

PHOTO COURTESY OF TRIMET

Aesthetic lighting gives the new Tilikum Crossing 'Bridge of the People' a dramatic look. O'Neill Electric Inc., a minority-owned company, installed the lighting and electrical components as part of the Portland-Milwaukie Light Rail Transit Project's Public Art Program. The new span over the Willamette River south of the Marquam Bridge will be reserved for light-rail and streetcar trains, buses, bicycles and pedestrians, but no private cars, when it opens in September.

Growth with a Justice Lens

continued ▲ from front

TriMet created the innovative award-winning program back in 2000 when it was getting ready to build the Interstate MAX Yellow Line project in north Portland. The community had concerns that past projects didn't provide enough local opportunities. TriMet delivered \$36 million in contracts for that project; \$62 million for the MAX Green Line, and now topping \$170 million for the Portland-Milwaukie project.

"Inclusive contracting is part of how we do business, and our prime contractors embrace that same vi-

sion to make sure DBE firms have a shot at these contracts," said TriMet Executive Director of Capital Projects Dan Blocher.

Dr. T. Allen Bethel, an African American pastor from northeast Portland and a member of the TriMet board of directors, announced that Daryle Low of Hoffman Construction was selected for the agency's 2014 DBE Champion of the Year Award.

Bethel noted that Low, who is a project manager for Hoffman "has helped strengthen the capacity of small businesses and achieved more than 30 percent DBE participation while building

General Contractor capacity for a DBE firm."

Prime Contractor Stacy and Witbeck was selected for TriMet's DBE Champion of the Year Organization Award. Bethel said the company's commitment to inclusive contracting is "part of its DNA. They've consistently identified new opportunities for small firms and have mentored and helped build capacities of these firms." Stacy and Witbeck has achieved more than 22 percent DBE participation on the light rail project.

Bethel himself was the first recipient of TriMet's DBE Champion of the Year Award due to his unwa-

vering commitment to DBE advancement as a community activist and TriMet board member.

Officials said the Portland-Milwaukie Light Rail Transit Project is on time and on budget. The 7.3-mile segment with 10 transit stations is the region's sixth MAX construction project and will improve transit in a corridor that extends from the terminus of the MAX Green and Yellow lines at Portland State University in downtown Portland to South Waterfront, southeast Portland, Milwaukie and north Clackamas County.

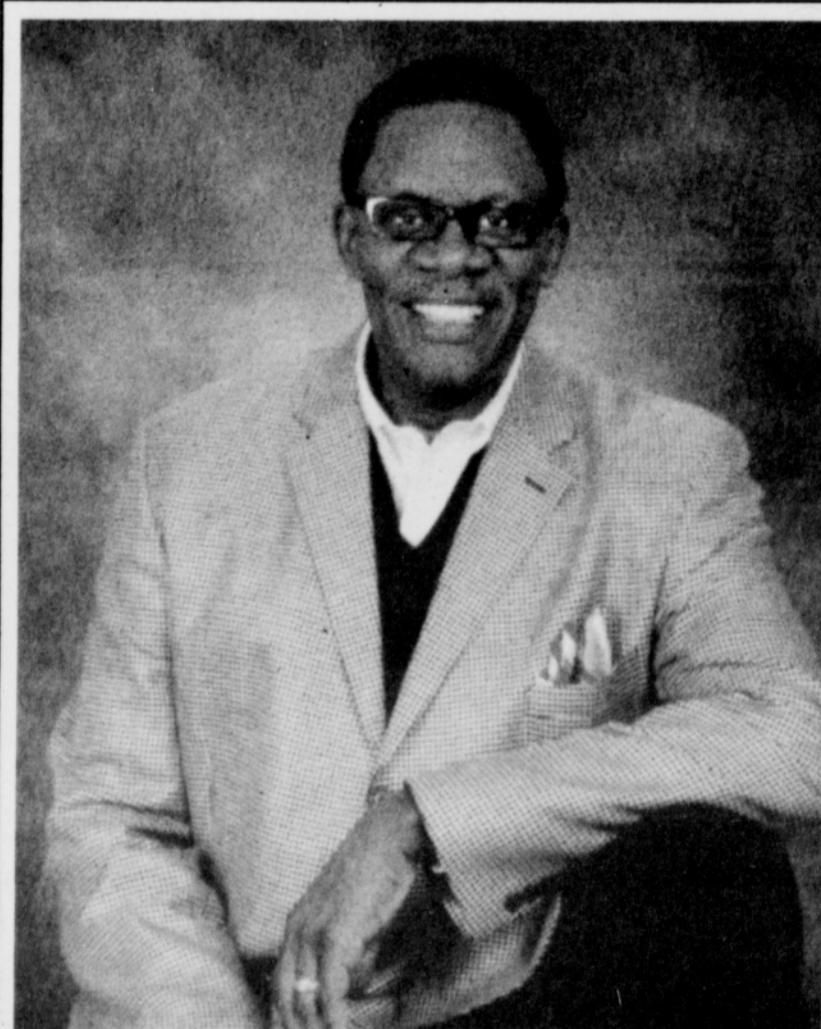
Tilikum Crossing, the first of its kind multi-modal bridge in the U.S.,

will carry light rail and streetcar trains, buses, bicyclists and pedestrians, but no private vehicles.

Participants at the DBE ceremony were able to get a glimpse of the new aesthetic lighting for the bridge from windows outside OMSI as some of the first tests of the lights were made.

Created by artists Douglas Hollis and the late Anna Valentina Murch, the lighting system is designed to change colors according to data streamed from a U.S. Geological Service river monitor near the Morrison Bridge. The lighting effects will change based on the river's speed, height and water temperature.

The lights are scheduled to be permanently activated in September for the bridge's grand opening.



Dr. Billy R. Flowers

THE SPINA COLUMN™

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

Part 27. Chiropractic VS Migraines:

Saying goodbye to the most menacing of headaches

Q: Can anything be done for migraines? I've had them for the last 20 years and I sincerely can't take it much longer.

A: I had a patient once ask the same question. Her concern, however, was that Chiropractic might hurt. After becoming a patient, she began to make progress. Slowly but surely the nauseating effects of the migraine were leaving her. One day, relaxed and without pain, she said to me "I can't believe that I waited 20

years for this!" That's one comment I'll never forget! The story had a happy, but isn't it sad that it had such an unfortunate beginning. So many suffer for so long with their pain. They literally waste years of their lives, waiting, thinking that it is just a temporary condition. Life itself is a temporary condition. We are all here for

only a while. Why waste one precious moment, let alone years suffering needlessly? Find your freedom through good health NOW... naturally. Find your freedom through Chiropractic...and make each day count. Isn't it time you stepped up to safe, effective Chiropractic?

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