

Heart Health, *Naturally*

NCNM Clinic Open House
Saturday, March 14, 2015
1:30 – 5:00 p.m.



FOCUS TABLES

Learn valuable tips and receive useful health and nutrition handouts.

- Nutrition for a healthy heart
- Lifestyle changes for hypertension, diabetes and cholesterol
- Smoking cessation and the effects of smoking
- Blood pressure, blood glucose tests and more

FREE PRESENTATIONS

- 1:30 p.m. **Focus Tables**
- 2:00 p.m. **Basic Treatment Guidelines for Hypertension** | Nat Bingham, ND
A natural approach that addresses diet, lifestyle modification and stress restructuring.
- 3:00 p.m. **Focus Tables**
- 3:30 p.m. **Chinese Medicine's Wisdom for a Healthy Heart** | Charles Lev, LAc
- 4:15 p.m. **Heart Health Panel ("Ask the Doctor").**
Your questions answered by natural medicine professionals.

*Your health is the foundation for an active, happier life.
Learn about natural medicine for healthy living.*

The NCNM Clinic is located at the west end of the Ross Island Bridge.
For directions, visit ncnm.edu and click on "Quick Links."
3025 SW Corbett Avenue, Portland, OR 97201 • 503.552.1551



- POLITICS:** Kitzhaber's emails and a big campaign donor. 7
- BUSINESS:** Craft brewers are foaming about city sewer costs. 10
- SCHOOLS:** No Spanish materials for Spanish-speaking parents. 11
- COVER STORY:** One man's troubling video poker discovery. 12

MURMURS

TED VS. CHARLIE? A POTENTIAL 2016 FIGHT FOR CITY HALL.



EVAN JOHNSON

■ Portland Mayor **Charlie Hales** looks like a cinch for re-election next year, but some powerful constituents would like to see Hales work to keep his City Hall job. Three sources tell *WW* that representatives of the business community have reached out to State Treasurer **Ted Wheeler** to gauge his interest in running for mayor. Wheeler, whose term ends in January 2017, saw his chances to succeed former Gov. **John Kitzhaber** dim

when Kitzhaber's Feb. 18 resignation elevated Wheeler's rival, then-Secretary of State **Kate Brown**, to the governor's office. Wheeler is cagey about his plans. "I have been approached by lots of people about lots of opportunities," he says, "but it would be premature to comment on any of them. **I haven't ruled anything in and I haven't ruled anything out.**" Hales, meanwhile, has been aggressive about showing his political strength. As *wweek.com* reported two weeks ago, Hales recently raised \$21,000 from big donors—and then disclosed it nearly a month before he was required to. Hales has added nearly \$9,000 since then.

■ The Portland cab industry's fight with ride app **Uber** is driving to Salem. An alliance of taxi companies is backing a bill in the Oregon Legislature that would require transportation companies like Uber and **Lyft** to carry commercial insurance at all times. The insurance industry has proposed a bill mandating that the companies' drivers carry such insurance. Cab companies, which are fighting Mayor Charlie Hales' deal to allow Uber to operate in Portland starting in April, say the insurance requirements would level the playing field. "It's proper for protecting the public," says **Stephen Kafoury**, a lobbyist for Broadway Cab. "I've talked to a lot of legislators about this, and I don't think anybody disagrees with me." Uber is urging lawmakers to wait until the city rules are written. "We think the Portland process is going very well," says Uber regional manager **Brooke Steger**, "and could be a model for the state."

■ The bitterly fought election for the top job at **Plumbers and Steamfitters Local 290** isn't over after all ("Steaming Mad," *WW*, Dec. 24, 2014). In January, incumbent business manager **Fritz "Al" Shropshire** beat challenger **Lou Christian** for another three-year term atop one of the state's largest trade unions. But after an investigation of alleged campaign irregularities, including Shropshire's use of union resources for his campaign, an official of the Plumbers and Steamfitters voided the results and ordered a new election. "These violations require a rerun of the election," wrote investigator Scott Smith in a Feb. 12 letter to the candidates. Shropshire didn't return calls for comment.



WEEK.com Read more Murmurs and daily scuttlebutt.

Quiet Zone, Safety Zone

On March 1, 2015, a rail quiet zone, where freight and light rail trains only need to sound their horns in case of emergency, goes into effect at these Southeast Portland rail crossings:

- SE 8th Avenue and Division
- SE 11th Avenue between Division and Powell
- SE 12th Avenue between Division and Powell

Be safe to stay safe!

- Obey all signals at these crossings
- Remain behind safety gate arms
- Do not attempt to cross as the safety gate arms lower

TRIMET

Learn more at trimet.org/pm/safety

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