

New Lagos police unit criticized

When the Lagos State government set up a special police unit in 1995 to respond quickly to rising crime, residents heaved a sigh of relief, reports IPS. Lagos State Official statistics show that between 1990 and 1994, 123 police and 276 civilians were killed by armed robbers nationwide. During the same period, 3,613 suspected armed robbers were arrested and 532 killed. Some 7,538 armed robberies were reported during the same period and more than 50 percent of the incidents occurred in Lagos State. Now, a year later, "Operation Sweep" has turned into a nightmare, not just for criminals, but for law-abiding citizens, according to some human rights activists here. According to them, the special squad is also known for rudeness, and members often do not identify themselves to the public. "This is an attempt to harass and intimidate citizens, because nobody can distinguish them from armed robbers. The Nigerian law does not permit people to go about in mufti (civilian clothing) armed," said Tunde Oluwoji of the Constitutional Rights Project (CRP), a human rights group.

Caution is the word in Haitian finance community

The World Bank is keeping an eye on a new bill in the Haitian Parliament to privatize state enterprises, as tension mounts in country's financial circles, writes IPS. The legislation, called the "modernization law," would allow the private sector to take over the management and operations of nine enterprises. The legislation would not allow for the outright sale of any of the companies, however — a remedy preferred by Haiti's funders. The bill allows the government to pursue three options in its dealings with the private sector. It can offer concessions, in which private interests are given a lease and criteria for managing a company, and it can offer management contracts. A third option allows private investors to buy a 50-percent share and gain management control. Under this option, the dividends of the

Tuskegee

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Angeles and decided to retire from the FAA because his schedule would not permit him to also work as a comedian there.

As for what type of comedy he uses, Knighten said, "I talk about my wife, my mother-in-law, myself - no profanity. I'm just a stand-up comedian. Tell me what you want - 15 minutes, 20 minutes - I'll do it."

After all these years, Knighten suggest that he's still looking for his big break in show business. "You can get one big break in this business and you're a millionaire. Everyone is hoping for their big break. This town is full of so much talent it makes you sad. There's not enough work to accommodate them all."

While 33 airmen were in the original group of the 99th Fighter Squadron, 993 black pilots trained at Tuskegee during World War II. They all came to be referred to as "Tuskegee Airmen." The group won a total of 744 Air Medals and oak leaf clusters during World War II, and some 150 Distinguished Flying Crosses. Fourteen were awarded the Bronze Star.

Cholesterol

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cut calories. However, meat still contains saturated fat even after removing the fat or skin. Saturated fat tends to boost your blood cholesterol levels even more than eating foods containing high levels of cholesterol. That's why you should trim the fat and eat only moderate amounts of meat. Other ways to lower your cholesterol include not smoking, losing excess weight and getting involved in a regular exercise program. If you lower your cholesterol level two percent, you lower your risk of a heart attack by 30 percent. If you want more information on cholesterol see your doctor. While you're there have your blood cholesterol level checked.

Cholesterol Levels

How's your cholesterol? Fine you say, under 200. That number is only half the information needed to insure good health.

When the doctor gives you your total cholesterol level, you should also be given your HDL and your LDL levels. In a study published in the *American Journal of Cardiology*

researchers found that 64 percent of men with cholesterol levels under 200 still had coronary heart problems. The study also found that these men had higher than normal levels of LDLs and lower than normal HDL levels.

A high cholesterol level or a high level of LDLs and/or a low level of HDLs can be main factors contributing to heart attacks, strokes and other circulation problems.

So get your LDL and HDL levels measured when checking your cholesterol levels.

Cholesterol Testing

Cholesterol screening is very important, but there are a few things that can affect the accuracy of your test.

Your position before you take your test will affect your levels. You should sit down before you take your test. Prolonged standing prior to the test can elevate total cholesterol levels an average of 10 percent. You should be seated at least five to 15 minutes before having your blood drawn.

Don't do strenuous exercise for 24 hours because exercise

will elevate your HDLs. This will cause an artificially elevated HDL level in your test results.

Alcoholic beverages will elevate HDL, cholesterol and triglycerides thus giving you inaccurate test results. To be safe you should not drink alcoholic beverages 24 hours prior to your taking your test.

You don't have to fast before you take your test and you don't want to change your diet. The object of your cholesterol test is

to test typical cholesterol levels. Changing your diet before the test will not give a true indication of your normal levels.

Pregnancy can also elevate your cholesterol levels, especially after the first trimester. We can't tell you not to have a baby, but we would suggest holding off on having a cholesterol test until three months after giving birth.

Before starting your fitness program consult your physician.

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LEGAL NOTICES

CITY OF LAS VEGAS

INVITATION TO BID
BID NO. 97-1730-07-RH

1996-1997 ANNUAL SMALL ASPHALT PATCHING

SCOPE OF WORK: This bid represents Street Rehabilitation's Annual Contract for: Small Asphalt Patching consisting of construction of permanent asphaltic concrete pavement patches. All work will be performed within the City of Las Vegas. Specific areas have been identified in this bid document and will be the first work scheduled. The location and extent of any additional work, shall be designated by the Engineer scheduled based upon availability of funding. The contract term will be from the Date of Award through October 30, 1997, including three, one year renewal options.

The estimated monetary amount for identified in the Contract is \$490,000.

The award will be based on an estimated annual usage under this Contract of \$600,000.

PRE-BID CONFERENCE: Will be held on November 14, 1996, at 1:30 p.m. in the Purchasing and Contracts Division Conference Room, First Floor, City Hall Complex, 400 East Stewart Avenue. The purpose of this conference is to discuss the specifications, and any prospective bidders concerns and the City of Las Vegas' Minority, Women-Owned and Disabled Veterans' Business Enterprise Policy.

BID OPENING: All bids must be received in the office of the City Clerk, Fifth Floor, City Hall Complex, 400 East Stewart Avenue, Las Vegas, NV 89101-2986, prior to 3:00 p.m., on November 21, 1996. Bids stamped after the designated time, will be returned to the Bidder unopened. Bids will be publicly opened and read aloud, immediately after the established closing time and date, in the Office of the Purchasing and Contracts Division.

DOCUMENTS CAN BE OBTAINED: Bid documents will be available on November 7, 1996, and may be obtained at the Office of Purchasing and Contracts Division, for a non-refundable charge of \$15.00. If documents are to be mailed, there will be a \$5.00 postage and handling fee. Checks are to be made payable to City Treasurer, City of Las Vegas. Any questions regarding this solicitation should be referred to Regina R. Heilman, C.P.M., at (702) 229-6231. Any technical questions should be referred to Nancy Ruth, P.E. at (702) 229-6272.

Prospective bidders are hereby notified that this Invitation to Bid and all related bidding documents will be made available on a Telecommunication Device for the Deaf (TDD) or in an alternate format (audio or Braille) upon request to the Purchasing and Contracts Division, Telephone Number (702) 229-6231 or (702) 386-9108 (TDD).

FOR COMPLETE INFORMATION OF FUTURE FORMAL BIDS AND QUOTATIONS, CALL THE BID HOTLINE AT 383-0889.

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LAS VEGAS VALLEY WATER DISTRICT

INVITATION TO BID
BID NO. 3856-96

ANNUAL REQUIREMENTS CONTRACT FOR THE PRINTING AND DELIVERY OF CONSTRUCTION CONTRACTS

ANNUAL REQUIREMENTS CONTRACT FOR THE PRINTING AND DELIVERY OF CONSTRUCTION CONTRACTS, F.O.B. DESTINATION, FREIGHT PREPAID, WITH THE OPTION TO RENEW FOR THREE (3) ONE-YEAR PERIODS, FOR ADDITIONAL INFORMATION CONTACT WALTER P. KOKICH, PURCHASING ANALYST, AT (702) 258-3200.

PRE-BID CONFERENCE will be held at 10:00 a.m., on November 18, 1996 at: Las Vegas Valley Water District, Mead #1 Conference Room, 1001 S. Valley View Boulevard, Las Vegas, Nevada 89153. The purpose of the Prebid Conference is to review the specifications and bid documents, and to answer any pertinent questions.

Bids will be received in the Office of the Clark County Director of General Services, Purchasing and Contracts Division, Clark County Government Center, 500 South Grand Central Parkway, Fourth Floor, P.O. Box 551732, Las Vegas, Nevada 89155-1732 on, or before December 02, 1996. All bids will be date/time stamped by the Owner and must be received not later than 3:00 p.m., December 02, 1996 in order to be considered. Bids received and date/time stamped at or after 3:01 p.m., December 02, 1996, will be returned to the Bidder. Overnight Mail must use 89106 as zip code. Bidders and other interested parties are invited to attend the bid opening.

Specifications are available at the above address. Hearing impaired customers may request specifications and obtain information by calling TDD: Relay Nevada toll-free (800) 326-6868.

BOARD OF DIRECTORS
LAS VEGAS VALLEY
WATER DISTRICT

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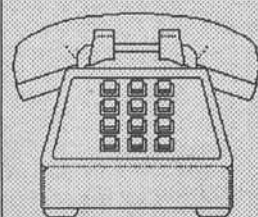
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