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Bring in this ad and receive one hour consultation for FREE.

SUB BIDS REQUESTED

Portland Water Bureau Interstate Renovation Project

Bid Package: #1 - Demolition & Sitework

Mandatory Pre-Bid Meeting: November 27 @ 9:00AM

Bids Due: December 7 @ 1:00PM

Bid Documents - www.hoffmancorp.com/subcontractors



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 Other Subcontracting Opportunities - Internet <http://www.hoffmancorp.com>



Public Notice

WSI is seeking an organization to design and facilitate Occupational Coaching courses to participants in the Housing Works program in Multnomah and Washington counties.

A Request for Proposal (RFP) will be available on the WSI website at www.worksystems.org by close of business Wednesday November 26, 2012. Proposals must be received by January 2, 2013.

Worksystems, Inc. is an equal opportunity employer/program.

Auxiliary aids and services are available upon request to individuals with disabilities.

To place a free relay call in Oregon dial 711.

continued from page 11

activities to help your brain stay sharp.

"I thought oh, why not," says Juanita. "I tell you, that class did wonders for not only myself but other people who took it too. The thing I noticed the most was the improved attention I paid to driving. I didn't realize I had lost it until I got it back! All aspects of life, I've

noticed changes for the better."

Senior Recreation participants say that the sense of community they enjoy keeps them coming back.

"The camaraderie, the friendship alone just brightens your day," says Juanita. "It's fun to see how people improve in their fitness! I've lost 85 lbs in the last couple of years. I mean it's just amazing."

"If you're at home, you're not going to do those exercises," she

adds. "[The classes] make you accountable, you feel like your peers are expecting you and you can't let 'em down, you have to go. It's a real positive experience for me."

Info on upcoming classes and registration can be found on the Portland Parks & Recreation Senior Recreation website portlandonline.com/parks or by calling 503-823-4328.

ENTERTAINMENT GUIDE

RACE: Are We So Different?

-- A new exhibit about the science of human variation at the Oregon Museum of Science



and Industry (OMSI) challenges visitors to consider race in a new light. Open through Jan. 1, the national exhibition tells the story of race from biological, cultural and historical points of view.

Jazz Band Concert -- The University of Portland Jazz Band will perform Thursday, Nov. 29, on campus, 5000 N. Willamette Blvd. The concert, set for Buckley Center Auditorium at 7:30 p.m., is free and open to the public.

Chamber Ensemble Concert -- University of Portland's small instrumental ensembles will perform Tuesday, Nov. 27 on campus, 5000 N. Willamette Blvd. The concert, set for Mago Hunt Recital Hall at 6 p.m., is free and open to the public.

Tsunami Artifacts on Display -- Two pieces of the massive 201 ton dock that was washed away from a city on Japan's northeast coast by the devastating March 2011 tsunami and that landed on Oregon's Agate Beach this past June have now arrived at the Oregon Historical Society in Portland. The two metal boat tie offs are on display in the "Treasures of the Vault" exhibit through Dec. 30.



exhibit that runs through Jan. 6 at the Oregon History Center, downtown.

Oregon Voices -- Oregon Voices tells Oregon's fascinating history through the eyes and ears of the people who lived it. The new



Oregon Historical Society exhibit dives into a diverse range of subjects, from the displacement of minority populations from urban development, to cycles of boom and bust.

Norman Sylvester Band -- Boogie Cat Norman Sylvester and his band plays Friday, Nov. 23 at Halibut's; Saturday, Nov. 24 at the Lodge Bar and Grill; Thursday, Nov. 29 at the Tiffany Center; and Saturday, Dec. 1 at 9:45 a.m. at the Elsinore Theatre in Salem; and at 7 p.m. at the Lotus Cardroom.

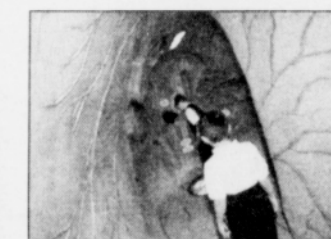
Mel Brown Live -- Portland jazz giant Mel Brown performs at Salty's on the Columbia every Friday and Saturday night. Known as the "Gentleman of Jazz," Brown has a career spanning over 40 years.

Fall Into Jazz Concert

-- The Clark College Music Department and the Clark Vocal Jazz Ensemble

invites you to their "Fall Into Jazz" concert on

Tuesday, Nov. 27 at 7 p.m. in Gaiser Hall on the Clark College campus. This concert will also feature performances by Shahala Middle School Jazz Choir and Woodland High School Jazz Choir. Admission is free with donations accepted at the door.



Grossology: The (Impolite) Science of the Human Body

-- Kids and adults are welcome to this OMSI exhibit that is back by popular demand. The

"science in disguise" experience lets you crawl through a 30-foot digestive tract, sniff out the body's smelliest odors, climb a human skin wall of scabs and pimples and view a vomit display.

Magic of Unscripted Theater -- The Unscriptables are whipping up magic in their most ambitious show to date. School of Sorcery performances start at 8 p.m. on Saturdays during November at the Fumhouse Lounge, 2432 S.E. 11th Ave.

The Soulful Showcase -- Blacque Butterfly presents spoken word, live music and featured artists on the second and fourth Thursdays of each month at 8 p.m. at E'Njoni Café, African-Mediterranean cuisine at 910 N. Killingsworth St.

Afrique Bistro Benefit -- Afrique Bistro, 102 N.E. Russell St., opens its doors each last Saturday of the month to raise donations for the African Women's Coalition. Great Caribbean and African music along with good drinks and fun people, 9 p.m. to 2:30 a.m. \$10 at the door.

Oregon Black History -- The Black Museum of Oregon group meets every Saturday, from 6 p.m. to 8 p.m. at 420 N.E. Mason. For more information, call 503-284-0617.

Open Mic -- Curious Comedy, 5225 N.E. Martin Luther King Jr. Blvd., hosts a free night of stand-up comedy every 2nd and 4th Sunday. Open mic comics get three minutes, and audience members get a free sneak peak at Portland's up and coming talent. Signups start at 8:30 p.m. Show starts at 9 p.m.

Live Jazz -- Every Friday and Saturday from 8 p.m. to 11 p.m., the Third Degrees Lounge at the River Place Hotel, 1510 S.W. Harbor Way. No cover or minimum purchase. For more information, visit pdxjazz.com.

Discount Tickets -- Local low-income families and individuals can purchase \$5 tickets to classical musical performances in Portland as part of a unique program called Music for All. Participating organizations include the Oregon Symphony, Portland Opera, Oregon Ballet Theater, Chamber Music Northwest, Portland Youth Philharmonic, Portland Baroque Orchestra, Friends of Chamber Music, Portland Chamber Orchestra, Portland Piano International, Portland Symphonic Choir, Cappella Romana and Portland Vocal Consort.