

# WEST MEDFORD



# COMMUNITY NEWS

*A Quarterly Newsletter  
Building Strong Leadership and  
Raising Awareness in Our Community*



*Students throughout Medford collected donations to send to the victims of December's tragic tsunami. The outpouring of concern amongst our youth is truly heartwarming. They should all be commended for their efforts.*

## A COMMUNITY WITHOUT BORDERS

*By Matt Hart*

Last December, hundreds of thousands of people in Southeast Asia caught unaware were swept into the sea. The death toll of the tsunami and earthquake is estimated to be more than three times the population of Medford, and many more were left orphaned, homeless and without hope. Thousands of businesses, hospitals, schools, mosques, temples and other churches were destroyed. Infrastructure such as utilities, water and sewer systems, roads and public transportation was devastated. And in response to this tragic destruction, an often overlooked part of our community reached out to those shattered victims.

Students across Medford gathered their lunch money, their precious movie money, often all the money in their pockets, and  
*Continued on page 13*

## SPRING 2005

### WHAT'S INSIDE

About The Coalition .....	Page 2
Home Buyers Fair .....	Page 2
McLoughlin Neighborhood Update .....	Page 3
Bike Rodeo .....	Page 3
Parent Connection .....	Page 4
Mental Health Resources .....	Page 5
WIC Program .....	Page 6
Getting Fit Part I .....	Page 6
City Commission Profile .....	Page 7
Landlord/Tenant Rights .....	Page 10
Renters Forum .....	Page 12

**Para la traducción en español,  
busque las paginas 14 y 15.**

*West Medford Community News  
701 N Columbus  
Medford, OR 97501  
Volume 2 Issue 1 March 2005  
A FREE Quarterly Publication*

## WEST MEDFORD COMMUNITY COALITION TAKES ACTION

Working at a grassroots level, we are out in the community talking to residents about issues and concerns in their neighborhood.

The Coalition has recently organized a number of community activities:

- Annual Home Buyer Fairs
- Neighborhood Clean-up Days\*
- Abandoned Car Program
- How to Beat a Drug House Workshop
- Community Pancake Breakfast

\*in partnership with the City of Medford's Neighborhood Resource Department

There are four action-oriented groups:

- Neighborhood Crime Prevention
- Promotion of Affordable Housing
- Debris Clean-up and Beautification
- Community Newsletter

---

---

### JOIN THE COALITION!

To join the West Medford Community Coalition, please send your name, address, telephone number & email address with the \$5 membership fee, to: West Medford Community Coalition  
attn: Secretary  
PO Box 8150  
Medford, OR 97504-8150  
membership@westmedford.org

Our meetings are held at 6:30pm on the second Wednesday of each month at the Santo Center, 701 North Columbus. Visitors are encouraged to attend these general meetings and discover current projects the Coalition has planned.

### WEST MEDFORD COMMUNITY NEWS

Newsletter Contributors:

Jim Bauermeister ..... Editor  
Lenore Drake ..... Photography  
Marie Cabler ..... Production

### NEWS FLASH!

#### HOME BUYER FAIR IS COMING

You are invited to the 3rd annual Home Buyer Fair, co-sponsored by the West Medford Community Coalition and the City of Medford's Neighborhood Resource Department.

Want to own your own home? Limited funds for a down payment? Poor or no credit history? Come to the Fair and meet directly with lenders, credit experts, realtors and housing programs that will help you on your way to homeownership. Rogue Valley Transportation District and the City of Medford will also have tables at the Fair.

**Where:** McLoughlin Middle School Cafeteria, 320 West 2<sup>ND</sup> Street, (corner West 2<sup>ND</sup> and Holly Streets)

**When:** Saturday, April 2, 2005

**Time:** 10 am to 2 pm

**Cost:** \$1.00

Register at the door on the day of the Fair. There will be a door prize of a \$100 gift certificate from Sherm's Market.

Free child care will be available.

Come to the Fair and bring a friend!!

For more information call Lenore at 734-9250 or Marie at 857-0947.

### WEST MEDFORD RESIDENTS INCREASE REPRESENTATION

West Medford have become well represented, with residents serving on the City of Medford's Budget, Historic, Housing, Parks & Recreation, and Planning Commissions, as well as an appointment to the MURA (Medford Urban Renewal Agency) Board of Directors.

## **McLOUGHLIN NEIGHBORHOOD COUNCIL**

*By Sarrah LeMoss*

Several months ago, I had a job interview with the City's Neighborhood Resource Coordinator, Louise Dix. At that meeting I learned that she was working with McLoughlin area residents to develop an Action Plan to affect positive changes in the neighborhood. I was inspired by Louise's enthusiasm and passion for helping Medford residents develop a plan that would be reviewed and adopted by the City Council and Planning Department. This was something completely progressive and I desperately wanted to become part of her vision.

Fortunately I got the job and now have the opportunity to work with Louise and McLoughlin neighborhood residents. I have been so encouraged by what I have seen. Using information compiled from last summer's survey, we invited residents to get involved in forming Neighborhood Watch groups, starting a Tree Partnership Program, and developing the McLoughlin Neighborhood Action Plan.

Several meetings were held in January. We worked with Hayley Mete and Lori Hopkinson to schedule Street Tree Partnership meetings at their homes. Under the City's Street Tree Program at least 10 households agree to volunteer their time and labor in exchange for trees. Hayley organized her neighbors on Palm Street and Lori worked on Haven Street. The two groups met to pick the trees they wanted and set dates for planting them. The residents of Haven Street planted 13 trees on February 26 and the Palm Street group planted 17 trees on March 5. Our next issue will offer details on the success of both projects and a perspective written by participating residents.

Due to the temporary closure of the Santo Center we held a Neighborhood Watch and the first McLoughlin Action Plan meetings at the McLoughlin Middle School cafeteria. Community Service Officer Howard Pendleton explained how to organize a



*Sarrah LeMoss is the assistant to the Neighborhood Resource Coordinator for the City of Medford.*

Neighborhood Watch group.

At the first McLoughlin Action Plan meeting we discussed what people liked about their neighborhood and its strengths and weaknesses. Residents like the friendliness of neighbors, the proximity to schools and shopping, and the cultural diversity of the neighborhood. However, there are a few things people would like to see changed. City Planner Steve Rehn brought several maps of the McLoughlin neighborhood to the meeting and residents placed stickers on

*Continued on Page 11*

### **BICYCLE SAFETY RODEO**

The West Medford Community Coalition's Spring 2005 Bike Rodeo will be held on April 30th, from 10am until 2pm, at Jefferson Elementary School, 333 Holmes Avenue, in West Medford.

Each Spring, as large numbers of children take to the street on bikes, the safety of these young riders becomes a concern to the community. The Rodeo is a one day training and education program for bicycle riders and their parents, hopefully reducing the number of accidents involving children riding bikes.

The Bike Rodeo is a fun event for children of all ages. They will learn proper bicycle maintenance and operation as well as how to ride safely in the city.

Presenters and participants will include the Medford Fire Department, Farmers Insurance Company, Umpqua Bank and local bike shops.

**MARK YOUR CALENDARS NOW!**

## The Parent Connection:

# OUR FAMILY ON THE OREGON TRAIL (CARD)

By Marga Draheim

When we qualified for the Oregon Trail Card our budget was set with a monthly amount to spend on "free food." For our family of six, we were awarded \$126 to supplement a low income. We found it was best to have Dad do the shopping with his basic list at the beginning of the month. These are the items that took a third of the monthly allowance in the first week:

3 gallons milk	5 loaves of bread, wheat, seeded	cheese
5 dozen eggs	2 lbs carrots	10 lbs potato bag
macaroni	spaghetti	2 cans of sauce
apples	bananas	oranges
oats	Maltomeal grits	pancake mix
4 onions		

Bulk items: sugar, brown and white rice, flour, cocoa, spices (sage, garlic salt, cinnamon)

Dad keeps this check-list to know our needs before we run out. He gets frozen chicken parts for grilling or soups. Each week he reviews the list; to get milk and bread and whatever else is needed. We are sometimes visited by those door-to-door meat salesmen who give us a good deal for a box of assorted beef, chicken, and fish--when we have at least \$100. This is enough meat to last three months! We make it go further by making stir fries and soups.

Mom makes potato soup that is good in the pot for at least two days (not nine!) by refrigerating the leftovers on a cloth-covered shelf in the fridge. See her recipe below.

I have some kind of soup ready for an after school snack on cold winter days. Every Mom should know the benefits of chicken soup. Just put chicken parts in salted water with onions, beans, carrots and potatoes or rice. This soup welcomes the family home with a wonderful aroma!

The weekend cook makes banana pancakes. Good and sweet to eat without syrup or a plate! He remembers when his grandma made pancakes every morning. Cast iron or stainless steel skillets are the best cookware for food taste and cooking. Coated aluminum pans are believed to have health risks as the coating peels and gets in the food. Cast iron pans can often be found in thrift stores. Back to the pancakes, the Krusteaz Mix uses water instead of milk and requires no eggs. Adding bananas makes the pancakes more filling. On weekends everyone is hungry and eats three or four pancakes to get through the morning.

Most kids like eggs. Cheese omelets are great for the big appetites of our growing children between the ages of four and ten. I toast a piece of bread in the pan, put the omelet on it and serve it to the first one at the table.

Homemade French toast; my kids say, is better than school breakfast. For French toast I mix one egg in a cup of milk. Then I dip both sides of the bread, place it in a lightly oiled pan and sprinkle cinnamon on the up-side. My kids know what they want

*Continued on page 8*

### Mom's Filling Potato Soup

Peel and slice six potatoes;

Peel two large carrots and cut in half;

Boil together potatoes and carrots with one large chopped onion.

Add salt to cook faster.

Test potatoes with a fork for tenderness not overdone.

Take out carrots then drain potatoes in colander

Mash potatoes with 4 cups of milk to make soup adding salt, pepper and sage.

Chop cooked carrots to leave larger pieces and cook with soup on medium-low.

This soup is ready for a filling lunch or dinner in 20 minutes.

## MENTAL HEALTH RESOURCES ON THE WEST SIDE

By Mike Hubbard.

Mental illness, bi-polar, schizophrenia. Few families can escape being touched by one of mental illnesses many forms. And when our lives or our families are stricken, we feel as if our world has ended. Mental illness can be like an ongoing death, a death without a funeral. Those whose lives have been touched however, know that life goes on.

Mental health professionals agree on several points when mental illness is suspected or diagnosed. First, if "something just doesn't seem right," get help. Now. An early diagnosis means early treatment; early treatment means a better quality of life, and a more optimistic outlook over the course of a person's lifetime.

Next is medication usage. If the doctor or psychiatrist prescribes medication to treat a mental disorder, it needs to be taken as directed. No exceptions. Blood tests may be needed to monitor medication levels and to detect possible side effects. Take them. No exceptions. Medications must be prescribed by a health professional. A referral will be needed and an assessment of the patient's condition made and other tests may be necessary. This is often a drawn out process. Don't wait. Call or visit one of the agencies or organizations mentioned below.

Mental illness is a lonely and misunderstood disease. It need not be. Support and awareness resources are available to West Medford residents. The Mano Amiga program at La Clinica del

Valle's center offers education, support, and treatment for not only mental illness, but substance abuse and domestic violence as well. This culturally sensitive effort benefits Jackson County's Latino community. Call 618-1334 for more information. Mano Amiga's approach is informal, and open-ended. Counselor

Manny Garcia sums it up this way. "We do what ever works".

Non-Hispanics have two information and support options available to them. Hawthorn Center at 48 S. Hawthorne provides social and educational support in a



*La Clinica del Valle offers mental health services to low income residents at 1307 West Main Street.*

member-run drop-in center. They offer games, classes, referral services, as well as a Bingo night. Call 494-4303 for information.

NAMI (National Alliance for the Mentally Ill) has a 24-hour help line (800-343-6264) that provides support, information, and crises intervention for anyone seeking help.

NAMI-SO, the local chapter, has a well-stocked library at 1005 E. Main in the Jackson County Mental Health (JCMH) complex. NAMI-SO offers weekly support meetings in both Ashland and Medford. Estelle Womack, a volunteer at the NAMI library, says that she would be willing to help organize a support group in West Medford if there was interest in doing so. Call 774-7872 for information.

Other West Medford organizations that can make referrals, offer advice or provide counseling are the West Medford Family Center at 914 W. Main, phone 734-7516; ICC (Interfaith Care Community) located across from

*Continued on page 8*

## WIC, SERVING OUR COMMUNITY FOR OVER 25 YEARS!

By Lori Hopkinson

WIC stands for the Women, Infants and Children (WIC) Nutrition Program. WIC offers nutritional education, breast feeding support and supplemental foods to those that qualify. Food & education offered through WIC are intended to help women, infants and children live healthy and strong. The foods WIC participants receive include dried beans, peas, cereal, eggs, cheese, peanut butter, juice & milk (foods rich in vitamin C, calcium & iron). Also, WIC has a partnership with the local Farmer's Markets (we love those wonderful, locally grown foods!). Every summer fresh vegetables, fruits and herbs are available to WIC participants through a partnership with the local Grower's Market and some participating farm stands. Be sure to ask WIC how, coupons are limited & they sure do go fast!

WIC offers free classes to participants on topics such as Breast feeding, Infant Massage, Children's Story Time, Puppet Shows, Budgeting, Whole Grains, Nutrition Myths, Cooking Soups, Vegetarian Cooking, Food Preservation, Canning with Kids, Positive Parenting, Feeding the Toddler and many more. Classes are generally one-half to one hour long unless otherwise noted. We have had some great community support in regards to classes from Consumer Credit Counseling Services, American Red Cross, Southern Oregon Extension Office, Head Start & our very own Southern Oregon Master Gardeners.

Southern Oregon WIC staff include registered dietitians, nurses, a lactation consultant and several para-professionals. WIC staff encourage healthy lifestyles by helping families come up with nutritional &/or physical activity goals that work for them. At WIC certification appointments (twice a year) we measure a participant's weight, height, hemo  
*Continued on page 11*

## GETTING FIT IN A FAT SOCIETY-- PART I

By Jim Bauermeister

America is getting fat. The percentage of Americans who are overweight has doubled during the past 20 years. Sixty-five percent of us are now heavier than we ought to be for good health. The epidemic of obesity has spread to the young; 16 percent of children ages 6-19 are overweight. The basic cause: we eat too much and don't exercise enough. While we take in more calories than we need to fuel our bodies, the food we choose often fails to meet our nutritional needs for vitamins and minerals. We eat way too much fat, sugar and salt.

Being overweight increases your risk of diabetes, high blood pressure, gall bladder disease, heart disease and stroke, high cholesterol, respiratory problems, arthritis, back pain, some kinds of cancer and finally premature death.

Low income Americans are more apt to be overweight than other people. There are a number of reasons for this. High fat foods tend to be cheaper than healthier foods. Also, families that rely on contributions from food banks and other sources can't always be choosy about what they eat.

Being poor is often stressful. Having a lousy job, paying the bills, keeping the old car going, trying to give your kids what other kids have all take a psychic toll. Poor people sometimes feel they lack control over their own lives. Bosses, landlords, social workers or other family members seem to be calling the shots. People tend to respond to stress with food. For some reason, the stressed-out

*Continued on page 9*

 <p><b>VAN HORN</b> Real Estate, Inc.</p> <p>3126 State St., Suite 100 Medford, OR 97504</p>  	<p>(541) 842-9144 Direct (541) 779-3515 Office (541) 621-7175 Cell (800) 283-0864 Toll Free (541) 779-0656 Fax <a href="mailto:janesquivel@vanhornrealestate.com">janesquivel@vanhornrealestate.com</a></p>  <p><b>Jan D. Esquivel</b> Associate Broker</p>
---	--

## SERVING ON A CITY COMMISSION

West Medford resident Lenore M. Drake has served on the Historic Commission for two years, and has just been selected to a four year term on the Housing and Community Development Commission. She is past chair of the West Medford Community Coalition board, and has organized the annual First Time Home Buyers Fair for three years. In her "spare" time, she raises award-winning roses. We caught up with Lenore between meetings and posed some questions about her involvement in the community:

1. In what ways do the Historic and Housing commissions serve the community?

*The Historic Commission has the responsibility to review (and hold public hearings) on proposed changes to any building, structure or other physical object in the City which is of historic significance.*

*The Housing and Community Development Commission serves in an advisory capacity to the City Council on issues pertinent to low-moderate income housing and the City's Community Development Block Grant Entitlement program.*

2. Why is it important to serve your community by sitting on these commissions?

*As a resident of the City of Medford, I want to be involved in the decision making process that results in changes for the betterment of our City.*

3. Why would you encourage West Medford residents to serve?

*There should be representation on commissions, committees and boards from all areas of the City. In the past, West Medford has been under represented. By serving on one of the commissions or boards, people living in West Medford can participate in the governmental process and thus make their voice heard.*

4. How can West Medford residents get involved with commissions?

*Each year in November, the City announces the openings for the various commissions, committees and boards in the newspaper and on the City web site at [www.ci.medford.or.us](http://www.ci.medford.or.us). Openings sometimes occur during the year (people move, resignations, etc) so watch the paper. And, you can attend the scheduled meetings, which are open to the public.*

5. What other ways can residents make a difference in the community?

*Be involved! If you have concerns about Medford, you need to let the Medford City Council know. At the beginning of each Council meeting, there is a call for remarks from the audience. You have 3 minutes (5 if representing an organization) to speak on any subject you wish. The Medford City Council meets monthly, on the 1st and 3rd Thursday, at noon in Council Chambers, City Hall. Also, you can become active in a community group. In West Medford there are the following groups: The West Medford Community Coalition, the Liberty Park Neighborhood Association and the McLoughlin Neighborhood Council.*

6. What is the Housing and Community Development Commission involved in?

*The Commission is now in the process of reviewing the Community Development Block Grant proposals. Proposals will be rated by the Commission and the results will be submitted to City Council for final approval. The Commission is also co-sponsoring the Home Buyer Fair (with the West Medford Community Coalition) on April 2, 2005.*

7. What is the Historic Commission currently working on?

*The Historic Commission members will be reviewing the restoration projects completed in 2004. The Commission presents preservation awards, in the form of plaques and certificates, to the projects that have made significant contributions to the City of Medford's historic resources. At the March meeting, we will be reviewing the formal draft of the Historic Ordinance revision. The Commission will also be discussing activities and events for Historic Preservation Week in May.*

## Oregon Trail

*Continued from page 4*

when they are hungry for real food. They will ask us to make a favorite dish. Not including birthday cakes or cookies, they want meals when they are really hungry



*Marga's series "Parent Connection" appears regularly to assist needy families.*

and not snack-hunting.

We keep in mind that we are feeding our kids to be healthy and do well in school. When we eat like they do and keep moving most of the day (like they do) we stay in shape, too. The Oregon Trail Card has helped us to eat better so we stay strong and healthy. Knowing that when we eat junk food we feel sick has made us avoid those aisles in the store. The outer walls of the grocery store are where to find the basics on our list. There are too many temptations in the aisles of packaged foods. It has been best not to shop with the family along; they tend to "help" too much and want lots of things not on the list. So Dad is the "Mystery Shopper" and brings home all we need in just three bags. Now this is how we keep our cupboards full of good food. It took practice getting used to the less-is-more concept. No one tells you what to buy with assistance money. We learned responsible spending the hard way. Sometimes the pantry would be empty before the end of the month because we

had bought too many packaged foods. I am sharing our mistakes so others won't have to repeat them.

We appreciate that the assistance we receive allows us to eat well and still pay the bills and the rent or mortgage! It is good that we do not have to worry about going hungry on the Oregon Trail (Card)-- like the real pioneers did on the westward trek.

See below for finding information on how your family could be assisted by the Oregon Trail Food Stamp Program.

*Marga Draheim is the mother of six and a regular contributor of the "Parent Connection" series.*

## Mental Health Resources

*Continued from page 5*

McLoughlin Middle School can be called at 779-8564; DASIL at 608-6746, and Good Samaritan Ministries at 535-1311. Most of these organizations have bilingual staff available to assist Hispanic clients in need of help.

Other resources available include a 24-hour help line (888-363-8755) that operates in conjunction with Jackson County Mental Health. JCMH's clinic (774-8201) offers a full range of mental health services including medication management, counseling services, assessment, and psychiatric services, case management, and personal care attendant service. Rogue Valley Medical Center's psychiatric ward (2-North) is equipped to deal with emergencies and can literally be a lifesaver.

Finally, in a situation where injury or a life threatening behavior is occurring, don't hesitate. Call 911. Medford police officers receive mental health crisis intervention training that is updated yearly. They can handle a crisis with skill and sensitivity.

*Mike Hubbard is a West Medford resident who has worked in the mental health field for the past four years.*

For information about the Oregon Trail Food Stamp Benefit Card, contact the Oregon Department of Human Services, 800 Cardley, Medford; 541-776-6172  
<http://www.dhs.state.or.us/assistance/foodstamps/foodstamps.htm#overview>

## GET FIT, PART I

*Continued from page 6*  
brain doesn't crave carrots and cantaloupe. It wants potato chips and chocolate.

Low-income working people often feel they don't have time to exercise--or to plan and prepare healthy meals. Despite the popular

image, low wage workers often work more hours than other people. Due to the lack of health care benefits they may not have a personal relationship with a doctor and receive regular checkups and medical advice. Low income folks can't afford to join a health club, buy expensive exercise equipment or pay Weight Watchers dues. Following the Atkins diet costs double what the average American spends on food and the salmon-rich South Beach Diet is not far behind.

The good news is: you don't have to be rich to eat well and be fit. And your health is one part of your life you can take control of. Being healthy and fit will give you more energy. It is like adding time to your day. Imagine you are hiking and you take 20 or even 40 pounds out of your backpack. Think about how much faster you would go. Losing weight and meeting fitness goals will improve your self-confidence and may lead to other improvements in your life.

Still, it's not easy to lose weight and most people who do lose weight soon gain it back. To successfully maintain weight loss you have to fundamentally change your habits and lifestyle. The word diet has two meanings. One is to regulate food intake to lose weight. The other meaning refers to the regular regime of food and drink a person consumes. To lose weight you need to diet. To keep it off, you need to change your diet permanently.

In January the U.S. Department of Agriculture issued new Dietary Guidelines for Americans. The basic recommendation is to choose foods that are high in nutrients, moderate in calories



*Farm Fresh Produce sells fruits and vegetables at 100 E. Jackson.*

and low in fat. USDA recommends we eat a variety of foods from all the food groups. Specifically, each day we should have 2 cups of fruit; 2 cups of vegetables; the equivalent of 5 ounces of meat, beans or nuts; three servings of milk or milk products; six servings of bread, cereal or rice; and 6 teaspoons of oils. In choosing within each group go for foods lower in fat and calories especially if you are trying to lose weight or have high cholesterol. For example, in the milk group choose low fat yogurt or cottage cheese over butter or cheddar cheese.

In the past, the USDA has been criticized for recommending diets that benefit the livestock and dairy industries more than the consumer. The new guidelines address vegetarian and lactose-free diets. The report says, "Vegetarians of all types can achieve recommended nutrient intakes through careful selection of foods." For the first time, USDA recommends that at least half the bread and cereal servings be whole grains. Whole grains contain more nutrients than white flour and white rice. They are also high in fiber. Diets high in fiber reduce the risk of some kinds of cancer.

For people who need to lose weight, USDA recommends eating fewer calories, becoming more active and making wiser food choices. All easier said than done, of course. One pundit pointed out that the cabinet secretaries who announced the new diet recommendations were, well, portly. The USDA Dietary Guidelines for Americans is accessible at: <http://www.nal.usda.gov/fnic/dga>  
NEXT ISSUE: Part 2, Losing Weight in a Fat Society.

# KNOW

## YOUR RIGHTS!

### PART 2 OF AN ONGOING SERIES ADVISING TENANTS AND LANDLORDS OF THEIR RIGHTS.

#### WHEN CAN A LANDLORD ENTER A RENTED HOUSE OR APARTMENT? PART II

By *Carlyle F. Stout III*

The Oregon Residential Landlord/Tenant Act has a provision which specifically provides for a landlord's access to a rental house or apartment. Every landlord and tenant should be familiar with its provisions.

In the last issue of the West Medford Community News I discussed the conditions under which a landlord or his agent can enter a premises. I also discussed when the landlord can enter, and what the exceptions are. In addition to these provisions, there are several other that allow a landlord or his agent access to a rental house or apartment.

One of these involves showing the premises to a prospective buyer if the landlord is trying to sell the rental unit. Under these circumstances, a landlord or his agent may enter the premises, including the dwelling unit, without notice at any reasonable time for the purpose of showing the property to a prospective buyer. However, this agreement between the landlord and tenant must contain the following:

1. It must be in writing;
2. It must be executed at a time when the landlord is actively engaged in attempts to sell the property;
3. The written agreement must be separate from the rental agreement and signed by both parties.
4. The writing must be supported by separate consideration.

What all this means is that a landlord should show evidence that he is in fact trying to sell the property. This would normally be a Listing Agreement with a

realtor or an advertisement in a newspaper. The separate agreement should cite and specify the "reasonable times" the landlord or his agent can show the premises without notice. A "separate consideration" must be contained in the agreement. This is usually a monetary consideration that the landlord makes to the tenant for the inconvenience of showing the property. It usually involved a reduction in the monthly rent during the time the landlord is showing the property. While the amount of consideration varies with the duration and frequency, usually \$50-75 per month is normal and customary.

The landlord may enter the premises at any time both the landlord and tenant agree. If a landlord and tenant have a good working relationship a simple phone call to make an appointment is all that is necessary to enter the dwelling. However, if the landlord and tenant are having friction or problems, then the agreement to enter should be in writing. A landlord or his agent may not enter if a tenant, after receiving the landlord's notice, denies consent to enter. However, a tenant may not abuse this provision and may not unreasonably withhold consent for the landlord to enter. If a tenant denies consent, then the landlord can obtain a court order requiring the tenant to allow entry. The landlord may also recover attorney fees and court costs as well as any actual damages the landlord suffers.

If a landlord doesn't follow these procedures his entry may be considered unlawful or "a lawful entry in an unreasonable manner." The tenant may then recover damages of not less than one month's rent, plus court costs and attorney fees. *Carlyle F. Stout III is a local attorney who specializes in landlord/tenant law.*



## McLoughlin Neighborhood

*Continued from page 3*

areas that need improvement.

Neighborhood issues included speeding, lack of street lighting and sidewalk and ally repair. The group expanded the boundaries of the neighborhood to include Main and Columbus.

In February we had two more Action Plan Meetings. Eight new participants attended including three from the newly expanded areas of Quince, Rose, Peach and Orange streets. We organized teams to survey the expansion area to determine what their issues and assets are. There was much excitement as residents discussed the possibilities of making decisions that would be recognized by the City. It was very encouraging to see people's enthusiasm and determination to control the fate of their neighborhood.

City Planners Mark Gallagher and Steve Rehn attended our February 15 meeting, giving us a Power Point presentation on various traffic calming ideas such as bike lanes, median and street designs. We also collected the neighborhood surveys and found that everyone had positive experiences and enjoyed meeting their neighbors. For our next meeting we invited representatives from the Medford Urban Renewal Association (MURA) and the Public Works Department to answer questions residents have about future changes in and around the McLoughlin Neighborhood. I feel very blessed to play a small part in what is happening in the McLoughlin Neighborhood. I am seeing neighbors getting together and working with one another to develop strategies that will enhance their neighborhood. Because this is a community effort, we invite you to become part of the wonderful changes that are taking place in your neighborhood. Every opinion is valued and every person is welcome to participate. Action Plan Meetings are the 1st and 3rd Tuesday of every month, 6:30 -8:00 at the Santo Community Center. Mark your calendars because we hope to see you at one of our meetings!

## WIC

*Continued from page 6*

globin & their nutritional needs. Participants are asked at their appointment what nutritional goal they would like to focus on, for themselves or their child. Families have come up with some really creative goals.

Some memorable goals include: walking 30 minutes each day, encouraging the children to participate in making dinner each night, turning off the TV at meal-times, breast feeding for over one year, consuming less than 8oz of soda each day, making a homemade lunch to bring to work every work day, taking the children to the park two times a week, making a dentist appointment within the next couple months or applying for the Oregon Health Plan. What would your goal be?

So, who qualifies for WIC? Remember, this program is free to people that qualify. WIC serves pregnant, post-partum or breast feeding woman, infants and children under five in our community. Mothers, fathers, grandparents, foster parents or other guardians may apply for WIC for their children. There are income requirements so be sure to ask the secretary when calling. As an example, a family of four with a monthly household income of \$2,907 or less may qualify. WIC's income guidelines go well into middle income, so call to see if you're eligible. If you currently receive TANF, Food Stamps or the Oregon Health Plan you are automatically income eligible. In Medford call 774-8203 for eligibility information and setting up an appointment (Spanish & English are available).



*Lori Hopkinson is a West Medford resident and the liaison with the recently formed McLoughlin Neighborhood Council.*

## RENTING WITHOUT A CONTRACT One Renters Story

By Stefanie Redfield

"When my parents bought this little house in West Medford for us to live in," says 'Kay Riley' (\*not her real name), "I couldn't have been more ecstatic. No more uprooting our children and moving them from school district to school district because the rent went up or the roof fell in or the landlord decided to sell. Finally, we would have a place where we could feel secure, a place we could call home.

"We didn't bother drawing up any kind of contract or rental agreement ... we didn't see any need to. After all, we are family, right? (And a close one, back then. Before all this.) My parents simply bought the house, handed us the keys, and said, 'Treat it like it's your own. We won't charge you a deposit, we won't be responsible for upkeep and repairs.'

"That seemed fair enough, at the time. In fact, it seemed like a dream come true. Sure, the place would need some repairs in a few years...but by then we would have built up some financial equity with my parents, so surely they would cosign for us a loan, and we could borrow against the mortgage, and fix up the wiring and plumbing...right ?

"Wrong. In the absence of a contract, in fact - dead wrong.

"My parents are older, and have come to be in ill health since then. My stepdad has Alzheimer's disease. My mother has been diagnosed as bipolar and refuses to be treated for it.

"So needless to say, this has made for some very confusing bookkeeping. My

To avoid unfortunate situations like the one "Kay Riley" found herself in, as well as to find valuable information on tenant rights and rental agreements, contact Oregon Law Help, which provides free legal information for low-income residents in Oregon, at [www.oregonlawhelp.org](http://www.oregonlawhelp.org)

stepfather is no longer sure who even owns the place. My mother insists that we are seven months (!) behind on the rent - when in fact, we did miss one (that is one) month's rent seven months ago, with her express permission, to cover expenses surrounding the death of my husband's father. "There are no records of the rent we have paid, or have not paid. It is word against word. We certainly have no legal equity in the house, nor any financial means to make repairs. And the wiring is so old it has become dangerous. "But the worst thing of all is, my family is no longer close. We deal with each other only through the mail, to pay the rent plus catch up on the month we missed. (This has been my parents' choice --not mine.) My husband and I keep careful records of every payment now, to prevent further misunderstandings...but the damage that is already done, we can not undo it.

"This story has been an emotional one for me to tell. But I hope that by telling it, somebody else might be spared learning a lesson of this kind the hard way, when they could read what my family's been through, and learn this an easier way."

*Stefanie Redfield is a West Medford resident and a regular contributor to this publication.*



## Community Without Borders

*Continued from page 1*

put this forth to aid the children and emergency relief efforts to help soften this tragedy.

Cynthia Paul-Medford, a fourth grader at Washington Elementary, was inspired to start a penny drive at her school after watching the news. In three weeks Washington students raised \$773.27. Mrs. Frodsham's kindergarten class raised the most money in the primary grades and won an ice cream party. Mr. Gallegos' class raised the most money for the intermediate grades.



Students at South Medford High, during a single lunch period, collected \$1,100 in donations for the victims. The kids of McLoughlin Middle School raised almost \$300 to be sent for relief efforts.

In an area where many families live below the national poverty levels, these kids were able to set aside their wants to address the needs of others.

These great Americans, our children, must all be commended. They are important members of the community, and what they did for these stricken children on the other side of the world is what defines the best of humanity, and demonstrates that community is not limited by borders.

## OUR STUDENTS REACH OUT

Roosevelt Elementary student Jessica Waites had a great idea after



*Jessica started a penny drive to raise money for children victims of the tsunami*

seeing the aftermath of the devastating Tsunami that struck Southeast Asia last December 26. She thought, "Wouldn't it be great if they could have some food and water?" Then she thought, "Penny drive!" She presented the idea to Mrs. Hamilton's fourth grade class when they returned after Christmas vacation. Lots of other Roosevelt students thought it was a great idea. The "Rough Riders" raised over \$700 in just a few weeks. Roosevelt Principal Anne Mitchell says the fund drive was "totally initiated and organized by the kids."

"I am very proud of them," Mrs. Mitchell adds, "They saw a problem and wanted to do something about it. It was a great philanthropic effort by people so young."

On March 4th Medford Mayor, and Roosevelt alumni, Gary Wheeler, along with City Council members Bob Strosser and Greg Jones, presented a certificate to the Roosevelt students lauding their efforts.

We too often focus on the negative behavior of children and teenagers. But as their Tsunami relief efforts indicate, they are caring, concerned and committed citizens of our community.

**LTM** Incorporated

541-770-2960 [www.LTMinc.com](http://www.LTMinc.com)

**THE BEST. GUARANTEED.**

Ready Mixed Concrete • Sand and Gravel  
Crushed Rock • Asphalt Paving • Concrete Store

## LA FERIA DE FUTUROS

### PROPIETARIOS DE CASA 2005

En donde: McLoughlin Middle School  
320 West 2nd Street  
Fecha: El sábado, 2 de abril, 2005  
Hora: Desde las 10:00 hasta las  
14:00  
Costo: \$1.00

Les invitamos a la tercera Feria de Futuros Propietarios de Casa apoyado por la Coalición Comunitaria del Oeste de Medford y La Ciudad de Medford.

Vénganse a conocer a los profesionales en la compra de propiedades y de crédito quienes puedan ayudarles en sus metas de ser propietarios.

Con su inscripción entrará en una competencia por un premio de \$100 por Sherm's Market. Inscribáse en la puerta el día de la Feria. ¡Cuidado de niños es disponible sin costo! Por más información, llame a Luisa a 774-2090.

---

### ACTUALIZACIÓN DEL

#### VECINDARIO DE MCGLOUGHLIN

La Asociación del Vecindario de McLoughlin tomó la decisión de expandir sus fronteras para incluir a las calles Main y Columbus. Después, la Asociación hizo un estudio en el área para determinar cuáles son los problemas y ventajas que existen ahí. En enero, los residentes del Vecindario de McLoughlin identificaron unas áreas problemáticas; tal como, el exceso de velocidad, la falta de iluminación en la calle, y reparaciones para las banquetas y callejones. En febrero, la Asociación habló sobre posibles mecanismos para calmar el tráfico, tal como carriles para bicicletas y nuevos diseños para las calles.

El oficial Howard Pendleton está trabajando en cooperación con los residentes en el área de McLoughlin para organizar un programa de "Neighborhood Watch" (Vigilancia entre Vecinos), con el propósito de disminuir el crimen.

Esta primavera, los residentes plantarán árboles por las calles Haven y Palm. La Asociación del vecindario de McLoughlin se reúne cada primer y tercer martes del mes, de las 6:30 a las 8:00 en el Centro Comunitario Santos. Cada vale y todas las personas son bien venidos a participar.

## NO ALQUILE SIN CONTRATO

Este artículo cuenta la historia triste de una familia que alquiló una casa sin tener ni contrato ni acuerdo para la renta. La pareja creyó que no necesitaba contrato porque los padres de la mujer eran dueños de la casa. Desafortunadamente, su padre se enfermó de la enfermedad Alzheimer y su madre desarrolló el trastorno mental bipolar. No recordaban cuál era el acuerdo verbal acerca de la renta y acusaron a la pareja joven de tener siete meses de retraso con la renta, cuando en realidad, solo debían por un mes. Los padres y su hija ya no se hablan.

---

### WIC- NUTRICIÓN PARA MUJERES INFANTES Y NIÑOS

WIC es un programa nutritivo que ayuda a las mujeres, los infantes y los niños a vivir una vida sana y fuerte. Los participantes de WIC reciben frijoles secos, guisantes, blanquillos, cereal, queso, crema de cacahuete, leche, y jugo. WIC tiene una sociedad con los mercados locales de granjeros y puestos granjeros para hacer disponibles frutas y verduras frescas a los participantes de WIC.

WIC brinda clases gratuitas sobre cómo amamantar, sobar a los infantes, hacer un presupuesto, e información acerca de los granos integrales, la cocina vegetariana, la preservación de comida y varios otros temas. Algunas metas han incluido caminar 30 minutos al día, animar a los niños a ayudar hacer la cena cada tarde, apagar el televisor durante la comida, dar pecho por más de un año, consumir menos de 8 onzas de soda al día y llevar a los niños al parque dos veces por semana.

El programa WIC es gratis para las familias que califican. WIC proporciona servicios a las mujeres embarazadas, las puérperas, o las que están dando pecho, a los infantes y a los niños menores de cinco años de edad. Los padres solteros, abuelos, padres de acogida y otros tutores pueden solicitar el WIC para sus niños. En Medford, llame al 774-8203 para información acerca de la elegibilidad y para hacer una cita. Se habla español.

## UN PRESUPUESTO PARA LAS ESTAMPILLAS DE COMIDA

Cuando nosotros calificamos para las estampillas de comida, hicimos un presupuesto basado en el dinero que recibíamos cada mes. Gastamos la tercera parte de las estampillas la primera semana del mes. Compramos las esenciales, como leche, queso, zanahorias, papas, cebollas, pan, pastas, salsa de jitomate, bananas, naranjas, manzanas, cereal, harina para panques, azúcar, arroz, harina, cacao, y hierbas y sazón. Papá revisa la lista para saber qué necesitamos antes que se nos acabe. Él compra piezas de pollo congelado para guisar y hacer caldo. Yo usualmente tengo algún tipo de caldo listo para comer cuando salgo de la escuela los días de frío durante el invierno. Nadie le dice a uno qué comprar con las estampillas de comida, y nosotros tuvimos que aprender por error cómo gastarlas de una manera responsable. A veces, la despensa estaba sola antes del fin del mes porque habíamos comprado demasiada comida empaquetada. Yo estoy compartiendo mis errores para que otros no tengan que repetirlos.

Debemos recordar que alimentamos a nuestros hijos para que estén sanos y para que tengan éxito en los estudios. Las estampillas de comida nos han ayudado a alimentarnos mejor, para mantenernos fuertes y sanos. Apreciamos que la asistencia que recibimos nos permite comer bien y aun pagar los gastos y la renta.

---

## RODEO DE BICICLETAS

Los niños están invitados a un Rodeo de Bicicletas el 30 de abril de las 10am a las 2pm en la primaria Jefferson, 333 de la calle Holmes. Los enseñaremos como mantener y usar correctamente la bicicleta, igual que la seguridad dentro de la ciudad. Cada niño progresará a varias estaciones, incluyendo una pista de obstáculos para las bicicletas.

Many thanks to Rebecca Segura of Segura Language Services for the Spanish translation of our articles.

## ACTUALIZACIÓN DEL VECINDARIO DE MCLOUGHLIN

La Asociación del Vecindario de McLoughlin tomó la decisión de expandir sus fronteras para incluir a las calles Main y Columbus. Después, la Asociación hizo un estudio en el área para determinar cuáles son los problemas y ventajas que existen ahí. En enero, los residentes del Vecindario de McLoughlin identificaron unas áreas problemáticas; tal como, el exceso de velocidad, la falta de iluminación en la calle, y reparaciones para las banquetas y callejones. En febrero, la Asociación habló sobre posibles mecanismos para calmar el tráfico, tal como carriles para bicicletas y nuevos diseños para las calles.

El oficial Howard Pendleton está trabajando en cooperación con los residentes en el área de McLoughlin para organizar un programa de "Neighborhood Watch" (Vigilancia entre Vecinos), con el propósito de disminuir el crimen.

Esta primavera, los residentes plantarán árboles por las calles Haven y Palm. La Asociación del vecindario de McLoughlin se reúne cada primer y tercer martes del mes, de las 6:30 a las 8:00 en el Centro Comunitario Santos. Cada vale y todas las personas son bien venidos a participar.

---

## RELACIONES ENTRE PROPIETARIO E INQUILINO

La ley de Oregon indica que un propietario debe obtener el permiso del inquilino para entrar a una casa o departamento alquilado, al menos que exista una emergencia, tal como una inundación o un incendio.

Un propietario también puede entrar a una vivienda para mostrarla a un posible comprador. Sin embargo, para hacer eso deberá tener un acuerdo escrito con el inquilino, cual establece los horarios que convienen para mostrar la vivienda y que provee alguna compensación para el inquilino, como una reducción de la renta. El propietario debe proporcionar pruebas de que actualmente está tratando de vender el edificio.

# Important Numbers to Have

<b>ACCESS, Inc</b> .....779-6691	<b>Gospel Mission Mens Shelter</b> .....779-1597
Food Pantry	<b>Gospel Mission Women's Shelter</b> 772-2931
Rental/Utility Assistance	<b>Head Start</b> .....734-5150
<b>Addictions Recovery Center</b> .....779-1282	<b>Helpline</b> .....779-HELP
<b>Centro Hispano</b> .....772-7760	Crisis Counseling
Community Services, Hispanic Outreach	<b>Housing Authority of Jackson County</b>
<b>Community Works</b> .....779-2393	Emergency Home Repair .....779-6186
Dunn House/DV Outreach	<b>Interfaith Care (CERVS/ICCA)</b> .....779-8564
Homeless/Teen Runaway Helpline	<b>Kids Unlimited</b> .....774-3900
<b>Consumer Credit Counseling</b> ....779-2273	After school programs
Financial and credit counseling	<b>La Clinica Del Valle</b> .....535-6293
<b>DASIL</b> .....608-6746	<b>Legal Aid of Oregon</b> .....779-7291
2 <sup>ND</sup> Chance Renters	<b>Mediation Works</b> .....770-2468
Disability Advocacy	<b>Neighborhood Watch</b> .....774-2268
Gleaning/Thrift Store	<b>Salvation Army</b> .....772-8149
<b>DHS Oregon-Self Sufficiency</b> ....776-6172	Emergency Lodging .....773-7005
Food Stamps	Gleaning Store.....773-7335
TANF/Cash Assistance	<b>St Vincent dePaul</b> .....772-3828
OHP Medical	Harmony House
Employment Related Child Care Assistance	<b>The Job Council</b> .....776-5100
<b>Goodwill, Inc.</b> .....777-3300	Job skills training
Employment Services	<b>YMCA</b> .....772-6295
Thrift Stores	Child Daycare

**WRITERS WANTED** We are looking for West Medford residents to write articles for our next issue. "The goal is to inform, inspire and encourage West Medford residents to become active in improving their community." This is a great opportunity for aspiring writers to use their skills and serve their community. If you would like to participate, please call Marie at 857-0947. *All submissions subject to edit*

NON PROFIT ORG  
US POSTAGE PAID  
MEDFORD, OR  
PERMIT NO 113



COMMUNITY COALITION

PO Box 8150

Medford, OR 97504-8150



[www.westmedford.org](http://www.westmedford.org)

**The West Medford Community Coalition is a group of residents and concerned citizens committed to making positive changes in West Medford.**