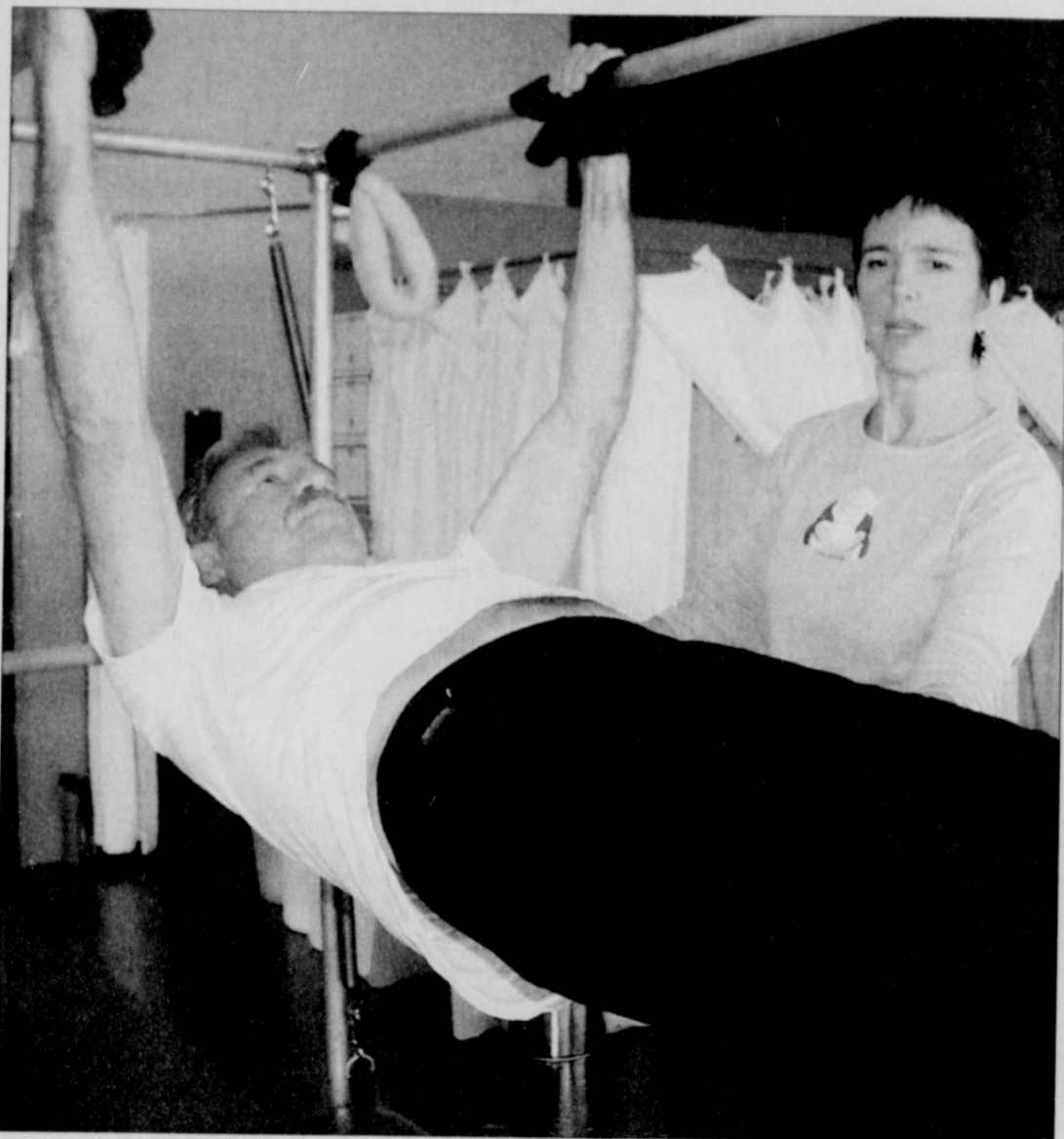


# Building A Woman's World



Leslee Lewis, owner of Core Pilates, trains author and teacher Tom Spanbauer, who is living with AIDS. Spanbauer says Pilates has helped him regain his health.

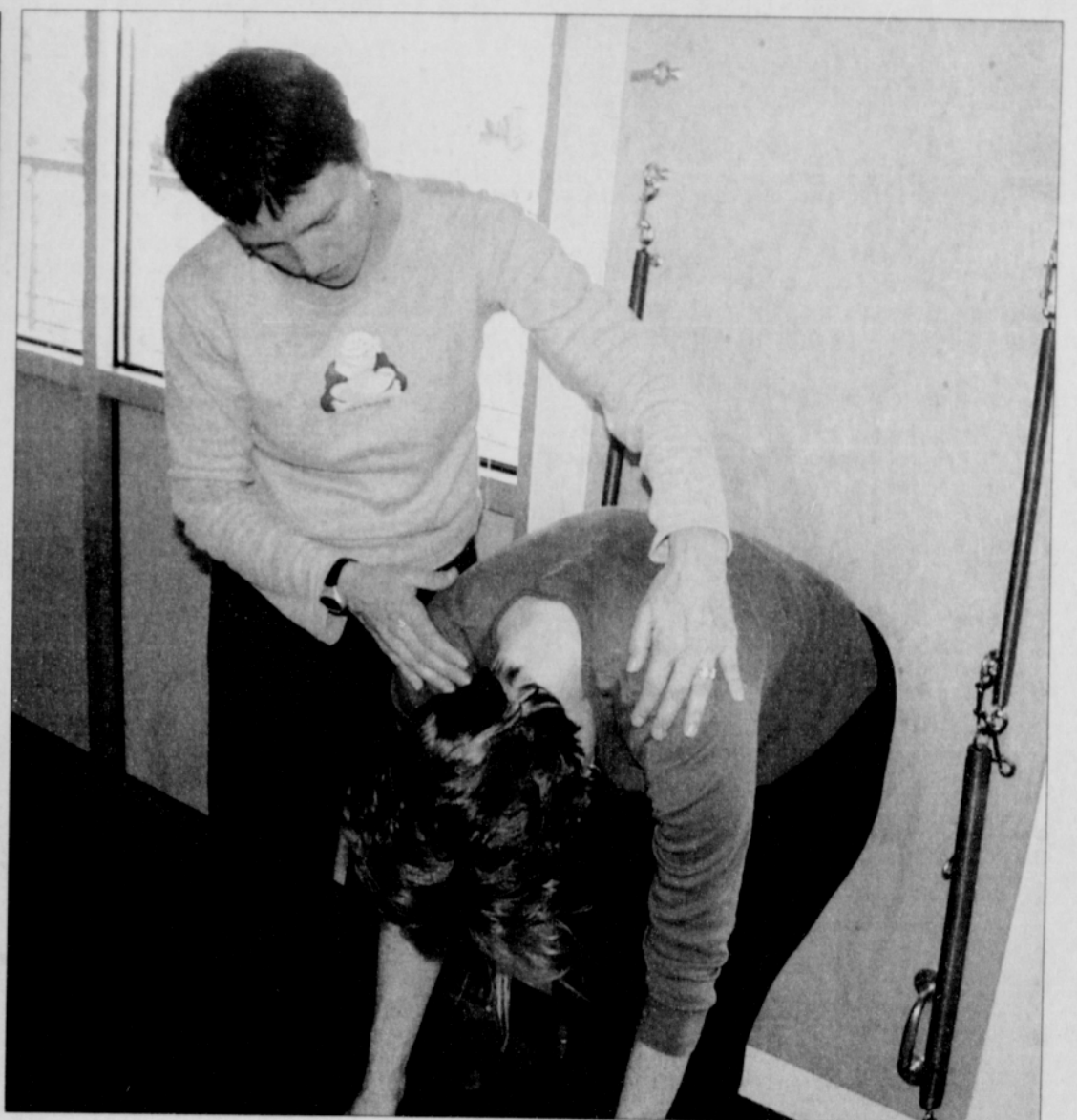


PHOTO BY MARK WASHINGTON/THE PORTLAND OBSERVER  
Leslee Lewis helps to stretch the her client, Dr. Suzan Ansan, as part of Pilates training.

continued ▲ from MBE front  
culties that women have when going into business," said Lewis.  
According to Mercedes, who instructs the classes, women

often have a fear of success or fear of failure that holds them back in the business world. She helps women cope with fears through stress reduction techniques and skill sets that move

women into empowerment.

Since graduating from the program two years ago, Lewis opened Core Pilates, at 1500 N.W. 18<sup>th</sup> Ave.

"This is a workout where

people get stronger and feel better about themselves," said Lewis, who also teaches Pilates at her studio. "It increases flexibility and people gain a sense of mastery that is empowering."

She says besides learning to write a business plan, Lewis also made priceless contacts with other professionals.

She gave this advice to aspiring women in business. "Don't be

afraid and understand that lots of people are doing it with the same levels of fear and there are ways of attacking those fears."

To learn more about program, call 503-643-9031.

## The Portland Development Commission Supports Minority Businesses



Construction in the Pearl District is creating opportunities for MWESB contractors. Mechanical, Inc. (owned by Sharon Crymes pictured above) was awarded a \$370,000 subcontract for heating, ventilation, air conditioning and refrigeration for the Sitka Apartments.

Mechanical Inc. is a state certified Woman-owned Business Enterprise.

Businesses like Sharon's and Bruce's are growing and PDC's financial assistance programs can offer a variety of solutions to assist, from business loans to the popular Storefront Improvement and Development Opportunity Services (DOS) programs.

PDC also invites M/W/ESB vendors, suppliers and contractors to submit bids for work on projects and professional service contracts. To learn about PDC contracting opportunities visit [www.pdc.us/mwesb](http://www.pdc.us/mwesb) or contact PDC's M/W/ESB Team: Tyrone Henry, 503.823.3315, John Classen 503.823.3667, or Toni Severe 503.823.3326.

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Bruce Feathers is the owner of FeatherLite Enterprises, LLC located on NE MLK Jr. Blvd. FeatherLite has several business units and product lines including safety equipment, office supplies, and the ability to offer audio and web-based conference calling. Recently, he has begun distributing soft drinks and bottled water to a number of companies.

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