

5 Lessons on Peace I Learned From my Cat Soleil



Dr. Jasmine's tabby cat enjoys the warmth from the sunlight

By **Jasmine Streeter, DVM**
Special to *The Skanner*
News



Dr. Jasmine Shanelle Streeter
Veterinarian

Cats are incredible creatures that make excellent companions. Sigmund Freud once said, "Time spent with cats is never wasted." I agree. Their majestic, independent and self-sufficient personalities are truly to be respected. More often than not, when I find myself frantically rushing to make a deadline, I catch my cat Soleil quietly sitting and watching me. She rarely seems stressed, frequently naps under rays of sunshine and never misses a meal. After years of living under her reign, I've learned and adopted five of her most peaceful habits that I will share with you.

1. Cats understand comfort is key.

Make your surroundings comfortable and peace will follow. Cats have mastered the art of comfort and they know it. Take a look around a cat lover's home and you will most likely find a relaxed and content companion. Beautiful garden views with access to bird watching, large plush pillows, and relaxing back massages are favorites in Soleil's repertoire of kitty comforts.

2. Cats understand that naps are good.

Cats sleep almost all day with intermittent bouts of play and activity. They are considered crepuscular, meaning they are most active during dawn and dusk. On the contrary, living in a fast-paced, high-tech society has had caused many Americans to suffer from sleep deprivation. The National Sleep Foundation reported that a 20- to 40-minute nap can improve mood, alertness and performance. Imagine how much kinder many of us would be if we took a nap. Next time you have a break, try a cat nap and watch your wellbeing increase.

3. Cats understand that money can't buy happiness.

I've purchased a cornucopia of cat toys from expensive pet boutiques to amuse Soleil. Of course, in true cat fashion, she finds more joy playing inside a paper bag and swatting at my ponytail palm tree. As a materialistic society, we see images bombarded every day on television and on social media. Cats are an honest reminder that true happiness comes from within.

4. Cats understand self-love.

Cats are some of the most confident animals I know. Whether they are perching on a windowsill, sashaying across the room or effortlessly leaping from a ledge, they do it with grace and pride. They pause in front of an antique mirror to admire their beauty before moving on to more stately affairs. I often feel the soft purring I hear Soleil emit during her grooming sessions are words of affection and affirmation. We should strive each day to love ourselves as our cats do.

5. Cats don't sweat the small stuff.

When it comes to living life, cats are notorious for keeping the peace. When possible they choose the path of practicality and least resistance. They avoid confrontations and are happy to remove themselves from stressful situations in exchange for a tranquil atmosphere. We should do the same. Through Soleil's feline teachings I have found immeasurable happiness and peace. So on this day, I wish the same for you.

You can ask Dr. Jasmine your pet question or email your pet photo to drjasmine@theskanner.com.

How Big is Gig Economy? Government Study Shows How Little We Know

By **Christopher Rugaber,**
AP Economics Writer

WASHINGTON — Look around, and it seems more Americans are working outside traditional full-time jobs — whether as freelance graphic designers or independent contractors or Uber drivers. Or maybe not. A government report this week suggested that the proportion of such jobs hasn't budged in the past decade. Yet the data carries limitations that indicate there's still plenty we don't know about the evolving U.S. job market.

The Labor Department's report concluded that more than 15 million Americans were working as independent contractors, on-call workers, temporary workers and for contract companies as of May 2017. That's equal to about 10.1 percent of the American workforce, down slightly from 10.8 percent when the government last conducted the survey, in 2005.

That conclusion contradicts a body of academic research that has found a significant increase in what economists call "alternative work arrangements." Two leading economists, Lawrence Katz and Alan Krueger, found in a 2016 study that the number of people in alternative work had risen by more than 50

percent in 2015 from a decade earlier, to 23.6 million.

And the Federal Reserve released a report last month that said nearly one-third of Americans rely on side jobs or so-called "gig" work to supplement their incomes.

So what might explain the disparities between the government's report and other research?

Here are areas where economists agree with the report's conclusions, where they found it

lacking and why it all matters:

Gig economy hype is overdone

You may be able to grab an Uber in every big city. But that doesn't mean the nation as a whole is engulfed by people finding work through mobile apps. The government's report appears to put the "gig economy" in proper perspective: Such jobs hardly seem to represent the future of work in America. Katz and Kruger's

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CAREOREGON

315 SW 5th Ave, Portland
 ▶ June 6 9-11 a.m.
 ▶ June 13 9-11 a.m.
 June 20 9-11 a.m.
 ▶ June 27 9-11 a.m.

CLACKAMAS SERVICE CENTER

8800 SE 80th Ave, Portland
 June 12 10 a.m.-12 p.m.

NEW!

▶ **SNAP Assistance** available at these locations

DEPARTMENT OF HUMAN SERVICES

50 SW 2nd Ave, Portland
 June 5 9-11 a.m.
 June 12 9-11 a.m.
 June 19 9-11 a.m.
 June 26 9-11 a.m.

GOOD IN THE HOOD EVENT

King School Park - NE 6th Ave & NE Humboldt St, Portland
 June 24 11 a.m.-5 p.m.

JOIN

1435 NE 81st Ave, Ste 100, Portland
 June 14 12-2 p.m.

JUNETEENTH CELEBRATION

Legacy Emanuel Field
 2801 N Gantenbein Ave, Portland
 June 16 12-5 p.m.

MOUNT HOOD FARMERS MARKET

38600 Proctor Blvd, Sandy
 June 15 3-7 p.m.

PORTLAND RESCUE MISSION

111 W Burnside, Portland
 June 14 8-10 a.m.
 June 28 8-10 a.m.

UNION GOSPEL MISSION

3 NW 3rd, Portland
 ▶ June 26 2-4 p.m.

WORKSOURCE GRESHAM

19421 SE Stark St, Portland
 ▶ June 7 2-4 p.m.
 ▶ June 28 2-4 p.m.

WASHINGTON COUNTY

BEAVERTON LIBRARY

12375 SW 5th St, Beaverton
 June 13 1-3 p.m.

Starlight Parade
June 2

Portland Pride Parade
June 17

For information, or to host our team, call Tamara at 503-416-1479 or Caleb at 503-416-4883.

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