

ADVERTISEMENT FOR BIDS

CITY OF SALEM, OREGON

DEPARTMENT OF PUBLIC WORKS
DEPARTMENT OF GENERAL SERVICES

INVITATION TO BID

FOR THE CONSTRUCTION OF THE BELLEVUE STREET IMPROVEMENT FROM CHURCH STREET TO 560 LINEAL FEET EASTERLY

Sealed bids will be received at the office of the City Recorder, Room 205, City Hall, Salem, Oregon, until but not after 11:00 a.m., Local Time on April 25, 1984, at which time all bids will be publicly opened and read aloud at the Council Chambers, Civic Center, 555 Liberty Street S.E., Salem, Oregon, for the CONSTRUCTION OF THE BELLEVUE STREET IMPROVEMENT FROM CHURCH STREET TO 560 LINEAL FEET EASTERLY.

The proposed work consists of: the construction of 400 lineal feet of road-bed grading, base rock, asphaltic concrete pavement surfacing, and performance of such additional incidental work as is called for by the plans and specifications.

Plans, specifications and other bid documents may be inspected and obtained at the office of the City of Salem, Department of Public Works, 555 Liberty Street S.E., Room 325, Salem, Oregon. The bidder shall not file the book of "Standard Construction Specifications" with his bid.

Bids shall be made on the forms furnished by the City, addressed, and mailed or delivered to the City Recorder, City Hall, Room 205, Salem, Oregon, in a sealed envelope plainly marked "BID ON THE BELLEVUE STREET IMPROVEMENT," and the name and address of the bidder.

A surety bond, cashier's check or certified check of the bidder, made payable to the City of Salem, in the amount of ten percent (10%) of the bid must accompany each bid as security. Bid security of all save the three lowest bidders will be returned following the bid opening; all bid security will be refunded upon execution of the contract by the successful bidder.

No bid will be received or considered by the City of Salem unless the bid contains a statement by the bidder that the provisions of ORS 279.350 shall be included in his contract.

No bid shall be received from any bidder who has not filed a prequalification statement with the City Purchasing Supervisor, 1340 20th Street S.E., Salem, Oregon 97302, on or before April 17, 1984. Upon City approval of the submitted prequalification application, the bidder will receive a valid proposal for bidding purposes.

PREQUALIFICATION CLASS: ASPHALTIC CONCRETE PAVING

Patricia Wolfe,
City Recorder

Bid No.: 2606
Bid Opening: April 25, 1984

SUB-BIDS REQUESTED

Tualatin Library and Offices
Bid Date: Monday, April 16th — 2:00 p.m.

silco

CONSTRUCTION COMPANY
P.O. Box 337 • Tualatin OR 97062
(503) 692-0810

We are an equal opportunity employer and request sub-bids from women and minority owned business enterprises.

Peace curriculum offered

Educators for Social Responsibility, a group of educators who are concerned about the possibility of a nuclear holocaust, and in exploring alternative methods of conflict resolution, are offering an introductory presentation for Portland area teachers on nuclear arms

and peaceful alternatives. The program will include: a slide show on the medical consequences of a nuclear blast, discussion on national security, teaching a peace curriculum in the classroom and a materials table for browsing.

Participants will meet at Lincoln High School, Rm. 169, 1600 S.W. Salmon, Portland, on Thursday, May 3rd from 3:30 to 5:00.

Jeff classes include all

One of Jefferson's most enthusiastic students these days is not a bright-eyed ninth grader, but a senior citizen who has returned to high school to "learn some of the things he didn't pay attention to as a youngster."

Nathaniel Frazier, a retired railroad man who lives alone at Unthank Plaza, decided to go back to school last fall. He called the Portland schools and was directed to Jefferson where he attends Pat Transue's foods classes. So far he has learned how to organize a kitchen, done some baking, and participated in several classroom demonstrations.

Frazier loves the classroom experiences and particularly enjoys being around the Jefferson students, "the young people are so helpful, and they seem to be interested in cooking." Several basketball players are enrolled in the co-ed foods class, so it was no surprise to find Frazier cheering the Demos on at the State Basketball Tournament. "He's a beautiful person," reports Mrs. Transue. "It's a real asset having him with us. He talks to my students and lets them know how much he's learned."

Principal Nate Jones hopes to expand the idea of adults returning to Jefferson's classes. "I see the whole school being open," he explained. "We have surveyed our teachers



Nathaniel Frazier returns to cooking class.

and several departments have committed spaces for adults." Basic skills instruction in Reading, social studies, and math are possibilities as well as a variety of electives including photography.

This is another extension of Project Pride—reaching into the community with the educational opportunities that Jefferson is proud of.

Persons wanting more information should contact the principal's office, 287-2631.



REAL ESTATE

VACATION RENTALS

Glendon Beach Vacation Rentals, near Salshan. Ocean View-sandy beach. Large two or three bedrooms, linens provided. \$50/night, \$300 week and up.
1 (503) 764-2252
764-3236

HOUSES/ACREAGE FOR SALE

Retirement Possibility: Owner transferred. 3 bedroom rambler, 2 baths, family and sewing rooms, orchard, polebarn, 5 acres, seasonal creek. \$69,500.00.
(503) 478-3717
Between Hood River and The Dalles.

RENT OR LEASE OPTION

Two-2 bdrm houses, w/w carpet, range & refrig., and a/c. \$230-\$250 first plus \$150. 4113 N.E. Mallory. 238-3520 or 774-4684.

LAND FOR SALE

Public auction of 5,366 square feet of land located at the intersection of N.E. Hancock and N.E. Grand Avenue in Portland. For more information contact
Regional Property Agent
5821 N.E. Glisan
Portland OR 97213
Phone 238-8220, weekdays 8 a.m. to 5 p.m.

Studio Apt. \$150 per month. We pay the garbage and the water. Kids and pets OK. Call:
Jim 241-3436

South Africa struggle

(continued from page 1, column 3)

treaty is based on the destabilization of neighboring countries who are weak and cannot resist the economic and military pressure that South Africa has put on them constantly over the last five years with the full knowledge and support of the administration in Washington. Peace that comes out of the barrel of a gun will never be lasting."

Trevor Fowler, from the African National Congress, is waging an armed struggle internally and externally with South Africa. Friday, April 6th, at the Matt Dishman Community Center, Fowler said South African women have borne the brunt of racist policies.

"Women are regarded as 'superfluous appendages,' meaning they are things. They have been moved from the city to bantustans where there is no economic support, agricultural base or natural resources."

He also told the audience that during times of civil unrest, U.S. cor-

porations will be used and taken over by the South African military.

The themes echoed by both Fowler and Boesak are the same. As long as Black people in South Africa are not free, Black people in America will not be. Boesak said, "Why is it when the Reagan Administration comes into power, the people that suffer first are the poor and weak? Black people suffer in this country, not simply because they are poor; they are poor because they are Black. This administration has little concern for Black people in South Africa because it has little concern for Black people in America."

Although Fowler and Boesak's methods differ on the road to freedom for Blacks in South Africa, the element that remains crystal clear is that the struggle for justice will continue. Freedom will come in South Africa either through rational negotiating or from the barrel of a gun.

Nutrition focus: Enrichment no substitute for whole foods

by Dr. Steven Bailey

"The Doctor of the future will give no medicine...but will interest his patients in the care of the human frame, in the cause and prevention of diseases." —Thomas A. Edison

Our nation is a leader in the technological advances of modern medicine. Yet amid this "high-tech" system there has been a minimum of attention given toward improving the public awareness and participation in preventative areas. There are many things that we can do to help insure a healthier life. With an increased understanding in the causes and nature of disease and an appreciation of preventative health care, we may well meet the stresses of life with a stronger vitality.

One of the most important elements of preventative medicine is proper nutrition. While nutritional needs vary from person to person, there is a great amount of knowledge that is applicable to most people. This and the next few articles will focus on nutritional areas, aimed at helping you make knowledgeable decisions in your nutritional habits.

The debate over whether enriched foods are better than whole foods has continued for over 40 years. The proponents of enriched foods argue that more of certain nutrients are found in enriched products, and therefore, the end product is superior. Those who disagree often point out that many nutrients found in the whole food are removed and never replaced, leaving the enriched product much less complete than the original whole food.

Let us examine the enrichment process to better understand the merits of these arguments. Enrichment basically refers to the process of adding concentrated nutrients to refined products in an effort to approximate the original components of the base food. The process of enrichment has its roots in the work of Dr. Roger Williams, a pioneer in vitamin research. Due, in a large

part, to the work of Dr. Williams, the bread industry began adding replacement nutrients to their white flour products in the 1930's. When enrichment first began, our knowledge of vitamins and minerals was very limited, in fact, only a few of the current vitamins had been isolated and the role of most minerals in human function was dramatically incomplete. As the numbers of known vitamins has increased, the food industries have not kept pace, and the standard enriched products still lack many of the nutrients found in the whole food. It is interesting to note that Dr. Williams is now one of the outspoken critics of the enrichment process.

Much of our current knowledge of certain disease states associated with diets emphasizing polished rice, and the absence of these conditions in prison diets that emphasized the germ and discarded products of the polishing process. While we do not have common occurrences of Beri Beri or Pelegra in the United States due in part to the enrichment process, we do have an alarming presence of degenerative diseases. The benefits of lecithin, vitamin E, Selenium and fiber in retarding the development of cardiovascular disease, heart disease, bowel cancer and other forms of cancer are recognized by today's medical community, yet largely ignored by the enrichment processes. What effect other trace nutrients have on promoting health and minimizing disease will become clear in the future. We can safely assume that our nutritional knowledge is yet incomplete, and therefore any enrichment process will fail to include a complete replacement of the original nutrients of the whole food.

There is no question that enriched foods are preferable to non-enriched processed foods. It is equally clear that whole foods offer added nutrients absent in enriched products.

Community Directory and profiles
Ads On This Page Are Of Local Businesses That Are Helping Build A Better Community

<p>AUTO BROADWAY TOYOTA 307 N.E. Broadway Portland, OR 97232 (503) 284-1106</p>	<p>ja'bell's BEAUTY & BARBER SUPPLIES (Retail & Wholesale) Hours: 9-7 Mon-Sat 5834 N.E. Union Ave. (503) 281-6393</p>	<p>ELK CLEANERS & LAUNDRY Established in 1912 and still providing quality dry cleaning at reasonable rates. 1014 N. Killingsworth 500 N.W. 23rd Avenue</p>	<p>HOME The Parts & Service People AMERICAN APPLIANCE UNIT 2861 N.E. Union 281-0619 11493 S.E. 82nd 653-7932 4220 S.E. Hawthorne 238-1070</p>	<p>PHARMACY PRMCLINIC PHARMACY Prescriptions • Counter supplies Ample parking facilities available 16 N. Morris St. Portland, Oregon 97227 281-9531</p>
<p>NORTHWEST ALIGNMENT & BRAKE Shocks & front end work 1 North Fremont 282-9147</p>	<p>CLOTHING CHARLEY'S Where the best in men's wear hangs out 10% off with coupon 1081 Lloyd Center Portland, Oregon 97232 284-4061</p>	<p>LAUNDRY CLEANERS • TUXEDO RENTALS • • LAUNDRY and DRY CLEANING • 1001 N.E. BROADWAY 281-9235</p>	<p>FREE ESTIMATES 289-9803</p>	<p>MISCELLANEOUS CASCADE COINS Rare and collectible coins for the collector or investor. Also bullion, baseball cards and supplies. We buy individual coins, collectors or estates. 3228 N. Lombard St. 285-6331</p>
<p>ROTH & MILLER AUTOMOTIVE Complete body, fender, repair & other equipment, painting, auto glass & frame repairs. Insurance approved. Drive in estimates. 3800 N. Mississippi Ave. Portland, Oregon 97227 288-8244</p>	<p>Broadway Exxon Complete Car Care Center. Atlas Products. Towing Service. Service all foreign & domestic. Our mechanic, Chuck Knox, will be on duty 8-5 M-F. We open 8-12 M-S 9-11 Sunday. Brad Morris, Station Manager 519 N.E. Broadway 284-5060</p>	<p>Attorney at law JASPER L. AMBERS Injury, Accidents Criminal Defense Wills/Probate Drunk Driving/Traffic Divorce Juvenile 284-0804 716 N. Alberta</p>	<p>Make this directory work for you call 283-2486</p>	<p>JEWELRY PATON JEWELERS Diamonds, Watches, Jewels Diamond setting Watch & Jewelry Repair 1016 S.E. Sandy • 281-8801</p>
<p>BEAUTY MRS. C'S WIGS Hats, Scarves & Accessories Styling 707 NE FREMONT 281-8525</p>	<p>FRIDAY'S BEAUTY SUPPLIES Wholesale and Retail. We carry products that are seen in Jet and Ebony Magazine. Open 9 a.m. - 8 p.m. 3612 NE 15th • 249-0253</p>	<p>STEWART CLEANERS We do quality work • Alterations • Drapes Mon-Fri 8-6 Sat 8-4 2701 N.E. 7th • 281-4372</p>	<p>TV Mart RENTALS 234-7466</p>	<p>RESTAURANTS Ke-Kettes Caribbean Foods Haitian Cuisine "It's more than just right!" We also cater parties with refreshments on advance notice. 117 N.W. 2nd Ave. 222-5286</p>
<p>UNITY OF LOVE BEAUTY SALON Come in and meet Lorraine, Carolyn & Janice 6720 N.E. UNION 283-4123</p>	<p>FRIDAY'S BEAUTY SUPPLY Wholesale and Retail. We carry products as seen in Jet and Ebony Magazine. 4884 NE Union 287-8284 3612 NE 15th 249-0253 281-9495</p>	<p>ONE HOUR MARTINIZING The most in dry cleaning! Featuring same day cleaning and laundry service. 1419 N.E. Fremont 281-6133</p>	<p>Fran White Appliances & T.V. Sales & Service • In business for 30 Years • One of the world's most respected technicians. 5001 N.E. Union (Corner of Alberta) 288-5303</p>	<p>DEVILIN'S RESTAURANT & LOUNGE Restaurant hrs. 5 a.m. - 9 p.m. Saturday 5-8, Sunday 6-8 Lounge hrs. 10:20-30 a.m. 1332 N. Skidmore • 288-0880 JIMMY SASSALOS - OWNER</p>
<p>HEAVES 3327 N.E. Broadway Portland, Oregon 97232 (503) 249-1940</p>	<p>GROCERS California Smokery Mini Mart Groceries, Meats, Beer, Wine, Electronic, Lamps OPEN 7 DAYS A WEEK 8 am to 10 pm Corner of 9th & N.E. Dekum 286-9772 ONE STOP SNACK SHOP</p>	<p>PHIL REYNOLDS MEDICAL CLINIC Walter C. Reynolds, M.D. Kapana H. Rajdev, M.D. Physicians & Surgeons 15 N. Morris St. 287-4532</p>	<p>PROJECT STOP Outpatient alcohol treatment for individuals and families special program for women. 1826 Northeast Broadway Portland, OR 97232 (503) 284-9004</p>	<p>TAVERN P & J's TIPPIN INN TAVERN New owner: Peggy & Jim Heidelberg Budweiser Glass 35¢ Glass 45¢ 838 N. Killingsworth 283-2221</p>
<p>WITTROCK & O'BRIEN Attorneys At Law Reasonable Rates 2014 NE Sandy Blvd., Suite 208 Portland, OR 97232 239-4532</p>	<p>GRACE COLLINS MEMORIAL CENTER Day care • Kindergarten • Pre school "Lunch Program" Children 5 weeks - 11 years Breakfast • Hot Lunches • Snacks Mon-Fri 8:30 a.m. - 6:30 p.m. 281-6930 128 N.E. Russell St.</p>	<p>Talk To Four Of The Best Insurance Agents At Once Your State Farm Agent on Auto, Home, Life and Health Matthew K. Barnett 4823 N. Lombard (503) 285-2546</p>	<p>Talk To Four Of The Best Insurance Agents At Once Your State Farm Agent on Auto, Home, Life and Health Matthew K. Barnett 4823 N. Lombard (503) 285-2546</p>	<p>JASPER L. AMBERS Injury, Accidents Criminal Defense Wills/Probate Drunk Driving/Traffic Divorce Juvenile</p>