

Beth Nance



A simple memorial service will be held from 1pm to 3pm , Saturday May 25, to celebrate the life of Beth Nance. The memorial will take place in Columbia Park Section D among the picnic tables, located at N. Lombard St. and Woolsey Avenue. Bring memories and finger food to share at this informal gathering.

Celebrating 109



Elder Johnnie W. Hart Sr., at front, celebrates his 109th birthday at a celebration open to all on June 8, at noon, in Peninsula Park. His daughter, Pastor Mary Overstreet Smith, center, presided over Elder Hart's birthday celebrations two years ago, along with Precious Forbes, at left, and John Hart, Jr.

Breathe Easier This Summer: Tips to Control Your Child's Asthma

As the school year draws to a close and the temperature rises, children and families everywhere start to look forward to the simple pleasures of summer—jump rope, sunshine, playing ball, and cookouts. However, for the 1 in every 10 children in the United States who has asthma—including one in every 6 African-American children, summer can also bring wheezing, coughing and trouble breathing. The joys of summer can be challenging if your child has asthma, a common but serious chronic disease.



- To make sure your child doesn't miss a thing this season, the institute recommends that you work with your child's doctor and ask him or her to take the following key actions that can help your child—and you—breathe easier.
- Tell you what medication your child needs to control asthma symptoms. Inhaled corticosteroids, taken daily, are the most effective medication for reducing the inflammation that causes asthma symptoms in people who have persistent asthma.
 - Give you a written asthma action plan that spells out what to do every day to control your child's asthma, and how to handle symptoms or asthma attacks.
 - Check your child's asthma control at regular visits, and adjust medication as needed to keep your child's asthma in control.
 - Schedule regular follow-up visits (at least every six months).
 - Work with you to identify your child's asthma triggers, such as pet dander and pollen.

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Summer's long afternoons spent playing outside can expose children with asthma to triggers that can bring on attacks, such as increased pollen and allergens from blossoming plants and trees, and increased air pollution on some especially hot summer days. "While controlling asthma requires daily attention, your child doesn't have to be sidelined," said James P. Kiley, Ph.D., director of the National Heart, Lung, and Blood Institute's Division of Lung Diseases, part of the National Institutes of Health. "With proper treatment, most children who have asthma can avoid attacks, experience fewer symptoms, be physically active, and enjoy summertime."

lens, hygiene products, tobacco smoke, cleaning sprays and pollution, and talk about ways your child can avoid them. Ask before you leave the doctor's office or pharmacy for someone to show you and your child how to use each prescribed medication and device correctly. You can visit the institute's website <http://www.nhlbi.nih.gov/health/health-topics/topics/asthma/> for more information, and to order publications from the National Asthma Education and Prevention Program: So You Have Asthma, How Asthma Friendly is Your School?, Asthma & Physical Activity in the School, and a sample Asthma Action Plan.

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.

The Pacific Northwest Regional Council of Carpenters
Representing more than 5,000 construction workers in Oregon State.
Do you want to know more about becoming a Union carpenter?



Go to our website at www.nwcarpenters.org

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