

CLASSIFIEDS/BIDS

In Loving Memory Rosalie Davis Allen

Obituary



Rosalie Davis Allen was born Dec. 10, 1937 and died June 12, 2015. Funeral services will be held Monday, June 29 at 11 a.m. at Greater Solid Rock Church of God in Christ, 1705 N.E. Dekum St. Burial will follow at 2 p.m. at Willamette National Cemetery, 11800 S.E. Mt. Scott Blvd.

A public viewing is scheduled Friday, June 26, from 4 p.m. to 7 p.m. at Terry Family Funeral Home, 2337 N. Williams Ave.

SUB BIDS REQUESTED

NIKE World
Headquarters Expansion
Washington County, Oregon
Bid Package: Murray Garage
Pre-Bid Meeting: 6/30 @ 1pm

Earthwork Bids Due: 7/13 @ 2pm
All Other Bids Due 7/20 @ 2pm
Bid Documents: www.hoffmancorp.com/subcontractors

HOFFMAN CONSTRUCTION COMPANY
 805 SW Broadway, Suite 2100, Portland, OR 97205
 Phone (503) 221-8811 • Bid Fax (503) 221-8888
 BIDS@hoffmancorp.com

Hoffman is an equal opportunity employer and requests sub-bids from all interested firms including disadvantaged, minority, women, disabled veterans and emerging small business enterprises

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Advertise with diversity in The Portland Observer
 Call 503-288-0033



Fellowship Baptist Church

Pastor Johnny Pack
 28th Appreciation

*Fellowship Baptist Church,
 4009 N. Missouri Ave, Portland*

July 18th 2015 • 12:00pm – 3:00pm

Guest Speaker: Pastor Kimberly of Black Greater Saint Stevens

July 19th 2015 • 3:00pm – Until

Guest Speaker: Pastor J Walker Hill II of New Hope Baptist Church

First Lady: Angela Pack Banquet

*Please Come and Celebrate With Us
 Everyone is Welcome*

Regional Arts & Culture Council - Public Art Maintenance Technician

RACC is seeking a part-time (~24 hrs/wk) Maintenance Technician to perform a variety of routine and quick response maintenance tasks for outdoor public artworks that are part of the City of Portland/Multnomah County collection. Knowledge of sculpture fabrication techniques and experience with sculpture care strongly preferred. A valid Oregon driver's license and good driving record are required. \$17/hr with limited benefits; weekly schedule is flexible. See <http://bit.ly/pamaintjob1> for full job announcement.

Deadline: 7/15/15.

SUB BIDS REQUESTED

Portland Water Bureau Interstate Renovation Project
Portland, Oregon
Bid Package: Metal Building

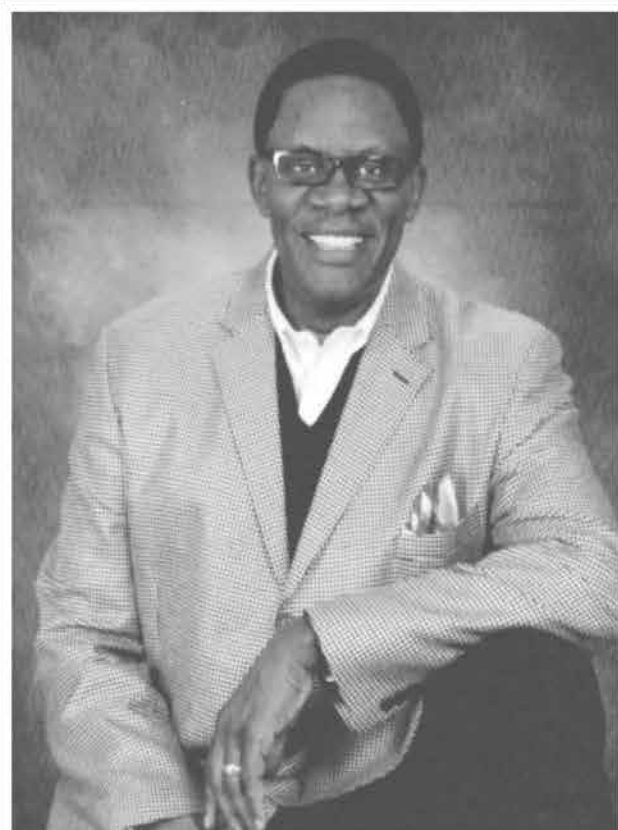
Pre-Bid Meeting: June 23, 2015 at 1:00pm
Bids Due: July 7, 2015 @ 2:00pm

Bid Documents: www.hoffmancorp.com/subcontractors

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Dr. Billy R. Flowers

THE SPINA COLUMN™

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

Part 15. Back Pain: Why "oh, my aching back" has become such a popular phrase.

Q: I always know when my back hurts. But I rarely know why.
A: Statistics tell us 80% of all men, women, and children will experience back pain in their lives. Chiropractors can also tell you why. There are, for example, several mechanical malfunctions that cause back pain. Among them are: Direct pinching on the nerve. This is the reason many people give for their back pain, but in fact, "pinched nerves" only account for about 10% of it. Edema (swelling) This occurs from inflammation due to

simple strain or subluxation. Fixation. This is yet another component of what we call the vertebrae are not moving the way nature intended. Other factors include muscle spasm and disc herniation. Of course, in addition to knowing you have back pain, chiropractors also know how to make it go away. By eliminating the components of the subluxation complex and allowing the central nervous

system to function the way nature intended, we Chiropractors not only relieve your back pain symptoms, we remove the cause. Without drugs. Without surgery. Without doubt. Call our office for an appointment today to find out how Chiropractic can help your "aching back." Or if you have any questions about your health, just call us at the number below.

Flowers' Chiropractic Office

2124 NE Hancock, Portland Oregon 97212 • Phone: (503) 287-5504