SUB BIDS REQUESTED

Portland International Airport (PDX) Parking Additions and Consolidated Rental Car Facility (PACR) Exit Toll Plaza

JE Dunn Construction invites written and sealed Bids from qualified Trade Partners to provide construction services for the Exit Toll Plaza on the PACR Project.

Bids due 2:00pm PST June 22, 2018

A non-mandatory pre-bid meeting will be located at the Port of Portland HQ, 7000 NE Airport Way, Tillamook Conference room, on June 13, 2018 at 10AM for answering questions regarding the Scopes of Work on the Project.

A complete copy of the Bidding Documents can be obtained by emailing Rob Means at Robert.means@jedunn.com. Proposals may also be delivered by email to Rob Means.

> Any Bid received after the specified date and time will not be considered.



424 NW 14th Ave, Portland, Oregon 97209 | (503) 978-0800

JE Dunn Construction reserves the right to select the best value response, negotiate with multiple bidders, or reject all responses. This is an Equal Opportunity and encourages Minority, Woman, Veteran, and Emerging Small Business participation.

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Recess on the Line

CONTINUED FROM PAGE 9

for the new playground.

"We'd like to keep fundraising but PPS has put a deadline on us, essentially, for about June 30 to stop our fundraising and see what we have and what we can do with that," Guest said.

Right now, there's an anonymous donor who is matching dollar-for-dollar donations made up to \$5,000 that's in play until Friday, June 15.

in non-profit management, predicts it'll be a challenge to get to the fin-

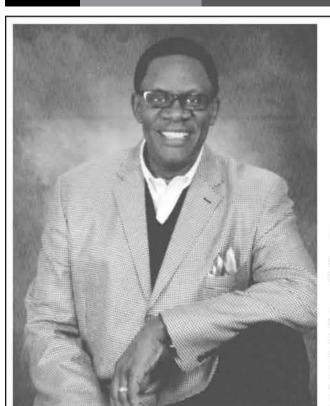
ish line by the end of the month, even with the half a dozen or so other grants they've applied for.

"I think that's going to be really painful, I think it's going to be really hard. I'm worried about that last leg," she said.

The American Academy of Pediatrics' Council on School Health said in a statement in 2013 that "safe, well-supervised recess offers cognitive, social, emotional, and physical benefits."

Donations for the James John Guest, who has made a career Playground Rebuild can be made online by visiting gofundme.com/ james-john-playground.





Dr. Billy R. Flowers

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

Part 21. Chiropractic VS Fatigue: Climbing the stairs to a new you, two steps at a time.

time. I don't want to take "pep" pills because of addic-tion possibilities. What can I do?

: I have a good friend and patient who only a year ago at the age of 61 loved life but has a tremendous concern. He became fatigued so easily that any activity would leave Him exhausted. The interesting point with him was that he practiced excellent health habits. Nonetheless he got to the point where exercise was nearly

work but would have to stop halfway up to catch his breath before continuing. I persuaded him to look to Chiropractic for increased vitality. At first he could not see a correlation between his nerves and his Energy level. I told him that it was virtually one and the same. Our nerves are the highways of energy in the body.

: I feel exhausted all the impossible. He still climbed the steps at If the nerves are trapped or irritated, our energy will be drained as well. He took my advice and now instead of stopping halfway, he charges up the stairs, two steps at a time! If your vitality is giving up at the halfway mark, get charged up with Chiropractic. It's a natural!

Flowers' Chiropractic Office

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