

Community College at MLK Site

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currently has nine employees and expects to grow.

The Portland Development Commission acquired the Heritage Building in 1999 and awarded development rights through a competitive process in 2001. The principal partners are Eric Wentland and Jeana Woolley, with participation from Steven Foust, Dennis Hadley, Barry Pappenheim and Howard Loucks—all long-time northeast Portland residents.

In conjunction with general contractor Seabold Construction, the developers have achieved 31 percent construction employment of minority-owned, women-owned and emerging small businesses, exceeding PDC's goal of 20 percent. In addition, nearly 3,000 hours were worked by registered apprentices.

The building joins other PDC-initiated developments, renovations and new construction underway along northeast Martin Luther King Blvd., including Henry V, Vanport Square, housing at MLK and Northeast Rosa Parks Way, and King's Crossing.



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2007 BMW 750Li Sedan 750 IQ Required

BY KATHLEEN CARR

If you'd like a car with a higher IQ, then the 7 Series is sure to please. There is almost nothing that this car can't do. The stretch version Li, which adds an additional 5.5-inches overall, makes for a great rolling office.

At the top of the luxury sedan food chain, you will find the 2007 BMW 750Li, which represents the peak of engineering, elegance and hospitality available in a five-passenger automobile. The 750Li is one of the most technologically advanced sedans in its class; so much so that potential buyers often suffer technology overload during the initial encounter. Working the multitude of systems comes closer to operating a computer than any mainstream production car before. If you can master the bewildering cockpit interface you will enjoy the most involving full-size sedan on the market.

The 7 Series was the first BMW model to get the revolutionary iDrive technology. While the iDrive system corrals a lot of functions, including the audio, climate and navigation, Bluetooth and BMW Assist systems, it has a steep learning curve and, based on our experience, increases driver distraction. On the plus side iDrive reduces cabin clutter, as it's operated via the central LCD screen.

The 2007 BMW 750Li has the



Specifications: 8-Cylinder, 4.8-Liter 360-hp @ 360 lb-ft torque engine; 6-Speed Steptronic Automatic Transmission; 17-City 25-Highway MPG; \$ 94,370 MSRP

personality and reflexes of a much smaller car. Those reflexes are a product of the 750's expertly tuned suspension and steering. To keep the big sedan steady around corners, all models come with Active Roll Stabilization, which stiffens the suspension's antiroll bars to reduce body roll. Additionally, 750i and 750Li models can be equipped with either the Sport Package (included with our test model), which provides firmer suspension tuning, or the Adaptive Ride Package, which uses self-leveling air springs and adaptive shock damping to strike a compromise between ride comfort and handling acuity.

Our test model of the 750Li included adaptive bi-HID headlights, a moonroof, leather upholstery,

walnut wood interior trim and 14-way power front seats. Front-seat heaters, a navigation system with voice control, a 10-speaker CD sound system with an MP3 player input jack, dual-zone climate control, one-touch windows and Bluetooth connectivity are also included. Our test vehicle included a long list of options—including ventilated 14-way power rear seats to complement the extra legroom in the back.

The Sport Package on our test model provided 20-inch wheels and a three-spoke steering wheel. The Luxury Seating Package provides a massaging driver seat, ventilated front seats, a heated steering wheel and rear sunshades. The Premium Sound Package adds a 13 speaker

Logic 7 sound system with an in-dash CD changer.

Standard safety features on all 7 Series sedans include antilock disc brakes, stability control, a tire-pressure monitor, front-seat side airbags, full-length side curtain airbags; a driver's knee airbag and a four-year subscription to BMW Assist telematics; rear-seat side airbags are optional.

The stability control system governs several advanced braking features, including a brake-drying feature that periodically wipes the brake rotors when the windshield wipers are in use. Front and rear parking sensors are standard, and you can opt for the Night Vision system, which uses an infrared camera to monitor obstacles nearly 1,000 feet ahead of

your 7 Series.

The 4.8-liter V8 engine is a delight: quiet and unobtrusive in most situations, but ready and willing to play hard when asked. It's so calm and authoritative between 80 and 100 mph that it's almost more comfortable to drive in traffic, because at least you'll know it won't easily turn into a ticket magnet. Floor the gas pedal just to feel the flow of acceleration as the engine rushes toward its redline, at which point the sedate exhaust burgle becomes the sound of a serious performance machine. The V8 is loaded with the latest materials and control technology, and it generates 360 horsepower, with enough torque to carry the big 7 Series to 60 mph in well under six seconds.

When the road is clear, you might find yourself coming into corners carrying more speed than you realize, and getting on the brakes a little harder than originally planned. This isn't automatically a scary thing, because the 7 Series almost never loses its composure. Yet within this car, with its combination of outstanding dynamics and deceptive travel speeds, there is both joy and trepidation. The 7 Series demands a high degree of self control, because you can quickly find yourself having too much fun. It offers extraordinary handling with a magic carpet ride.

The 2007 BMW 750Li is silky smooth and impressively powerful. The layers of technology can seem more like a hindrance than a help, however, and the interface between driver and machine can be complex and demanding. At best it's cumbersome, and at worst it's overwhelming. Ask yourself "do I have the 750 IQ?"

Alternative Therapies Clinic Opens

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nese remedies, including hydrotherapy, detox treatments, chiropractic care, counseling, bodywork and cranial sacral therapy.

With this mind-numbing list of treatments at the ready, the practitioners now must tackle the hurdle of selling themselves to a community that thinks they're a little, well, crazy.

Snow starts the process of mentally preparing people for something different by pointing out the ways in which primary care tends to fail in making emotional connections.

"In our culture, we're so used to going to the doctor, and the doctor telling us what's wrong and what we can take to make it better, and with alternative therapy the patient and the doctor or practitioner have much more cooperation for overall wellness," she says.

It helps that most of the Center's patients are fed up with Western science before they even walk through the doors.

"By the time people come to us, many of them have already gone through all the other avenues," Snow says.

In Oregon, unlike some states like California, such alternative



A house at 4922 N. Vancouver was in a serious state of disrepair when it was purchased two years ago for the future home of the North Portland Wellness Center.

treatments are considered "adjunctive" and receive special licensing apart from standard methods. Some consider this diminishing to Eastern medicine, but others see freedom in not being part of the mainstream system.

"I kind of don't mind not being primary," Snow says.

She claims that her methods can treat almost anything, including chronic ailments such as diabetes and heart disease, saying, "acupuncture, Chinese medicine and all that can really work, especially if you catch it early enough and as a supplement to more standard practices."

As part of the center's goal to make the alternative mainstream, it hosts a free "Vitality Talks Series" from 6:30 p.m. to 8 p.m. on the second Wednesday of every month. Some of the topics are preparation for back to school, wellness/integrative medicine, and cold and flu prevention/boosting the immune system.

Knowing that many cannot afford alternative treatments, the center also hosts Community Wellness Days with \$15 general-wellness treatments during specific hours on the third Saturday of every month. Limited space is available on a first-come, first-served basis.

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