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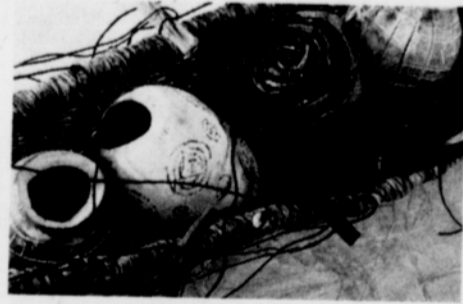


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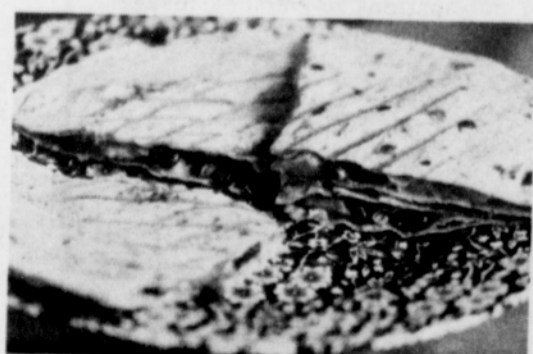


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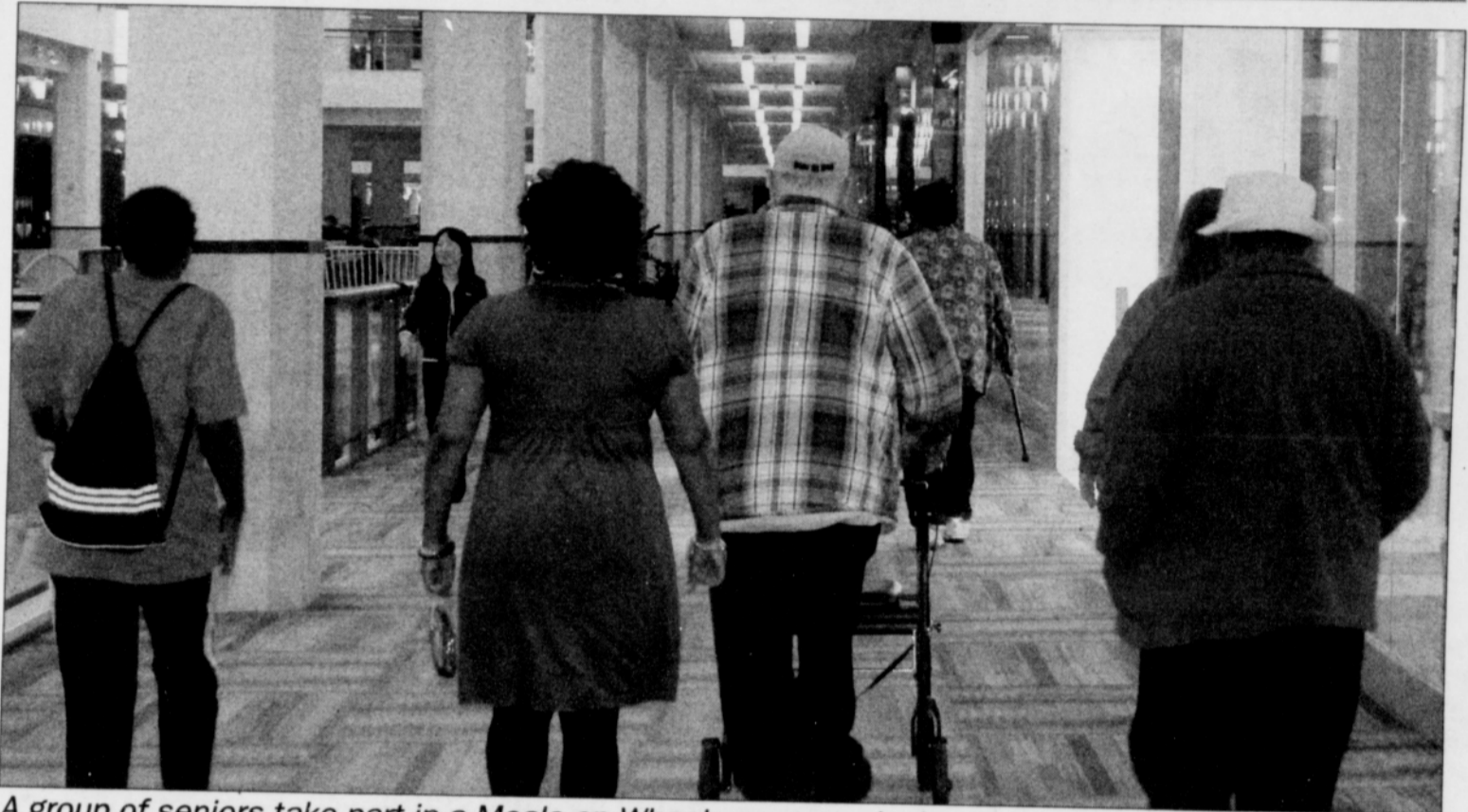
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What's on your list today?

LOCAL NEWS



A group of seniors take part in a Meals on Wheels program designed to keep elders active called "Walk With Ease." Urban League of Portland's Multicultural Senior Center Director Arleta Christian led the participants, all aged 60+, through the halls of Lloyd Center Mall as part of a 6-week effort to increase their health.

Seniors on the Move

New program focuses on healthy habits

BY DONOVAN M. SMITH THE PORTLAND OBSERVER

Seniors breeze through Lloyd Center Mall as part of a new program keep get elder citizens moving called Walk With Ease.

The program, which was launched by Meals on Wheels

People, aims to take a group of 10 to 12 walkers aged 60+ on two to three trips weekly. It debuted in seven other locations in April. The goal is to have participants work up to 45 minute walks. Each participant is provided with a journal to log their walking habits.

The Urban League of Portland's Multicultural Senior Center Director Arleta Christian led the kickoff walk this month. Her primary concern is making sure the positive energy of the first walk only contin-

ues, "I'm excited about the program, and I just want us to be consistent, you know, support one another."

Rachel Gatkins says she's in the program to "better her health." At 84-years-old she says severe problems with her nerves and back and the recent passing of her husband had strayed her away from a once-active lifestyle.

"I wanna walk so I can try to keep my body in shape a little bit, keep my

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Mystery Test Scores

BY DONOVAN M. SMITH THE PORTLAND OBSERVER

King Elementary is under the microscope. The former principal, Kim Patterson, who was responsible for many reforms at the K-8 school, stepped down just before the school year to begin a new job at the Oregon Department of Education; Eryn Berg has been chosen to succeed Patterson who held the post since 2010.

This all comes amid extensive investigations into plummeting test scores at the northeast Portland school.

A year ago, school leaders were celebrating the scores of seventh

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PHOTO BY DONOVAN M. SMITH/THE PORTLAND OBSERVER

After some dramatic swings in test scores at Martin Luther King School in northeast Portland, administration and school officials are taking several precautions to prevent another dramatic drop.