

ADVERTISEMENT FOR BIDS • ADVERTISEMENT FOR BIDS • ADVERTISEMENT FOR BIDS

Invitation for Proposals

CITY OF PORTLAND

PROPOSALS DUE 2:00 P.M. ON VARIOUS DATES

Sealed Proposals will be received at the Bureau of Purchases and Stores, Room 412, City Hall, Portland, OR 97204, for the Commodities and Projects detailed below until 2:00 P.M. on the dates indicated.

Plans and Specifications may be obtained at the above address. For additional information, telephone Buyer at number listed.

Unless otherwise stated in the individual proposals listed herein, no proposal or bid will be considered unless accompanied by a bid surety for an amount not less than ten percent (10%) of the aggregate amount of the proposal.

The City encourages bidding by MBE's and FBE's and will assist such firms to understand and participate in formal bidding processes.

NON-DISCRIMINATION: No proposal or bid will be considered unless the bidder is certified as an EEO Affirmative Action Employer as prescribed by Chapter 3.100 of the Code of the City of Portland.

| Bid No. | Description | Opening Date |
|---------|---|--------------|
| 5-A | Furnish Refuse Hauling Services for City of Portland. 4486. | 8/14/84 |
| 6 | Labor, Material & Equipment to Construct 6" & 8" Water Mains at Various Locations. Michele Ackerman, 248-4191. Prequalification in Class 11-Water Lines & MBE Use Required. | 8/14/84 |

CITY OF PORTLAND

Professional, Technical And Expert Services Needed

Request for Prequalification Information

The City of Portland, Bureau of Risk Management, has need of professional, technical and expert services in the areas of Risk Management, Liability, and Worker's Compensation insurance and self-insurance.

Specific needs include:

- legal services
- claims investigation
- adjuster services
- loss control
- employee assistance program (EAP) service
- professional rehabilitation organization (PRO) services-WCB certified

The Bureau of Risk Management is particularly (though not exclusively) interested in vendors who are Minority/Female Business Enterprise (M/FBE) certified or eligible.

Risk Management (796-5101) or Contract Compliance (248-4762) will answer questions about and assist in M/FBE certification.

Interested vendors should send resume's and references to the Bureau of Risk Management, 1120 S.W. Fifth Avenue, Room 1012, Portland, OR 97204-1965.

MULTNOMAH COUNTY

Sidewalk Construction

Call for Bids

Bids Due August 14, 1984 at 2:00 p.m.
Bid No. B61-200-0005

Sealed bids will be received by the Director of Purchasing, Multnomah County Purchasing Division, 2505 S.E. 11th Ave., Portland, OR 97202 for:

Construction of Concrete Sidewalks—clearing & grubbing, furnished and install mailbox posts, and other details as required by the specifications and plans. Vicinity S.E. Stark St. to N.E. Glisan St. on 172nd Ave. NOTE: UNDER PROVISIONS OF THE MINORITY AND FEMALE BUSINESS ENTERPRISE "SET-ASIDE PROGRAM" only contractors certified as Minority or Female Contractors will be considered for award of this contract.

Plans and Specifications are filed with the Purchasing Director and copies may be obtained from the above address for a \$5.00 non-refundable fee.

PREQUALIFICATION OF BIDDERS. Pursuant to the Multnomah County Public Contract Review Board Administrative Rules (AR 40.030) Prequalification shall not be required for this project.

100% MINORITY AND/OR FEMALE BUSINESS UTILIZATION. All bidders are hereby specifically advised that these conditions require a minimum of 100% of the total bid amount for Minority Business Enterprise participation or for Female Business Enterprise participation.

NONDISCRIMINATION. Bidders on this work will be required to comply with the provisions of Federal Executive Order 11246. The requirements for Bidders and Contractors are explained in the Specifications.

No bid will be received or considered unless the bid contains a statement by the bidder as part of his bid that the requirements of 279.350, 279.352, 279.355 and 279.356 shall be met.

No proposal will be considered unless accompanied by a check payable to Multnomah County, certified by a responsible bank, or in lieu thereof, a surety bond for an amount equal to ten percent (10%) of the aggregate proposal. The successful bidder shall furnish a bond satisfactory to the Board in the full amount of the contract.

Multnomah County reserves the right to reject any or all bids.

SHARON JACOX
PURCHASING DIRECTOR

Urban League of Portland

- * Labor Education Advancement Program - 288-9617
 - * Northeast Youth Services - 288-6708
 - * Senior Adult Service Center - 288-8338
- A Public Service of the Portland Observer

PORT OF PORTLAND

Invitation to Bid

Sealed bids will be received by the Purchasing Manager of the Port of Portland, 700 N.E. Multnomah Street, Portland, Oregon (mailing address: P.O. Box 3529, Portland, OR 97208) for items detailed herein until the individually specified dates and times indicated, and thereafter publicly opened and read.

Plans and specifications may be examined and/or obtained at the above address.

Bids must be on the bid form provided to prospective bidders and, when Bid Surety is required, must be accompanied by a certified or cashier's check drawn on a United States bank, or a bid bond payable to the Port of Portland in an amount equal to at least 10 percent of the total amount bid.

When prequalification is required, the prequalification statements should be received at least 10 days prior to the time set for bid opening. Applications for prequalification may be submitted less than 10 days before bid opening, but consideration by the Port cannot be assured.

Attention is called to the provisions of the Oregon Revised Statutes 279.350, providing that workers be paid prevailing wage rates.

| DESCRIPTION | BID OPENING DATE |
|---|------------------------------|
| Portland International Airport Runway 2-20 Parallel Taxiway Grading & Surcharge (MBE Incentive) | August 23, 1984 2:00 p.m. |
| Terminal 6 Sandblast and Paint Berth 607 Auto Dock (MBE Incentive) | August 23, 1984 2:00 p.m. |
| Terminal 6 Auto Processing Area Expansion (MBE Incentive) | August 28, 1984 9:00 a.m. |
| Portland Ship Repair Yard Buildings 9 and 63, Roof Renewels (MBE Incentive) | August 28, 1984 4:00 p.m. |

OHSU UNIVERSITY HOSPITAL SOUTH RENOVATION

Advertisement for Bids

Sealed bids for the University Hospital South Renovation, First Floor Area, at the Oregon Health Sciences University, will be received by the Oregon State Board of Education in Room 210, Campus Services Building, Portland, Oregon, until 3:00 p.m., PDT, Wednesday, August 29, 1984. Bids will be publicly opened and read aloud at that time by the Undersigned or his designated representative.

Briefly, the work is primarily interior remodeling which includes demolition, new partitions, ceilings, painting, cabinetry, shelving, equipment, electrical and mechanical as indicated by the Drawings and Specifications.

Bids will be received on a lump-sum basis for all of the work, with separate figures given for each of the alternates. One set of Drawings, Specifications and forms of Contract Documents may be obtained by prime bidders only, upon deposit of \$50.00 (refundable). Additional sets may be obtained for the cost of reproduction (non-refundable). Contract Documents will be distributed by Guthrie/Slusarenko/Leeb, Architects, 320 S.W. Sixth Avenue, Portland, Oregon 97204; contact Charles Kidwell at (503) 225-0034 between 9:00 a.m. to 4:00 p.m. Monday through Friday for documents or information.

Bidders for this general work are required to be prequalified in accordance with the Oregon State Board of Higher Education's administrative rule.

No bids will be considered unless fully completed in the manner provided in the "Instructions to Bidders" upon the bid form provided by the Owner and accompanied by a signed Bid Security.

The Oregon State Board of Higher Education reserves the right to reject all bids and to waive all informalities.

OREGON STATE BOARD OF HIGHER EDUCATION

J.I. Hunderup
Vice Chancellor for Facilities Planning

Public Notice

The Oregon Liquor Control Commission hereby gives notice of vacancies in the following liquor retail agency store:

Portland Agency 198—An exclusive agency presently located at 3532 N.E. Union. Vacancy effective October 1, 1984.

OLCC REQUIREMENTS

For application forms and additional information, contact OLCC, 9079 S.E. McLoughlin Blvd. PO Box 22297, Portland 97222, or phone 653-3009 (toll free 1-800-426-2004). Applications must be received by OLCC no later than 5 p.m. on August 10, 1984.

Only an individual may be appointed agent. Appointment as retail package store agent of the OLCC creates no ownership or property rights in the agency.

Criteria used to select the best qualified applicant include successful work experience, preferably in the retail sales field; education background; health; and financial ability to meet investment and operating expenses of the agency. Applicant's educational, employment, and financial references must be such as to qualify for a fidelity bond. Applicant must be able to assume existing location of another more convenient and suitable location selected by the Commission, or show evidence of an alternative location in the same community which is acceptable to the Commission. Successful applicant must be prepared to enter into an agency agreement contract with the OLCC and begin agency operation on the date indicated above.

All applications received will be investigated and screened. Final selection will be made from the finalists by the Commission at its public meeting in August or September. Finalists may be interviewed by the staff screening committee in Milwaukie and will be notified in advance.

More bids on page 10

STORM SEPARATION

Construction of Storm Sewers and other necessary structures

in

North Central I Storm Sewer Basin

Notice for Bids

The City Clerk will receive sealed bids until 9:30 p.m., August 9, 1984, for the construction of storm sewers and other structures in North Central I Storm Sewer Basin, in Spokane, Washington, in accordance with plans and specifications on file in the office of the Public Works Director. The bids will be publicly opened and read immediately following in the City Council Chambers. Copies of Plans and Specifications are available at the Public Works Department, upon payment of seventy-five dollars (\$75.00).

The City of Spokane ensures that in any contract entered into pursuant to this advertisement, minority business enterprises will be afforded full opportunity to submit bids in response to this invitation and will not be discriminated against on the grounds of race, color, sex or national origin in consideration for an award. Minority hirings are provided for in contract specifications.

Bids for this project are invited from minority group contractors who have been prequalified; however, all prequalified firms may compete.

Bids shall be submitted on unit price basis on the forms provided, in accordance with the provisions of the specifications; no bids containing unrealistic bid prices will be accepted. Bids are to be filed in accordance with the charter and ordinances of the City of Spokane, and shall be addressed to the City Clerk.

A certified check or surety bond in the sum of 5% of the Total Amount of Bid must accompany the copy of the bid filed with the City Clerk.

No bidder may withdraw his bid after the time set for the opening thereof, unless the award of contract is delayed for a period exceeding sixty (60) days.

Successful bidder shall execute the contract within ten (10) days after the date of award.

The City Council reserves the right to reject any or all bids submitted.

Neither the State of Washington nor any of its departments or employees is or will be a party to this contract or any subcontract.

Obituary

William Joseph Pitre

Funeral services for William Joseph Pitre were held Monday, July 30th, at Vancouver Avenue Baptist Church. Mr. Pitre was born in Opelousas, Louisiana, February 4, 1919.

He had been a resident of Portland since 1942, except for the three years spent in the Marshall Islands in pursuit of his trade. He was an industrial painter. A member of Painters Local #10, he was also a member of the NAACP and the Christian Brotherhood Association. He was a member of the Deacon Board of Vancouver Avenue Baptist

Church and served as a volunteer for the Loaves and Fishes Association.

Mr. Pitre is survived by his widow, Wilma, sons, William Joseph, Jr., and Arnold, daughter Diane Cross, 6 sisters, 7 grandchildren, and 2 great-grand children.

Interment was in Sunset Hills cemetery. Vann & Vann Funeral Directors were in charge of the service. Contributions may be made to the Cancer Fund through the Hospice organization of Good Samaritan Hospital.

Relief for allergies

by Steven Bailey

A few weeks back, the wire services carried a report of a new breakthrough in allergy research. Since I treat many people with allergies I was understandably quite interested in the specifics of the discovery, and its relevance to the millions who suffer from allergies each year. When my copy of the *New England Journal of Medicine* arrived the next day, there on the front cover was the report. A research team has isolated a chemical in the bloodstream of people who suffer from ragweed allergies.

What the isolation of this chemical means, is that more researchers can now pursue a new wave of allergy medications, researching chemicals that will suppress the formation and release of this newly discovered chemical, and hopefully provide symptom-free breathing for the many hay fever sufferers. As with most new drugs, it will take years to get these products on the market shelf.

While this new "discovery" may lead to an effective and safe treatment for hay fever and allergy conditions, the sufferer of today must still rely on current products for the relief of symptoms.

Before I mention some of the things that can be done to help relieve allergy symptoms, it is necessary to explain what allergies are. An allergy is a condition in which a substance (an allergen) enters the body and stimulates an immune system response. The allergen may enter the body in a variety of fashions. It can be eaten, inhaled or be absorbed through the skin, but ultimately, the allergen ends up in the blood stream. It is in the blood stream that the allergen and the white blood cells interact causing the release of histamine and other immune system chemicals.

The symptoms associated with allergies vary a great deal, especially regarding food allergies. Some of the more common symptoms are: a clear discharge from the nose, dry red eyes, fatigue, dizziness, chronic ear and throat problems in children, mood swings, headaches, digestive problems and skin rashes.

Allergy diagnosis may be frustrating and often is quite expensive. The type of allergy determines which test is most appropriate. If your symptoms are worse in the spring or summer, the allergy is probably air borne and quite likely of a pollen source. For this type of allergy, the scratch test is often used. For food allergies, I like the cytotoxic test which measures your own white blood cell reaction to individual allergens. The R.A.S.T. test is frequently used for food allergies, but requires existing antibodies in the blood for a response to occur. Therefore, items may be determined as non-allergenic when actually they just haven't been consumed recently.

Before you invest in expensive workups, consider keeping a list of foods and symptoms in a diet diary format. Maybe you will be able to pick out the allergens through your own symptom changes. Dr. Mendell's *5-Day Allergy Relief Program* outlines an easy method for initial self-diagnosis. This book should be available at most health food stores.

In addition to doing what we can to avoid allergens, there are many supplements we can take to help relieve our symptoms. Vitamin C (1,000 mg./day), beta-carotene (50,000 I.U.s/day), B⁶ (50-100 mg./day), and bioflavonoids (250-500 mg./day) are the primary vitamins of use for allergies. Vitamin E may also be of use in some cases. Zinc and magnesium are the minerals of primary importance.