

The Portland Observer

# CAREER & EDUCATION

## special edition

SECTION **B**

King Elementary students Ashley Cooper (left) and Kiasha Causey get a helping hand from Harriette Jackson, school assistant principal. See related photo on page B4.

PHOTOS BY MARK WASHINGTON/THE PORTLAND OBSERVER

## Students Prepare for Financial Success

Incentive starts with savings account

Students in a financial literacy class at King School received an incentive to start a savings account: a match of up to \$50.

Sixth- and seventh-graders were awarded the certificates for the dollar-for-dollar match from Bank of the West last month at the comple-

tion of four classes on money management.

A Bank of the West volunteer taught the course. Topics included the basics of banking, budgeting and the power of credit and investing. The kids addressed financial basics, including needs versus wants, earn-

ing versus receiving, and checking and saving.

The course was offered through Banking on Our Future, a program of Operation Hope Inc.

More than 188,000 fourth-through 12th-graders from throughout the country have participated in the

program since its inception in 1996. Classes also are being held at Sabin and Jason Lee elementary schools, and Franklin High School. Other local Banking on Our Future partners are Wells Fargo Bank, Umpqua Bank, Union Bank of California and Washington Mutual.

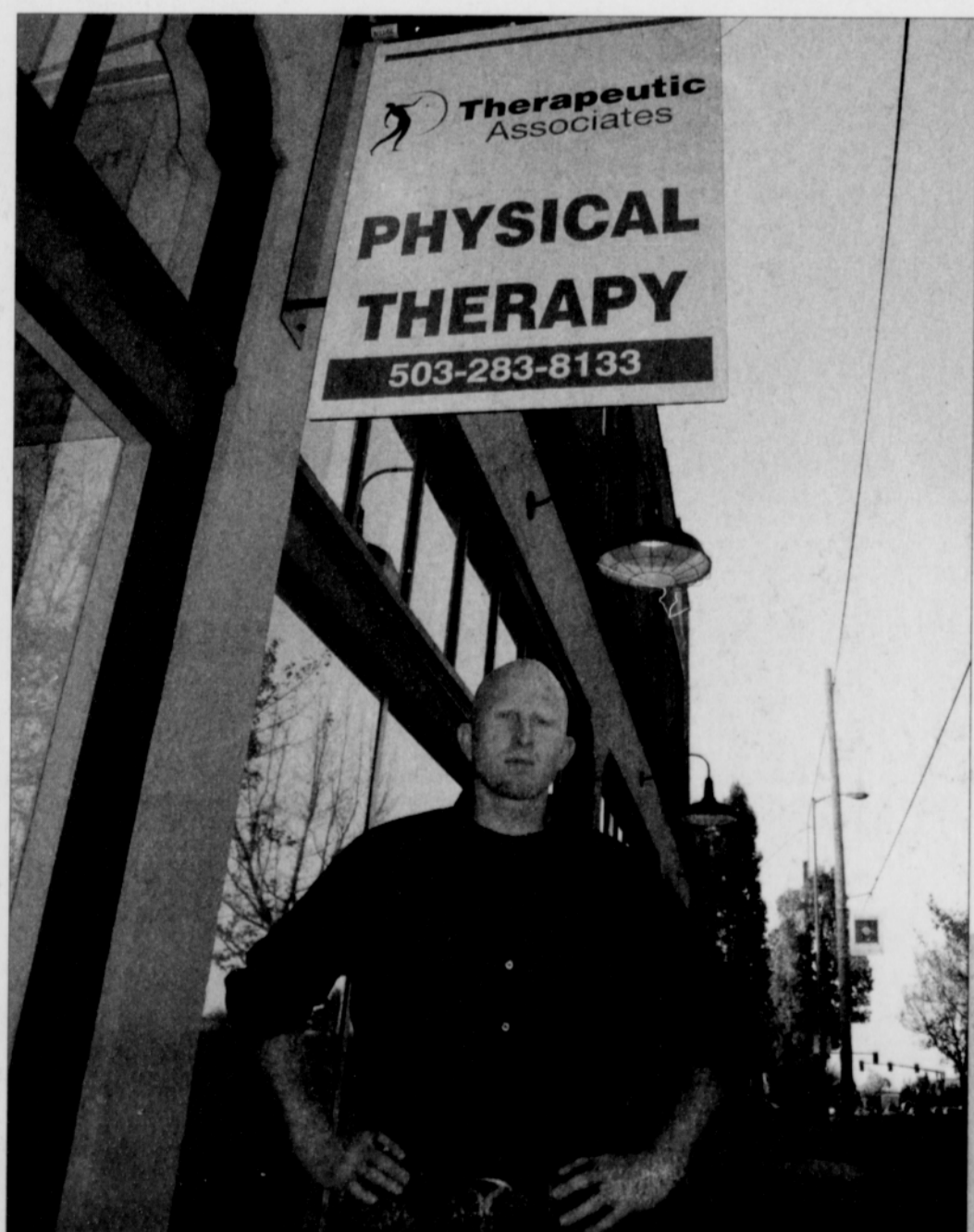


PHOTO BY MARK WASHINGTON/THE PORTLAND OBSERVER

## Physical Therapist in Growing Profession

Allied health field tries to keep up with demand

BY SARAH BLOUNT  
THE PORTLAND OBSERVER

The average football player retires at 40, and a typical ballet dancer will hang up their shoes around 35. What they have in common with each other, and the rest of us, is that their beat up bodies can benefit from physical therapy.

Practitioners of physical therapy know that while most Americans aren't professional athletes and don't retire until mid 60s, anyone can sustain injuries to their knees, neck, back and joints through everyday activities.

David McHenry, a doctor of physical therapy, directs Therapeutic Associates at 4829 N.E. Martin Luther King Jr. Blvd. McHenry was drawn to

Physical therapist David McHenry leads a profession that is growing, with demand for services outpacing the output from physical therapy schools. His new clinic is located at 4829 N.E. Martin Luther King Jr. Blvd.

the profession after college football injuries landed him in the training room time after time.

After spending several years getting rehabilitated, he pursued a career in physical therapy, and moved to Oregon from Pennsylvania while on clinical rotations at a clinic in Eugene.

"This is like getting paid to be at recess," he said. "I'm on my feet all day, helping people."

This is McHenry's fifth year of practice, and last September his clinic relocated from North Interstate and Ainsworth, where he operated for three and a half years, to the MLK site. The clinic houses two physical therapists and one massage therapist. McHenry believes a physical therapy approach to sprains and pains is a great alternative to needles, medication and surgery.

Physical therapy originated in China, circa 3000 BC, and continues to grow as a profession in the states, where young people and baby boomers alike benefit from the simple joint manipulation, massage and strengthening exercises.

According to the Oregon physical therapy licensing board, there are 3,000 physical therapists practicing in the state, along with 954 assistants. But

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