

LEGALS

NOTICE TO CREDITORS AND OTHERS CONCERNED

Pursuant to NRS 108.228, Nevada Statutes, notice is hereby given that on Nov. 7, 1978, Contract Bid No. 859-78 between the County of Clark and Nevada Rock and Sand Company for furnishing of all necessary materials, labor, equipment, apparatus and transportation to complete the resurfacing streets, in the subdivisions of Monte Verde and Homewood Park, within the County of Clark, State of Nevada, was accepted.

All creditors having claims against this contract must file their claims within 40 days after acceptance.

LORETTA BOWMAN, County Clerk and ex-Officio Clerk of the Board of Clark County Commissioners Clark County, Nevada

Pub. Las Vegas Voice November 9, 16, 23 and 30, 1978

NOTICE TO CREDITORS AND OTHERS CONCERNED

Pursuant to NRS 108.228, Nevada Statutes, notice is hereby given that on October 11, 1978 Contract Bid No. 800-78 between the County of Clark and Wells Cargo, Incorporated, for furnishing of all necessary materials, labor, equipment, apparatus and transportation to complete construction of Improvement of Cambridge Street, improvement of District No. 16, within the County of Clark, State of Nevada, was accepted.

All creditors having claims against this contract must file their claims within 40 days after acceptance.

LORETTA BOWMAN County Clerk and ex-Officio Clerk of the Board of Clark County Commissioners Clark County, Nevada

Pub. Las Vegas Voice November 9, 16, 23 and 30, 1978

INVITATION TO BID No. 969-78

NOTICE IS HEREBY GIVEN, that the Board of Commissioners, Clark County, State of Nevada, will receive sealed bids from qualified suppliers for the supplies or services indicated below, at the Office of the Clark County Purchasing Agent Valley Bank Plaza, Suite 501, 300 S. 4th St., Las Vegas, Nevada, 89101, until the hour of 2:45 pm on the 8th day of December, 1978 and said bids will be opened and publicly read at 3 pm in the Purchasing Office on the same day for:

ADDITION TO FIRE STATION No. 18 707 East Desert Inn Road Las Vegas, Nevada

which must conform to specifications to be secured at the Office of the Purchasing Agent at the above address, prior to the date set for the bid opening at the cost of \$50.00 per set, which is refundable, four (4) sets maximum to general contractors.

Bid proposals must be submitted on the form provided by Clark County and accompanied by a proposal guaranty in the form of cash, or a certified check, cashier's check, money order or a bid bond in favor of Clark County in the amount of 5% of the bid price.

All bids must be submitted in a sealed envelope plainly marked, "Bid No. 969-78, Addition to Fire Station No. 18," with the name and address of the bidder in the upper left hand corner.

By order of the Board of Commissioners, Clark County, Nevada.

LORETTA BOWMAN County Clerk and ex-Officio Clerk of the Board of Clark County Commissioners Clark County, Nevada

Pub. Las Vegas Voice 11/23/78

BIDS WANTED FOR HIGHWAY IMPROVEMENT NOTICE TO CONTRACTORS

Sealed proposals will be received by the Dir. of the Dept. of Highways of the State of

Nevada at their office in the State Highway Building, Carson City, Nevada, until and opened at 1:30 pm, local time on Dec. 14, 1978 for Contract No. 1761 Project F-095-2(5), construction of a portion of the Primary Highway System in Clark County, Nevada, on U.S. Highway 95, Expressway in Las Vegas between 0.38 mile west of Decatur Boulevard and the junction with U.S. Highway 95 (Tonopah Highway), a length of 6.197 miles.

Specific description of work covered by this contract consists of: GRADING PORTIONS OF ROADBED, INSTALLING DRAINAGE STRUCTURES, CONSTRUCTING A GRADE SEPARATION STRUCTURE, RAMPS AND CITY STREETS INSTALLING TRAFFIC SIGNAL AND HIGHWAY LIGHTING SYSTEMS, PLACING AGGREGATE BASE COURSES, PLANTMIX BITUMINOUS SURFACE COURSES AND A PLANTMIX BITUMINOUS OPEN-GRADED WEARING COURSE.

The minimum wage to be paid on this contract shall be as determined by the Sec. of Labor or the State Labor Commissioner and are set forth in the contract documents.

Employment lists may be obtained from the local office of the Nevada Employment Security Dept. at 135 So. 8th St., Las Vegas, Nevada 89101.

Plans and specifications may be examined at the office of the undersigned, the Highway Dept. District Office at Sparks and Las Vegas, Nevada; the Regional Office of the Fed. Highway Administration, 2 Embarcadero Center, Suite 530, San Francisco, CA 94111; at the offices of the Associated General Contractors of America, 438 So. Main St., Salt Lake City, Utah, 84101; and 300 So. Wells Ave., Reno, NV 89502; at the Office of the F.W. Dodge Co., P.O. Box 14185, Las Vegas, NV 89114, and at the office of the Construction Notebook, 3599 Polaris, Las Vegas, NV 89103. Plans, form of proposals, contract and specifications may be secured by pre-qualified bidders through the office of the undersigned. A fee of \$10.00 is required for the purchase of each copy of the plans with proposal form. Plans, proposal form and specifications obtained on this basis are non-returnable and no refund will be made. Bids must be on the proposal form of the Highway Dept. and must be accompanied by a bid bond, a certified check, a cashier's check, or cash in the amount of 5% of bid.

Right is reserved to reject any or all bids.

Contractors desiring to bid on this work, if not already qualified under the State law, shall file with the Dept. of Highways at Carson City, Nevada, not later than 5 days prior to the date for opening of bids, a complete application for qualification on form furnished by the Department. All requests must be made in writing on the standard printed form provided free of charge for that purpose by the Dept. of Highways.

The attention of bidders is directed to the State Contractor's License Law requirement (NRS 624.230 as amended to date), that a contractor hold a valid license of a class corresponding to the work to be done. Requests for license may be directed to the Sec. of the State Contractor's Board, 328 S. Wells Ave., (P.O. Box 7497), Reno, Nevada.

This is a Federal-aid project and as such, any contractor otherwise qualified by the State of Nevada to perform such work, is not required to be licensed nor to submit application for license in advance of submitting a bid or having such bid considered; provided, however, that such exemption does not constitute a waiver of the State's right under its

license law to require a contractor, determined to be a successful bidder, to be licensed to do business in the State of Nevada in connection with the award of a contract to him.

The Nevada State Highway Department will on its own initiative, take affirmative action, including the imposition of contract sanctions and the initiation of appropriate legal proceedings under any applicable State or Federal law to achieve equal employment opportunity on Federal-aid Highway Projects and will actively cooperate with the Federal Highway Administration in all investigations and enforcement actions undertaken by the Federal Highway Administration. In conjunction with the above statement, the Highway Dept. will not issue plans to an irresponsible bidder. Subsection (B) of the section 112 of Title 23 United States Code has been amended by adding at the end thereof, the following: "Contracts for the construction of each project shall be awarded only on the basis of the lowest RESPONSIVE bid submitted by a bidder meeting established criteria of responsibility."

JOSEPH A. SOUZA, P.E. State Highway Engineer Carson City, Nevada 89712 Published Las Vegas Voice November 23 and 30, 1978

THIS SPACE IS RESERVED FOR YOUR VOICE CLASSIFIED AD

MAJOR MOVES

What do astute businessmen look for when deciding where to relocate or open new facilities? For six reasons, the area around Old Bridge Township in New Jersey seems destined to grow. The reasons provide insight into the way businessmen think.



?? PREGNANT ??

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what your stars say

November 22-28:

FOR THE WHOLE SOUL NATION

This week's middle may find us feeling constricted—a bunch of "little" things getting in the way. But don't get upset—make a choice. The choices are (1) to accept; (2) to not accept; (3) to do something entirely different. All individuals do not/will not and cannot make the same choices. For this reason, the mass consciousness should consider itself lucky.

This is also a good period to analyze all dreams, follow some hunches, and accept whatever good comes to us—but don't go against better judgment. And better judgment may be hard to come by with Mercury retrograde for the next couple of weeks, and Jupiter acting like an Indian-giver.

But let's not be depressed! Maybe that's the habit of on-coming winter to throw out a negative vibe. For best results; maintain the practical and the real. Pay rent on time, don't neglect the needs of the children, let those who can still lay claim to family life pray for the orphans in America's big cities. Hard work is required now of all humans. Thank God we're able to wake each morning and face a ray of hope... be glad that we're able to see the winter light with bright focus!

ARIES — March 21-April 20 A good-life feeling may be inhabiting the headstrong feeling and causing you not to feel because you are alone

—or it may bring into your orb happy-type companions with whom you experience a great sense of well-being. Don't deter too much from the path of responsibility for the sake of a good time. Once you give in to the urge to create, you create best in spaces that leave you alone.

TAURUS — April 21-May 20 Those things opposing you have probably been worn out by your stubbornness, and since you've endured the spasmodic energy and out-of-the-blue hardships, you might be allowed to hold on to your most prized possession. However, it's best to let go because with "things" out of the way, we are free to deal with higher energies and benign spiritual forces.

GEMINI — May 22-June 21 You'll be wondering why—just when things were going so great—why did this, that, and the other have to go wrong? Well... focus the dazed mind on the final goal, and develop a patience that truly knows how to wait. Reorganize papers, tidy-up, make things orderly. What you ask for you will eventually get.

CANCER — June 22-July 23 Something that left you may return—like a quiet tide, and

you may be treated to something special. You should be experiencing a release from negative vibes. Try and see yourself as you truly are—and not in the ideal but unreal images created by the media. Truth is the only foundation for reality.

LEO—July 24-August 23 The giving and taking may be over, and soon you may think that life and life's "peoples" just keep taking from you...well...feel blessed, because you have been chosen to be a giver!

Keep the heart open to bright flashes. The vision contained therein will lead you to realize your dreams.

VIRGO — August 24-September 23

If you try and shift the weights burdening you, you may experience a momentary respite, and that's all. When you have moments alone, be gentle with yourself; and when you are with others, deliberately look for good and qualities of well-being. Be less self-absorbed.

LIBRA — September 24-October 23

Sometimes during the extreme moments of individual karma, we are called upon to balance the imbalances. If you don't want to, wonder why; if you can't, accept this as a fact of life and love life anyway. Seek peace in the center of one's own selfhood.

SCORPIO—October 24-November 22

The Forces of Light have been hounding you and forcing you to confront the high-calibered electromagnetic vibes occurring in the sphere of your humanhood. Do not be discontent with the discontent. Be ready to change before time is ready. Drink plenty of clear water and guard the nervous system.

SAGITTARIUS—November 23-December 21

Well you may feel like jumping up or going off or running all at the same time. Be sure you have a road map and a flashlight and some idea of where you're headed—and don't take up with strangers along the way. Your sense of optimism about life and this particular moment in time may weaken or wane. Watch and pray, and remember God is Good!

CAPRICORN — December 22-January 20

Settle as many matters as you can and don't begin the development of entirely new issues. You must feel order in terms of your life before you call yourself to the mountain-top. Learn to live out noble and ignoble duties with kindness. Remember that man, is permitted to serve the deity in himself.

AQUARIUS — January 23-February 22

It does the cosmos good to have people feel good about themselves—and it's good to know why one is allowed to feel good. Something inspira-

tionally beautiful may guide you towards new unions. Give so you won't be taken from. Accept so the givers will be blessed.

PISCES — February 22-March 20

Things may seem like they're happening too fast, and if our time schedule is interfered with, we could become what's known as "angry." However, states like this put you off the Path of Progress. Be still! Let the bad vibes tire themselves out, and then go on.

Side Benefits Of The Prudent Diet

Many of us have heard the term "the prudent diet." It is a name used by medical researchers and nutritionists to describe an eating concept for those concerned about heart disease.

It came about when researchers compared diets of various countries. They found that where the rate of heart disease was low, people tended to eat less meat, dairy products and saturated (animal) fat. They ate somewhat more cereal grains, fruits and vegetables, so they had a higher intake of starches and fiber. They habitually used vegetable oils and cooked with little animal fat.

In countries where heart disease was a common problem, people tended to eat high-calorie diets, rich in meat, cheese, eggs, butter and milk.

The prudent diet calls for limited intake of saturated fat, cholesterol and calories. The experimental groups who went on this diet deliberately ate diets similar to those in countries where heart disease was rare. The results are well known:

Serum cholesterol levels usually dropped to safer levels. (People with high cholesterol levels are more likely to have heart disease.)

Obesity decreased.

Blood pressure improved.

There seemed to be fewer heart attacks among the group on the prudent diets than in the unmodified diet groups.

But there is new interest in the prudent diet as a result of comparing the incidence of different cancers in various nations with food habits. There are many indications that incidence of certain types of cancer goes up with the luxurious type of diet common in America today — high in calories, rich in fat, sugar and animal protein.

An international study showed that people who developed colon-rectal cancer consumed more meat and fat than persons free from the disease. Religious groups who eat little meat seem to have lower rates of cancer of the colon-rectum, breast and uterus. (Good reasons to put more emphasis on breads, vegetables and fruits.)

There are some other promising leads, too. One links overweight with increases in cancer of the breast, uterus, pancreas and gallbladder. Another suggests a connection between breast cancer and the amount of animal fat eaten.