

## TriMet Career Fair

Get in on one-on-one conversations and panel discussions about current and future jobs in transportation and maintenance operations.

- **Tuesday, November 5, 2013**

10 a.m. to 3 p.m.

Oregon Convention Center

Plan your trip at [trimet.org](http://trimet.org)

Join us in one of these panel discussions

- **Career Paths in Transportation Operations**

10:30-11:30 a.m. or 1-2 p.m.

- **Career Paths in Maintenance Operations**

10:30-11:30 a.m. or 1-2 p.m.

For more, please visit [trimet.org/careers](http://trimet.org/careers)

*TriMet is an equal opportunity employer, committed to developing an organization that is reflective of and sensitive to the needs of the diverse community we serve, including the elderly and persons with disabilities.*

TRIMET

## New Visions

continued **▲** from front

ment cap. It was forced to turn away 59 students after it reached the limit after a so called "lottery" where kids have to apply to get in. Wilson says this comes as part of a district strategy to get kids and parents to focus more on their neighborhood schools to instill a sense of pride he says has been missing from some of Portland's public high schools.

Another big change on the horizon is a proposal set forth by new district athletic director Marshall Haskins that would return all of the high schools to the state 6A level with one Portland Interscholastic League. Wilson says a unified PIL will galvanize participation in cross-town interactions between students.

"When I was in high-school, I went to Roosevelt, and we looked [forward] to playing against Benson, I knew friends that [came] to Benson. You saw these same people hanging out at the mall, because everybody went to the same spot. So you would have a game against Benson on a Friday, and see them at the mall on Saturday and talk about what happened," he says.

He says the natural rivalries between schools create a kind of en-

ergy that will excite students, parents, alumni, educators, and administration alike.

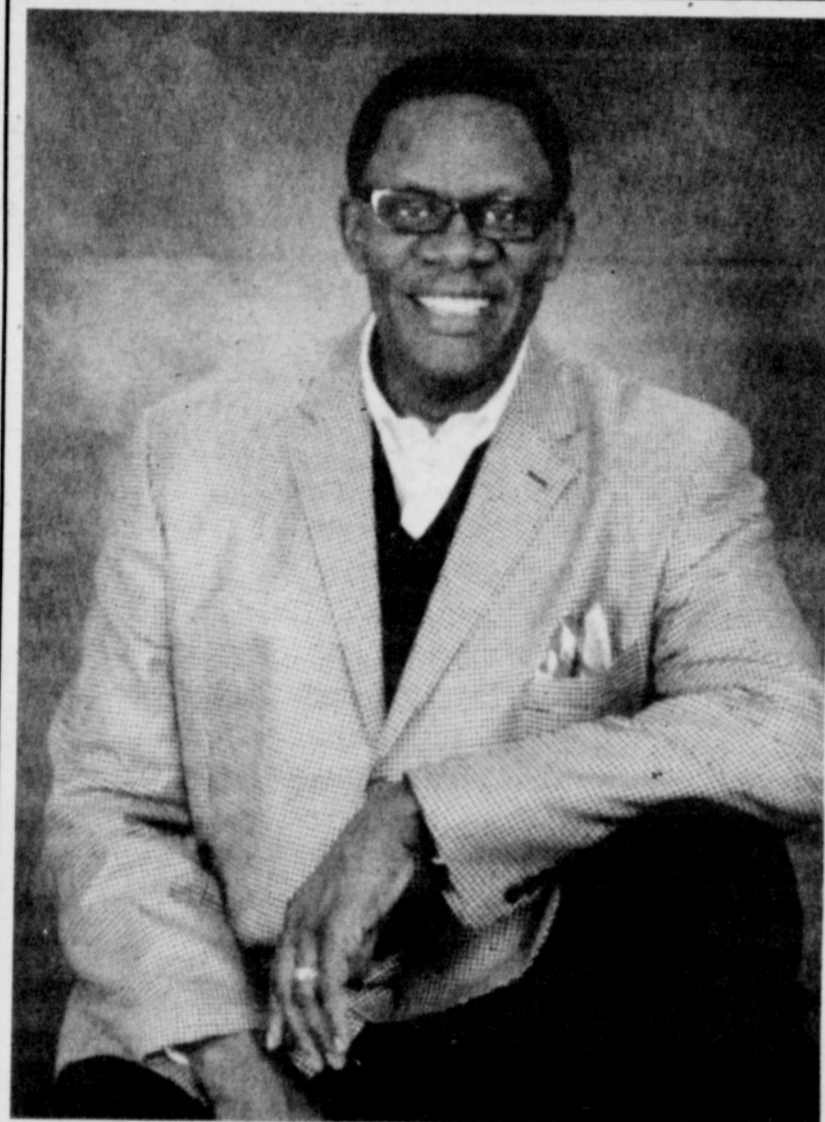
Wilson also brings his experience as a former track and cross country coach and health teacher to the table. He has a master's degree in health education.

One subject of interest regarding the new leader is a particular distinction he says he was not even aware of until recently. He is the first African-American principal at Benson.

"It was kind of flattering at first," he says, "but then 10 minutes later I was back focused on work."

During his past employment at Grant High School, he was responsible for establishing a Black Student Union that created a partnership between a Parents of Students of Color group and school administrators to increase parental involvement and foster healthy practices of equity among the staff.

Now as the top administrator at Benson, Wilson says the school's ethnically diverse students serve as a reminder to him to establish an institution where kids go to achieve their dreams. He hopes the kids see a tangible model in his own accomplishments to aspire in the technical and occupational fields they most desire.



Dr. Billy R. Flowers

## THE SPINA COLUMN™

An ongoing series of questions and answers about America's natural healing profession.

### Part 5. WHIPLASH: It doesn't take a serious accident to cause serious damage.

**Q:** How bad an accident does it take to actually cause whiplash?

**A:** While most people think of whiplash only as the result of a rear end collision, it can occur as a result of a fall or other sudden jolt. In car collisions, speeds as low as 5 MPH (a brisk walk) have caused whiplash. What's more, major studies show there is virtually no correlation between damage to the car and its occupants.

**Q:** How can I tell if whiplash has happened to me?

**A:** Whiplash often exhibits symptoms such as a sore neck,

arm or shoulder, nausea, blurred vision and headaches. If not treated immediately, these problems can lead to other more severe ones. To complicate matters, it sometimes takes years before whiplash symptoms occur.

**Q:** What should I do if I've had a fall or a car accident?

**A:** Don't take any chances. Schedule a complete chiropractic

exam immediately. Our office specializes not only in relieving whiplash symptoms, but also in making sure those problems don't become bigger ones down the road. For diagnosis of possible whiplash, or answers to any questions you might have about your health, please call us at the number listed right below.

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