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On the 175-foot roof of the upscale Encore on the Park construction project, Autumn Bigboy and Viktor Palchey share a laugh over fear-of-heights with Tiffani Penson, Bureau of Development outreach program coordinator.

Lofty Opportunity

continued ▲ from Metro

thought she would never get the opportunity to attend college or work for a living wage.

Viktor Palchey, who left home in the Ukraine less than five years ago, has experienced a whole other set of barriers to success. Through the Immigrant and Refugee Community Organization, he found this opportunity for getting this skilled training from the city right out of high school.

"They really motivated us," he says. "I didn't

have plans to go to college before working, but now I can't stop learning."

Palchey saw several Ukrainian friends and relatives working to lay concrete and drill holes while Vasquez told the tour group about the various ways his greatest satisfaction comes from knowing such basic tasks are performed in a safe way.

"People live or die in buildings around the city," Vasquez said. "That's why inspecting has to be very precise and time-consuming, not just a 10-minute thing."

He then encouraged the trainees to go beyond the book and learn the some skills of the most expert architects and contractors.

"If you build a house to the minimal code, it will fall down," he said. "What makes a good inspector a great inspector is when they can decide where the rules become absolute."

Penson plans to continue finding ways to engage people from disadvantaged communities in meaningful, well-paid assignments.

The opportunity to learn about careers in the city will extend to a Jefferson High School visit April 22 as part of recruiting this summer's participants.

For more information, e-mail Penson at penson_1@ci.portland.or.us or call 503-823-1109.

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Emergency Services Careers Outlined

PCC-Cascade to host open house

Portland Community College's Cascade Campus in north Portland is hosting an open house for its Emergency Services programs, which includes the rapidly growing career fields of 911 dispatch, police,



Students in the Portland Community College Fire Science program go through a ladder drill at the Cascade Campus in north Portland.

fire science, emergency medical technician and criminal justice.

The free and open to the public event is set for 10 a.m. to 2 p.m., Thursday, April 17, at the PCC Public Service Education Building, 705 N. Killingsworth St.

Emergency services are career fields in which qualified candidates and qualified minority and women candidates are sorely needed. The jobs provide above-average entry-level pay and benefits.

Trainers and recruiters will be on-hand to discuss qualifications and requirements. Current students

enrolled in the various programs will be available to talk about their experience.

Simulated emergency situations will be conducted throughout the day.

Fire Science students will demonstrate use of equipment and apparatus such as hooking up a hydrant, repelling and rescue. Criminal Justice students will demonstrate various aspects of law enforcement like forensics, patrol procedures and investigations.

Emergency Medical Program students will demonstrate emer-

gency medical care such as trauma, CPR, treatment and transport and Emergency Telecommunicator/911 Dispatch students will demonstrate receiving and dispatching emergency calls with medical dispatch protocol, call interrogation and radio broadcasting.

Participants also will have an opportunity to talk to PCC instructors about the classes available in each program. Mini-classes, tours the state-of-the-art facilities, skills demonstrations, informational videos and advising appointments will also be available.



Dr. Billy R. Flowers

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Part 13. Shoulder Pain: Why many people cannot, and should not, take it lying down.

Q: My shoulders hurt so bad at times, I can hardly sleep. What can Chiropractic do for me that no one else has been able to?

A: Shoulder pain is without question, one of the most debilitating types of pain we encounter. Because the shoulder is so intricately related to the spine, virtually any movement can be excruciating. It is not at all uncommon to see cases like yours where patients hurt so bad, they cannot even get a decent night's sleep. To complicate matters, many patients go from doctor to doctor seeking relief, being told they have

bursitis at one office, tenosynovitis at another and so on until they return home confused, frustrated and still in agony. As Chiropractors, we are concerned about nerve flow to the various parts of the body. Of course, we look to see if a bursal sac has been traumatized or if a tendon has been injured. But more importantly, we look to see what caused the injury. You see,

the cause was there long before the pain itself. By treating the cause, we not only relieve the pain, don't suffer through another sleepless night. Call for an appointment to find out how Chiropractic can eliminate the cause of the problem once and for all. Or feel free to call us if you have any questions whatsoever about your health.

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THEME
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 — II Chronicles 20:13-15

7:00 pm – Monday, April 14, 2008
 7:00 pm – Tuesday, April 15, 2008
 7:00 pm – Wednesday, April 16, 2008

Evangelist:
 The Anointed & Gifted
Dr. Jerome McNeil
 Senior Pastor – Christian Chapel CME "Temple of Faith" Church – Dallas, Texas

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