

# 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



SCHOOLS: Why one Portland school is turning students into janitors.7MARIJUANA: Should outside money bankroll Oregon's legal pot?10BUSINESS: Look what we scraped up about Airbnb.11COVER STORY: How the rich get timber tax breaks—inside the city.12

## MURMURS

### DAVE FROHNMAYER, 1940-2015.



■ News reached us at deadline that former Oregon Attorney General and University of Oregon President **Dave Frohnmayer** died March 9 at the age of 74 of complications from prostate cancer. Frohnmayer, considered one of the state's most enduring public figures and sharpest legal minds, ran unsuccessfully as a Republican for governor in 1990, losing to Democrat **Barbara Roberts** after a conservative independent candidate drained away otherwise reliable GOP voters. Frohnmayer was one of the last prominent Republican moderates in Oregon and as attorney general was a champion of the state's public records laws. After leaving elected office, Frohnmayer served as dean of the UO law school and then as the university's president from 1994 to 2009, when he helped lift the school's academic reputation and turn it into a fundraising powerhouse. For more on his life and career, go to wweek.com.

■ Oregon Health and Science University lawyers just can't keep their paws off the state's public records law. In 2003. the hospital got the Legislature to pass a special, temporary exemption to the law that keeps secret the identities of OHSU researchers who conduct medical experiments on animals (other than rodents), as well as the identities of companies supplying the equipment. Back then,  $\ensuremath{\mathcal{W}}\ensuremath{\mathcal{W}}$  named OHSU lawyers Rogues of the Week for their effort. The exemption has since been renewed and is now due to expire in 2016. OHSU has returned this session with a bill to make the exemption permanent. (Rat testers, you're still out of luck.) The ACLU of Oregon has criticized the exemption as a way of withholding information from the public and of blunting critics of the Oregon National Primate Research Center, which conducts tests on rhesus macaques. "For more than a decade," says OHSU spokeswoman Ariane Holm Le Chevallier, "this law has worked to protect researcher safety without jeopardizing transparency." This year, without opposition from the ACLU, the bill has passed the Senate, and gets a final vote in the House this week. "We're still not crazy about it," says ACLU of Oregon executive director **Dave Fidangue**. "But it appears they're being more responsive to the watchdogs."

■ The decision last week by the **Multnomah Education Service District**'s board to boot its superintendent was no fluke. As first reported at wweek.com, the leaders of eight Portlandarea school districts that pool resources to buy services from MESD demanded Superintendent **Barbara Jorgensen** be replaced, citing poor leadership during her three-year tenure in the job. Jorgensen didn't respond to a request for comment from *WW*. MESD board members tell *WW* the agency is working on a settlement package for Jorgensen, who earned \$147,000 a year.

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