big question is before us: What are we going to do with the rest of our lives? We are the stewards of our lives. We are the futurists! How do we keep ourselves alive and contributing to our society? How do we motivate our peers who have copped out? How do we get back into the mainstream when we have been pushed out by compulsory retirement?

We propose: The small thinker and the small disciplined group that dares to rock the boat, do battle with the giants (a lot of little Davids with carefully aimed pebbles bring down the giants); the creative bypass of systems, the healthy block; coalitions of the powerless, the handicapped; the innovative leadership of mavericks; the convening of dissenters.

One important resource now available to old and young is education. Education is important because it increases our personal growth and development, it enlarges our understanding of our world, it establishes contacts with young people, it gives us a base for attacking agism, it prepares us for new lifestyles, and it equips us for public citizenship.

We should be the risk-takers, the boatrockers. We have nothing to lose!

Bootleg Summer

by Nina Bouker

Our family's eastern Oregon stage line (in those days a bus line) was a "stage line" failed in 1929. Father moved us to Portland to take what he called a breather. But he really hadn't intended to move in with bootleggers.

It was all Mother's fault. Mother, then in her romantic novel phase, became quite entranced with the marble-columned ornate hotel and its air of faintly run-down elegance.

The basement apartment was cheap and the landlady, whose sharp eyes belied her grandmotherly appearance, didn't object to children which really wasn't too strange. Having children in the building gave a semblance of propriety.

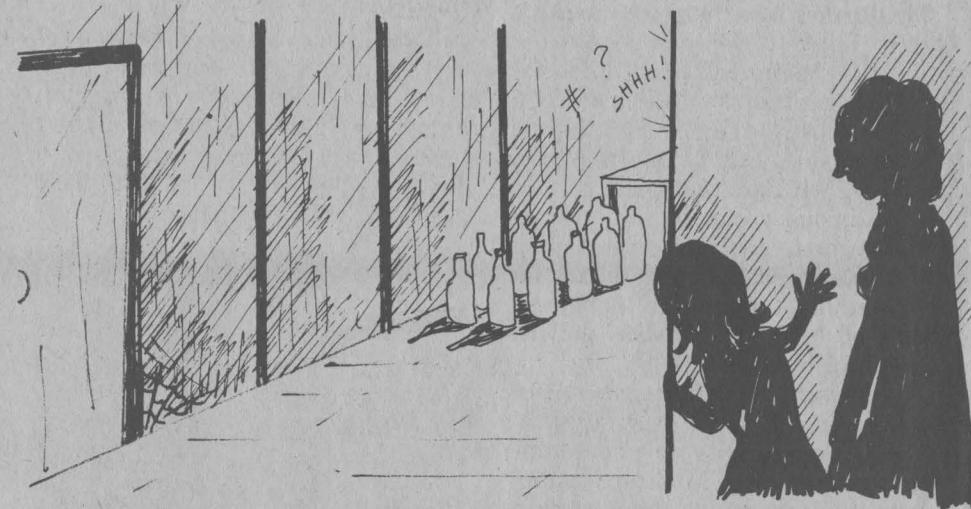
Afterward we spoke to others of that summer in an offhand way as the time we stayed at Mother's "English" hotel. Spoken of that way our venture sounded kind of like a city vacation. Among ourselves the venture was known as the "Bootleg Summer".

It wasn't long until we discovered all the other tenants were men whose most noticeable characteristic was a guarded preoccupied look. They dressed in close fitting Hemingway style suits, as though they were all cast from the same mold.

Mother gently cautioned us, especially me, as I was 17 and the oldest, to be sure not to get in any one's way and not to talk to any of "them". She really didn't have to worry. Those velvet collared men didn't want our attention any more than we wanted theirs.

Most of the activity took place at night. Polished black sedans stopped above our basement windows and in the darkened room we peered up in fascination. Silent men loaded and unloaded heavy cartons, only faintly outlined in the yellow street lights.

Since we had no phone — Father said there was no use installing one since we weren't settled yet and besides, we all knew we couldn't afford



a phone — we sometimes used the landlady's. The phone was in a tiny vestibule and we could see little of the rooms beyond. At night they were lit by a pinkish glow seen through a smoky haze. In the daytime the windows were covered by heavy draperies.

One evening I got a glimpse of a double row of unmarked bottles on the floor and heard what appeared to be the remains of an ongoing argument. Then someone hissed, "Sh-sh."

Although I couldn't see anyone but the landlady, who was hovering over me, I had a quick mental picture of a group of people like statues caught in a moment of suspended animation, glasses in hand and mouths open, ready to instantly come to life as soon as I shut the door behind me.

Another time I was looking for our mail just outside the heavy swinging front door when a car drove up and two men got out. One I recognized, but the other, good-looking in a bold self-assured way, I had never seen before.

As he bounded up the marble steps he smiled at me in a disarming manner.

"Hey, Johnnie," he said over his shoulder, "You didn't tell me about this."

I don't remember whether I was

frightened or flattered, probably a little of both.

All of a sudden he was roughly shoved through the door and Johnnie ordered harshly, "Let her alone."

We cherished the notion they didn't know we suspected they were bootleggers until one day when I took my four year old brother, Danny, to the laundry room with me. One of Mother's admonitions was never to go to the laundry room alone. As I listened to the radio I momentarily forgot Danny. When I looked around, he was gone. Panic stricken, I called him. No answer.

Running out into the dimly lit hall, I saw his small figure at the far end. At first I didn't notice the man; his dark clothes melted into the background.

"Danny, come here right now."

"It's O.K." Danny said importantly, "It's just talking to a bootlegger."

I was speechless.

The words seemed to float and hang in the startled silence. Then the accused bootlegger burst out in explosive laughter. As he turned abruptly toward the stairway he gave Danny a whack on the backside.

"You're O.K. kid."

The next day our wary pretense resumed with our neighbors, the bootleggers. ■

What Medicare Doesn't Cover

by Ann Goddard

Medicare is a big help to America's elderly, but not everyone is aware of what the insurance plan does not cover. Assuming that Medicare will cover the costs, many people risk bad health without supplementing their insurance with another plan.

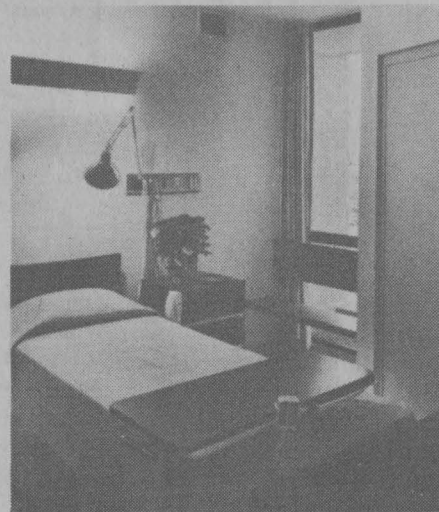
An anxious group of seniors met with Oregon Insurance Commissioner Lester Rawls last month to ask for help in understanding the "gobbledygook" of health insurance policies that supplement Medicare.

A representative from the insurance trade told them that it is the buyer's responsibility to understand what his or her Medicare policy covers, and to decide what supplemental plan is needed. Since it is unlikely that salesmen are going to spend much time on explaining a plan that will bring them no money, Medicare recipients should bone up on what it doesn't cover.

Medicare is usually a benefit which accompanies Social Security. If you do not qualify for Social Security, you can pay the full premiums for Medicare hospital coverage. Social Security will cover the premiums for hospital coverage, but everyone must pay premiums for medical coverage. Hospital is called plan A, while Medical is called Plan B. Plan A's full premium is \$40 per month, while Plan B costs \$7.20 every month.

Hospital

To get Medicare to pay for hospital stays, you must be sent there by a doctor for a legitimate reason (you can only be helped in a hospital) and the hospital must be a participant in Medicare. You are not likely to have a problem with this part.



What does hospital coverage not cover? The first \$104 of expenses, a private room, the first 3 pints of blood, your doctor, after 60 days of stay \$26 per day, after 90 days in the hospital \$52 per day. In addition, if you have to return to the hospital before six months from your first date of admission, and your first stay exceeded 90

days, Medicare will partially pay for only 60 more days.

Probably the most confusing aspect of Medicare is the "benefit period". A benefit period is a convenience to the Medicare people; it assures them that they won't have to pay for six straight months of hospital stay. It is calculated from the first day you are admitted to a hospital, and lasts six months. After six months, your benefits will be restored as if you'd never used them up, all except for one part: the 60 days when you paid \$52 per day. You won't get those days back again.

Also not covered by Medicare is psychiatric hospitalization exceeding 190 days. That's not 190 days in a row; it means 190 days at any intervals throughout the rest of your life. It is not governed by the benefit period renewal. If you were in a psychiatric institution for about 5 months when your Medicare coverage first began, you'll only be covered for 40 days.

What are the gaps that you will probably want to fill with supplemental insurance? The first \$104 (called a "deductible"), 3 pints of blood, and, if you expect to be incapacitated, the "deductibles" for stays more than 60 days. It should be remembered, however, that the average

continued on page 18

Wheels for Seniors



Transportation service dispatched from the Forest Grove Senior Center now has a fleet of eight buses. On the right is one of the two latest additions assigned to rural transportation demonstration project serving Western Washington County. From left: Edward Robbins, driver, Jim Monley, driver; and Eldon May, Senior Center board member.

For the physically and mentally handicapped, access to transportation can be an insurmountable problem. It can also be a big worry for senior citizens.

But in Washington County, some of these problems have been solved.

Over 60 handicapped people attending Edwards Activity Center, Good Shepherd Lutheran Home, and the Tualatin Valley Workshop and Activity Center, are transported each day on vans supplied by the Forest Grove Senior Citizen Drop-in Center.

The vans, however, aren't used only for transporting the handicapped. Local senior citizens ride them, too, to do their shopping, go to the doctor or visit the Senior Center.

"We started the project in 1973 when we went to the county seeking transportation funds from the county's revenue sharing," recalls Alma Albrecht, Transportation Director at the Forest Grove Senior Citizen Center. "The County Commission said it would give us funds

if we would get together with those representing the handicapped, who also wanted transportation funds."

Although the county gave them need money, the two groups later joined together to request support from Tri-Met, which now provides \$1,000 a month to operate three vans and two cars a day. Many of those using this service make donations.

In the morning the drivers pick up the handicapped at their Hillsboro, Forest Grove, Aloha, Beaverton and Tigard homes and deliver them to their centers. This service has been a big help in the area.

For the people at the Tualatin Valley Workshop, for instance, the transportation service has provided a reliable way to get to work. The United Way agency, which recently moved to downtown Aloha, has contracts with local industries that provide employment and financial support for many workshop participants.

It has helped relatives of those at the workshop who otherwise would

have to provide transportation themselves.

Mrs. Margaret Van Domelen, of Hillsboro, recalls having to drive 40 miles every day to take her daughter to the United Way agency before the transportation project began.

"Providing transportation has always been very difficult for the workshop because its clients are scattered everywhere," she notes.

Mrs. Elva Bard's son has used the service to get to the Tualatin Valley Activity Center, also a United Way agency, ever since it began.

"I think it's wonderful that we can use it," says Mrs. Bard, a Forest Grove resident. "If he didn't take the van he would have to cross the highway to get to the (Tri-Met) bus stop, and that could be dangerous. Some of those cars don't slow down too much."

The transportation service has also helped the workshop staff.

"It has really freed us to perform our duties without having to worry

continued on page 18

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SEWARD REESE and LES SPARKS

by Edi Alfred Blatter

Challenge is the word Seward Reese and Lestle (Les) Sparks use to describe the pursuit of happiness. For two men who have actively participated in nearly eight decades of life, that word cleaves the future into what is and what could have been.

Though their interests and backgrounds differ, Seward and Les have one thing very much in common: their attitudes towards staying healthy and fit to meet the challenges yet to come. Everyday at noon they get together for some vigorous tennis. "Granted," says Seward, "playing

tennis is just hitting the ball, but it's the kind of exercise a body needs to keep limber and strong. Without a regular program of physical exercise, cholesterol starts to clog the arteries, muscles atrophy and the mind loses its means for action."

Les is an excellent tennis player and coach. From 1926 until his retirement in 1962, Willamette University's Bearcat Tennis Team scored an unprecedented series of victories under his leadership. But retirement could not keep him from the courts.

Outfitted in white sports clothes and a turned down seaman's cap, Les still gives tennis lessons and advice on physical fitness to members of the community.

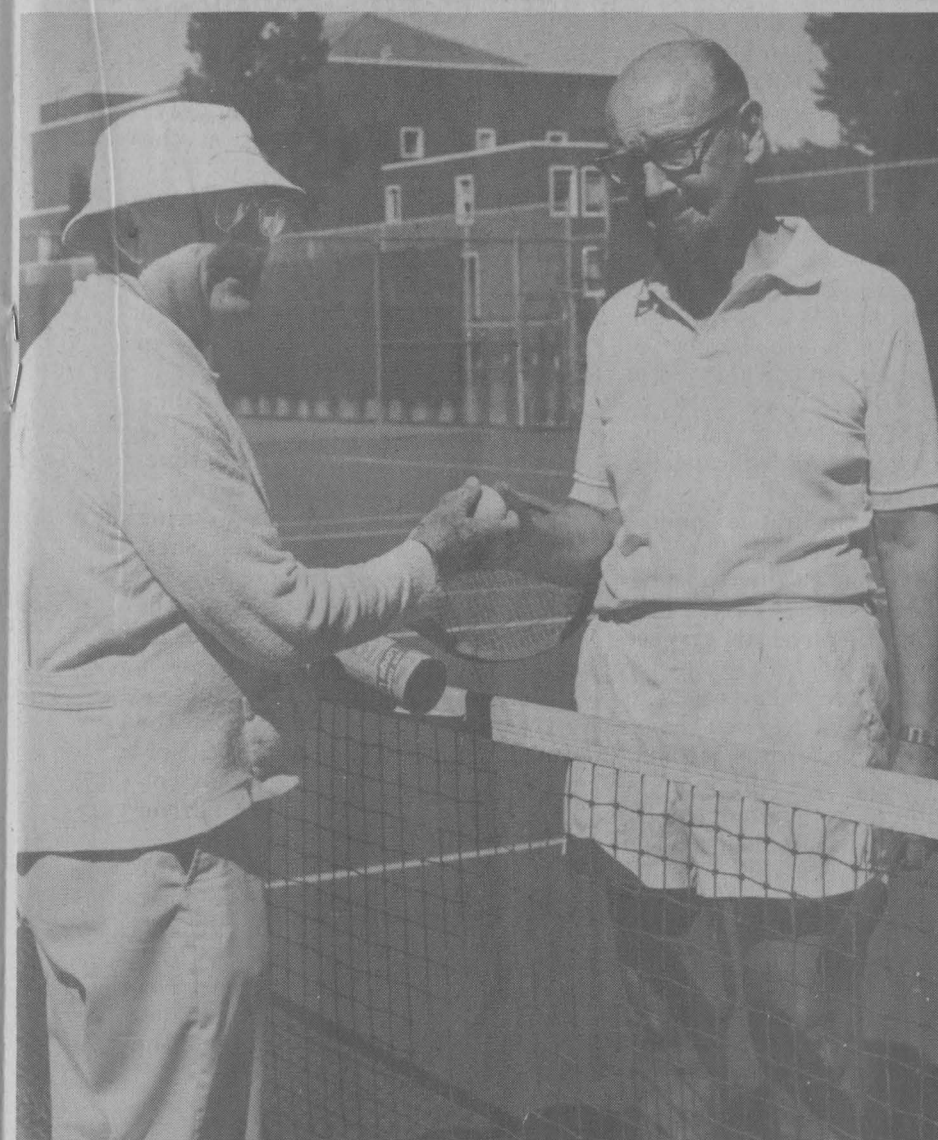
Seward and Les's devotion to Willamette University is lifelong, their contributions great. Through their careers they have found the fruits of success after they applied their talents to the tough problems the small university faced.

Seward, now Dean and Professor Emeritus of the College of Law, came to Salem in 1946, after World War II. The Law School was in a state of virtual collapse. Before the War, maximum enrollment had been 35, mostly people who had flunked out of other law schools. It wasn't a member of the American Association of Law Schools, had scant library resources, poor curriculum and was unknown even to people of the west coast.

Seward's eyes sparkle as he recounts how he instituted "phase plans" designed to improve the Law School step by step. Through the months and years of his Deanship, he drew graphs of the school's progress and distributed them to educational counselors along with other advertising. "If the graphs didn't go up, I didn't make them", he confesses with a sly glance.

The results of the various phase plans amazed the community as well as the American Association of Law Schools. Before long, the Law School was accredited by the organization.

His accomplishments didn't stop there, however, for as he says now, "Unless you have some piece of work to look forward to, there is no reason to live." He instigated a series of legal handbooks which were distributed throughout the country as aids to attorneys. He formed Willamette's Legal Aid Center (now controlled and



photos by Jerry Steiner

Sparks and Reese get ready for the day's match.

funded by the State of Oregon) and he formed the moot court, which gives law students experience in case presentation and legal procedure.

Willamette's Law School became respected and renowned under the Dean's leadership. So he quit — in search of new challenges in the form of practicing law and guest lecturing at numerous universities throughout the country.

But this too has given way to his new occupation. He is writing a novel that follows social trends from 1945 to their logical results in 2005. A long-time student of the military strategies of America and the Soviet Union and of the relationships between government, enterprise and the individual, his novel promises to be provocative.

Les has been with Willamette since 1915 when, as legend has it, he rode his bicycle from Bandon to Roseburg, a gallon of stew strapped to his back, to catch the train to college. He had originally planned on attending Oregon State University in Corvallis, but a minister in Bandon told him that there were more jobs in Salem, so he enrolled at Willamette. He gladly recounts the times when "Wages were 15¢ a day pickin' beans. But that was okay. You could buy a gallon of buttermilk for a nickel and fruit trees grew all over town."

Though he graduated with a degree in chemistry, his interest in physical fitness guided him into coaching after college. He proved his talents very early with impressive results in high school football, track and basketball

teams. He took a permanent coaching position with his alma mater in 1925.

Les's concern for physical fitness and education is exemplified by his work, first as a student and later as a coach, in drafting state laws requiring public schools to implement physical education and health programs.

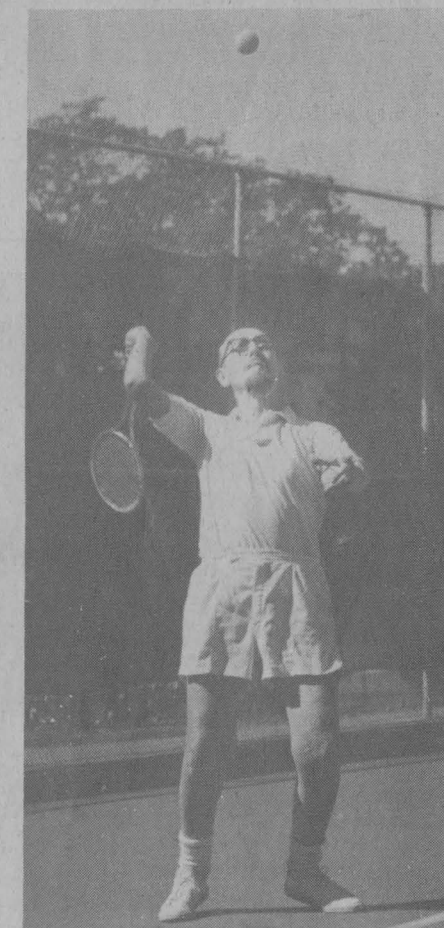
During the War, when Willamette sponsored the V-12 officers' school, Les was charged with establishing and administering the physical training program.

His contributions to Willamette and the community have not gone unnoticed. In 1961, Les was inducted into NAIA Coaches Hall of Fame. In 1972, the Board of Trustees of Willamette passed a resolution naming the new physical education and recreation center after him.

Les still begins every morning with a set of exercises designed to keep his muscles in tone. He also calculates his intake of carbohydrates, proteins and fats with every meal to provide the best nutritional balance, for, as he says, "When fatigue sets in, skill leaves". ■



Les Sparks, 79 year old tennis coach, shows his backhand skill in a tennis game with buddy Seward Reese.



Seward Reese demonstrates his serve.

MEDICARE —

continued from page 14

stay is only 9 days. If Social Security doesn't provide you with hospital coverage, you can probably get a plan for less than Medicare's \$40 premium. **Medical**

Social Security does not cover medical insurance, so Medicare's Plan B is in more direct competition with private insurance plans. The \$7.20 premium is easily met by most people. But what limitations does Medicare's Plan B have?

Preventive medicine is not part of the Medicare plan: routine physicals are not paid for. Nor are eye or ear examinations for glasses or hearing aids, routine foot care (podiatrist's service), immunizations, or cosmetic surgery. You'll have to pay the first \$60 of medical expenses every year, plus 20% of all medical expenses. For any outpatient treatment of mental illness you'll have to pay anything over \$250 per year. Nor are prescription drugs which you administer yourself covered. The cost of a physical therapist is not covered after \$80 worth of service. Medicare will not pay for full-time nursing care at home, or for homemaker services. Medicare will not pay for ambulance transportation if there is any other way of transporting you without endangering your health. One thing to

watch for: many lab tests are done by independent laboratories, not all of which are certified by Medicare. Check with your doctor.

Getting Covered

If you have Medicare hospital insurance (Plan A) you can sign up for medical coverage in the first three months of the year. If you delay signing up a year, your premiums will be higher the next year. Protection does not start until July 1 after you sign up. If you drop medical coverage, you can re-enroll only once and the premium will be higher. If you cancel medical coverage, you've cancelled hospital coverage as well.

Supplemental insurance policies can help in several ways. They can pay the "deductibles". They can cover you for longer hospital stays. They can cover routine physicals and seeing and hearing aids. They can pay for drugs. They may charge less for premiums and may cover you sooner. For those ineligible for free Medicare hospital coverage they will undoubtedly cover more for less money. The time to check into supplemental insurance, and how it can help fill the Medicare gaps, is now. Don't wait until a catastrophic illness hits and you are unable to read the fine print.

For a further explanation of what Medicare does not cover, you can get the "Medicare Handbook" by calling the Social Security office. ■

WHEELS FOR SENIORS —

continued from page 15

about picking up our people," says Sue Hanson, Job Developer at the United Way agency.

After the morning round, the drivers are ready to chauffeur the area's senior citizens.

"We will take them just about anywhere — to the doctor, to church, to visit a friend, or on special group trips," says Mrs. Albrecht.

Those wishing to take the bus usually call the Senior Center the day before. At the appointed time, they are picked up at their homes.

Over 3,200 rides were given during April according to Mrs. Gwen Sherrell, Senior Center transportation coordinator. In subsequent months the use of travel accommodations has increased in May, 2981 in June, 3656 in July and 3674 in August.

Even the younger people in the area are involved in the project. Norman Lynn, a 24-year old recent college graduate, says his job as a driver is not boring.

"I like it," says the Forest Grove resident, "I'm always on the road, always moving, always meeting different people."

Johannes Knies, a part-time driver who is studying for his theological degree at the Multnomah School of the Bible, agrees.

"It's a pretty good way to help people," he says.

The transportation service of the Forest Grove Senior Center was expanded in August with the addition of two new buses providing service to rural residents operating under a grant from the Federal Highway Administration of \$40,000 with matching money assured by Tri-Met.

Rural transportation provides public transportation from areas of Western Washington County, including Banks, Cherry Grove, Timber, Gaston, Laurelwood, Glenwood, Buxton and Manning to connections with regular Tri-Met scheduled service.

The grants and other financial assistance represent about half the cost of the rural transportation program. The continuation of the operation is dependent upon contributions and support of local residents to meet the mushrooming demands for transportation service. ■

1776 · 1976



SPACE EXPLORATION: the Outer Limits

by Ann Goddard

Rockets have been a big theme of the Bicentennial year. From the national anthem's "the rockets' red glare" to the first landing on Mars, America is determined to prove to the world its glamorous achievements.

Even fifty years ago the majority of the public wouldn't believe that men would travel in space by the Bicentennial. Actually, though, the idea has been around for a long time.

In 160 A.D., the Greek Lukian wrote of a trip to the moon, a celestial body which Plutarch had decided was another Earth. Fourteen centuries of Aristotelean thought precluded further science fiction adventures. But in 1634 the astronomer Kepler published a book, *Somnium*, which again described a trip to the moon. The door had been opened by the Pope in 1277 when he proclaimed that God, in his infinite creative powers, was fully capable of creating infinite worlds.

In 1638 an Englishman, Bishop Wilkins, proposed in a serious work that a flying chariot would carry men into space. The first attempts to design such a chariot used a "lighter than air" concept, one which could only be believed after 1650 when it was demonstrated that a vacuum is possible. The first hot air balloon wasn't invented until 1783, but it was

decided that the scarcity of air in the upper atmosphere would prohibit its use.

Cyrano de Bergerac, of nasal fame, drew a vehicle for arriving at the moon which foreshadowed the future: It was a box with several power rockets attached. Many other men proposed lunar vehicles. Jules Verne in 1865 wrote a well-researched story which sent three men into orbit

The first rockets were powered with gunpowder. The Chinese, taking a cue from the Greeks that salt might make a flame hotter, tried saltpeter with charcoal and sulfur. Their rockets helped defeat the Mongols in 1232, in the first recorded use of rockets. The English, Germans, and Italians also had the knowledge of rockets and gunpowder in that century. In 1379 rockets helped win an Italian battle.

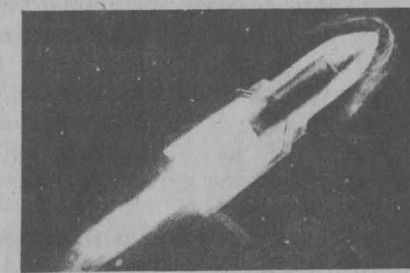
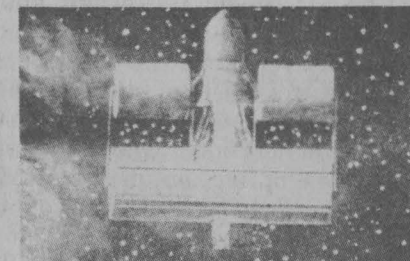
The idea that was later to be the key in space travel was Newton's Third Law of Motion, which dictates that for every action there is an equal and opposite reaction. It is this law of motion that makes a gun recoil when the trigger starts an explosion of chemicals expanding violently out of the muzzle. It remained to decide upon a formula which would most successfully push a rocket out of Earth's influence.

The first use of rockets in America was at the time when Key wrote the national anthem. The English, using rockets developed by William Congreve, had vastly strengthened their military power. Three weeks before Key's observations, the British had fired rockets at the battle of Bladensburg (Aug. 1814).



Hermann Ganswindt, sometimes called the "Edison of Schoneberg", patented a rocket in 1883. It was never built or tested, being rejected by the War Ministry along with Count Zeppelin's design.

Dr. Robert H. Goddard stands with one of his rockets demonstrated in 1932. He tested the first liquid oxygen-gasoline mixture in 1923, six years before the Germans.

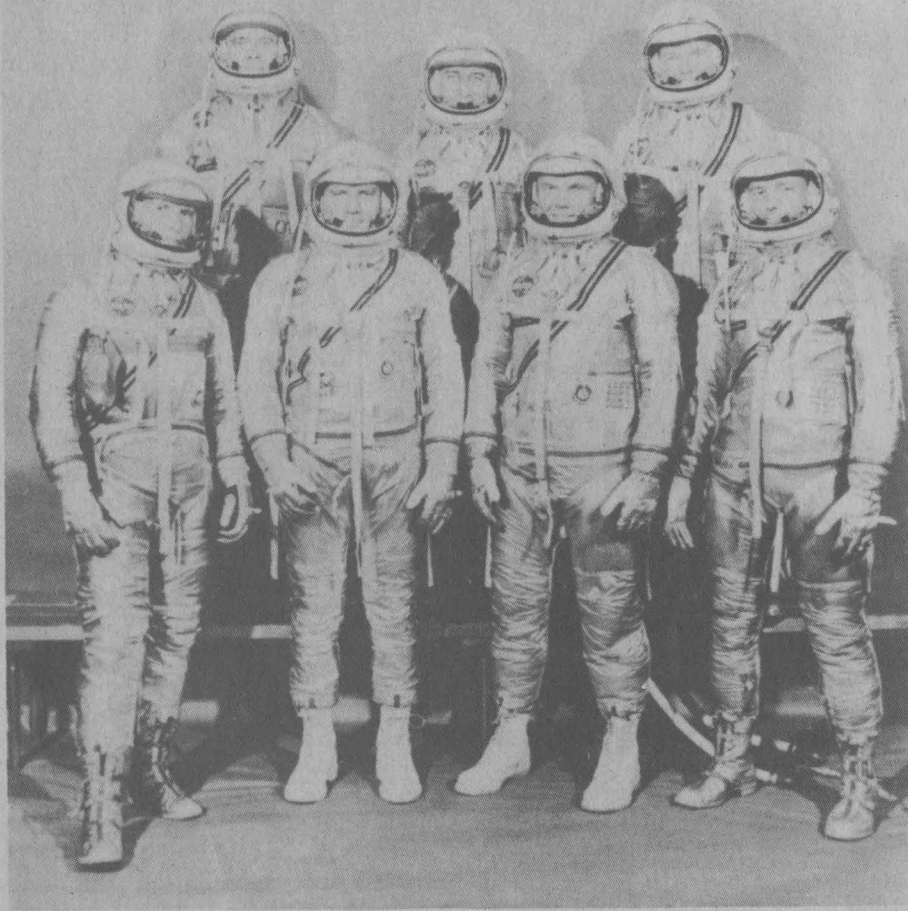


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First seven American space heroes.



Two men are credited with producing plans for ships intended to go out of earth's atmosphere, a German law teacher Hermann Ganswindt and a Russian schoolteacher, Konstantin Eduardovitch Ziolkovsky. Using an internal combustion engine, Ganswindt got off the ground in an unstable sort of helicopter. One of the early inventors of motion pictures, Max Skladanowky, took a film of the flight and it became part of one of the first Biograph newsreels in 1901.

In those early years, others devised other uses for rockets, among them weather control, photography for military reconnaissance, and an air-to-air missile. The largest camera model, made in 1912, was equipped with a stabilizing gyroscope, a device still used today.

Not much happened with rocketry until the First World War, when rockets were used sporadically for signalling and other such uses. The "new era" began in 1919 when newspapers grabbed onto an idea expressed in a manuscript by Dr. Rob-

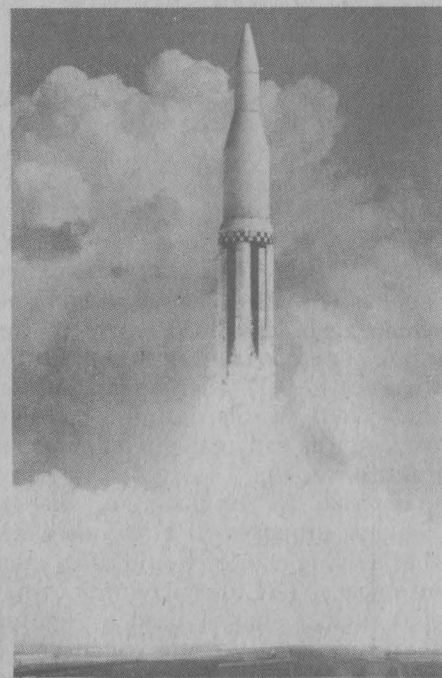
ert Hutchins Goddard. The subject was a search for methods of raising recording apparatus beyond the range for sounding balloons (above 20 miles) and included the possibility of a rocket reaching the moon and exploding a load of flash powder there to mark its arrival. Despite Goddard's credentials, scientific circles took little notice. In 1923 the Transylvanian Hermann Oberth published a scientific book, *"The Rocket In Interplanetary Space"*, which was to become the cornerstone of all later space-travel ideas.

The greatest amount of actual building activity was marked by the formation of the German Rocket Society in 1927, which included Oberth, Winkler, Hohmann, Ley, and others. It was made up of scientists compelled by a need to know if it could be done, and not so much interested in the military uses of rockets. Their work was nearly eclipsed by a number of publicity stunts by Opel, with his rocket car, and others. One such publicity piece was a movie by Fritz

Lang called "By Rocket to the Moon" which helped bring funding to liquid-duel rocket research. In turn, as publicity for the film, Oberth and Lang were to fund the building of a rocket timed to go off at the time of the film's premiere. Unfortunately, Oberth and the German Rocket Society lacked good engineers, and the rocket failed to materialize. But Oberth did discover that liquid oxygen could be made to burn in order to propel the rocket. An unfortunate accident, where one of the society members attempted to ride a poorly combusting liquid oxygen powered car and was killed, resulted in the outlawing of rocket research.

The coming of Hitler meant the deprivation of funding for the rocket society. They continued their tests, just as Goddard continued his (he developed the first liquid-fuel rocket, though Europe was late in finding it out). In desperation, some of the men went to the German army for research funding, which agreed to meekly support if they developed military rockets. At the same time, research was being carried out in Paris and Wernher von Braun was working near Berlin on the "A-1".

The rocket which became the foundation for American vehicles was the V-2, developed by von Braun at Peenemunde, and misnamed "Hitler's rocket". Actually, Hitler



The first Saturn rocket take-off on October 27, 1961.

wasn't even interested. After further development, the German Army did use the V-2's against Paris and later against London.

The first rocket tested on the American proving grounds, White Sands, was not the German V-2, but an American product preceding it by six months. Goddard had prepared the way with funding from Guggenheim, but died shortly after the war. The first of the V-2 rockets headed up for 19 seconds, then veered suddenly to an angle of 90 degrees and headed east. A cut-off mechanism ended the test. The third test went off nicely.

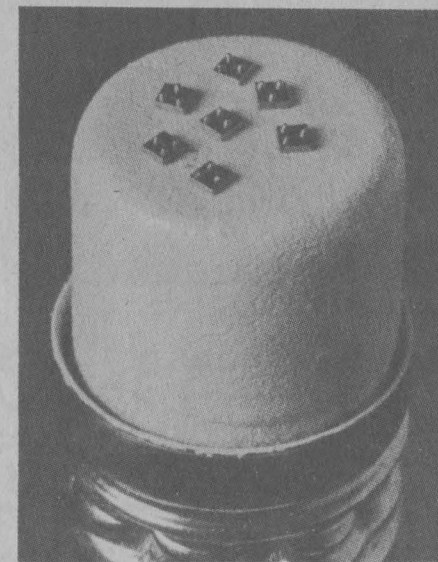
On into the early 1950's, rocket firings proved that a rocket could achieve great height without failure. The Russians, of course, were working hard, too, and put the first satellite in orbit in October of 1957, Sputnik. The coverage given Sputnik made the American people put pressure on the US government to compete in a "space race". Putting in more and more money, the US succeeded in putting hundreds of satellites in orbit, also. In 1959 both Russia and the US sent space probes out, the rockets often failing, but several went around the moon. In 1962 the US flew Mariner II past Venus, and in 1964 a similar vehicle passed Mars.

The first living creature in space was a dog which the Russians put up (it survived the flight but was put to death rather than suffer the crash). Manned programs have, of course, always been the dream of scientists. Like climbing mountains, spacemen go because "it's there". The first man in space was the Russian Yuri Gagarin who made one orbit of the earth in 1961. The first American spaceman was Alan Shepard who went up in a Mercury, also in 1961. The American manned program has included the Mercury, Gemini, and Apollo phases. Apollo, announced in 1960, put the first men on the moon in 1968.

Many missions have gained publicity in America, from "walks" in space, to communications satellites like the one the Russians used to welcome sports fans at the Montreal Olympics, to the moon walks, to the recent landings on Mars. The excitement of exploration is first in most people's hearts, but some wonder "what it can do for me". Martin Caidin, in his book *Why Space*, tells of over ten

thousand products which have emerged from the space program. Fuel cells, remote control devices, glassmaking, miniature electronics, and Teflon are only some of the things which have come from the space program. Weather prediction has vastly improved. It was only once we reached high altitudes that we found out that the earth is not round but pear-shaped, and that it is encircled by the van Allen radiation belts. Earth geography knowledge, leading to the development of plate tectonics which may indicate where earthquakes will come, has been expanded by the program.

What does the future hold for space travel? At this point, technology cannot hope to take rockets to the



One of the benefits to technology of the space program has been the development of miniaturized electronic computer equipment. Here seven chip transistors, or "unit logic devices", rest on a pencil eraser.

stars without a major propulsion breakthrough. Unmanned missions to Jupiter and Saturn are being launched next year. The space shuttle is the craft of the future. An orbiting space station will be reached by a reusable craft, the shuttle. The first shuttle rolled out of the manufacturer's plant last month, but won't go into orbit until 1980.

Though we may not be the first ones there, just as Queen Isabella's subjects could only watch the crown jewels pawned to fund Columbus' mission, we can support the space program in hopes for future generations. In the meantime, it's the best show on TV! ■

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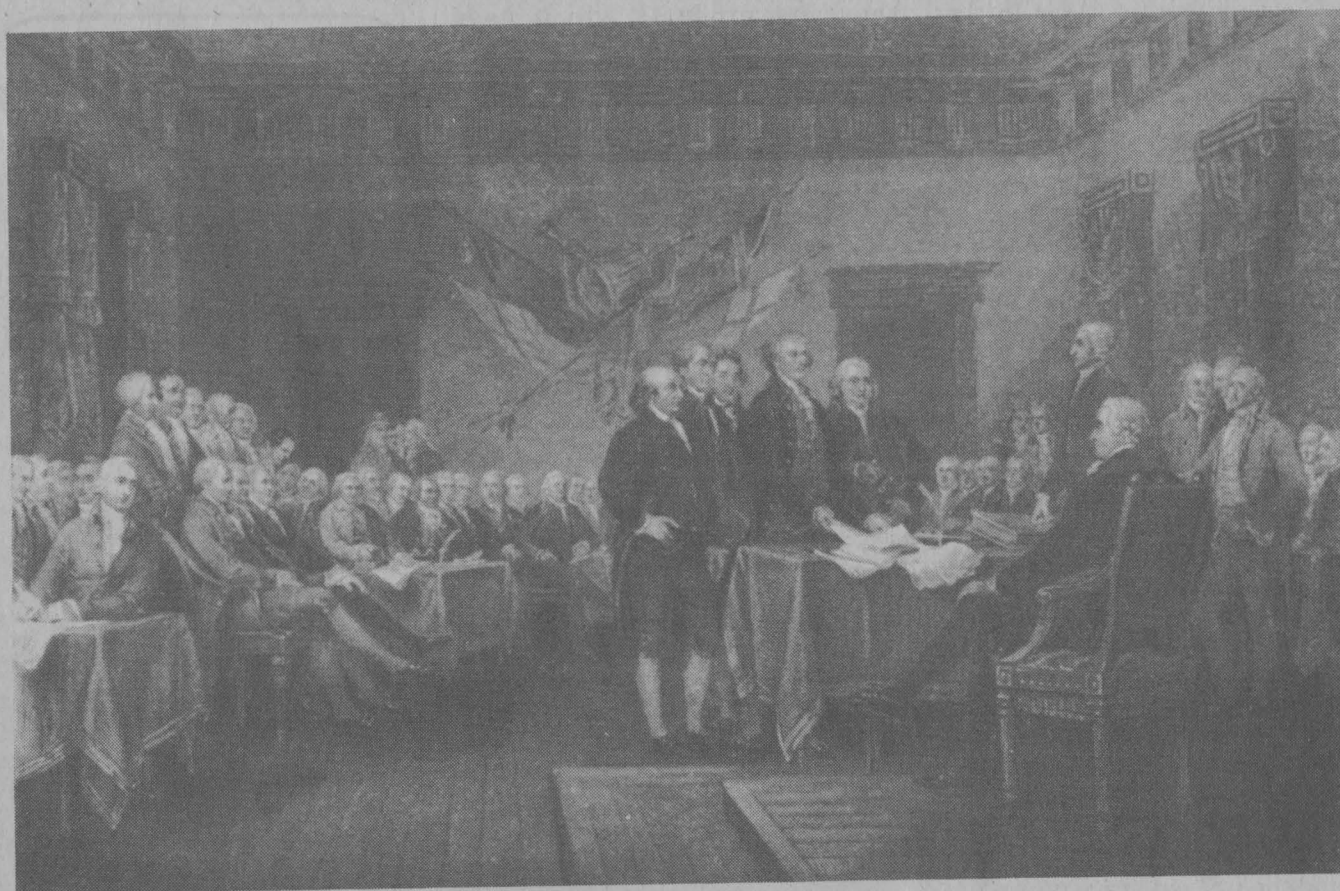
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BICENTENNIAL CHARTER FOR OLDER AMERICANS

In honor of our nation's 200 years, the Federal Council on Aging developed a "Bicentennial Charter for Older Americans". Going beyond the Bill of Rights, the Charter declares goals for health, self-sufficiency, and dignity.

"Two hundred years ago, a new nation was founded based on the self-evident truths that all men — and women — are created equal and that they are endowed by their Creator with certain inalienable rights. A Constitution was set forth for governance of these new United States of America with the goal of forming a more perfect union, establishing justice, insuring domestic tranquility, providing for the common defense, promoting the general welfare, and securing the blessings of liberty to ourselves and our posterity.

"In the 200th year of this nation's existence, it is good and well that we

call special attention to a group of citizens which literally did not exist at the time of our Revolution. The approximate life-span in 1776 was 32 years. In 1976, it is projected to be 71 years and we now have a virtual "generation" of older Americans whose roles, contributions, rights and responsibilities need to be given particular attention at this time in our history.

"Americans of all ages have the ultimate responsibility to be or become self-reliant, to care for their families, to aid their neighbors and to plan prudently for their old age. Older persons have the responsibility to make available to the community the benefits of their experience and knowledge. Society — be it through the institutions of the public or the private sector — has the responsibility

to assist citizens to be prepared for their later years as well as to assist directly so many of the very old who for one reason or another cannot cope with the burden of increasing physical, mental, social and environmental debilities.

"There follow certain basic human rights for older Americans based on the 'laws of nature and of nature's God' as set forth in the founding documents of this nation some 200 years ago."

I. The right to freedom, independence and the free exercise of individual initiative.

This should encompass not only opportunities and resources for personal planning and managing one's life-style, but support systems for maximum growth and contributions by older persons to their community.

II. The right to an income in re-

tirement which would provide an adequate standard of living. Such income must be sufficiently adequate to assure maintenance of mental and physical activities which delay deterioration and maximize individual potential for self-help and support. This right should be assured regardless of employment capability.

III. The right to an opportunity for employment free from discriminatory practices because of age.

Such employment when desired should not exploit individuals because of age and should permit utilization of talents, skills and experience of older persons for the good of self and community. Compensation should be based on the prevailing wage scales of the community for comparable work.

IV. The right to an opportunity to participate in the widest range of meaningful civic, educational, recreational and cultural activities.

The varying interests and needs of older Americans require programs and activities sensitive to their rich and diverse heritage. There should be opportunities for involvement with persons of all ages in programs which are affordable and accessible.

V. The right to suitable housing.

The widest choices of living arrangements should be available, designed and located with reference to special needs at costs which older persons can afford.

VI. The right to the best level of physical and mental health services needed.

Such services should include the latest knowledge and techniques science can make available without regard to economic status.

VII. The right to ready access to effective social services.

These services should enhance independence and well-being, yet provide protection and care as needed.

VIII. The right to appropriate institutional care when required.

Care should provide full restorative services in a safe environment. This care should also promote and protect the dignity and rights of the individual along with family and community ties.

IX. The right to a life and death

with dignity.

Regardless of age, society must assure individual citizens of the protection of their constitutional rights and opportunities for self-respect, respect and acceptance from others, a sense of enrichment and contribution, and freedom from dependency. Dignity in dying includes the right of the individual to permit or deny the use of extraordinary life support systems.

"We pledge the resources of this nation to the ensuring of these rights for all older Americans regardless of race, color creed, age, sex or national origin, with the caution that the complexities of our society be monitored to assure that the fulfillment of one right does not nullify the benefits received as the result of another entitlement. We further dedicate the technology and human skill of this nation so that later life will be marked in liberty with the realization

of the pursuit of happiness."

Senior Profile invites comments from readers concerning the Bicentennial Charter. Does it express your wishes and needs? Does it go too far? Does it not go far enough?

Some questions you may wish to address are: Do these follow from the "laws of nature" or are they a conglomeration of mixed cultural and historical origins? Do older Americans have any responsibility to the community or should they be allowed to relax and ignore it as best they can? Can society, any society, guarantee respect and acceptance to any citizen? How can we monitor the complexities of our society so that "rights" do not conflict?

Written discussions of the Charter should not exceed 400 words. For publication, submit to the editorial office a typed copy before the fifteenth of the month for publication the next month. ■



RESTAURANT REVIEW

RUSSIAN RENAISSANCE

by Ann Goddard

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Russian specialties like beef stroganov and chicken kiev have long held a respected place on home entertainment menus in America. If you've long wondered how a specialty restaurant would handle the same dishes, try the Russian Renaissance in Old Town at 19 NW Fifth.

Limiting the menu to Russian peasant meals, the restaurant contradictingly serves guests in a lavish upper class czarist setting. Set in Goldschmidt's old warehouse, the dining room is cavernous and rarely filled. Dark red carpets are complemented by dark wood furniture and many hanging and potted plants. The skylight was moved to the rear and that section is by far the most pleasant area. Lighting is provided by elegant antique hanging chandeliers. Many of the table settings are of pressed glass.

The food itself is quite adequate, if not overly exciting. Garlic is the order of the day, beginning with the excellent herb butter and warm dark rye bread. The stroganov does not betray any sour cream but you'll swear several whole cloves of garlic are hidden in it. Mushrooms are large, sweet and black. A side dish, made with deep fried dough stuffed with ground chuck, mushrooms, and onion, is quite good when eaten hot. If you're feeling adventurous, choose the borsch rather than salad, as the salad is rather ordinary.

Besides the "Russian specialty" dinners, which contain enormous portions, combination plates are available. The combinations include dishes such as kotlety (ground chuck with green onions), garlic chicken, and mulgilkapsad (pork baked with sauerkraut and barley).

Probably the best part of the dinner is the dessert; it's unique. Cranberry kissel and apple kissel are gelatin with cream and cinnamon on top. The vatrushka (Russian cheesecake) is like no cheesecake you've ever had — a bit gelatinous, tending toward a cinnamon/graham taste rather than cream cheese.

Appetizers include those notoriously expensive treats, lox (at \$3.50) and black caviar (at \$7.50) along with some less expensive ones.

While the setting and food are quite good, the service leaves something to be desired. Though there are only a few diners, the waitress seems to be devoted to other duties in the kitchen. You'll have to pour your own water.

Prices are high considering the cuts of meat used. They range from \$5.75 to \$8.75 for the Cossack steak (tenderloin) and the shish-kebob. However, the price does include salad, bread, main dish, side dish, dessert and beverage.

The Russian Renaissance is open for lunch Monday through Friday from 11 to 2, and for dinner Tuesday through Sunday from 5 to 10. ■

HENRY THIELE

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Buying, selling, saving, advertising, credit and fraud:

Margery Smith, Acting Director, Bureau of Consumer Protection, Federal Trade Commission, Washington, D.C., 20850; 202-523-3727.

Banks:

Carolyn Aldrich, Assistant for Education and Information, Office of Saver and Consumer Affairs, Federal Reserve System, Washington, D.C. 20551; 202-452-3667.

Mortgages and savings:

Robert S. Warwick, Office of Housing and Urban Affairs, Federal Housing and Urban Affairs, Federal Home Loan Bank Board, Washington, D.C. 20442; 202-376-3262.

Taxes:

A. James Golato, Office of Public Affairs, Internal Revenue Service, Washington, D.C. 20224; 202-964-4021.

Elderly:

Virginia Douglas, Office of Public Inquiry, Administration on Aging, Washington, D.C. 20224; 202-245-0230.

Energy:

Electricity and natural gas: William L. Webb, Director, Office of Public Information, Federal Power Commission, Washington, D.C. 20426; 202-275-4006.

General: J. Penno, Director, Consumer Affairs and Special Impact, General Energy Administration, Washington, D.C. 20461; 202-961-6055.

Housing:

General: Gwen King, Director, Office of Consumer Complaints, Housing and Urban Development Department, Washington, D.C. 20410;

202-755-2257.

Real estate and mobile homes: Constance Newman, Assistant Secretary for Consumer Affairs and Regulatory Functions, Housing and Urban Development Department, Washington, D.C. 20410; 202-755-8702.

Mail:

Thomas Chadwick, Consumer Advocate, Postal Service, Washington, D.C. 20260; 202-245-4550.

Product Safety:

Cars: Gilbert Watson, Chief, Consumer Services, National Highway Traffic Safety Administration, Washington, D.C. 20590; 800-424-9393 (tollfree) or 202-426-0123.

Drugs: Jack Kaye, Bureau of Drugs, Food and Drug Administration, 5600 Fishers Lane, Rockville, Md. 20852; 301-443-1016.

Food: Nancy Steorts, Special Assistant to Secretary for Consumer Affairs, Agriculture Department, Washington, D.C. 20250; 202-447-3165, or

Dr. Ruth White, Office of Consumer Inquiries, Food and Drug Administration, 5600 Fishers Lane, Rockville, Md. 20852; 301-443-3170.

Other products: William White, Director, Bureau of Information and Education, Consumer Product Safety Commission, Bethesda, Md. 20207; 301-492-6504.

Recreation and parks:

Lena Beauregard, Departmental Liaison, Interior Department, Washington, D.C. 20240; 202-343-6007.

Office of Public Inquiry, National Park Service, Washington, D.C. 20240; 202-343-4747.

Transportation:

Air: Jack Yobe, Director, Office of Consumer Advocate, Civil Aeronautics Board, Washington, D.C. 20428, 202-673-5526.

Bus and train: Warner L. Baylor, Consumer Affairs Officer, Interstate Commerce Commission, Washington, D.C. 20423; 202-275-7252.

Cars, roads, and mass transit: Antonina P. Uccello, Director, Office of Consumer Affairs, Transportation Department, Washington, D.C. 20590; 202-426-4518. ■

SHOWING YOUR HOUSE AT ITS BEST

When it comes time to sell your home, you will want it to look appealing. Here are some ideas for practical last-minute improvements that can increase the selling price of your home.

New floor coverings, fresh paint, re-finished natural wood, updated fixtures, and shaped-up shrubs can do wonders for your home's marketability at relatively little cost. The trick is to make your home look fresh and well-cared-for.

Do as much as you can of sprucing up your home yourself. Use reasonably priced materials rather than the luxury quality you might choose if you were going to keep the house and avoid extensive remodeling, especially that which would involve plumbing or electrical changes. And keep your new decor quiet in color and pattern to avoid conflicting with others' tastes.

Flooring, walls and trim should get special attention. Worn floors may deserve refinishing, but a carpet will warm the room and make it appear larger. On the other hand, a tired carpet, if laid over flooring, may be best torn up and the floor refinished. Natural wood finishes, so prized in this age of synthetics, deserve grooming, especially those water-stained win-



by Dallas Rhode

dow sills. Sanding and refinishing these will pay dividends! Waxing cabinets and panelling will minimize scratches and set the place aglow. Fresh paint, of course, works wonders.

You may have lived with creaky hinges, leaky faucets, loose latches or a silent doorbell for years, but your buyer won't want to. Look about your home for the little things that don't work and fix them! Obvious

small problems may suggest to a prospective buyer that your home has had less than adequate care.

First impressions are reinforced as the prospective buyer pulls out of the driveway after a tour. So scrub, paint and sweep around the front entrance and garage door and spruce up the yard. Disciplined shrubs, trim borders and a green, weed-free lawn will speak of tender loving care.

While everything about your house should sparkle, clean is not enough. Crowded furniture, cluttered closets or a stuffed garage scream "Not enough room!" You can make your home seem more spacious by weeding and straightening your things, especially in storage areas and work spaces.

Remember, when you're banishing fingerprints, scuff marks, mud and spiders, to banish odors too. One becomes oblivious to smells after living with them for awhile, and you may have to consult with a good friend to identify unpleasant odors in your home. A good airing will often take care of the problem.

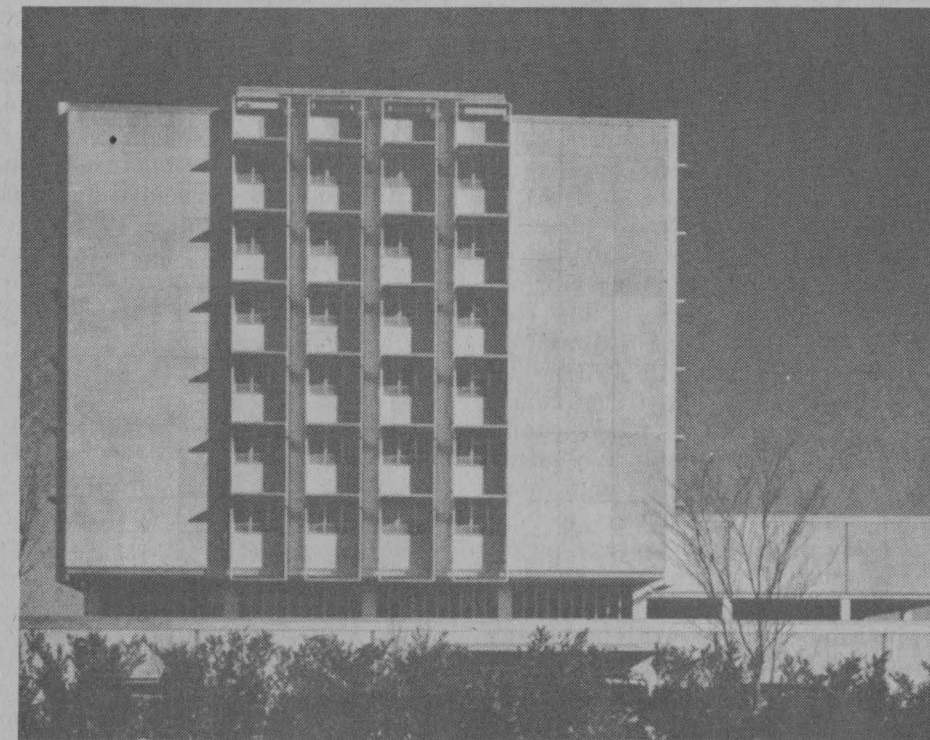
The day your home is open for viewing, turn on all the lights even if it is sunny, light a fire if it's a cool day, relax and let your house sell itself. ■

PROJECT HEALTH Can Help

In recent weeks Medicaid has come under attack. An under-cover probe by Senator Frank Moss, D-Utah, and staff members found what they called "Medicaid mills" where private clinics would solicit persons covered by Medicaid and give them all kinds of unreasonable and useless treatment. Multnomah County has avoided that

of Project Health. "The idea is to maintain health, to enroll people early while they're well rather than waiting until they need hospitalization."

The project is intended for people who have incomes about 15% above the welfare line. Those who are above that are put on a waiting list, and



particular kind of abuse with its Project Health by channeling Medicaid funds into private insurance policies.

Beginning with a position paper in 1971 by Don Clark, county commissioner, and a strong belief that the poor should receive the same kind of care as anyone else, Project Health was spawned.

The idea was to do away with General Hospital and instead fund insurance policies that would allow the patient to seek care wherever it was convenient to him. "Comprehensive pre-paid care is our primary goal," said Dick Hancock, assistant director

if their health expenses bring their income into range they also get into the program. "Our goal is to meet the needs of the estimated 41,000 Multnomah County residents who are low income but who don't receive sufficient publicly financed insurance," Hancock stated. An eligible net income (after medical expenses) of a single person would be about \$65 per week.

The project has been enrolling people in insurance plans since January of this year. As of September, 8,600 county residents were enrolled in a plan. Ten percent of those were over

65 years old, some of them receiving supplement to their Medicare. The program's goal is to serve 13,000 by next January.

What Project Health can offer is participation in a group insurance plan (which usually covers more at less cost than individual plans) at a low premium cost. Four plans are available: Kaiser Permanente, OPS/Blue Shield, Cascade Health Care, and University of Oregon Health Sciences Center. The cheapest is the U. of O. plan, but most people seem to prefer OPS which enables them to go to their own personal physician.

Just about everything that an insurance plan can cover is covered. There is no "deductible" on hospital stays, and items such as drugs are covered. The premiums vary with income and can be as low as \$1 per month, and do not exceed 40% of the usual premium cost. An average cost for a family is \$10 to \$15.

As well as the Kaiser, Cascade, and U. of O. doctors, 114 doctors participate in Project Health individually. Any licensed physician may participate.

Funding for Project Health is from four sources: Medicaid, county funds rechanneled from General Hospital, some funds which used to be under the Office of Economic Opportunity, and county money which used to be designated for model city health centers.

The future for Project Health looks good. Said Dick Hancock, "We've built a constituency and we meet a need. It's an innovative program, a new way to look at how to finance health." Putting funds through private industry cuts costs, since government-run institutions have to deal with the high cost of civil service. From the receiver's end, Project Health provides complete coverage at low cost, and does not identify the person as being poor (or receiving Medicaid).

If you think you might qualify for Project Health, call 248-3354. They will arrange a time to assess your eligibility and then assign you to an enrollment counselor who will help you make an informed decision on a plan. A community health nurse will make sure that you are receiving services and will act as your spokesman. ■

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Help Yourself: Frustrate Burglars

A home cannot be made completely burglar proof but preventive measures can be taken which protect residents from their own negligence.

This is the message of the crime prevention services offered in the Portland Metropolitan area by Multnomah County, City of Portland, Washington, Clackamas and Clark counties and local city police departments.

Twenty per cent of the victims of residential burglaries cooperated with the thief by not even locking their doors.

Forty-five per cent of residential burglaries take place without the use of force taking advantage of an unlocked door or window. In the 55 per cent of residential burglaries that are forced, usually little force is needed. Poor locks jimmied, windows lifted out of their tracts, small windows broken, a doorknob twisted or a door jam pried apart too often permit easy entrance.

The lack of precautions usually permits a residential burglar to enter quickly and get out fast — with an average of six minutes to do the job. Most burglars are unarmed with their greatest concern to get in and out fast and avoid confrontation.

Most burglaries are residential — about 63 per cent. The percentage is higher in suburban bedroom communities.

Crime prevention teams working in the Portland Metropolitan area observe that most burglaries occur during the daytime, when a home is unoccupied. The increasing number of working wives encourages this situation.

The public enjoys a false security during the day with the night burglar being most feared.

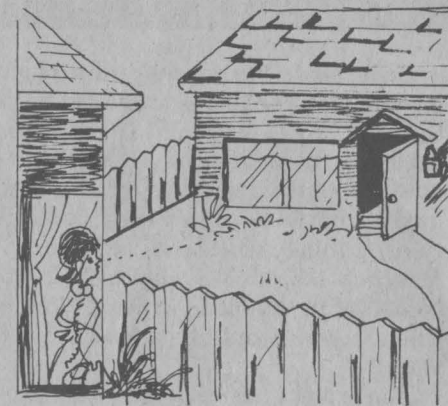
The larger proportion of commercial burglaries occur at night because that is when establishments are vacant.

Ordinary precautions which will deter and stop the opportunist burglar will slow down the professional.

Washington County burglary prevention teams working out of Hillsboro summarize their message in three steps: 1. Watch and report; 2. Secure your home; and 3. Identify your property.

Multnomah County Safety, Crime Prevention Unit with headquarters at Mall 205, 9980 SE Washington Street, Portland in its educational materials has prepared a pamphlet for public use which places similar emphasis upon watching, reporting and recording, securing your home and marking your property.

The profile of the average burglar finds most offenders are young and amateurs classified as opportunists who can be deterred with proper precautions.



WATCHING AND REPORTING

Being alert is a part of citizen responsibility in burglar prevention.

Here are a few suggestions:

Listen for breaking glass or splintering wood, unusual noises, dogs barking, particularly if your neighbor is away.

Note strange vehicles in the area, prowling back and forth. Note unknown people. Be aware of vehicles loaded with property, carelessly thrown in the trunk or back seat.

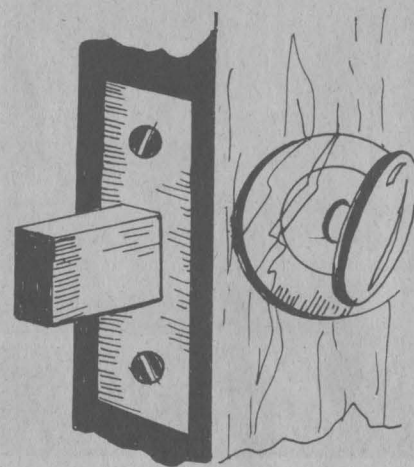
Note strange persons in the area, acting suspicious, and persons entering backyards.

Be cautious with being confidential with door-to-door salespersons asking questions about your family's living habits or those of your neighbors.

Be careful of telephone calls; reveal nothing if you do not know the other party or if the call does not sound legitimate.

If you do not call the police, write down notes, giving license number, year, make, model of car, date, time and description of person.

Do not be afraid or embarrassed to call the police about something that seems to be small or insignificant.



SECURE YOUR HOMES

Reduction of criminal opportunity with locks, alarms and solid construction are details of great importance in security strategy to make it more difficult for a burglar to gain entrance, require more time of a crook and create more noise.

The minimum in a lock is a dead bolt with one-inch throw bolt to provide the best protection. Nine out of ten locks used in residences are rated inadequate by public safety officials.

Lighting helps provide security in two ways. Neighbors are assisted in

watching and reporting. Lights also may deter a burglar who prefers to work on a door or window that is in a dark secluded area.

Dogs which will bark are effective.

Leaving a radio, or lights, on with a timer in some rooms can give the impression of a house being occupied.

Don't leave a note tacked to the door when you leave to tell your friends or family when you will return.

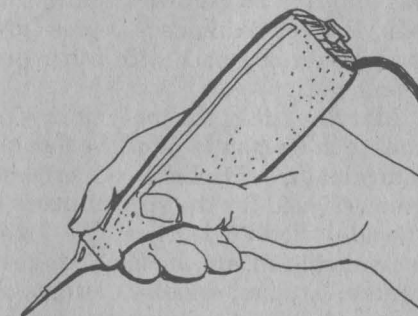
Closed garage doors will notify the passerby with a vagrant eye for opportunity to think that you are at home.

When you leave on vacation, stop the delivery of papers, milk and mail so as not to advertise your absence.

Be cooperative and work out with your neighbors for a periodic check of your home when on vacation. Maintain the outside lawn to suggest occupancy.

Even when you are at home it is good advice to keep doors locked. Never admit strangers without identification. Keep valuables out of open view.

Should an intruder gain entrance at night, call the police immediately, if possible. Make a noise, scream, do anything to let the invader know that the house is occupied. If the burglar does not flee, escape if at all possible. Do not take the gamble of confronting the unwelcome visitor and put him in the position of fighting back or panicking.



MARK YOUR PROPERTY

Local law enforcement agencies

now often offer engraving tools, burglar warning decals and information on the proper forms for listing and identifying your property.

Using an engraving tool, the suggestion is to mark your driver's license number, prefaced by "ORDL" on each item of property in a position where it is plainly visible to law enforcement officers.

An engraved identification on an appliance permits police to identify quickly the owner and determine if property is stolen. Identifying marks make property more difficult for a burglar to fence goods at a profit — making them of less value and harder to sell. Also the identification will help in reducing the space which police departments have to use for holding of stolen merchandise while looking for rightful owners.

After goods are marked and the engraver tool returned to the next person to use, complete the assignment of burglar proofing your home by posting decals warning the would-be burglar that your valuables are of more value to you than to him. ■

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WHAT'S HAPPENING

MARYLHURST'S EXTERNAL DEGREE

"An external degree, which is a program of individualized studies leading to a baccalaureate degree, is very well accepted in the East," said Sister Barbara Gfeller, external degree coordinator at Marylhurst Education Center, "but it is still confused with continuing education and non-credit classes here in the West."

Sister Barbara, who recently returned from a conference on extended degree programs sponsored by the Western Interstate Commission for Higher Education and the Center for Research and Development in Higher Education at the University

of California at Berkeley, found that Marylhurst's extended degree program is keeping pace with other programs nationwide.

Marylhurst is the only four-year college in Oregon to offer the flexible, individualized Bachelor of Arts degree designed for the special needs of the adult lifelong learner. The degree is available in art, biology, English, general studies, history, languages, management development, mathematics, music, philosophy, psychology, sociology and religious studies.

At Marylhurst, students may accumulate credits for all parts of the external degree program through regularly scheduled courses, indepen-

dent study or workshops scheduled by Marylhurst or other accredited institutions, transfer of credit from another college or university, credit by examination, and written and oral examination and documentation of college level skills gained through experience. These same methods, reported Sister Barbara, are used by many other colleges in the East and West.

"The external degree is an ideal solution for the adult learner who may need the degree for career mobility, whose work toward a degree was interrupted earlier in life, or who is simply interested in personal enrichment," said Sister Barbara.

CONGRESSIONAL ACTION

The 94th Congress, in its two-year session, has taken many actions which affect retired persons and senior citizens. Among those bills which have been passed and signed into law are:

- Amendments to the Older Americans Act providing for grants and model projects for community social service programs, as well as planning and social services in four areas, transportation, home services, legal and other counseling, and home repair and renovation.

- The Health Services Act, which covers the initial costs of establishing and operating home health agencies in areas where home health services are not available, and which also expands services provided by existing agencies.

- A Food Stamp Program amendment which prevented the Administration from raising the purchase price of food stamps for most recipients.

- The Equal Credit Opportunity Act, which prohibits discrimination in the granting of credit on the basis of age as well as sex, race, religion, national

origin, marital status, and receipt of public assistance.

- The Housing Authorization Act, which greatly increases the funding authorization for the government's major elderly housing program.

SOCIAL SECURITY NUMBERS

Like statistics? Here's some new ones from the Social Security Administration's field representative, Ivan Squires. They apply to the start of 1976.

Multnomah County

Total benefits: \$19,258,463 per month

Retired workers and their dependents: 78,570

People over age 65: 70,394

Clackamas County

Total benefits: \$4,485,449

Retired workers and their dependents: 18,784

People over age 65: 15,255

Still pending are some social security amendments and a national "Meals-on-Wheels" program. For the next session, Food Stamp program reform, Medicare and long-term health care, and national comprehensive health insurance will probably be priorities.

GETTING TO KNOW PORTLAND

You may have lived here all your life, but the chances are you don't know everything there is to know about the Rose City, Portland. Several people have gone to the trouble to guide you.

Portland in Your Pocket, recently published, is a concise handbook on places to go and things to see in Portland. Far from complete, the guide directs you to such places as the historic Bybee-Howell House on Sauvie Island, Port of Portland Harbor tours, Wildwood Trail, and others. A community resources chapter guides you to agencies that can serve as information links.

FIRST AID FOR CHOKING

You're eating steak at a restaurant, and your friend (who has been drinking a bit) takes too large a mouthful and starts to turn purple. What do you do? He may be choking to death and you'd better act fast.

1. Stand behind the victim.
2. Place both arms around the victim just above the belt line.
3. Allow the victim's head, arms, and upper torso to hang forward.
4. Grasp your right wrist with your left hand.
5. Rapidly and strongly press into the victim's abdomen.
6. A second person should be ready to remove the ejected food bolus



or other obstruction from the victim's mouth when it is expelled from the throat.

Many people have saved themselves from choking to death by using the following solo method: Make a fist with one hand. Place it thumb-side against your abdomen, slightly above the navel but below the rib cage. With your other hand, press the fist in and up in sharp, thrusting moves. Or, drape yourself across the back of a chair or press your abdomen against a porch rail or similar object so that the air is forced out of your lungs and up the throat to shake loose the piece of food.

VOA FREE CLINIC

The Volunteers of America maintain a free, walk-in clinic in southeast Portland. Though it's not too different from the county clinics, it has some important pluses. First is its familiarity with problems of aging. It's open more often and for longer hours than the county clinic. And it can offer personal doctors and a warm atmosphere missing in most clinics.

"People come in because they enjoy the congeniality," said Joyce Osika. "It's not the same office waiting procedure. We've got the only clinic where musicians come in and entertain. Once they've been here, the people almost always come back

— they like it."

Not just concerned with medical problems, the clinic helps with social problems, too. For instance, they'll help someone apply for Food Stamps or SSI benefits. Other personal needs can be met, too, such as bathing and getting clean clothes and emergency food supplies.

Unlike most clinics which admit only those with serious health problems, the VOA clinic promotes maintenance care, such as foot care and blood pressure screening. They also offer diagnostic tools such as blood chemistry tests, X-rays, and EKG's.

Clients of the clinic are usually 55 and over and from the neighborhood,

though they do come from all over.

The clinic has been around since 1972 when it set up shop in an old barbershop on southeast Grand. It got a new building in March of this year.

There is no charge for consultation at the clinic. Services are paid through insurance programs and helped out by United Way.

Three staff physicians, two staff nurses, and two clinic aides staff the clinic, as well as the information and referral staff. The clinic is open Monday, Wednesday, and Friday from 9:30 to 4:00, and on Tuesday and Thursday from 9:30 to 1:30. The county operated its access clinic there on Tuesday from 1:30 to 3:30.

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Couple to manage neighborhood shopping center in Aloha. Owner will provide house on property.

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eves. 228-4582

POETRY

A NEW ARMY

You're past your prime, they said
It's time you rest and take your ease.
Here's a rocking chair, a place to put your head
And you can rest and do just as you please.

Visit with your neighbor
Garden, just a bit
Put an end to labor
But continue to baby-sit

But these "oldsters" have a different slant
On their well-earned "Golden Years".
They have found a new career to plant
In this New Army — Army of the Volunteer

Sixty is just the beginning
Of this service, unpaid
Seventy is the time of winning
In the game of life, well played.

Loneliness flies out the window
With arts, crafts and exciting trips
Friendships, like flowers, open and grow
Even as the Sun at evening dips.

There's no need to sit upon the shelf
Handicapped, stranded, or alone
Arise, get in touch — forget self
Pitchin, don't moan and groan

Someone needs you, someone cares
So hold out a helping hand
Whether a "single" or in a pair
There's no finer way in all the land

There is a time and a place
That will fit every need
Take your choice — set your own pace
You'll find usefulness indeed

In this New Army — Army of the Volunteer!

—Ruth Alldredge

Morning Song

Striping morning's edge;
Red birds flit from post to post,
Flinging bright, chansons.

Brown leaves crackle down,
White-haired man, rests on
gnarled cane;
Sighs, "Harvest soon ends."
—Lonna Powell Staab



WARRIOR

Time is a trickle of tears that seep
Through the veil,
Wet with the moisture of years that weep
Sob, and wail.

What does it matter if they drip down
Your aged face,
Furrowing lines, and forcing a frown?
Grief has grace.

Grace, and a dignity all its own,
Worn with years,
Tears, and the battle fought all alone,
Braving fears.
—Steve Eng



KEY THOUGHTS

A box of keys, warped, worn thin,
Dulled brass, or color-keyed
aluminum;
Two, like new, for a car sold long
ago,
Bored for hanging on a line of
pegs.
Each stares back with one
octagonal eye,
Daring me to put these useless
orphans by:
The plans they helped to make!
Passageways they opened up — and
closed!
whelm me with forgotten
yesterdays:
I always put them back into their
trays.

— Marcella Caine

bulletin board

HEALTH EDUCATION

Portland Adventist Hospital has several health-related programs scheduled for fall. Some are free and some have a small charge. Topics range from "Lowering High Blood Pressure" to "More for Your Prescription Dollar". For further information call 235-8871 ext. 496.

CLASSES AT PSU

Miss fall registration for Portland State University? It's really not too late and you don't have to pay late fees. Your very last chance will be Oct. 22. The first day of classes was Sept. 27. There is no cost to seniors. For more information on senior citizen offerings, call the Adult Learning Center at 229-4739.

Autumn Leaves

Hollywood Center will also offer an "Autumn Leaves Tour" going the back roads along the Clackamas River to Estacada with a picnic lunch at Austin Hot Springs. The return trip will travel to Little Crater Lake and over Mt. Hood. The cost is \$7.50. The tour leaves at 8 am on October 5. For more information call 288-8303.

ROGUE RIVER TRIP

Rose Center is sponsoring a jet-boat trip from Gold Beach to Agness up the Rogue River. Included are two nights lodging, dinners, breakfast and lunch. The cost is \$90 for members and \$95 for nonmembers; a deposit should accompany reservations. Departing 9 am on October 25, the group returns October 27 at 5 pm.

FLU SHOTS

Due to slow delivery of vaccine, flu immunization shots will probably begin this month, rather than September as earlier predicted.

HEALTH FAIR

The YWCA will sponsor a health fair in the downtown YWCA gym on October 26 and 27. Admission is free. Many organizations will have booths, ranging from the Red Cross van, which will test your blood pressure, to the City-County Commission on Aging. Many free tests will be offered, including PAP tests for women on Oct. 28. If your organization would like space in the fair, call Paula Kurth or Ila Maie Hoffine at 223-6281, ext. 66.

ARTS AND CRAFTS

There will be an arts and crafts exhibit in the Lloyds Center auditorium on Oct. 26 and 27.

Riverboat Museum

A new museum saluting stern-wheeled riverboats has opened at Cascade Locks. One portion is a mock-up sternwheeler pilot house, complete with giant ship's wheel, engine telegraph and brass compass housing. Other displays include several models of sternwheelers, historic photographs, a large brass bell, and pieces of dinnerware from the old boats' dining rooms. According to the man who put the displays together, Ron Rombalski, sternwheeler memorabilia are few and far between. A lot of it either has been burned up or is at the bottom of the river.

The museum is still looking for more display items for sale or loan. If all goes well, the museum hopes to have a new full-size riverboat operating. In the meantime, the museum is purchasing the Columbia Sightseer, a river tour boat.

Open seven days a week, the museum is located in the port administration building in the Marina Park in the banks of the Columbia.

SPECIAL EVENTS AT PCC

Portland Community College is offering a potpourri of special events in October around the metro area. Far West Federal Savings and Loan co-sponsors a free series held in various bank community rooms: Cone and Pod Creations, Holiday Macrame, Basic Photography, and Solar Systems in Oregon. Other workshops will be held at the Rock Creek Center, 17705 NW Springville Rd., and will include butcher block making, corn-husk dollmaking, and others. The PCC Southeast Center, 3600 SE 79th, will feature various aspects of antique collecting.

A complete list of events, times, and charges is available from the PCC Community Services Division.

OMSI VOLUNTEERS

Would you give some time to bottle feed a baby goat or comfort a pregnant rabbit? Or tell 20 or 30 seven-year-olds where to go? Oregon Museum of Science and Industry needs a number of volunteers to support its varied programs. Though you've missed the orientation meeting, try calling OMSI at 248-5900 for more information.

COMMISSION ON AGING MEETS

The City-County Commission on Aging will hold its monthly meeting on Oct. 7, 12:30 pm, in the Water Bureau Building basement auditorium. The subject of the meeting will be the November ballot measures.

Hollywood Movies

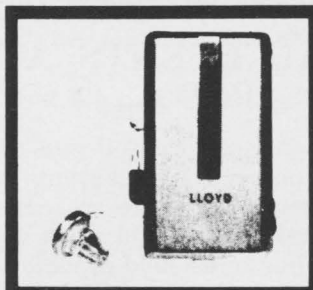
Hollywood Center will feature "brown bag" movies in October every Thursday at noon. Both movies and travelogues will be shown. ■



TO READERS OF
SENIOR PROFILE

HEARING AIDS

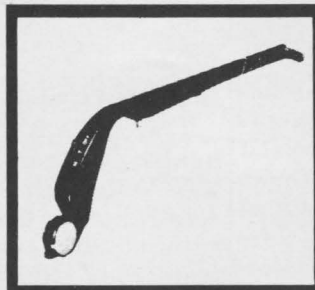
UP TO **50% OFF** COMPARABLE AIDS



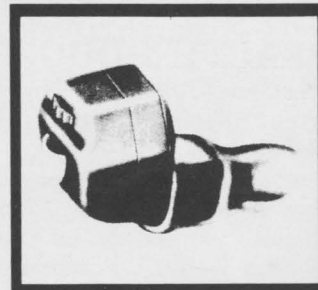
BODY AIDS
Model 59B \$59.50



BEHIND-THE-EAR AIDS
Model 210E-LL-AV

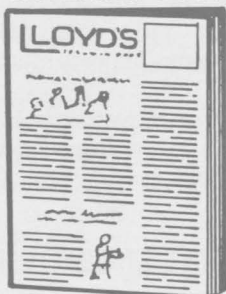


EYEGLOSS AIDS
Model 670 \$202.00



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on Older Americans

Fleming
Adkins
Martin

people in the field -
This stand doesn't
seem to get
there





October 8, 1976

TO: Elly

FROM: Margaret Arnold *MA*

The News release from Frank Church and the apparent overlooking of the Older Americans' problems by the President has brought a deluge of calls for President Ford to address the Older Americans concerning their problems. He must show his interest and concern in a speech similar to the one given February 9, 1976. Attached is an issue which shows the good things he has done. He needs to remind Older Americans that he has them in mind as he works to keep down inflation.

MA/sy
Enc.



AARP



AMERICAN ASSOCIATION OF RETIRED PERSONS

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news bulletin[®]

VOL. XVII, NO. 9

WASHINGTON, D.C.

OCTOBER 1976

When Due on Weekends

New System To Speed Up SS Payments

A policy change which will place monthly Social Security checks in the hands of some 30 million recipients on Friday if the third of the month falls on Saturday or Sunday was announced last month by the Treasury Department.

The change is effective immediately and the new policy will affect the date October checks are received. Normally, recipients would get this month's check on Saturday because the customary delivery date on the third of the month comes on Sunday. But because of the new procedure, October's

Tax Reform Act Extends Reductions, Changes Estate Payments for Heirs



THE TOP WINNER and recipient of \$10,000 for first place in an essay contest, "Toward Our Third Century," sponsored by Wells Fargo in cooperation with the

Congress last month cleared and sent to the White House for President Ford's signature a far-reaching tax revision bill that extends through 1977 tax reductions for individuals and corporations and includes the first major changes in estate taxes in 35 years.

Congressional tax analysts say the sweeping legislation will affect every citizen and give the U.S. Treasury an additional \$1.6 billion in revenues for fiscal 1977, which started Oct. 1. The House and Senate have been working on the legislation for more than two years.

Many provisions of the Tax Reform Act have long been advocated by AARP and will be of general

of the new procedure, October's checks are scheduled to be delivered on Friday, Oct. 1, according to Treasury officials.

Treasury Secretary William E. Simon used his discretionary authority to make the change in response to an appeal from more than 30 United States senators, who also requested that monthly checks be delivered the preceding Friday if they are due on a Monday that is a national holiday.

Treasury officials pointed out, however, that if the third of the month is a holiday Monday, checks will continue to be delivered on Saturday, the first. Any departure from this practice would require a change in the law, since checks must be dated during the month of intended payment.

Many older persons do not bank at institutions that have Saturday hours or, for various reasons, do not have weekend check-cashing opportunities and, consequently, don't have funds for two or three days, the letter to Simon said.

The date change also applies to Social Security beneficiaries participating in the Direct Deposit Program in which checks are mailed directly to individual accounts of designated financial institutions.

Toward Our Third Century, sponsored by Wells Fargo in cooperation with the Smithsonian Institution, was honored with other winners at a reception-dinner last month at the Smithsonian in Washington, D.C. AARP member Sidney Eisenberger, center, the winner, is congratulated by Charles Blitzer, right, Smithsonian assistant secretary for history and art. At left is Richard Cooley, president of Wells Fargo. Eisenberger learned about the contest in a recent News Bulletin.

Federal Pensioners Face Loss Of 1% Cost-of-Living 'Kicker'

A House-Senate conference committee has approved an amendment to an appropriations bill that would repeal the automatic one percent add-on that retired federal government employees and military personnel receive when they get a cost-of-living increase in their pensions.

In place of the one percent increment, conferees approved a new method for determining cost-of-living pension adjustments which would affect about 1.1 million retired military personnel and 1.5 million retired civilian employees of the federal government.

The amendment, which has to be voted on by the full House and Senate, provides for annuity increases twice a year, March 1 and Oct. 1, which would reflect the total cost-of-living increases for the preceding six-month period without waiting for the Consumer

Price Index (CPI) to rise at least three per cent and remain at that level for three months. The first increase under the pending amendment could not occur before March 1, 1977, but would be based on the advance in the CPI since the last adjustment.

Commenting on the proposed legislation, an AARP spokesman said the Association "finds it highly objectionable that this legislative amendment was inserted into an appropriations bill on the Senate floor without any opportunity for hearings or discussion by representatives of the retirees who will be affected.

"Our Association believes that the Senate's substitute cost-of-living adjustment mechanism will not prevent a gradual erosion of annuity purchasing power over a period of time."

by AARP and will be of general benefit to older taxpayers, although some particulars of the measure will have a negative impact.

Changes of particular interest to many older persons include liberalization of the retirement income credit, a tax break on any gain from the sale of a personal residence, and substantial restriction of the availability of the maximum \$5,200 gross income exclusion for disability "sick pay."

Under a revised retirement income credit, an individual age 65 or over will be allowed to take into account when computing his credit up to \$2,500 of adjusted gross income (\$3,750 in the case of a joint return where both spouses are eligible) rather than just "retirement income." The \$2,500 maximum, however, must be reduced by any Social Security and Railroad Retirement benefits and \$1 for every \$2 of adjusted gross income in excess of \$7,500 (\$10,000 in the case of a married couple filing jointly). The credit is equal to 15 percent of the amount so determined.

Persons under age 65 who receive a pension from a public employee retirement system can take into account up to \$2,500 of such

(Continued on page 3)

Ford, Carter Speak Out—Page 6; Platform Highlights—Page 7

AARP Membership

The Easy Way To Shop for Your Friends

True, it's only October, but we all know how fast the calendar pages seem to fly by as the end-of-year holidays approach. The crowds, the card-addressing, the shopping, and the wrapping will all be upon us before we know it.

But there's an easier way . . . a better way . . . to do at least some of your gift-shopping. For those special friends, what could be nicer than a gift membership in AARP? As a matter of fact, you may have a son or a daughter 55 or over, and an AARP membership can make a nice little stocking gift!

The cost is low—only \$3 for a full year of AARP services and benefits, or \$8 for three years. And what a value!

The friends you remember this way will also be eligible to enroll in the AARP group health insurance plans, and they'll be entitled to AARP courtesy discounts at several major hotel and motel chains and auto rental agencies.

Time and time again, all year long, your friends will be reminded of your thoughtfulness



SALLY SHAPIRO, third from left, a 65-year-old AARP member, receives a trophy from New York City Recreation Department Commissioner **Joseph P. Davidson** after her canvas, "Still Life," was judged as winner in the 12th annual Golden Age Art Exhibit in New York. Others pictured, from left, are **Frank Janovitz**, the city recreation department art director; and **Mrs. Jeanette M. Vitkin**, president of the John Myers Foundation, which co-sponsored the contest with New York Senior Recreation and Cultural Council. There were 750 entries.



OLDEST ARTIST to win a prize in the Golden Age Exhibit, **Albert Cohen**, 92, receives a \$50 U.S. Savings Bond from AARP, presented by Association Region II Representative **Martha J. Morgan**. His painting was "Abstract No. 2." AARP presents the Bond every year.

Congress, Executive Branch, States Must Share Blame for Medicaid Abuses, Former HEW Chief Says

A former secretary for the Department of Health, Education and Welfare (HEW) who was one of the leading supporters of legisla-

tion that created Medicaid in the mid-1960s, said last month that Congress, the Executive Branch and states themselves must share the blame for continued wide-

Record Numbers Have Purchased

Use the convenient coupon below to order a gift membership for someone. We'll send an attractive card, handsigned in your name, to announce your thoughtful gift during the holiday season. With your gift, your friend's spouse will automatically become an AARP member too.

**AARP Membership Processing
Department
215 Long Beach Boulevard
Long Beach, California 90801**

Please enter an AARP membership as my holiday gift to:

Name
(Please print)

Address

Town

State Zip Code

Birthdate
Month Day Year

[] 1 year \$3 [] 3 years \$8

Sign my gift card

My name

Address

Town

State Zip Code

I understand my friend's spouse will automatically become a member also.

(Please use a separate sheet of paper to order additional gifts.)

ANJ6

Recommended Home Insurance

By Nina Kenney, Director
Customer Communications
Colonial Penn Insurance Co.

In the first eight months of 1976, more members purchased Colonial Penn's Homeowners & Renters Insurance than in all of 1975.

We think the reason is probably inflation on one hand—and economy on the other.

Because inflation has driven real estate, home construction and repair costs up all around the country, many members found that they needed *more* coverage to be adequately protected. And many found that they could get it—at *little or no increase in premium*—with this AARP-recommended insurance. Others, who had enough coverage, found they could *save up to 20 percent and more* by changing to Colonial Penn.

Many renters also became Colonial Penn policyholders. Some of them purchased a renters policy for the first time. (Most landlord's policies do not cover the personal belongings of tenants, so renters should be certain they're protected).

But besides savings—or increased protection—one of the most important reasons so many members have changed is *security*.

Because every policy has a *5-Year Guaranteed Renewal* feature written into it. It's not generally available elsewhere, and it means that no matter how many claims you make, your policy is guaranteed renewable at rates then in effect, for five full years.

For more information about this program, and details of the Guaranteed Renewal feature, simply return the coupon below. There's no obligation and no salesman will visit you.

**Homeowners/Renters Program
Colonial Penn Insurance Company
5 Penn Center Plaza
Philadelphia, Pa. 19103**

Please send me details about the AARP-recommended Homeowners/Renters Insurance Program:

Name
(please print)

Address

City

State Zip

6DBJ1

This program is not yet available in Hawaii, Mississippi, N. Carolina and Texas.

**Advertising material prepared for AARP
by Colonial Penn Insurance Company**

spread abuses in the massive federal-state program.

Wilbur J. Cohen, HEW secretary in the Johnson Administration and currently dean of the School of Education at the University of Michigan, made his observations after widespread Medicaid irregularities were uncovered in New York City and Chicago by an investigative team headed by Sen. Frank E. Moss (D-Utah).

In an interview with David E. Rosenbaum of the New York Times, Cohen said Congress had failed to enact the kind of legislation needed to prevent Medicaid fraud and abuse. The Executive Branch, he added, had not made legislative recommendations that would curtail abuse, and most of the states had failed to see that the program was operated legally and efficiently.

Cohen also charged that some local medical societies refused to recognize obvious Medicaid abuses by members of their profession.

Legislation should be passed, Cohen said, that would require strict standards for Medicaid billing and the government's fraud control program should be considerably strengthened. Federal funds should be denied to state and local jurisdictions that do not enforce Medicaid laws, Cohen concluded.

FTC to Investigate Nonmedical Practices Of Nursing Homes

The Federal Trade Commission (FTC) plans to launch an investigation of the nonmedical aspects of the nursing home industry. The inquiry will focus on how the homes handle patients money, scrutinize advertising claims made by the establishments and study links between nursing homes and pharmaceutical manufacturers and other suppliers for possible kickbacks.

The protection of patients' personal property by nursing homes also will be an element in the commission's study, according to an FTC spokesman.

The commission pointed out that the investigation does not mean any violations of law have occurred.

Sheriff in Arizona Is Honored by AARP

PHOENIX—J. Leonard Johnson, AARP president-elect, presented an Association Award of Merit to Sheriff Paul Blubaum of Maricopa County, Ariz. He is the first law enforcement officer to receive the award.

The sheriff was cited for being

Ford Signs Teton Disaster Bill To Aid Flood Victims in Idaho

President Ford has signed the Teton Dam Disaster Assistance Act to authorize federal compensation for victims of five flood-stricken counties in Idaho.

The legislation (S.3542), co-sponsored by Sen. James McClure (R-Idaho) and Sen. Frank Church (D-Idaho), provides for compensation for deaths, personal injury and property losses, including destruction and damage to irrigation works resulting from the June 5 collapse in the federal Teton basin reclamation project.

Those who file damage claims must submit written proof that their insurers have denied claims. Any appeal must be filed within 60 days after a decision is rendered.

A supplemental appropriation of \$200 million for immediate relief was proposed by President Ford on June 11 and became avail-

able after July 12 when Ford signed a public works bill that included the appropriation for fiscal 1977. More than 170 claims have already been paid, according to Lloyd Ericson, the Bureau of Reclamation's chief claims officer.

Two amendments proposed by Sen. Church to aid flood victims who receive Supplemental Security Income (SSI) also have been enacted.

The first amendment eliminates the one-third reduction in a recipient's basic SSI grant if, due to flood damages to his residence, he was forced to move in with another family for 30 days or longer. The other amendment provides for income tax exclusion on aid received under the Federal Disaster Relief Act.

The Bureau of Reclamation has established claims offices in Idaho Falls, Rexburg and Blackfoot.

'Sunshine Law' Opens Sessions of Federal Agencies to Public

President Ford recently signed what is known as the "Government in Sunshine Act" to open the business sessions of more than 50 federal agencies to the public.

The law requires agencies, including the Securities and Exchange Commission, the Civil Service Commission and the National Science Board to give advance notice of their messages and then hold public sessions. However, there are numerous exceptions in the law permitting secret meetings. These include matters relating to national defense, trade secrets, criminal proceedings, national security and personal privacy.

The law requires agencies to announce meetings at least a week in advance and to disclose the names and telephone numbers of officials who can be called for information about the meetings.

Tax Reform Act Extends Reductions, Changes Estate Payments for Heirs

(Continued from page 1)

income in computing the credit, but the maximum will be reduced

ers the sale of a personal residence by individuals 65 or over. Currently, all gain from the sale of a

amount a husband or wife can leave to a surviving spouse to \$250,000 or half the estate, which-

THE SHERIFF was cited for significant contributions to the betterment of retirement living through initiating crime prevention programs which effectively utilize the services of retired volunteers in the community."

by any Social Security or Railroad Retirement benefits received; \$1 for every \$2 of earned income over \$1,200 but less than \$1,700; and dollar-for-dollar for earnings over \$1,700.

Another significant change cov-

She Gave Up Motorcycling, Jumped 3,000 Feet into Fame

ONTONAGON, Mich.—A retired teacher who gave up motorcycling because "it just wasn't exciting enough" often told her friends "I'd rather be flying." And she wasn't kidding.

Mrs. Cecilia Reeser, 66, boarded a plane for flying lessons five years ago and is still pursuing a pilot's license. During one of her instructional flights in 1972, she decided that "it might be fun to jump out of this plane." She later received one session of parachute training and decided to jump before a doubting audience.

"They waited in a circle on the ground, most of them betting I wouldn't have the nerve to jump," she recalled. When the plane climbed to 3,000 feet, she said the "pilot tapped me on the shoulder and I just went," she said.

The former Carman District teacher, who began her career in

1929 in a one-room school, is listed in the Guinness Book of World Records as the oldest woman ever to parachute from an airplane at age 62.

Her interests in sports began when she was a child. She hunts, fishes and even hikes alone in the nearby Porcupine Mountains of Michigan's Upper Peninsula. She also played the piano in a jazz band called the "Superior Vagabonds" and recently formed her own combo, "Cece and Her Satellites," a group of retired teachers.

A graduate of Eastern Michigan University, she taught school and served as a consultant for retarded children for 32 years before retiring in 1961.

Her philosophy? "Hang in there, baby!"

Does she plan to jump again? "Yes indeed. I plan to jump again soon . . . I love every minute of it."

personal residence is excluded from gross income if the sales price is less than \$20,000. The Tax Reform Act increases this amount to \$35,000.

With respect to the "sick pay" exclusion (maximum \$5,200 a year), the bill will allow persons who are retired on disability to use it only if they are under age 65 and "permanently and totally" disabled. Moreover, the maximum exclusion will be reduced dollar-for-dollar for adjusted gross income in excess of \$15,000.

The legislation combines the estate and gift tax exemptions which have been \$60,000 and \$30,000, respectively, into a single credit which is subtracted after the estate tax is determined. The unified credit will rise in increments from \$30,000 in 1977 to \$47,000 by 1981. These credits are intended to be equivalent to exemptions of \$120,666 in 1977, increasing to \$175,625 by 1981.

The bill increases the tax-free

ever is greater. Currently, up to half an estate can pass to a spouse under the marital deduction without tax while half the value of lifetime gifts between spouses are tax-free. The Tax Reform Act provides an unlimited marital deduction for the first \$100,000 of lifetime transfers.

On the retirement income credit, the Association had recommended that the amount allowed to be taken into account for purposes of computing the credit be increased to \$4,100 (in the case of a single person) and that this amount be cost-indexed so that it would be increased annually by the same percentage by which Social Security benefits are increased. Moreover, AARP specifically objected to the \$1 for \$2 offset for adjusted gross income in excess of \$7,500.

On the sick pay exclusion issue, the Association opposed the "under age 65" and "permanently and totally disabled" limitations and the dollar-for-dollar phase out.

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October 1976

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Need Help?—'Call for Action' is on the Line for You

If you are trapped in bureaucratic red tape or programmatic failures, such as health and welfare systems, your chances for finding help are good if you live in one of the 42 metropolitan areas served by Call For Action (CFA).

Staffed by 2,500 volunteers, CFA last year assisted 300,000 persons via radio and television stations that participate in the program.

How does it work? If you live in Little Rock Ark., for instance, and your Social Security check is late, you may call KARK-TV and ask for a CFA volunteer Monday through Friday. (Volunteers usually man the phones from 11 a.m. to 1 p.m.) Calls for assistance are not aired. CFA records the information, which is kept confidential, and refers the caller to the proper agency. Two weeks later, CFA makes a follow-up call for a progress check. If the individual is still experiencing difficulty, CFA will continue to seek action and answers in an effort to resolve the problem.

CFA volunteers have directories of public and private agencies and organizations which contain information on such matters as drug addiction, legal services, pensions, utility shut-offs, workmen's com-

In a recent New York *Times* article, the CFA at WMCA was rated at the top of seven New York City action lines. The article described CFA as a pioneering service whose volunteers "will stick with (disputes) until they are resolved."

Based on information gathered by the ombudsman service, WIND radio in Chicago won the 1975 Sigma Delta Chi Distinguished Service in Journalism Award. After receiving phone calls from Chicago area residents concerning delays in unemployment compensation checks, WIND launched an editorial campaign to call the problem to the attention of the public and government officials.

Sydney S. Gordon, president of CFA, said that AARP members who need assistance or wish to serve as volunteers should contact their nearest action line for further information.

The following radio and television stations comprise the CFA network:

WAKR, Akron, Ohio; WROW, Albany, N.Y.; KOB, Albuquerque, N.M.; WFBG, Altoona, Pa.; WGST, Atlanta; WBAL, Baltimore; WYDE, Birmingham, Ala.; WBZ, Boston; WBEN R/TV, Buffalo, N.Y.; WIND, Chicago; WERE, Cleveland; KJZ, Denver;

Oklahoma City, Okla.; WOW, Omaha, Neb.; WDBO, Orlando, Fla.; WRAU-TV, Peoria, Ill.; WFIL, Philadelphia; KTAR-TV, Phoenix; KDKA, Pittsburgh; WJAR, Providence, R.I.; WRAL-TV, Raleigh / Durham, N.C.;

KMOX, St. Louis; KSL, Salt Lake City, Utah; KGTV, San Diego; WHEN, Syracuse, N.Y.; KTKT, Tucson, Ariz.; WTLB, Utica, N.Y.; WTOP, Washington, D.C.; WWVA, Wheeling, W. Va.; WFMJ, Youngstown, Ohio.

Good News for Hesitaters!

Special for all members who forgot to take advantage of last month's full page travel article. Here's your second opportunity to send for all the new, late 1976-1977 travel brochures . . . all sorts of wonderful, exciting, fascinating, new and time-tested trips, many at surprisingly low prices . . . all brochures explain our Good Buy Plan for saving money by reserving early.

A) EUROPE AND THE MIDDLE EAST. Wide variety of tours covering almost all countries of Western Europe, Eastern Europe, Middle East and North Africa. Approximately two weeks to a month. Price range \$855 to \$2,200.

B) AROUND THE WORLD AIR TOURS. 29 and 45 day tours. Price range \$3,000 to \$5,000.

C) AFRICA. Four tours to Africa. 16 to 38 days. Price range \$1,300 to \$4,000.

D) COMBO TOURS. One, two and three week tours to Europe, the Americas, Bermuda, Egypt, etc.,

N) HAWAII. One and two week tours, \$150 to \$700 (not including air fare). Extended Vacation program, up to four-week stay, \$699 to \$899 including air fare, depending on city of departure.

O) ORIENT AND ORIENT/INDIA. Wide range of tours, two weeks to one month. Price range, \$1,300 to \$3,000.

P) SOUTH PACIFIC. Australia, New Zealand, the South Sea Islands. Tours of from three to four weeks. Price range \$2,200 to \$4,000.

Q) U.S.A. AND CANADA. The his-

pensation, doctors, and rescue teams.

CFA was launched in 1963 by Ellen S. Straus, who organized the first program at radio station WMCA in New York City. Stations provide the action line as a free public service and sign an agreement that CFA will be used only for non-commercial and non-political purposes.

WERE, Cleveland; KZZ, Denver; WJR, Detroit; WOWO, Ft. Wayne, Ind.; WGSM, Huntington, N.Y.; KARK-TV, Little Rock, Ark.; KFVB, Los Angeles; WDIA, Memphis, Tenn.; WCIX-TV, Miami, Fla.; WISN, Milwaukee; CFCF, Montreal.

WBSM, New Bedford, Mass.; WELI, New Haven, Conn.; WMCA, New York City; KWTU,



FOSTER J. PRATT, former president of AARP, right, attended the annual Charter Day Dinner held by San Geronio Pass Chapter 10 of Banning, Calif., which celebrated its 15th anniversary. Also pictured, from left, are Mr. and Mrs. Cicero Baquet; and Dixie Melcher, chapter vice president. Baquet is assistant state director for southeastern area. Chapter 10 is the oldest in California.

including Week to Remember series. AARP members are joined with others resulting in larger groups, price savings. Price range \$400 to \$1,000.

- E) SHORT CRUISES FROM EAST COAST PORTS.** Bermuda, Caribbean, So. America, Mexico, Mississippi River. Wide price range.
- F) LONG CRUISES FROM EAST COAST PORTS.** Around the World, Caribbean, Alaska. Wide price range.
- G) EXTENDED VACATIONS.** Europe, Florida, Hawaii, North Africa, Israel. Up to six week stays; apartment or hotel accommodations, departures from various U.S. cities. Price range \$500 to \$900.

toric East, great West, Nova Scotia and Canadian Rockies. Nine day to three week tours from various U.S. cities by Continental Trailways Silver Eagle motor-coaches. Price range \$400 to \$1,100.

- R) CRUISES FROM WEST COAST PORTS.** Hawaii, South Pacific, Alaska, Mexico, the Caribbean. Wide price range.
- S) SOUTH AMERICA, MEXICO/GUATEMALA/COSTA RICA.** Two to six week tours, wide variety of itineraries. Price range \$1,400 to \$4,200.
- T) ALASKA.** Two to three week tours, including cruising the Inside Passage. \$1,200 to \$1,800.

AARP Travel Service
Grand Circle Travel, Inc.
P.O. Box 1510, F.D.R. Station
New York, New York 10022

I have circled the letters of the AARP Travel brochures that I wish to receive:

A B C D E F G N O P Q R S T

Name (Please Print)

Address

City State Zip
D-10-76

Advertising material prepared for AARP by Grand Circle Travel, Inc.

Current Enrollment for AARP Health Insurance Ends Oct. 31

By Dorothy Liggett
AARP Insurance Coordinator
Colonial Penn Franklin Insurance Company

The countdown has started for the end of this enrollment period for AARP Group Health Insurance Plans underwritten by Colonial Penn Franklin Insurance Company.

The closing date is Oct. 31. Through then, every AARP member is eligible for acceptance in any of the plans being offered for fall enrollment.

Included in the offering are the IN-HOSPITAL PLAN that pays hospital confinement benefits during a covered hospitalization; the EXTENDED IN-HOSPITAL PLAN that provides not only daily hospital benefits but surgical benefits and allowances; the SKILLED NURSING FACILITY AND HOME NURSING CARE PLAN and the EXPANDED SKILLED NURSING FACILITY AND HOME NURSING CARE PLAN. The last two plans offer coverages for post-hospital convalescence in a skilled nursing facility and private duty nursing care at home.

The availability of group health insurance to AARP members has grown in importance each year, as medical care costs have risen.

AARP members have an opportunity right now to obtain valuable supplemental health insurance coverage to help protect them financially.

In September, mailings were sent to all AARP members giving details about one or more of the AARP plans being offered for enrollment until Oct. 31.

If by some chance you did not receive your mailing or want information about a plan not included in it, please write immediately to:

AARP INSURANCE PLANS
5 Penn Center Plaza
Philadelphia, Pa. 19103

AARP is a not-for-profit membership corporation. On behalf of the membership, the AARP Insurance Trust has entered into group insurance contracts with Colonial Penn Franklin Insurance Company and pursuant thereto is granted administrative allowances. AARP receives compensation for advertising space in its publications from affiliates of the insurer. There are also obligations of affiliates of the insurer to provide membership solicitation services, data processing, travel and claims services for AARP or the membership.

Advertising material prepared for AARP
by Colonial Penn Franklin Insurance Co.

AARP Member Named To Ad Hoc Group On Florida Housing

TALLAHASSEE, Fla.—Jack Carroll, a member of the NRTA-AARP Florida Joint State Legislative Committee, has been appointed by Gov. Reuben Askew to the "Homes for You Committee," an ad hoc group spearheading a campaign to have Amendment 5 ratified in the Nov. 2 general election.

Amendment 5 would authorize establishment of a Florida Housing Finance Agency (FHFA) empowered to issue revenue bonds up to \$100 million each fiscal year for construction of housing and related facilities for low and moderate income families.

"It is extremely important for older persons to support Amendment 5," Carroll said. "Approval of this change in the state constitution would be a major breakthrough in efforts to provide adequate, affordable housing for retired citizens with low or moderate incomes and would stimulate the state's sluggish housing industry."

Passage of Amendment 5 "would in no way raise taxes for Florida residents," Carroll added.

2nd Ford-Carter Debate Set Oct. 6

The second debate between Republican President Gerald Ford and Jimmy Carter, the Democratic contender, will be Oct. 6 beginning at 9:30 p.m. (EDT) in San Francisco, according to the League of Women Voters.

A vice presidential debate between Republican Robert Dole and Democrat Walter Mondale has been tentatively scheduled for the week of Oct. 11. The third and final debate between the two major presidential candidates will be Oct. 22.

A spokesman for the League's education fund, which is sponsoring the debates, said arrangements have been completed with the national networks to carry all of the programs live on radio and television.

Professor, 79, Praises Older Students—Able 'To Teach Them More'

SAN FRANCISCO—A 79-year-old physics professor praised his new students this fall, saying he

Turn 'Extra' Hours into Extra Income

as medical care costs have escalated and budgets have been challenged by higher living expenses.

In August, the U.S. Labor Department reported that living costs for a retired couple rose about 7 percent last year. The Department estimated that out of average budgets—whether low, intermediate or higher—6 to 12 percent of the money went for medical care. The figures were based on budgets for retired couples “assumed to be self-supporting, living in an urban area; in reasonably good health and able to take care of themselves.”

Should a spell of illness strike, it's a fair assumption that medical costs would make much deeper inroads into these budgets.

CORRECTION

An inadvertent error occurred when setting type for the health insurance advertisement that appeared in the September News Bulletin. The name of the “Skilled Nursing Facility and Home Nursing-Care Plan” was omitted. Therefore, the benefits pertaining to this plan appeared with those for the “Extended In-Hospital Plan.” We apologize for any confusion that this error may have caused.

Do you have some extra time that you'd like to convert to extra income?

If so, Mature Temps, Inc. wants to hear from you especially if you have typing, secretarial, or clerical skills.

Mature Temps is the temporary employment service for Association members who want to continue using their various skills and knowledge . . . who want to get out and meet people . . . or, who want to supplement their income.

Thousands of members have already signed up with Mature Temps. They've found the assignments both interesting and varied—as well as financially rewarding! As a temporary employee, members can work every day, a few days a week, or as little as a few days a month.

For details on how you can join the Mature Temps staff of temporary employees, simply fill out and mail the coupon below, or visit or call the Mature Temps office nearest you. We have offices in: Baltimore, Boston, Chicago, Dallas, Houston, Los Angeles, New York, Plymouth Meeting, Pa., Philadelphia, San Francisco, and Washington, D.C. Check the white pages of your telephone book for our exact locations.

But you don't have to live in or

near one of the 11 Mature Temps offices to turn your extra hours into extra income, because Mature Temps needs people in various areas across the country to do product sampling and distribution. You don't need any experience . . . just a willingness to get out and meet people by demonstrating or distributing products in supermarkets, shopping centers, etc.

If you would like a Mature Temps representative to contact you when product sampling and distribution opportunities arise in your area, please fill out and mail the coupon below.

(Please check:)

..... Yes, I would be interested in using my office skills as a Mature Temp.

..... Yes, I would be interested in any product sampling/distribution opportunities that arise in my area.

Name

Address

City

State Zip

Phone A10-6

Mail to:
Mature Temps, Inc.
Executive Offices
1114 Avenue of the Americas
New York, New York 10036

Advertising material prepared for AARP
by Mature Temps, Inc.

was able “to teach more in a shorter period” at the University of San Francisco's Fromm Institute for Life-Long Learning. Enrollment is limited to men and women who are at least 50 years of age.

“There is a homogeneity of wisdom in this group,” Dr. Robert Thornton said of his new class of elderly students. The regular eight-week daytime courses are offered three times a year by professors who come out of retirement for that purpose.

The Institute was conceived by a 70-year-old California businessman who raised \$100,000 from nine California foundations for operating costs. Students pay \$100 a year tuition and have full use of school facilities.

Nearby San Francisco State University permits men and women 60 years and over to take any course without charge, with the permission of the instructor.

Iowans Get Tax Break On Civil Service Pensions

DES MOINES—The Iowa State Legislature has approved legislation that will exempt up to \$4,250 in income from federal civil service retirement benefits from state taxes.

The exemption, scheduled to begin with the 1977 tax year, increases to \$6,500 a year for a couple filing a joint return.

Major Candidates Speak Out on Older Americans

By Gerald R. Ford

I welcome this invitation from the American Association of Retired Persons to provide my views on issues of mutual interest and concern. The contributions which your organization has made to my Administration in addressing the problems of older Americans have been invaluable. I look forward to our continuing close cooperation.



Gerald R. Ford

We are reminded over and over again in today's society that advancing years need not mean a retreat from an active, eventful, and enjoyable life, nor should it be the certain bearer of poor health, meager income, or social isolation. The ancient philosophers taught us that the measure of civilization's advancement can be found in the treatment of its elderly. For more than 40 years, America has been making an ever stronger commitment to its older citizens. I pledge my continuing commitment toward even more progress.

The single greatest threat to the quality of life for older Americans is inflation. We have stopped runaway inflation in the past two years, cutting it from more than 12 percent to 6 percent, but for those of you who are living on fixed incomes, that's not nearly good enough. I will continue to press my Administration's efforts to reduce inflation and to cut taxes. We cannot afford grandiose new spending programs that will only saddle us with higher prices and higher unemployment.

The burdens of inflation which affect you directly are clearly evident in two major Federal programs: Social Security and Medicare. Maintaining the integrity of the Social Security system is a vital obligation each generation has to those who have worked hard and contributed to it all their lives. Social Security initiatives include:

- A cost-of-living increase in Social Security benefits, effective last July, to help maintain the purchasing power of 32 million Americans;
- Stabilization of the Social Security Trust Fund. To insure the integrity of the system, I have proposed an increase in payroll taxes, but no worker will pay more than \$1 more each week, and most will pay less.

We have it in our power to protect this nation's older citizens from living

By Jimmy Carter



I am pleased to send this message to the membership of AARP. As older Americans, you are an important segment of our population.

A new national strategy for meeting the realities of growing old in America, including the establishment of a Presidential Counselor on Aging, will get top priority in a Carter Administration if the voters of this nation feel as I do—that our older citizens have been neglected for too many years.

My objective will be to assure that older Americans can live with dignity and have freedom of choice—freedom to live alone or with your families or friends, in the cities or in rural areas, at home or in caring institutions, and to retire, work, or otherwise continue to contribute to society.



Jimmy Carter

Older citizens like yourselves have contributed much to the strength and vitality of America. You have a right to expect in your later years that you will have an adequate income, comfortable housing, access to expert and affordable health care, and adequate transportation.

Gerald Ford's record on the elderly leaves little doubt that he has made it more difficult for you to have freedom of choice and has compromised your rights. Nowhere is this more evident than his efforts to make older persons the scapegoats in our nation's fight against inflation. Among Gerald Ford's proposed cutbacks for older Americans were:

- an arbitrary five percent cap on the July, 1975, Social Security cost-of-living increase;
- higher "cost-sharing" in Medicare, which would increase medical and hospital charges for aged and disabled Americans by more than \$1 billion;
- an increase in food stamp charges in 1975—to the point where most elderly recipients would find it uneconomical to participate in the program;
- a \$25 million cutback in funding for a hot meals program at senior citizens centers;
- an attempt to phase out community service jobs programs for older workers;
- the effective impoundment of funds for the section 202 housing for the

under the shadow of fear of catastrophic illness. Under my recent catastrophic health proposals, everyone covered by Medicare would be entitled to unlimited stays in hospitals and nursing homes, and would pay no more than \$500 a year for hospital services, or more than \$250 for physicians or non-hospital care. Over \$1 billion would be made available to cover benefits for prolonged illness.

Much progress has been made in easing other special burdens imposed by age. For example, we have responded positively to the recommendations made at the 1971 White House Conference on Aging. A Supplemental Security Income program has been enacted, Social Security benefits have risen with increases in the cost of living, the Social Security retirement test has been liberalized, and many inequities in payments to women have been eliminated. The 35 million workers who have earned rights in private pension plans now have increased protection.

In addition, I have supported the concept of the Older Americans Act since its inception in 1965, and last November I signed its most recent amendments into law.

A key component of that act is the national network on aging which provides a solid foundation on which action can be based. I am pleased that we have been able to assist in setting up this network of 56 state and 489 area agencies on aging, and 700 local nutrition agencies. The local nutrition agencies, for example, provide 300,000 hot meals a day, five days a week.

I am fully aware of your concern about crime. When I took office in 1974, serious crime was increasing at the rate of 18 percent a year. By the end of 1975, the rate had dropped to nine percent and the figures covering the first quarter of 1976 show only a four percent increase.

But, any increase in the level of crime must not be tolerated. Last year, I sent to the Congress a comprehensive special crime message. Two specific areas which I have charged Congress to work with me in addressing are the establishment of "career criminal" programs designed to assure quick identification and prosecution of persons who repeatedly commit serious offenses; and, the enactment of a mandatory minimum sentence law which would make imprisonment a certainty for persons convicted of a Federal offense involving the use of a dangerous weapon. The mandatory sentence would also apply to repeat offenders who are convicted of crimes involving personal injury to others.

These are but a few areas where I have taken action during the last two years. As President, I intend to do everything in my power to help our nation demonstrate by its deeds a deep concern for the dignity and worth of our older citizens. By doing so, all Americans will benefit from the contributions that you have made and will continue to make to the strengthening of our great nation.

the effective improvement of funds for the Section 202 housing for the elderly program.

The Carter Administration's program for older Americans will include first and foremost the guarantee of a secure income through the Social Security program. I pledge to you, and to all Americans, that I will preserve the financial integrity of the Social Security system.

Gerald Ford's only proposal to deal with the short-term financing problem, caused in no small part by the failures of Republican economic policy, is to increase the payroll tax for wage earners and employers. I do not favor the Ford tax increase. Instead, I propose private and governmental action to generate higher employment rates, coupled with a progressive plan to gradually increase the taxable wage base.

But the Carter program for older citizens would not stop here.

We must move toward a national health insurance program for all Americans, which will insure that the elderly, whose medical expenses are particularly burdensome, need never fear that they cannot afford necessary health care.

I am committed to a rapid expansion of the Section 202 housing program for the elderly, more funds for renovation of existing structures, and strong federal protection against the displacement of older citizens by landlords seeking to convert rental housing into condominiums. Thirty percent of America's elderly live in substandard housing, and we cannot tolerate the Ford Administration's failure to deal with this problem.

Since older Americans so often lack the mobility essential to enjoy the benefits of our country, they must be involved in transportation planning. I believe that the federal government should carry out the law and make public transit accessible to older persons and the handicapped.

But perhaps this country's most serious neglect of our older Americans is the failure to tap your priceless, often unappreciated natural assets: experience and wisdom as teachers, administrators, craftsmen—indeed in all areas of endeavor.

My mother, Lillian, served in the Peace Corps in a medical dispensary in India when she was 68. Government and industry should offer our older citizens much greater opportunity to continue to lead productive and meaningful lives while sharing the wisdom of your years with others.

If elected President, I will establish in the White House a counselor on aging. This counselor would help me develop innovative and necessary programs for the elderly and would insure that government action takes your concerns fully into account.

Most important, we need a President who is truly concerned with and sympathetic to the problems of older Americans. Older citizens must never again feel ignored. Under a Carter Administration, you never will.

Aging Issue Highlights in Major Party Platforms



Older Americans

REP:

Our tax laws permit a deduction to the taxpayer who gives a contribution to a charitable institution that might care for an elderly parent but offer little or no incentive to provide care in the home. Incentives must be written into law to encourage families to care for their older members.

We will work to make the Social Security system actuarially sound. The Social Security program must not be turned into a welfare system based on need rather than contributions. The cost to employers for Social Security contributions must not be raised to the point where they will be unable to afford contributions to employee private pension programs.

We will work for an increase in the earned income ceiling or its elimination so that, as people live longer, there will not be the present penalty on work. We will also seek to correct those provisions of the system that now discriminate against women and married couples.

We favor the abolition of arbitrary age levels for mandatory retirement.

The Medicare program must be improved to control inflation and health care costs triggered by present regulations.

Other areas of concern to the elderly that need increased attention are home and out-patient care, adequate transportation, nutrition, day care, and home-maker care as an alternative to costly institutional treatment.

DEM:

must be established to assure relative price stability.

... The Federal Reserve must be made a full partner in national economic decisions and become responsive to the economic goals of Congress and to the President.

Employment

REP:

Massive federally funded public employment programs, such as the Humphrey-Hawkins Bill ... will cost billions and can only be financed either through very large tax increases or through ever increasing levels of deficit spending. Sound job creation can only be accomplished in the private sector of the economy.

Increased part-time and flexible-hour work should be encouraged wherever feasible. In keeping with our belief in family life we want to expand more opportunities for men and women to combine family responsibilities and employment.

DEM:

The Democratic Party is committed to the right of all adult Americans willing, able and seeking work to have opportunities for useful jobs at living wages ... we pledge ourselves to the support of legislation that will make every responsible effort to reduce adult unemployment to 3 percent within 4 years.

Raising the pay standard for overtime work, additional hiring of part-time persons and flexible work schedules will increase the independence of workers

Crime and Law Enforcement

REP:

The Federal Criminal Code should include automatic and mandatory minimum sentences for persons committing offenses under federal jurisdiction that involve the use of a dangerous weapon.

We support the right of citizens to keep and bear arms. We oppose federal registration of fire arms.

DEM:

We pledge equally vigorous prosecution and punishment for corporate crime, consumer fraud and deception; programs to combat child abuse and crimes against the elderly. ...

... establishing adequate victim compensation programs. ...

Ways must be found to curtail the availability of [handguns]. The Democratic Party must provide the leadership for a coordinated federal and state effort to strengthen the presently inadequate controls over the manufacture, assembly, distribution and possession of handguns and to ban Saturday night specials.

... we support mandatory sentencing for individuals convicted of committing a felony with a gun.

Tax Reform

REP:

As in 1972, we urge prompt passage of the Republican sponsored legislation now pending in Congress which will increase the estate tax exemption to \$200,000, allow valuation of farm property on a current use basis and provide for

Welfare Reform

REP:

We oppose federalizing the welfare system ... We also oppose the guaranteed annual income concept or any programs that reduce the incentive to work.

DEM:

We should move toward replacement of our existing inadequate and wasteful system with a simplified system of income maintenance, substantially financed by the federal government, which includes a requirement that those able to work be provided with appropriate available jobs or job training opportunities.

Energy

REP:

We must immediately eliminate price controls on oil and newly discovered natural gas in order to increase supply. .

We support accelerated use of nuclear energy through processes that have been proven safe. Government research should be expanded 'to perfect a long-term solution to the problems of nuclear waste.'

We vigorously oppose ... divestiture of oil companies—a move which would surely result in higher energy costs, inefficiency and under-capitalization of the industry.

DEM:

We should narrow the gap between oil and natural gas prices with new natural gas ceiling prices that maximize

... adequate income and health care for senior citizens are basic federal government responsibilities.

... health costs paid by senior citizens under the present system must be reduced.

We believe that Medicare should be made available to Americans abroad who are eligible for Social Security.

... Democrats strongly support employment programs and the liberalization of the allowable earnings limitation under Social Security for older Americans who wish to continue working and living as productive citizens. We will put an end to delay in implementation of nutrition programs for the elderly and give high priority to a transportation policy for senior citizens under the Older Americans Act.

... We pledge to enforce vigorously health and safety standards for nursing homes and seek alternatives which allow senior citizens where possible to remain in their own homes.

Inflation

REP:

The number one destroyer of jobs is inflation . . . It is above all else deficit spending by the federal government which erodes the purchasing power of the dollar.

Wage and price controls . . . have always been a dismal failure. The Republican Party strongly opposes any reimposition of such controls.

The independence of the Federal Reserve System must be preserved.

DEM:

Americans on fixed incomes, such as the elderly, are often pushed into poverty by this cruel tax.

A comprehensive anti-inflation policy

and create additional job opportunities, especially for women.

Health

REP:

The Republican Party opposes compulsory national health insurance [which] will increase federal government spending by more than \$70 billion in its first full year [and] require a personal income tax increase of approximately 20 percent.

We support extension of catastrophic illness protection to all who cannot obtain it.

A coordinated effort should be mounted immediately to contain the rapid increase in health care costs by all available means, such as development of healthier life styles through education, improved preventive care, better distribution of medical manpower, emphasis on out-of-hospital services and elimination of wasteful duplication of medical services.

DEM:

We should experiment with new forms of medical care delivery to mold a national health policy that will meet our needs in a fiscally responsible manner.

We must shift our emphasis in both private and public health care away from hospitalization and acute-care services to preventive medicine and the early detection of the major cripples and killers of the American people.

We must have national health insurance with strong built-in cost and quality controls.

Alternative approaches to health care delivery, based on prepayment financing, should be encouraged and developed.

extension of the time of payment in the case of farms and small businesses. This overdue estate and gift tax legislation must be approved this year. We favor a liberalized marital deduction and oppose capital gains tax at death.

We support economic and tax policies to insure the necessary job-producing expansion of our economy. These include hastening capital recovery through new systems of accelerated depreciation, removing the tax burden on equity financing to encourage more capital investment, ending the unfair double taxation of dividends, and supporting proposals to enhance the ability of our working and other citizens to own 'a piece of the action' through stock ownership. When balanced by expenditure reductions, the personal exemption should be raised to \$1,000.

DEM:

We pledge the Democratic Party to a complete overhaul of the present tax system, which will review all special tax provisions to ensure that they are justified and distributed equitably among our citizens.

We will overhaul federal estate and gift taxes to provide an effective and equitable structure to promote tax justice and alleviate some of the legitimate problems faced by farmers, small business men and women and others who would otherwise be forced to liquidate assets in order to pay the tax.

... the Democratic Party's goal of redistributing the burden of the Social Security tax by raising the wage base for earnings subject to the tax with effective exemptions and deductions to ease the impact on low income workers and two-earner families. Further revision in the Social Security program will be required so that women are treated as individuals.

production and investment while protecting the economy and the consumer. Any reforms in the pricing of new natural gas should not be at the cost of severe economic dislocations that would accelerate inflation and increase unemployment.

We will provide new incentives for aiding individual homeowners, particularly average income families and the poor in undertaking conservation investments. We will support the reform of utility rate structures and regulatory rules to encourage conservation and ease the utility rate burden on residential users, farmers and other consumers who can least afford it; make more efficient use of electrical generating capacity; and we will aggressively pursue implementation of automobile efficiency standards and appliance labeling programs already established by Democratic initiative in the Energy Policy and Conservation Act.

Environment

REP:

A clean and healthy natural environment is the rightful heritage of every American. In order to preserve this heritage, we will provide for proper development of resources, safeguards for clean air and water, and protection and enhancement of our recreation and scenic areas.

Emphasis on environmental concerns must be brought into balance with the needs for industrial and economic growth. . . .

DEM:

... the Democratic Party believes that a concern for the environment need not and must not stand in the way of a

(Continued on page 8)

Aging Issue Highlights in Major Party Platforms

(Continued from page 7)

much-needed policy of high economic growth.

... We pledge to continue to work for additional laws to protect, restore and preserve the environment while providing still more jobs.

Housing

REP:

All of our citizens should be given the opportunity to live in decent, affordable housing.

To meet the housing needs of this country there must be a continuous, stable and adequate flow of funds for the purpose of real estate mortgages at realistic interest rates.

To continue to encourage home ownership, we support the deductibility of interest on home mortgages and property taxes.

We favor the concept of federal revenue sharing and block grants to reduce the excessive burden of the property tax in financing local government.

We are concerned with the excessive reliance of financing welfare and public school costs primarily with the property tax.

DEM:

We support the expansion of the highly successful programs of direct federal subsidies to provide housing for the elderly.

To assist further in relieving both the fiscal and service delivery problems of states and local governments, the Democratic Party reaffirms its support for general revenue sharing as a base for the

ties so that greater amounts can be used as operating subsidies. . . .

Consumer Protection

REP:

We continue to support farmer cooperatives, including rural electric and telephone cooperatives, in their efforts to improve services to their members.

We need a comprehensive approach to plan, develop and implement a variety of programs which take into account the many diverse needs of each neighborhood. The establishment of a National Neighborhood Policy will signal a commitment in the improvement of the quality of life in our neighborhoods.

DEM:

We shall encourage consumer groups to establish and operate consumer cooperatives that will enable consumers to provide themselves market-place alternatives and to provide a competitive spur to profit-oriented enterprises.

We support . . . federal standards for state no-fault insurance programs.

We . . . support . . . full funding of neighborhood legal services for the poor.

The Democratic Party is committed to . . . strengthening the knowledge and bargaining power of consumers through government-supported systems for developing objective product performance standards; advertising and labeling requirements for the disclosure of essential consumer information; and efficient and low-cost redress of consumer complaints including strengthened small claims courts, informal dispute settlement

Education

REP:

We propose consolidating federal categorical grant programs into block grants and turning the money over to the states to use in accordance with their own needs and priorities and with minimum bureaucratic controls.

DEM:

The Party commits itself to support of adult education and training which will provide skills upgrading.

In higher education, our Party is strongly committed to extending post-secondary opportunities for students from low- and middle-income families, including older students and students who can attend only part-time.

Civil and Political Rights

REP:

Major changes . . . are needed to maintain the confidentiality of tax returns and Social Security records.

There must be vigorous enforcement of laws to assure equal treatment in job recruitment, hiring, promotion, pay, credit, mortgage access and housing.

Women, who comprise a numerical majority of the population, have been denied a just portion of our nation's rights and opportunities. We reaffirm our pledge to work to eliminate discrimination in all areas for reason of race, color, national origin, age, creed or sex and to enforce vigorously laws guaranteeing women equal rights.

DEM:

We must insure that all citizens

color, sex, religion, age, language or national origin, to participate fully in the economic, social and political processes and to vindicate their legal and constitutional rights.

We are committed to full implementation and enforcement of the Equal Credit Opportunity Act.

Rural America

REP:

Rural America must be maintained as a rewarding place to live. To accomplish this, our rural areas are entitled to services comparable to their urban neighbors, such as water and sewage systems, improved electricity and telephone service, adequate transportation, available and adequate financial credit, and employment opportunities which will allow small farmers to supplement their incomes.

DEM:

While it is bad enough to be poor, or old, or alone in the city, it is worse in the country. We are therefore committed to overcome the problems of rural as well as urban isolation and poverty by insuring the existence of adequate educational opportunity and needed transportation throughout rural America.

... We believe that transportation dollars should be available in a manner to permit their flexible use. In rural areas this means they could be used for such needs as secondary road improvement, taxi systems, buses, or other systems to overcome the problems of widely dispersed populations, to facilitate provisions of social services and to as-

general revenue sharing as a base for the fiscal health of all levels of government, acknowledging that the civil rights and citizens' participation provisions must be strengthened.

Women, the elderly, single persons and minorities are still excluded from exercising their right to select shelter in the areas of their choice, and many "high risk" communities are systematically denied access to the capital they require. The Democratic Party pledges itself to the aggressive enforcement of the Fair Housing Act; to the promotion and enforcement of equal opportunity in housing; and to the pursuit of new regulatory and incentive policies aimed at providing minority groups and women with equal access to mortgage credit.

Transportation

REP:

We support the concept of a surface transportation block grant which would include the various highway and mass transit programs now in existence. This will provide local elected officials maximum flexibility in selecting and implementing the balanced transportation systems best suited to each locality. It will encompass both capital and operating subsidies for urban mass transit. It will eliminate red tape and overregulation.

DEM:

... we will work to expand substantially the discretion available to states and cities in the use of federal transportation money, for either operating expenses or capital programs, on the modes of transportation which they choose.

We will change further the current restrictive limits on the use of mass transit funds by urban and rural locali-

ties, internal dispute resolution mechanisms, and consumer class actions.

are treated equally before the law and given the opportunity regardless of race,

the reader says...

Rail Retiree Passes

It has been given to me on good authority that Con Rail, which has taken over operation of bankrupt northeastern railroads, will not renew passes after Jan. 1, 1977, for retired rail employees. This would be quite a tragedy for many annuitants who do not drive cars and rely on railroad pass privileges to visit relatives and take vacations.

John Casey
Rahway, N.J.

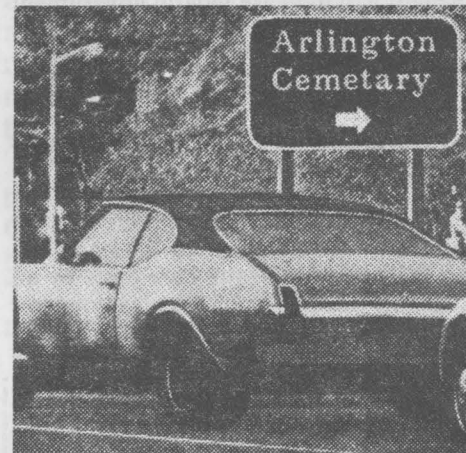
(A spokesman for Con Rail said he is not aware of any plans to stop issuing passes to retired railroaders. Pensioners, however, are required to apply for pass renewal every two years.—Ed.)

Essay Contestant Was 73

In a recent issue of the *News Bulletin*, you identified Mr. Sidney Eisenberger, who won a national essay contest, as the oldest person to enter the competition. You listed his age as 68.

Just for the record, I entered the same contest and my age is 73.

Walter A. Hicinbotham
Lakehurst, N.J.



'Cemetery,' Oh, That Word

I am enclosing a clipping (see photo above) as evidence that you are not the only publication that misspells the word "cemetery" as you did in a recent issue of the *News Bulletin*. The misspelling on the sign is seen by thousands of motorists every day driving along Ohio Drive near the ramp to Memorial Bridge in the Washington, D.C. area.

Just thought you'd like to know us oldies notice these little things. Young people today can't spell.

Eva M. Easton
Sanford, Fla.

sure access of citizens to meet human needs.

Bill Would Increase Pensions for Veterans

A bill that would increase pensions for veterans by seven percent, effective Jan. 1, was cleared by the Senate and sent to the White House for the President's signature as this issue of the *News Bulletin* was being printed.

The Senate also passed and sent to the House legislation that would increase government benefits for disabled veterans and for survivors of Americans killed in action by eight percent.

Additional details of the status of the two bills will be reported in the November *News Bulletin*.

August CPI Increase 'Steady' 0.5 Percent

The Consumer Price Index (CPI), which determines pension increases for millions of retired Americans, rose five-tenths of one percent in August, according to the U.S. Department of Labor.

This matches CPI increases for June and July, and represents an annual inflation rate of about six percent, a figure that has held steady for the last five months.