

WOMEN'S HEALTH

(Continued from Page 12)
 lactose intolerant, experts recommend keeping dairy products, especially milk, in your diet. They are a major source of calcium that can help achieve and maintain peak bone mass. Lactose-reduced and lactose-free, farm fresh milk are available in both low-fat and nonfat varieties. Also, to prevent discomfort from lactose intolerance, lactase enzyme caplets can be taken before or with a meal containing dairy foods.
 Regular exercise, along with a diet rich in calcium, which can

include products like Lactaid milk, can help teens and young women with lactose intolerance

DOMESTIC VIOLENCE

(Continued from Page 12)
 o Destroy personal property or sentimental items?
 o Hit, punch, slap, kick or bite you or the children?
 o Use or threaten to use a weapon against you?
 o Threaten to hurt you or the children?
 o Force you to have sex against your will?
If you checked any of these, it's time to get help.

maintain good bone mass and may reduce their risk of osteoporosis later in life.

BLOOD PRESSURE

(Continued from Page 7)
 News accounts were numerous after the *Journal of the American Medical Association (JAMA)* published an August 23 report about nifedipine and other short-acting CCBs based on one of many studies. "Other studies have drawn different conclusions," notes Schroeder. "We simply need more information, and a larger study is in fact under way to answer further questions about blood pressure medications."
 "The study in JAMA didn't look at currently available once-a-day CCBs which are now used for treatment of hypertension (high blood pressure) and angina (chest pain caused by a blockage of blood flow to the heart). These agents have gained widespread use because of their effectiveness, their safety and their lack of adverse side effects. Therefore, the current findings do not apply to how we're practicing medicine now, even if the reported findings were conclusive," says Schroeder.

CLASSIFIED ADVERTISING

EMPLOYMENT

CLARK COUNTY, NEVADA ELECTRICIAN

Clark County is currently seeking a journeyman Electrician for the Traffic Division of the Public Works Department. Electricians install electrical components; conduct preventative maintenance on electrical and electronic systems controlling street lighting; inspect and test emergency power and lighting systems, alarm systems and related equipment. Requires the equivalent to four (4) years experience as an electrician or completion of a trade school and apprenticeship program in the electrical trade. Subject to call-out, standby, weekend and holiday work as necessary. EXCELLENT BENEFITS PACKAGE, INCLUDING FULLY PAID RETIREMENT. NO STATE INCOME TAX.

SALARY RANGE: \$30,126 to \$42,904
 CLOSING DATE: January 17, 1996

CLARK COUNTY APPLICATION AND SUPPLEMENTAL APPLICATION REQUIRED.

Apply to: CLARK COUNTY PERSONNEL DEPARTMENT
 500 SOUTH GRAND CENTRAL PARKWAY, THIRD FLOOR
 P.O. BOX 551721
 LAS VEGAS, NEVADA 89155-1721
 (702) 455-4565
 M/F/D

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LEGAL NOTICES

CLARK COUNTY, NEVADA

INVITATION TO BID BID NO. 3672-95

SPORT LIGHTING

SPORT LIGHTING SYSTEM FOR BALLFIELDS, BASKETBALL COURTS, ADULT SOCCER FIELDS, AND YOUTH SOCCER/MULTI-PURPOSE AREA FOR THE PARKS AND RECREATION DEPARTMENTS.

Bids will be received in the Office of the Clark County Director of General Services, Purchasing Division, Clark County Government Center, Fourth Floor, 500 South Grand Central Parkway, P.O. Box 551732, Las Vegas, Nevada 89155-1732 on January 4, 1996. Bids must be time-stamped at 3:00 P.M. or before, bids time-stamped at 3:01 P.M. or after will be returned to bidder. **Overnight Mail** must use 89106 zip code.

Specifications will be available on December 26, 1995, at the above address.
 BOARD OF COUNTY COMMISSIONERS
 CLARK COUNTY, NEVADA
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REGIONAL TRANSPORTATION COMMISSION OF CLARK COUNTY, NEVADA

INVITES PROPOSALS FOR OPERATION OF ITS FIXED ROUTE SYSTEM (RFP 001-96) AND PERPROPOSAL CONFERENCE

The Regional Transportation Commission (RTC) of Clark County, Nevada, invites Proposals for the operation of its Citizens Area Transit (CAT) fixed route transit service. The fixed route system includes a Las Vegas Valley service with ±200 buses operating on 37 routes. The approximate daily service span is from 5:30 a.m. to 1:30 a.m.; one route operates 24 hours. In addition, two rural community services operate single route systems. The rural community services may be procured separately. The RTC seeks a five-year contract period. RTC invites potential proposers to request copies of the RFP. A Preproposal Conference will be held January 12, 1996 beginning at 8:30 a.m. at the RTC offices in Room 302 at the address below. The Sealed Proposal deadline is March 5, 1996 at 3:00 p.m. PST. Proposals received after 3:00 p.m. PST shall not be considered for award and shall be returned to the sender unopened. Certified Disadvantaged Business Enterprises (DBE) are encouraged to participate. For further information, contact:

Donna Meara, Senior Buyer
 Regional Transportation Commission
 301 East Clark Avenue, Suite 300
 Las Vegas, Nevada 89101
 702-455-4481

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CLARK COUNTY, NEVADA

INVITATION TO BID
 BID NO. 3654-95
PHYSICAL EXAMINATIONS FOR FIREMEN AND POLICE
 THIS CONTRACT IS FOR PHYSICAL EXAMINATIONS, AS REQUIRED, FOR REGULAR FIREMEN AND VOLUNTEER FIREMEN, AND ENTRY-LEVEL COMMISSIONED PERSONNEL FOR THE LAS VEGAS METROPOLITAN POLICE DEPARTMENT FOR THE PERIOD FOR DATE OF AWARD THROUGH DECEMBER 31, 1996, WITH THE OPTION TO RENEW FOR FIVE (5) ONE-YEAR PERIODS.

PREBID CONFERENCE: 10:30 a.m., January 3, 1996. The purpose of the Conference is to review and discuss the specifications and the County's Minority and Women-Owned Business Policy. Bids will be received in the Office of the Clark County Director of General Services, Purchasing Division, Clark County Government Center, Fourth Floor, 500 South Grand Central Parkway, P.O. Box 551732, Las Vegas, Nevada 89155-1732 on January 18, 1996. Bids must be time-stamped at 3:00 PM or before. Bids time-stamped at 3:01 PM or after will be returned to bidder. **Overnight Mail** must use the 89106 zip code.

Specifications are available at the above address at no charge. Hearing impaired customers may request specifications and obtain information by calling TT/TDD: Relay Nevada Toll-Free (800) 326-6868.

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CLARK COUNTY, NEVADA

REQUEST FOR PROPOSAL RFP NO. 0418-95 **ARCHITECTURAL SERVICES FOR THE SCHEMATIC DESIGN AND DESIGN DEVELOPMENT FOR THE EXPANSION TO THE CLARK COUNTY ADULT DETENTION FACILITY**

Clark County is soliciting proposals for professional architectural services to expand its capacity for adult detainees at its downtown facility.

PREBID CONFERENCE: 1:00 p.m., January 3, 1996. The Prebid Conference will be held in the General Services Conference Room, at the address shown below. The purpose of the Conference is to review and discuss both the specifications and the County's Minority, Disadvantaged and Women-Owned Business Policy. Proposals for ARCHITECTURAL Services will be received in the Office of the Clark County Director of General Services, Clark County Government Center, Fourth Floor, 500 South Grand Central Parkway, P.O. Box 551732, Las Vegas, Nevada 89155-1732 on January 10, 1996. Proposals must be time-stamped at 3:00 PM or before. Proposals time-stamped at 3:01 PM or after will be returned unopened to the Bidder. **Overnight Mail** must use the 89106 zip code.

Request for proposal packages can be obtained from the above office between the hours of 8:00 a.m. to 5:00 p.m. Hearing impaired customers may obtain information by calling TT/TDD: Relay Nevada toll-free (800) 326-6868.

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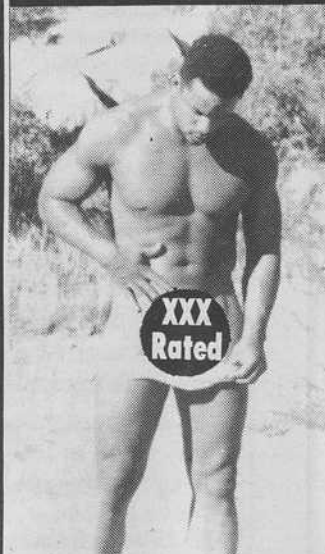
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