

Workers

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Elise Gould, director of health policy research for EPI, said that 70 percent of income comes from wages, wage-based equity or transfers related to work and that’s why wages have are critical in reducing poverty.

“We need to use all the levers we have at our disposal. We need to look at [Temporary Assistance For Needy Families], we need to look at food stamps, we need to look at unemployment insurance,” said Gould. “We need to strengthen the social safety net and

become more and more elusive for more and more working families.”

He recalled that the basic bargain was that if you work hard and take responsibility for yourself and for your family, you’ll have a chance to punch your ticket to the middle class, that has always defined America, is being called into question for millions of workers and their families.

“Worker productivity has increased about 90 percent since 1979. Wages for production and non-supervisory workers have

‘Everywhere I go across this country people are working harder and falling farther behind’

we have seen over the last 30 or 40 years that the social net has made progress in reducing poverty.”

Gould said that if we don’t try to close some of these gaps, we’re failing American society.

“If we don’t do anything to change where these rungs are in wage distribution, if we don’t change what this income distribution looks like, some people are always going to be at the bottom and we know those low rungs are not a great place to be,” said Gould.

During a keynote speech at the launch of the “Raising America’s Pay” initiative, Secretary of Labor Thomas Perez said that we’re making progress toward economic progress, but we still have a long way to go.

“Everywhere I go across this country people are working harder and falling farther behind,” said Perez. “Opportunity has

barely budged,” said Perez. “The workers are receiving a smaller slice of the pie that they helped bake.”

Noting the increase of women in the labor force, Perez said that the nature of work is evolving and we need to make sure that we are working hard to reflect the fact that our workplace has changed.

“We’re in the ‘Modern Family’ universe but we’ve got public policy that is more like ‘Leave it to Beaver’ [an old TV show] and we need to change that,” said Perez. “You shouldn’t have to make a choice between the family you love and the job that you need.”

Perez continued: “I know you ought to make sure that you make enough money to put food on the table, but I think it’s equally important that you’re at home to eat that meal with your family, and too many people I know are not able to do that.”

Seniors Need Extra Care to Beat the Summer Heat

by Lavdena Orr, M.D.
Courtesy of
AmeriHealth Caritas
Special to the NNPA
from The Washington
Informer

Summer is fast approaching. The days will be long. Your grandchildren will be out of school. You will want to spend time outdoors enjoying barbecues and other activities that are part of this season.

You should have a wonderful time. But you also need to be careful. Day-time summer high temperatures are often above 90 degrees here in July and August. The humidity can make it feel even hotter.

People over age 65 are at higher risk of suffering a heat-related illness, such as heat exhaustion or even heat stroke. They may be slower to adjust to higher temperatures. Some may have medical conditions or take medication that affects their ability to cope with heat. While seniors can and should get outside, they need to take steps to stay as comfortable, and as safe, as possible.

Use air conditioning to stay cool

If you have air conditioning in your home and — if you have one — your car, use it. In addition to keeping you cool, the dry, air conditioned air will feel much more pleasant than the humid air outside. If the evening weather hap-

pens to be cooler and dry, you can turn it off for a few hours during the evening. But keep it on during the day.

If you do not have air conditioning, you can use electric fans. But you should spend as much time as possible during the day in an air conditioned environment, such as a library or an indoor shopping mall.

protect your head and skin from sunburn.

Drink water

While not really a heat-related illness, dehydration occurs much more quickly in hot weather because you’re sweating. Even if you don’t feel thirsty, make sure you drink plenty of water. You may want to take a water bottle if you are going to be outside for

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Go early or late

The heat and sun are strongest in the late morning and afternoon. If possible, you should save outdoor activities for the early morning (before 9 a.m.) or very late afternoon (after 5 p.m.).

Dress for the weather

This is not the weather for cardigan sweaters or wool suits. If you plan to be outside longer than for just a short walk, like going from your front door to your car, you should wear light, loose-fitting clothing. Lighter colors are best, as they reflect more of the sunlight and heat than darker colors.

You should also wear a hat and put on sunscreen to

any length of time.

Cool down when you come home

Even if you follow the tips above, you should cool down when you return home. A shower, bath or even a sponge bath can help. If it is the middle of the day and you have the time, taking a nap is also a good idea.

If you start to feel weak or dizzy from the heat, you should go into an air conditioned building as soon as possible. If those feelings don’t go away, you should call your doctor.

Even during the summer, it is still important to get outside and do physical activities. With a few simple steps, your summer can be a pleasant one.

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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CONSTRUCTION SMALL WORKS ROSTER Information

The Tacoma Housing Authority (THA) invites contractors interested in doing business with THA to submit an application to be included on THA's Small Works Roster (SWR).

Developing the Roster: This procurement will establish the SWR to be used as stated below under Use of the Roster. Contractors that want to be considered for any projects must be on the roster and complete the application process. The application must fill out online at <http://www.tacomahousing.org>, under the Doing Business with THA. **Please follow the directions very carefully, as you must be registered to be invited to participate and bid on small works roster projects.**

Use of the Roster: The Roster, which includes both general construction and multiple specialty categories, is used for soliciting bids from contractors on some construction projects estimated to cost less than \$100,000. The Roster is updated on a regular basis and Contractors must have a Washington State Contractor's License for the type of work they perform

Questions: If you have not received a confirmation email within 48 hours of applying or if you have any questions about the Small Works Roster application process, please contact Yvonne Ginoulis at (253) 207-4439 or yginoulis@tacomahousing.org

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