

Bids & Classified

Advertising deadlines 12:00 Noon Monday
Hours: Monday - Friday 8:30 a.m. - 5:30 p.m.

To place your ad, email advertising@theskanner.com
or go to www.TheSkanner.com and click on the "Ads" menu

Winter

cont'd from pg 8

with grow lights will illuminate your life in positive ways. Mimic the sun: a sunrise clock which simulates sunrise and sunset can help keep your circadian rhythm in sync.

Exercise

Feeling sluggish, sleepy and down are hallmarks of the winter season. Exercising regularly in the winter is a great way to stay healthy, boost mood and keep you energized.

Indoor Gardening

Indoor plants provide an enchanting escape



PHOTO COURTESY OF DR. JASMINE

from the cold and rain. Try purchasing easy to care for plants like pothos, and grape ivy, which cleanse the air and provide beautiful cascading foliage.

Consider Cannabis

For centuries cannabis

has been used in a variety of forms to alleviate stress, increase happiness and ease anxiety.

Mindfulness

Practicing mindfulness and showing gratitude each day, especially when you are feeling down, can help refocus your thoughts and encourage a positive outlook.

Balanced diet

During the winter our bodies naturally crave more carbohydrates and sugar. Make sure to in-

corporate vegetables, fruits and foods rich in vitamin D to stay healthy.

Wishing you a happy, healthy and peaceful winter.



COME MEET OUR TEAM AND LEARN HOW YOU CAN GET INVOLVED!

Please join us to meet the AECOM/Aecon team (Federal Way Transit Constructors) and learn about design and construction subcontracting opportunities for the Federal Way Link Extension Design-Build project extending the existing light rail system 7.8 miles south from the Angle Lake Station in the City of SeaTac to the Federal Way Transit Center (FWTC), including three new stations with aerial facilities at Kent/Des Moines, Star Lake and FWTC and Guideway types including aerial, at-grade and retained cut and fill.

Federal Way Transit Constructors S/DBE Outreach Event

Project: Sound Transit, Federal Way Link Extension (FWLE) Design-Build Project, RFQ No. RTA/CN 0009-17

When: Wednesday, January 16, 2019 from 10:00 AM – 12:00 PM

Where: Federal Way Community Center, 876 333rd Street, Federal Way, WA 98003

Federal Way Transit Constructors is committed to the local community and will actively engage, identify and support training for potential small business firms and workers to participate on this project in a significant way. Our members have successfully implemented disadvantaged and small business programs that meet and exceed project goals and develop meaningful participation for local Disadvantaged Business Enterprises (DBEs) and small businesses. Our team will reach out to local small and disadvantaged businesses to augment its self-performance capacity and utilize local and specialty subcontractors for a variety of tasks.

To submit qualifications or expressions of interest, please visit: www.federalwaytransitconstructors.com or call Natasha Inglis at (925) 202-3291 or natasha.inglis@aecom.com.

An Equal Opportunity Employer

AECOM AECON

12-26-18, 1-9, 1-16-19

HUMAN RESOURCES AD POSITION

Are you passionate about leading the innovative and effective operation of all HR activities in a mission-oriented public agency? Our AD position will provide strategic guidance and direction, collaborating with internal business partners to support and engage employees working closely with communities around housing and other social needs. You'll oversee the effective operation of key human resources functions and a staff of five, teaming up to handle recruitment and selection, benefits and wellness, employee relations, worker's compensation and payroll. To learn more about this position and apply, please visit our website at www.homeforward.org

1-9-19

REQUEST FOR PROPOSALS

METRO – Portland Expo Center On-Call Marketing Services RFP 3603

Metro, a metropolitan service district organized under the laws of the State of Oregon and the Metro Charter, located at 600 NE Grand Avenue, Portland, OR 97232-2736, is requesting proposals for On-Call Marketing Services for the Portland Expo Center. Sealed proposals are due no later than 2:00 PM Pacific Time, January 17, 2019, in Metro's business offices at 600 NE Grand Avenue, Portland, OR 97232-2736, Attention: Jon Deveaux, Procurement Analyst, RFP 3603. The purpose of this RFP is to seek proposals from qualified firms to provide marketing services in various categories: Media Buying, Social Media, Photography/Video Services, Graphic Design Services, Internally produced Expo Center events, and Advertising sales for onsite opportunities. Metro intends to award multiple contracts for specific service types. Proposals can be viewed and downloaded from the Oregon Procurement Information Network (ORPIN), at <http://orpin.oregon.gov/open.dll/>. Metro may accept or reject any or all bids, in whole or in part, or waive irregularities not affecting substantial rights if such action is deemed in the public interest. Metro extends equal opportunity to all persons and specifically encourages minority, women-owned and emerging small businesses to access and participate in this and all Metro projects, programs and services. Metro and its contractors will not discriminate against any person(s), employee or applicant for employment based on race, color, national origin, sex, sexual orientation, age, religion, disability, political affiliation or marital status. Metro fully complies with Title VI of the Civil Rights Act of 1964 and related statutes and regulations in all programs and activities. For more information, or to obtain a Title VI Complaint Form, see www.oregonmetro.gov.

1-9-19

Community Business Directory

INSURANCE



Bundle up for savings

Kevin Saddler
360-253-6355
Vancouver
kevinsaddler@allstate.com



Subject to terms, conditions and availability. Allstate Vehicle & Property Insurance Co., Allstate Fire and Casualty Insurance Co., Allstate Indemnity Co., 2775 Sanders Rd., Northbrook, IL 60062 © 2018 Allstate Insurance Co.

PHYSICIANS

Dr. Marcelitte Failla
Chiropractic Physician

- Motor Vehicle Accidents
- Headaches
- Back Pain & Shoulder Pain

3539 N. Williams Ave
Portland, OR 97227
503-228-6140



520 SW 3rd Ave. Portland, OR

(503)796-9250

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9020 NE Vancouver Way, #B
Portland, OR 97211
503.288.7716
AlarmTracksPdx.com

SUB-BIDS REQUESTED

4th & Montgomery - Remaining Trades
401 Southwest Harrison St.
Portland, OR 97201

Work Package: #6 - Remaining Trades
100% CD Documents

Bids Due: January 18, 2019 by 2 PM

Here is a list of trades included in this work package: Final Cleaning, Concrete Floor Finishing, Metal Fabrications, Reclaimed Wood Benches, Casework & Millwork, Countertops, Roofing & Above-Grade Waterproofing, Vegetated Roof Systems, Firestopping, Expansion Joints, Doors, Frames, Hardware, Curtainwall & Interior Glazing, Flooring, Painting, Misc. Specialties, Building Maintenance Equipment, Dental Equipment, Site Concrete, Landscaping

Bid Documents are available to review and download using Building Connected. Please email Elizabeth Juhala to request an Invitation to Bid: ejuhala@andersen-const.com

Please submit questions via email to Jeff Slinger by 1/18/19
Senior Project Manager: Jeff Slinger
Email: jslinger@andersen-const.com
Senior Estimator: Emily Hager
Email: ehager@andersen-const.com

All proposals shall be submitted through the Building Connected interface provided in Invitation to Bid by **January 18, 2019 at 2 PM.**



6712 N. Cutter Circle
Portland, OR 97217

Phone 503-283-6712
Fax (503) 283-3607

CCB # 63053

We are an equal opportunity employer and strongly encourage the participation of emerging small business, women-owned, disadvantaged, disabled veterans and minority enterprises.

12-26-18, 1-2, 1-9-19