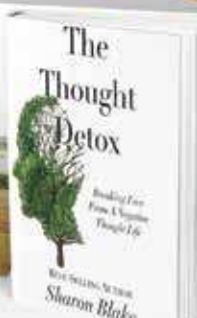


ASCENSION
WELL BODY & FITNESS

15 JUNE
8:30PM - 8:00PM

Well Body WEDNESDAY



GUEST SPEAKER: SHARON BLAKE

Ascension's Well Body Wednesdays are to encourage you to approach your health and wellbeing holistically. This simply means thinking about and taking care of your mind, body and spiritual needs. June's wellness dimension is **Mental Health!**

Welcoming guest speaker Sharon Blake, CEO of Life Chronicles Publishing and Best-Selling Author presenting her book, "The Thought Detox: Breaking Free From A Negative Thought Life". To learn more about Sharon and how she is walking in her purpose please visit www.mylifechronicles.org

This event is open to the public. A \$5.00 donation is suggested.

Questions? Please email: zay@ascendwellfi.com

Alma Education & Movement Space 12335E Stark St. Portland, OR 97222 | www.ascendwellfi.com



Simon Nagata, Toyota North America's executive vice president and chief administrative officer, visits Portland and helps launch a partnership with volunteer driver programs helping the elderly and disabled. He is pictured with Elaine Wells, executive director of Ride Connection, which Toyota supported with a \$5,000 donation.

Driving to Make a Difference

Improving accessibility and bringing transportation solutions to the elderly and disabled is the goal of a new partnership with Toyota to promote and support volunteer driver programs in 50 states.

As part of the local outreach, Toyota North America last month donated \$5,000 to the non-profit Ride Connection to help meet the

ever growing demand for rides in Multnomah, Clackamas, and Washington counties.

Ride Connection provides public transit services that help pick-up senior citizens and take them to doctor's appointments, shopping trips and community events. The service is one of the organizations affiliated with the National Volun-

teer Transportation Center.


Toyota awarded \$400,000 to the national group as part of its new partnership, including the donation of two vehicles, a 2016 Toyota Prius and a 2016 Mobility Sienna, to help more than 800 volunteer driver programs in 50 states, the District of Columbia and Puerto Rico.

TMAR ENTERTAINMENT PRESENTS

A NIGHT WITH

Mint Condition

JUNE 24TH, 2016



AT TAO CENTER | STARTING AT 7:30PM
631 Northeast Grand Avenue Portland Oregon 97232

FEATURING: YA DJ MICHAEL MORRIS & MC RISS RISS
WITH SPECIAL GUEST TAMARA STEPHENS

Tickets can be purchased at:
www.tickettomatto.com 1-800-820-9884
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\$65 VIP \$50 general admission hope to see you there

DMV Prepares for Debit/Credit

Oregon DMV offices will begin accepting debit and credit card payments during the next four months with all 60 offices to be ready by the end of September.

Prior to a successful pilot launch of credit and debit ser-

vices in May, DMV accepted only cash, checks and money orders at its field offices. Credit and debit card payments have been accepted for online vehicle registration renewals since 2004, and DMV has hosted ATM cash machines at

many of its busiest offices.

To visit an Oregon DMV office in person, DMV suggests that you visit OregonDMV.com to make sure you have everything you need. You also can check wait times at many of the busiest offices.

Madison Tops for Global Learning

Madison High School has been named a Top Global Learning School by an international high school student exchange group.

AFS-USA is honoring the northeast Portland school for fostering global citizenship through intercultural learning—both inside and outside of the classroom—from hosting international

students, sending students abroad, and incorporating intercultural and experiential learning opportunities in the curriculum.

The ability to speak another language, to navigate in a different cultural context and to marshal a global perspective are skills that today's students need to succeed in our increasingly independent world.

Over the years, Madison High School has hosted over 75 students from 60 different countries, and sent over 20 students abroad to many different countries.

"We're so thankful and proud to work in educational partnership with schools like Madison High School," said Jean Goecks, AFS local team chair.

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