

Improving Lives

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and job searching.

Once a woman has secured a job, Dress for Success works with various service providers to help ensure they stay employed, and are moving forward in a financially stable career.

The new Patricia Whiting Career Center is named after the late community activist and former State Representative who rose out of poverty as a migrant worker and served three terms in the state capital. The center

marks a momentous transition for leaders and patrons of Dress for Success after nearly 15 years of serving the public.

Clients that were once relegated to a small two-computer cubicle near the entrance of the building now have a large space comfortably housing four computers, and a full library of books covering everything from interview tips, to guides to entrepreneurship. The space even comes with a fully functional kitchen that will be mostly utilized by Dress for Success

employees to provide free meals to women who attend their monthly Professional Women's Group which is designed to sharpen both interpersonal and professional skills.

The additions were made possible with generous donations by Vince Whiting, Bank of America, Wal-Mart, and other community members.

"To actually have this dedicated space, that it's professional, and it's warm, and inviting—it's going to allow us to do so much more with our clients," said Barbara Attridge, Dress for Success executive director. "For me, it's a career center, but it's also a place for hope and possibilities for women."

Honoring History

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League of Portland.

"It is gratifying to see the beginning of dramatic and tangible park improvements," he said. "It is important to deeply understand the history here, while still focusing on the future. We look forward to a tremendous new park and appreciate the commitment by the city and its partners to increase the quality of life here."

City Parks Commissioner Amanda Fritz called Dawson Park a widely treasured public asset with a deep history.

"What we are doing today is about making more history. I am thrilled that Dawson Park is being re-energized, and proud to see our city working to make it a vibrant part of the community once again," Fritz said.

"Legacy Emanuel was founded more than 100 years ago just across the street from Dawson Park, on the concept of caring for the people in this neighborhood," said Dr. Lori Morgan, the hospital's chief administrative officer. "We are proud to have contributed to Dawson Park's new water play feature where children and adults alike can appreciate

the outdoors and be active. Our staff, patients and their families are looking forward to enjoying Dawson Park once again."

The project is a partnership between the PDC and Portland Parks & Recreation. The Interstate Corridor Urban Renewal Area will provide \$2.3 million in funding.

Support for the public artwork comes from the Regional Arts & Culture Council. R&R General Contractors has been selected to construct the park improvements with 87 percent of the construction work to be performed by minority, women and emerging small business-certified contractors.

Construction is expected to run through June.

Trio of Blazers on All-Star Ballot

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averaged 19.9 points, 5.1 rebounds and 5.5 assists while ranking fourth in the league in total made 3-pointers (25). Aldridge, a two-time NBA All-Star, owns team-high season averages of 21.3 points, 8.8 rebounds. Batum has posted season averages

of 12.4 points, 6.6 rebounds and 5.4 assists along with recording his third career triple-double on Nov. 2 in the team's home opener.

NBA All-Star Balloting presented by Sprint gives fans around the world the opportunity to vote daily for their favorite players as starters for NBA All-Star Game 2014.

This year, the NBA is expanding social media voting such as Facebook and Twitter to include Instagram.

NBA fans can also access the ballot and vote through the NBA Game Time and NBA Game Time from Sprint applications. Fans can fill out one full ballot per day.

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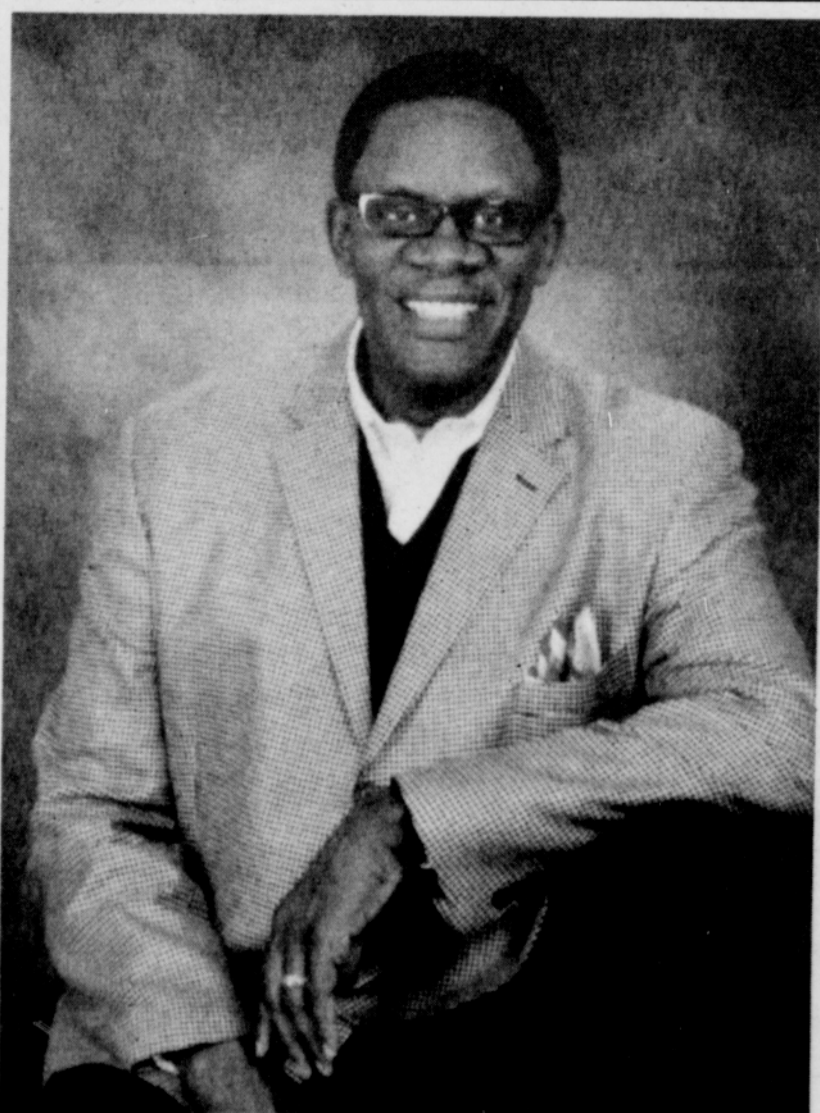
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This is when we seemingly move our bowels regularly, but never completely eliminate everything in our colon (large intestine). This causes the colon to back up and spread toxic poisons throughout the body. This can lead to everything from sinusitis to allergies to arthritis. Chiropractic can help to alleviate this problem by gently turning nerves back on in the colon and small intestine. It is not uncommon for a patient to have two,

three or even four bowel movements after the first adjustments on his or her spine. A man with FBSS (failed back surgical syndrome) went home and had 12 bowel movements that night. And he claimed he wasn't even constipated! Whatever questions you might have about health and healing, you'll find that Chiropractic is often the answer. Call us for an appointment today.

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