

CLASSIFIED/BIDS

SUB BIDS REQUESTED

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Central Receiving Distribution Center (CRDC) Portland, OR

Bid Package: #7 - Walk-in Freezer Cooler

Pre-Bid Meeting: December 17th 1:00 pm
Bids Due: December 27th 2:00 pm
Bid Documents: www.hoffmancorp.com/subcontractors



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Nonprofit Discounts 20 New Homes

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nity Development Corporation (NUHECDC) is offering 20 new homes for sale in east Portland at affordable prices.

Dalton Sheppard, assistant director of the nonprofit, said the homes, called Brunswick Commons, are "new, affordably priced and move-in ready."

Located near Northeast 109th Avenue and East Burnside Street, Brunswick Commons homes come in four designs with open floor plans and various sizes, ranging from 1,200 to 1,453 square feet.

"These aren't your typical affordable one-bedroom or studio cubby-holes," Sheppard said. "They are family-sized condominiums with three bedrooms, two-and-a-half bathrooms, and plenty of storage space."

The biggest hurdle to home ownership is coming up with a down payment, Sheppard said, so his group is working with the Portland Housing Center to offer \$20,000 Neighborhood Lift down payment assistance grants. An additional \$2,500 is available for teachers, veterans and emergency responders, he added.

People who qualify to buy a

Brunswick Commons home are also eligible for a 10-year property abatement, Sheppard said.

"This greatly reduces property tax to, say, \$600 instead of \$3,000," he said.

In addition to improving lives by provided paths to affordable housing, the nonprofit provides programs for career skills training, living wage jobs, and small business development.

To learn more about the National Urban Housing & Economic Community Development agency and the homes at Brunswick Commons, log onto NUHECDC.org or call 503-477-7387.

The Portland Observer
 50th Anniversary Celebration
 Friday, October 23rd 2020
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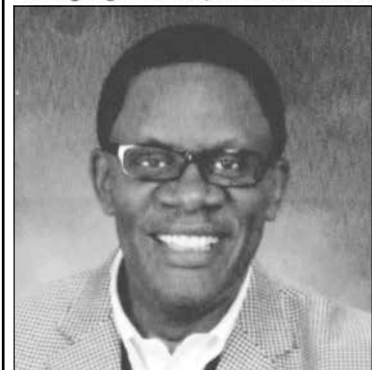
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An ongoing series of questions and answers about America's natural healing profession.



Dr. Billy R. Flowers

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

Q: I feel exhausted all the time. I don't want to take "pep" pills because of addiction possibilities. What can I do?

A: 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 impossible. He still climbed the steps at 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. 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!

To find out how Chiropractic might be able to help you or for answers to any questions you might have about your health, please feel free to call us at the phone number shown below.

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