

Senior

continued from page 1

how successful we are at minimizing the risks of early death and bad health.”

The world’s fastest nonagenarian is 95-year-old Ida Keeling who started running when she was 67.

Contestants must have been born between Aug. 23, 1911 and Sept. 21, 1921, and must live in Clackamas, Multnomah or Washington counties. Nominate the healthiest 90-year-old you know, or, if that’s you, nominate yourself. You can enter the competition online at the clinic’s website or the Portland Clinic’s Facebook page or in person at the Portland Clinic. The downtown office is located on

800 SW 13th Avenue, Portland,

OR 97205Schwab said Americans are paying higher insurance premiums than we

The Portland Clinic is holding a competition to find Portland’s healthiest 90-something. Three finalists will win cash prizes of \$250. The grand prize winner will win a cruise to Alaska for four.

need to because we overuse medical services. One cure, he suggests, would be to focus more on prevention and empowering people to take more control of their health through developing healthy habits.

“I think as a nation we have to get a little more disciplined in how we live, so we don’t need to access the health care system as frequently,” Schwab said. “I think healthcare reform is going to in a sense shift responsibility a little bit to the patient, as far as paying some of the upfront costs. The insurance costs are outrageous right now and it’s because we are overutilizers of services. Reform is going to change the way we look at things. For providers, it’s going to influence us and reward us to do things differently.”

Instead of just stepping in when patients become sick, Schwab said, medical centers will prioritize prevention, and efforts such as educating people on how to live a healthy lifestyle, and encouraging them to follow doctor’s orders. “It’s amazing how many people do not take their medicines or do not even get their prescriptions filled – that the doctors prescribe, and that only perpetuates the problem.” The private clinic is collaborating with Kaiser Permanente to improve follow-up care and make the best use of the EPIC medical records system. So how did the Portland Clinic stay healthy for 90 years? “We treated our patients well and they rewarded us by keeping us in business,”

Seattle

continued from page 8

The Legislature included in its state budget a 1.9 percent cut in teacher pay but left it up to school districts to figure out how to save that money. Some districts have made cuts elsewhere, some have cut teacher pay, and others have worked out compromises with their local teachers union.

The News Tribune reports that on the issue of pay, the district said Sunday it has offered teachers two options. They could maintain the current pay schedule and sacrifice pay for one personal day, one individual optional training day and one school-wide training day. Or they could accept an effective 1.35 percent cut in the salary schedule. In exchange, teachers would be allowed to schedule 2.5 furlough days.

The district said it has also offered to keep class size maximums at the current level. The union wants to decrease class sizes, but the district says subtracting one child per class could cost

During several past teacher strikes, Washington school districts have gone to court and judges have ordered teachers back to work.

the district about \$1.8 million a year. The newspaper also reported that extra-curricular athletic activities will continue as planned, even with the teachers striking. But coaches can’t step on school grounds until 2:30 p.m.

We honor the many accomplishments of African Americans.



It is our primary goal as a labor union to better the lives of all people working in the building trades through advocacy, civil demonstration, and the long-held belief that workers deserve a "family wage" - fair pay for an honest day's work.

A family wage, and the benefits that go with it, not only strengthens families, but also allows our communities to become stronger, more cohesive, and more responsive to their citizens' needs.

Our family wage agenda reflects our commitment to people working in the building trades, and to workers everywhere. In this small way, we are doing our part to help people achieve the American Dream. This dream that workers can hold dear regardless of race, color, national origin, gender, creed, or religious beliefs.

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