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## Park Ranger

**Salary:** \$19.39 - \$25.69 Hourly  
**Deadline:** 12/07/15

The Ranger program provides positive presence in parks and today, the rangers serve over 10,000 park visitors per month. Portland Park Ranger play an integral role in creating a welcoming environment and ensure the enjoyment of park users visiting parks, natural areas and community centers. Being a Portland Park Ranger requires a combination of effective communication and customer service skills, the ability to serve as goodwill ambassador by working with a diverse public, with a demonstrated ability at problem solve to reduce park user conflicts. **The City is offering two (2) optional information meetings for this recruitment. Please see the full announcement under "Additional information" section for details.**

To submit applications, review the complete announcement at [www.portlandoregon.gov/jobs](http://www.portlandoregon.gov/jobs), use the link in the upper right-hand corner of the announcement to apply online.

**Senior Consultant III** sought by Neudesic, LLC in Portland, OR to work w/ some of the most recognized brands in the world to deliver compelling solutions that integrate disparate systems such as ERP, ERM, CRM, POS, Intelligent Devices, Cloud bus. solutions & social media data to name a few. Perform architectural design & development, w/ a focus on planning, deploying & supporting enterprise-level Bus. Intelligence & Big Data solution implementations. BS in CS, Comp Engg, or rel & 5 yrs exp req. Travel req: Periodic only, 10% maximum, w/in US borders. Mail resumes: Neudesic/Gwenevere Cray, 100 Spectrum Center Dr., Ste 1200, Irvine, CA 92618. REF. JOB CODE SP-01.

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## SUB BIDS REQUESTED

### NIKE World Headquarters Expansion Washington County, Oregon Bid Package: Parking Garage C

**Pre-Bid Meeting:** Dec 1st 1:00pm  
**Bids Due:** December 15th 2:00pm  
Bid Documents: [www.hoffmancorp.com/subcontractors](http://www.hoffmancorp.com/subcontractors)



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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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## Obituary

### In Loving Memory

#### Don A. Burns

Don A. Burns was born Feb. 20, 1942 in Clarks, La., to the Ecker C. Burns Jr. and Mary Lee McCully. The eldest of seven children, his siblings were James Ray, Patricia, Danny, Glenn, Shawntella and Yulinda.

He peacefully completed his earthly journey and transitioned from this life on Nov. 20, 2014 with family by his side. He professed his life to God and he let everyone know it, setting aside time each day to study God's word, and inviting others to do the same.

On October 19, 1963 Don married his first love Ella Mae Irving. That union was blessed with one daughter, Lori Ann.

Don was graced with love again with Bernice Mikes and that union was blessed with two children, Yvonne Marie and Deon Allen; joining Bernice's children, Phillip, Vanessa and Daphne to complete their family.

He attended Irvington Elementary School and graduated from Benson Polytechnic High School where he developed a passion to begin his life long career as an electrician. After graduation, he served four years in the Army National Guard and was honorably discharged in July 1964.

There are so many memories we're going to miss; the way he



would say "Heeey" that was uniquely him; the way he lit up a room just by entering into it, his encouragement; his truth, his generosity, those toothpicks; the way he loved; the lessons he taught, and the ones we learned. We're going to miss his laugh; the way he called our names, watching games together, and dancing in the middle of the day. We're going to miss his refrains of "Something About The Name Jesus" over and over and over again, and miss the way he lived his life and on his own terms. We see these traits in ourselves, we are him.

Don was preceded in death by his parents and second dad Walter Lee Lewis, whom he loved and respected dearly, and Mary Lee Lewis and grandson Lamar Jaray Hart.

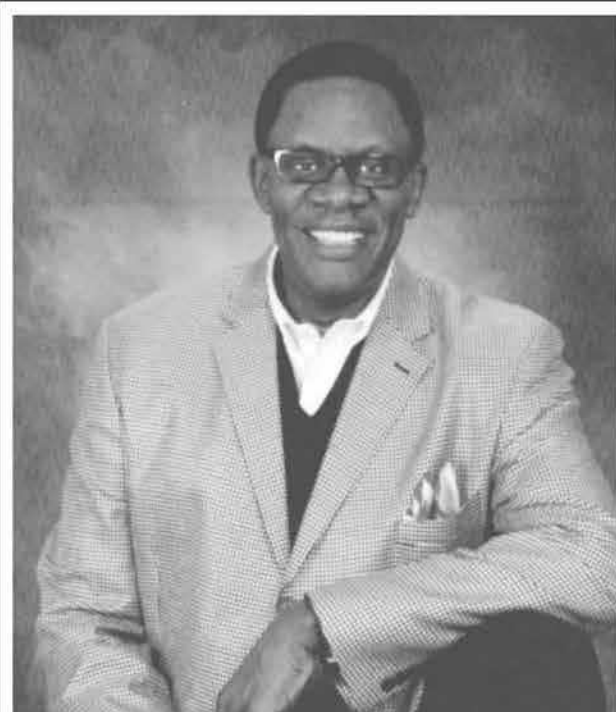
He is survived by his children, grandchildren, great-grandchildren, siblings, and many nieces and nephews, cousins and dear friends.

### In Loving Memory

#### Bernice Delores Wyse

Bernice Delores Wyse, a longtime Portland resident, died Nov. 6, 2015. A full obituary was published in our Nov. 11 issue,

but it failed to include her last name Wyse while including her maiden name Taylor.



Dr. Billy R. Flowers

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### Part 33. Osteoporosis and Bone Loss Reversal

**Q:** I have osteoporosis and now my back has a more "rounded" look. What is this?

**A:** You might have started to develop a "dowager's hump" or an abnormal outward curving of the vertebrae of the upper back. Bones become brittle with osteoporosis and the upper vertebrae can collapse on each other, causing a rounded appearance. To help stop and even reverse bone

loss:

- Develop good body mechanics through exercises to improve your posture.
- Eat a diet rich in calcium and vitamin D. Your doctor might prescribe a medication to help prevent further bone loss.

• Exercise regularly to help strengthen bones. Talk with a doctor to learn exercises you can safely perform.

Consult a chiropractor if the curvature of your upper back causes pain or discomfort.

### Flowers' Chiropractic Office

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