

Bids & Classified

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Advertising deadlines 12:00 Noon Monday

Nature

cont'd from pg 5

one of the highest hunting success rates of 67 percent. These canines confront their prey head on and often make no attempts at concealment. Resilient people deal with fears and difficult situations in a similar fashion by confronting them head on to learn and grow from the experience.

Practicing spirituality connects us with a higher power and strengthens resilience. Regardless of religious beliefs, communing with others with similar beliefs and communing with nature are helpful. Forest bathing which involves taking in the forest through our senses can bring positive restorative benefits that rejuvenate, lower stress and increase happiness.

Staying physically and mentally fit aids in resilience. Take a lesson from the tiny Arctic tern weighing less than a baseball at only 4 ounces. This amazing creature migrates about 1.5 million miles in its lifetime, the equivalent of three trips to the moon and back. Imagine the de-

termination.

Gaining knowledge and being flexible keeps the mind sharp and helps build resilience. One bird that soars above the rest in intelligence is the raven. Using logic to understand its environment and multitask makes this bird one of the most resourceful and intelligent creatures in the animal kingdom. Making a promise to grow your mind, and remaining flexible will provide skills to help you cope in difficult situation.

As we walk this remarkable journey called life, we must remember to love and respect all living creatures. Staying positive, being supported and staying sharp are essential elements for survival and resilience in nature and in our familiar urban jungle. I encourage you to stay strong, have hope and push on in the face of adversity. As the famous singer and civil rights activist Lena Horne once said, “Its not the load that breaks you down, it’s the way you carry it.”

Dr. Jasmine Streeter writes about pets, lifestyle and nature. Email her at drjasmine@theskanner.com.



The African wild dog confront their prey head on and often make no attempts at concealment.

PERSONAL ASSISTANT

Busy executive individual is seeking a person assistant. Our company is the fourth-generation family-owned company providing design, build, finance, operation and outfitting services. We are the 13th largest contractor in the United States, operating out of 18 strategically located regional offices across North America. We are looking for the right applicant who is personable, friendly and has great computer and communication skills. Hours are 25-30hrs weekly. Salary is \$28/hr. Applicant should apply to jobinquiries@mail.com.

4-10, 17-19

ANYONE OUT THERE WHO LOVES AVON?

Interested in making extra \$\$\$?
Seeking three people to work independently and earn extra \$\$\$ cash. I would love to be your Avon representative.

Call 360-843-8417.



SUB-BIDS REQUESTED HOME FORWARD RED PORTFOLIO - GROUP II

Portland, OR

Bids Due: 4/22/19 by 5:00pm
RFI's Due: 4/15/19 by 12:00pm

Site Walk:

Hunter's Run – 1:00pm 4/12/19
Tillicum North – 2:30pm 4/12/19
Tillicum South – 4:00pm 4/12/19

LMC Construction is requesting bids for the interior & exterior improvements of three separate multi-family affordable housing properties.

Hunter's Run

12725 SE Powell Blvd., Portland, OR 97236

Tillicum North

3001 NE Division Street, Portland, OR 97030

Tillicum North Resident

3045 NE Division Street, Portland, OR 97030

Tillicum South

3045 SE Powell Valley Road, Portland, OR 9708

Documents:

Plans and specifications are available at:
<https://www.dropbox.com/sh/vq73v8xdwojt8/AAAjWY6LiZU7LeTikDXP6uAa?dl=0>

***This project is subject to Davis-Bacon Residential Prevailing Wages. Please reference General Decision #OR190017, dated 1/25/19 for appropriate wage rate.**

Send all bids & questions to:
Aaron Maguire (Aaronm@lmccconstruction.com)



19200 SW Teton Ave
Tualatin, OR 97062

Phone 503-646-0521
Fax 503-646-6823
CCB # 161282

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

4-10-19

SUB-BIDS REQUESTED HOME FORWARD RED PORTFOLIO - GROUP I

Portland, OR

Bids Due: 4/22/19 by 5:00pm
RFI's Due: 4/15/19 by 12:00pm

Site Walk:

Alderwood Apartments – 4/12/19 at 8:00 am
Floresta Apartments – 4/12/19 at 9:30 am
Powellhurst Woods – 4/12/19 at 11:00 am

LMC Construction is requesting bids for the interior & exterior improvements of three separate multi-family affordable housing properties.

Alderwood Apartments

17225 SE Alder, Portland, OR 97233

Floresta Apartments

12608 SE Foster Road, Portland, OR 97236

Powellhurst Woods

1120 SE Holgate Blvd., Portland, OR 97266

Documents:

Plans and specifications are available at:
https://www.dropbox.com/sh/275jmozrj71uhuh/AABHGf4Xhbj_1B7jN6XqJlGa?dl=0

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1209 N Springbrook Rd
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TTY: 1(800)735-2900



"This institute is an equal opportunity provider."



4-10-19

Community Business Directory

HOME

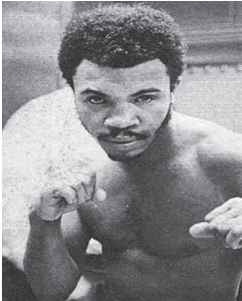
ROOFING-REMODELING-SIDING-PAINTING-MOSS CLEANING

*****FREE ESTIMATE*****

Lampkin General Contractor LLC.

Lampkin General Contracting is a family owned and operated business locally here in Portland OR. Founder and Owner Ex-Boxing Champ Lightning Ray Lampkin Jr. have been servicing Portland and surrounding areas for more than 25 years.

"Let Lightning Ray Knockout your Home Projects"



Lampkin General Contractor LLC.

License #180676

Office: 503-528-9579 Lightninggray1947@gmail.com

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Chiropractic Physician

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- Back Pain & Shoulder Pain

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

