

Public Services Career Day

Before someone can be an "everyday hero" – such as a police officer, firefighter or paramedic – he or she must first learn the ropes. One of the best places to do so is the Public Services Education Building at Portland Community College's Cascade Campus.

The public will get a close-up view of what it takes to be a first responder during the building's annual Open House, set for 10 a.m. to 4 p.m. on Thursday, May 27, at the corner of North Killingsworth Street and Mississippi Avenue.

The event will feature information and demonstrations from the various programs

housed in the Public Services Education Building – Fire Protection Technology, Criminal Justice, Emergency Medical Services, Emergency Management and Emergency Telecommunicator 9-1-1.

The centerpiece of the day's events will be two mock vehicle rescues, scheduled for 11 a.m. and 2 p.m., in which students from several programs will collaborate to simulate a drunk driving accident. Visitors will also have the chance to tour a mock crime scene, check out the building's emergency vehicle bays and see the training center where students learn to be 9-1-1 operators



**Senator
Chip Shields**

**Democrat for State Senator
District 22, Portland, Oregon**

Come learn about your rights to keep your N/NE neighborhood free from polluters

PORTLAND, Ore. – Around the country, minority and low-income communities have been overexposed to toxic dump sites, contaminated air from congested traffic and other health hazards from industrial carelessness. Did you know you have a right to hold polluters accountable for the chronic health problems affecting your community?

Early next month, representatives from the Oregon Department of Justice (DOJ) and Department of Environmental Quality (DEQ) will listen to and address environmental concerns in North and Northeast Portland. This community forum is sponsored by Sen. Chip Shields, and graciously hosted by the North Portland Chairs Network, a monthly meeting of the chairs of North Portland neighborhood associations. The details are:

Date: Monday, June 7, 2010

Time: 7 – 8 PM

Where: 8105 N Brandon, Kenton Historic Firehouse

A representative from DEQ will briefly present information on how businesses and industries are permitted to operate in the state, as well as discuss what kind of oversight and follow-up the agency does with businesses that violate their permits. DOJ will outline how that state agency investigates and prosecutes criminal polluters. Most of the forum will then discuss practical steps that ordinary residents can take to make sure environmental concerns are being reported and dealt with. The last 20 minutes of the forum is reserved for a question-and-answer period.

Dear Deanna!

My marriage is in shambles because my husband is a slob. I'm stressed because I find myself cleaning the house 3 or 4 times a day and I never know what I'll get when I walk in the door. We argue about this on a regular basis because he refuses to change.

Once, I didn't clean and his dirty underwear stayed in the same spot for a week. His hygiene is bad as well and we're not intimate. How can I get him to choose his marriage before it's too late and I leave him? --Joyce; Dallas, Texas

Dear Joyce:

It's amazing you were so in love with Pig Pen that you didn't smell or see any of this coming. You need to realize he has always been a slob, this is who you married and he's comfortable. The next time you clean, toss everything in the garbage including clothes, personal items and dishes and let him know that you're tired and have a new cleaning method. Make it clear that from this point forward everything out of place has a new place called the garbage and keep it moving.

Dear Deanna!

My mother is being taken advantage of by her best friend. My mother is retired has plenty of money saved up and she's enjoying the finer things in life. Her best friend is a moocher and makes my mom pay for everything. My mother is lonely and doesn't have any friends so she thinks nothing of it. This woman is going through her money left and right and I know she's going to look up and one day be broke. How do I get through to her? --Concerned Daughter; Oklahoma City

Dear Daughter:

Your mother is enjoying life and her friend. Before you place judgment or get in the middle of things ask your mom if she's preparing for a rainy day. If she is, you can rest assured that she knows what she's doing and is planning her

Ask Deanna!



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finances wisely. You're on the outside looking in and have no idea of their friendship. You can calm down and chill and let you mom and her girlfriend do their thing and feel secure knowing that if she needs you, she'll let you know.

Dear Deanna!

For the first time in my life, I am happy with a man I feel is my soul mate. He is everything I imagined and I can even live with his flaws and shortcomings. I love him dearly but he is overly critical and is very hard on me. When I make mistakes he treats me like a child. He talks about my hair, my makeup and the way I eat. He is a great guy and I know he means well. How do I let him know how this makes me feel without jeopardizing the relationship? -

–Maria; Charleston, S.C.

Dear Maria:

You're a star struck groupie in this relationship. As soon as he gets tired, he'll drop you like a hot coal and move on to another woman. If he sincerely cared there wouldn't be any feelings of disrespect, ridicule or one-sided criticism. You need to take the risk and tell him how you feel and that you won't tolerate his treatment. If he's willing to heed your advice that's a good thing. If he turns out to be a pig then realize he doesn't give a damn and keep it moving.

Ask Deanna is written by Deanna M. Write Ask Deanna! at the email askdeanna1@yahoo.com or 264 S. LaCienega Blvd. Suite 1283 Beverly Hills, CA 90211. Website: www.askdeanna.com

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