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CITY OF BALTIMORE
THE TRUSTEES FOR CITY LOAN AND GUARANTEE PROGRAM
BALTIMORE, MARYLAND
January 2, 1986
NOTICE OF LETTING

Sealed bids or proposals, in duplicate, addressed to The Board of Estimates of the Mayor and City Council of Baltimore, and marked "Proposal for Package No. 2 - Mechanical Work for the Construction of the Rivoli Office Building for the Trustees' Contract," will be received at the Office of the Comptroller, Room 204, City Hall, Baltimore, Maryland until Wednesday, January 29, 1986 at 11:00 o'clock a.m., Eastern Standard Time (positively no bids received after 11:00 o'clock a.m.). At 12:00 o'clock noon on said date they will be publicly opened by the Board of Estimates in Room 215 in said City Hall. The bids shall then be recieved by the Trustees for City Loan and Guarantee Program who shall make a recommendation to the Board of Estimates of the Mayor and City Council of Baltimore for final award.

The proposed Contract Documents, include general forms and conditions, specifications and the Detailed Scope of Work, and may be examined, without charge, at the office of:

BCI CONTRACTORS, INC.
Gay and Fayette Streets
Baltimore, Maryland 21202
Attn: Mike Hoglund

Necessary copies of the Contract Documents may be obtained on payment of One Hundred Dollars ($100.00), for each copy, which payment shall be by check and will not be refunded. **CASH WILL NOT BE ACCEPTED.** Said check shall be made payable to the "Trustees for City Loan and Guarantee Program."

The proposed Contract Documents do refer to selected documents from Trustees' Contract including Addendum Nos. 1 thru 4 with BCI Contractors, Incorporated. Trustees' Contract and its Addendum Nos. 1 thru 4 may be examined, without charge at the office of BCI Contractors, Inc., at the address indicated above. The One Hundred Dollars ($100.00) charged for the proposed Contract Documents does not entitle a bidder to a copy of the Trustees Contract.

A certified Check of the Bidder or a Bank Cashier's Check or a Bank Treasurer's Check drawn upon a solvent Clearing House Bank made payable to the Trustees for City Loan and Guarantee Program or a Bid Bond executed on the form as provided in the Bid or Proposal, for an amount determined by multiplying the total Bid submitted by two percent (2%) and rounding the result to the next Highest Five Hundred Dollars ($500.00), will be required with each Bid.

The successful bidder will be required to give a Performance and a Payment Bond in the amounts called for in the specifications.

The Board of Estimates reserves the right to reject any and all Bids and/or to waive technical defects, if in its judgment, the interests of the Mayor and City Council of Baltimore or the Trustees of City Loan and Guarantee Program may so require.

Bids, when filed, shall be irrevocable.

Attention of bidders is called to the fact that not less than the minimum salaries and wages as set forth in the Contract Documents must be paid on this project and the Contractor must insure that the employees and applicants for employment are not discriminated against because of their race, creed, color, national origin, sex or religion.

Under the Baltimore City Minority Business Enterprise Program the successful bidder must comply with the goal requirements to subcontract 15 to 25 percent of the total contract to Minority Businesses.

All contractors and subcontractors desiring to bid on or subcontract for work for this Contract under the jurisdiction of the City of Baltimore and whose bid or contract will be $25,000 or more will be required to be prequalified for the work categories involved. This process is carried out by the Contractors Qualification Committee of the City of Baltimore, 1105 Municipal Building, 200 North Holliday Street, Baltimore, Maryland 21202.

Baltimore City hereby notifies all bidders that it will affirmatively insure that in any contract entered into pursuant to this advertisement, Minority Business Enterprise will be afforded full opportunity to submit bids in response to this invitation and will not be discriminated against on the grounds of race, color or national origin in consideration for an award.

The work shall be executed in accordance with the specifications and drawings and as directed by the Trustees for City Loan and Guarantee Program. The work to be done under this Contract consists of Reconstruction of 418 E. Baltimore Street, Baltimore, Maryland 21202.

The Contract shall be awarded to the responsible bidder submitting the lowest bid (including acceptable alternates) determined to be in the best interest of the Trustees. The Board of Estimates, and the City of Baltimore, Every bidder is encouraged to bid the voluntary alternate(s). Any cost saving proposed that, in the opinion of the Trustees, does not materially alter the project may be proposed by any bidder. Each voluntary alternate will be evaluated by the Trustees with the Board of Estimates having the final authority to accept or reject each voluntary alternate. The bidder understands that the method of bidding reflecting the savings from acceptable voluntary alternate is for the purpose of arriving at the lowest cost for this particular project and, therefore, the bidder (to the maximum extent permitted by law) waives any right it might have to contest the award of the Contract due to the method of bidding voluntary alternates.

APPROVED BY BOARD OF ESTIMATES
Hyman Aaron Pressman
Secretary to the Board
January 8, 1986
APPROVED AS TO FORM AND LEGAL SUFFICIENCY
Martin Welch, Assistant
City Solicitor
January 2, 1986

APPROVED:
TRUSTEES FOR CITY LOAN AND GUARANTEE PROGRAM AND BOARD OF ESTIMATES
Charles L. Benton, Trustee
Frank Baker, Jr., Trustee
January 7, 1986

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CITY OF BALTIMORE
THE TRUSTEES FOR CITY LOAN AND GUARANTEE PROGRAM
BALTIMORE, MARYLAND
January 2, 1986
NOTICE OF LETTING

Sealed bids or proposals, in duplicate, addressed to The Board of Estimates of the Mayor and City Council of Baltimore, and marked "Proposal for Package No. 3 - Electrical Work for the Construction of the Rivoli Office Building for Trustees' Contract," will be received at the Office of the Comptroller, Room 204, City Hall, Baltimore, Maryland until Wednesday, January 29, 1986 at 11:00 o'clock a.m., Eastern Standard Time (positively no bids received after 11:00 o'clock a.m.). At 12:00 o'clock noon on said date they will be publicly opened by the Board of Estimates in Room 215 in said City Hall. The bids shall then be recieved by the Trustees for City Loan and Guarantee Program who shall make a recommendation to the Board of Estimates of the Mayor and City Council of Baltimore for final award.

The proposed Contract Documents, include general forms and conditions, specifications and the Detailed Scope of Work, and may be examined, without charge, at the office of:

BCI CONTRACTORS, INC.
Gay and Fayette Streets
Baltimore, Maryland 21202
Attn: Mike Hoglund

Necessary copies of the Contract Documents may be obtained on payment of One Hundred Dollars ($100.00), for each copy, which payment shall be by check and will not be refunded. **CASH WILL NOT BE ACCEPTED.** Said check shall be made payable to the "Trustees for City Loan and Guarantee Program."

The proposed Contract Documents do refer to selected documents from Trustees' Contract including Addendum Nos. 1 thru 4 with BCI Contractors, Incorporated. Trustees' Contract and its Addendum Nos. 1 thru 4 may be examined, without charge at the office of BCI Contractors, Inc., at the address indicated above. The One Hundred Dollars ($100.00) charged for the proposed Contract Documents does not entitle a bidder to a copy of the Trustees Contract.

A certified Check of the Bidder or a Bank Cashier's Check or a Bank Treasurer's Check drawn upon a solvent Clearing House Bank made payable to the Trustees for City Loan and Guarantee Program or a Bid Bond executed on the form as provided in the Bid or Proposal, for an amount determined by multiplying the total Bid submitted by two percent (2%) and rounding the result to the next Highest Five Hundred Dollars ($500.00), will be required with each Bid.

The successful bidder will be required to give a Performance and a Payment Bond in the amounts called for in the specifications.

The Board of Estimates reserves the right to reject any and all Bids and/or to waive technical defects, if in its judgment, the interests of the Mayor and City Council of Baltimore or the Trustees of City Loan and Guarantee Program may so require.

Bids, when filed, shall be irrevocable.

Attention of bidders is called to the fact that not less than the minimum salaries and wages as set forth in the Contract Documents must be paid on this project and the Contractor must insure that the employees and applicants for employment are not discriminated against because of their race, creed, color, national origin, sex or religion.

Under the Baltimore City Minority Business Enterprise Program the successful bidder must comply with the goal requirements to subcontract 15 to 25 percent of the total contract to Minority Businesses.

All contractors and subcontractors desiring to bid on or subcontract for work for this Contract under the jurisdiction of the City of Baltimore and whose bid or contract will be $25,000 or more will be required to be prequalified for the work categories involved. This process is carried out by the Contractors Qualification Committee of the City of Baltimore, 1105 Municipal Building, 200 North Holliday Street, Baltimore, Maryland 21202.

Baltimore City hereby notifies all bidders that it will affirmatively insure that in any contract entered into pursuant to this advertisement, Minority Business Enterprise will be afforded full opportunity to submit bids in response to this invitation and will not be discriminated against on the grounds of race, color or national origin in consideration for an award.

The work shall be executed in accordance with the specifications and drawings and as directed by the Trustees for City Loan and Guarantee Program. The work to be done under this Contract consists of Reconstruction of 418 E. Baltimore Street, Baltimore, Maryland 21202.

The Contract shall be awarded to the responsible bidder submitting the lowest bid (including acceptable alternates) determined to be in the best interest of the Trustees, the Board of Estimates, and the City of Baltimore. Every bidder is encouraged to bid the voluntary alternate(s). Any cost saving proposed that, in the opinion of the Trustees, does not materially alter the project may be proposed by any bidder. Each voluntary alternate will be evaluated by the Trustees with the Board of Estimates having the final authority to accept or reject each voluntary alternate. The bidder understands that the method of bidding reflecting the savings from acceptable voluntary alternate is for the purpose of arriving at the lowest cost for this particular project and, therefore, the bidder (to the maximum extent permitted by law) waives any right it might have to contest the award of the Contract due to the method of bidding voluntary alternates.

APPROVED BY BOARD OF ESTIMATES
Hyman Aaron Pressman
Secretary to the Board
January 8, 1986
APPROVED AS TO FORM AND LEGAL SUFFICIENCY
Martin Welch, Assistant
City Solicitor
January 2, 1986

APPROVED:
TRUSTEES FOR CITY-LOAN AND GUARANTEE PROGRAM AND BOARD OF ESTIMATES
Charles L. Benton, Trustee
January 7, 1986
Frank Baker, Jr., Trustee
January 7, 1986

DIVISION O -- BIDDING AND CONTRACT REQUIREMENTS
SECTION 00020 -- NOTICE OF LETTING
CITY OF BALTIMORE
DEPARTMENT OF PUBLIC WORKS
BUREAU OF WATER AND WASTE WATER

Sealed Bid or Proposal, in duplicate, addressed to the Board of Estimates of the Mayor and City Council of Baltimore and marked "Bid for Back River Wastewater Treatment Plant - Sludge Storage Lagoons" in Baltimore County, Maryland, Bureau of Water and Waste Water, Sanitary Contract No. 680," will be received at the office of the Comptroller, Room 204, City Hall, Baltimore, Maryland 21202 until FEB 19 1986 at 11:00 a.m. Eastern Standard Time (positively no bids will be received after 11:00 a.m.) and, at 12:00 noon on said date, they will be publicly opened by the Board of Estimates in Room 215 in said City Hall. Board of Estimates employees will be stationed at the Security Unit counter just inside the Holliday Street entrance to City Hall from 10:45 a.m. to 11:00 a.m. every Wednesday to receive Bids from bidders who feel they would not be able to deliver the Bid Envelope to Room 204 by 11:00 a.m. due to possible delay by the security check and scanner process. The Bids will be processed with a hand scanner, placed in a box, and promptly at 11:00 a.m. the box will be sealed and taken to Room 204, City Hall, Comptroller's Office.

Project consists of the construction of two asphaltic lined-sludge storage lagoon cells, bottom dimensions of approximately 325' x 250', each, side water depth of approximately 10'. Appurtenances included in the project are yard piping of approximately 10'. Appurtenances included in the project are yard piping, pump station, roadways, fencing, yard lighting, modular office-storage area, concrete retaining wall loading areas.

The Contract Documents for this Contract are in four parts: "Contract Book" (Special Provisions); "Contract Drawings", "City of Baltimore, Department of Public Works Specifications for Material, Highways, Bridges, Utilities and Incidental Structures, 1979 Edition" (Book of Standards); and all amendments to these books in effect at the time Bids are received for this Contract. A copy of the Contract Book and a set of standard size 24" x 36" Contract Drawings covering Sanitary Contract No. 680 may be obtained upon payment of $50.00 for each set. Prospective Bidders are required to purchase at least one set. Additional sets of standard size 24" x 36" drawings may be obtained separately upon payment of $15.00 for each set. The Contract Book will not be sold separately. Payments are not refundable.

The "City of Baltimore, Department of Public Works Specifications for Material, Highways, Bridges, Utilities and Incidental Structures, 1979 Edition," is on sale at the price of $12.00 each copy, as well as the City of Baltimore, Department of Public Works, "Bureau of Highways Book of Standards", at the price of $20.00 each copy, which amounts will not be refunded. All amendments to these two books in effect at the time of this advertisement are included. If the prospective bidder already has a copy of the "Standard Specifications" and "Book of Standards", it is not necessary to purchase another.

Contract Documents may be obtained on or after JAN 17 1986 at Room 300 Municipal Office Building, Baltimore, Maryland 21202. The Contract Documents may be examined at the office of Consulting Engineers, Terraqua Resources Corporation, Executive Plaza II, Hunt Valley, Maryland 21031, or at the office of the Bureau of Water and Waste Water, Division of Waste Water Engineering, 305 Municipal Office Building, Baltimore, Maryland 21202.

A certified check of the bidder, or bank cashier's check, or a bank treasurer's check drawn on a solvent clearing house bank made payable to the Mayor and City Council of Baltimore, or a bid bond executed on the form as provided in the Bid or Proposal for an amount which is determined by multiplying the total Bid submitted by two percent and rounding the result to the next highest five hundred dollars ($500.00) will be required with each bid.

Separate Performance Bond and Payment Bond, each in the amount of the Contract Price, will be required of the successful bidder.

All prime contractors bidding on a City contract in excess of Twenty-Five Thousand dollars ($25,000) must first be prequalified with the City of Baltimore Contractors Qualification Committee, 1105 Municipal Building, Baltimore, MD 21202, whose recommendations for an assigned work capacity rating (expressed in dollars) and work classifications become effective after ratification and confirmation by the Board of Estimates. Prime contractors will not be permitted to bid for any single contract having a dollar value in excess of the contractor's assigned work capacity rating. Subcontractors intending to perform work on any City contract in excess of Twenty-Five Thousand dollars ($25,000) must have established qualification before they are permitted to commence work.

The Board of Estimates reserves the right to reject any and all bids and/or waive technical defects, as it may deem best for the interest of the City.

Bids when filed shall be irrevocable. Contract shall be awarded or all bids rejected within 90 days from opening of bids.

The Cost Classification for this project will be from $2,000,000 to $3,000,000.

Baltimore City hereby notifies all bidders that it will affirmatively insure that minority business enterprise will be afforded full opportunity to submit bids in response to this invitation and will not be discriminated against on the grounds of race, color, or national origin in consideration for an award in any contract entered into pursuant to this advertisement. The City has established a fifteen (15) to twenty-five (25) percent minority business enterprise participation for this contract. Failure to comply with this goal by bid opening date shall render the bid non-responsive. A copy of "City of Baltimore Minority Business Enterprise Program" (MBE) is included in this Contract.

Attention of Bidders is called to the minimum wage rates to be paid on this project.

A pre-bid meeting (followed by a tour of the work site) for the purpose of answering, or obtaining answers to, questions of parties interested in contracting for the work, relative to the scope of the work, equipment requirements, and scheduling, will be conducted in Conference Room of the Administrative Building at the Back River Wastewater Treatment Plant, 8201 Eastern Boulevard, Baltimore County, Maryland 21224 at 10:00 a.m. Eastern Standard Time on FEB 3 1986.

APPROVED:
Joy S. Thorpe
HEAD, BUREAU OF WATER AND WASTE WATER
APPROVED:
Francis W. Ruchta
DIRECTOR OF PUBLIC WORKS
APPROVED:
Hyman Aaron Pressman
SECRETARY, BOARD OF ESTIMATES

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CITY OF BALTIMORE
THE TRUSTEES FOR CITY LOAN AND GUARANTEE PROGRAM
BALTIMORE, MARYLAND
January 2, 1986
NOTICE OF LETTING

Sealed bids or proposals, in duplicate, addressed to The Board of Estimates of the Mayor and City Council of Baltimore, and marked "Proposal for Package No. 4 - reconstruction of 418 E. Baltimore Street for the Trustees' Contract," will be received at the Office of the Comptroller, Room 204, City Hall, Baltimore, Maryland until Wednesday, January 29, 1986 at 11:00 o'clock a.m., Eastern Standard Time (positively no bids received after 11:00 o'clock a.m.). At 12:00 o'clock noon on said date they will be publicly opened by the Board of Estimates in Room 215 in said City Hall. The bids shall be recieved by the Trustees for City Loan and Guarantee Program who shall make a recommendation to the Board of Estimates of the Mayor and City Council of Baltimore for final award.

The proposed Contract Documents, include general forms and conditions, specifications and the Detailed Scope of Work, and may be examined, without charge, at the office of:

BCI CONTRACTORS, INC.
Gay and Fayette Streets
Baltimore, Maryland 21202
Attn: Mike Hoglund

Necessary copies of the Contract Documents may be obtained on payment of One Hundred Dollars ($100.00), for each copy, which payment shall be by check and will not be refunded. **CASH WILL NOT BE ACCEPTED.** Said check shall be made payable to the "Trustees for City Loan and Guarantee Program."

The proposed Contract Documents do refer to selected documents from Trustees' Contract including Addendum Nos. 1 thru 4 with BCI Contractors, Incorporated. Trustees' Contract and its Addendum Nos. 1 thru 4 may be examined, without charge at the office of BCI Contractors, Inc., at the address indicated above. The One Hundred Dollars ($100.00) charged for the proposed Contract Documents does not entitle a bidder to a copy of the Trustees Contract.

A certified Check of the Bidder or a Bank Cashier's Check or a Bank Treasurer's Check drawn upon a solvent Clearing House Bank made payable to the Trustees for City Loan and Guarantee Program or a Bid Bond executed on the form as provided in the Bid or Proposal, for an amount determined by multiplying the total Bid submitted by two percent (2%) and rounding the result to the next Highest Five Hundred Dollars ($500.00), will be required with each Bid.

The successful bidder will be required to give a Performance and a Payment Bond in the amounts called for in the specifications.

The Board of Estimates reserves the right to reject any and all Bids and/or to waive technical defects, if in its judgment, the interests of the Mayor and City Council of Baltimore or the Trustees of City Loan and Guarantee Program may so require.

Bids, when filed, shall be irrevocable.

Attention of bidders is called to the fact that not less than the minimum salaries and wages as set forth in the Contract Documents must be paid on this project and the Contractor must insure that the employees and applicants for employment are not discriminated against because of their race, creed, color, national origin, sex or religion.

Under the Baltimore City Minority Business Enterprise Program the successful bidder must comply with the goal requirements to subcontract 15 to 25 percent of the total contract to Minority Businesses.

All contractors and subcontractors desiring to bid on or subcontract for work for this Contract under the jurisdiction of the City of Baltimore and whose bid or contract will be $25,000 or more will be required to be prequalified for the work categories involved. This process is carried out by the Contractors Qualification Committee of the City of Baltimore, 1105 Municipal Building, 200 North Holliday Street, Baltimore, Maryland 21202.

Baltimore City hereby notifies all bidders that it will affirmatively insure that in any contract entered into pursuant to this advertisement, Minority Business Enterprise will be afforded full opportunity to submit bids in response to this invitation and will not be discriminated against on the grounds of race, color or national origin in consideration for an award.

The work shall be executed in accordance with the specifications and drawings and as directed by the Trustees for City Loan and Guarantee Program. The work to be done under this Contract consists of Reconstruction of 418 E. Baltimore Street, Baltimore, Maryland 21202.

The Contract shall be awarded to the responsible bidder submitting the lowest bid (including acceptable alternates) determined to be in the best interest of the Trustees, the Board of Estimates, and the City of Baltimore. Every bidder is encouraged to bid the voluntary alternate(s). Any cost saving proposed that, in the opinion of the Trustees, does not materially alter the project may be proposed by any bidder. Each voluntary alternate will be evaluated by the Trustees with the Board of Estimates having the final authority to accept or reject each voluntary alternate. The bidder understands that the method of bidding reflecting the savings from acceptable voluntary alternate is for the purpose of arriving at the lowest cost for this particular project and, therefore, the bidder (to the maximum extent permitted by law) waives any right it might have to contest the award of the Contract due to the method of bidding voluntary alternates.

APPROVED BY BOARD OF ESTIMATES
Hyman Aaron Pressman
Secretary to the Board
January 8, 1986
APPROVED AS TO FORM AND LEGAL SUFFICIENCY
Martin Welch, Assistant
City Solicitor
January 2, 1986

APPROVED:
TRUSTEES FOR CITY LOAN AND GUARANTEE PROGRAM AND BOARD OF ESTIMATES
Charles L. Benton, Trustee
January 7, 1986
Frank Baker, Jr., Trustee
January 7, 1986

Legal Notices

JANUARY 14 1986
CITY OF BALTIMORE
BUREAU OF PURCHASES
Sealed Proposals addressed to the Board of Estimates of Baltimore City Office of City Comptroller, Rm. 204 City Hall 100 N. Holliday Street to supply the following items and/or services will be received until but no later than 11:00 A.M. local time on the following date(s).

FEBRUARY 5, 1986
MOBILE TAPE TRACKING SYSTEM INSTALLATION AT 2ND FL OF 401 E. FAYETTE ST. BP 22486. RENOVATION OF LANVALE TOWERS SWIMMING POOL BP 22586. CHEMICALS BP 86296. LIBRARY BINDING BP - 86297

FEBRUARY 13, 1986
JANITORIAL SUPPLIES BP 86295. FIRE HYDRANTS BP 86298

Such proposals must be submitted on and meet all the requirements of the individual bid documents which may be obtained from the Office of the City Purchasing Agent 111 N. Calvert Street, Baltimore, Md. 21202. Bid Check or Annual Bid Bond coverage will be required. All Bids, when filed, shall be irrevocable. Successful bidders will provide the required performance bonds.

L. ARTHUR FOURNIER
CITY PURCHASING AGENT

ATTENTION - MINORITY SUB-CONTRACTORS & SUPPLIERS
ROY KIRBY & SONS, INC.,
2513 N. Charles Street, Balto. Md. 366-1050 is soliciting quotes on all subcontract and purchase items for the FACILITIES FOR SCIENCE, MATHEMATICS & HOME ECONOMICS at Morgan State University for the State of Maryland, Department of General Services. BID DUE January 28, 1986 at 2 p.m. Plans and specifications available for review at our office.

PUBLIC NOTICE

The League for the Handicapped is currently accepting bids from Contractors for heat compression, conversions and energy conservation work in same area. For further information contact: The League for the Handicapped, 1111 E. Coldspring Lane, Baltimore, Maryland 21239. All bids must be submitted February 28.
E.O.E.

WASHINGTON SUBURBAN SANITARY COMMISSION
INVITATION TO BID
CONTRACT NO. 82AW/S3433-8
WATER MAIN AND SEWER CONSTRUCTION

Description of Project: Construction of approximately 1020 feet of 4-inch, 370 feet of 6-inch, 285 feet of 8-inch, 470 feet of 10-inch water main, 2080 feet of 8-inch sewer, 1860 feet of 1-inch water house connections and 935 feet of 4-inch sewer house connections in Wexhall Lane and Various Streets, to serve Silverwood Subdivision (Part 2), Colesville Election District No. 5, Montgomery County, Maryland.

Sealed bids for construction of the Project will be received in the Bid Room, Phair Office Park, 8103 Sandy Spring Road, Laurel, Maryland then publicly opened and read on January 28, 1986 at 10:15 a.m.

Copies of the documents may be examined at the Commission's Contract/Technical Services Section, Phair Office Park, 8103 Sandy Spring Road, Laurel, Maryland, Phone 441-4150.

Documents will be available January 13, 1986 at a price of $10.00 per set, non-refundable. Only check or money order accepted.

An obligation to participate in the WSSC Mandatory Minority Business Enterprise Program as described in the Information for Bidders is required for bids $75,000.00 or more.

WASHINGTON SUBURBAN SANITARY COMMISSION
INVITATION TO BID
CONTRACT NO. 85AW6316-A
WATER MAIN CONSTRUCTION

Description of Project: Construction of approximately 10 feet of 6-inch, 10 feet of 8-inch, 295 feet of 10-inch water main, 120 feet of 1½-inch and 2-inch water house connections and 85 feet of 4-inch and 6-inch sewer house connections in East Cedar Avenue, Gaithersburg, Gaithersburg Election District No. 9, Montgomery County, Maryland.

Sealed bids for construction of the Project will be received in the Bid Room, Phair Office Park, 8103 Sandy Spring Road, Laurel, Maryland then publicly opened and read on January 28, 1986 at 10:30 a.m.

Copies of the documents may be examined at the Commission's Contract/Technical Services Section, Phair Office Park, 8103 Sandy Spring Road, Laurel, Maryland, Phone 441-4150.

Documents will be available January 13, 1986 at a price of $10.00 per set, non-refundable. Only check or money order accepted.

An obligation to participate in the WSSC Mandatory Minority Business Enterprise Program as described in the Information for Bidders is required for bids $75,000.00 or more.

The Maryland-National Capital Park and Planning Commission (M-NCPPC) (Montgomery/Prince George's County) hereby invites sealed expressions of interest from interested parties for: **EOI 86-12-A-224, Consultant for Trip Generation Study** in accordance with plans and specifications to be furnished by the Purchasing Division, of the M-NCPPC, Rm. 112, 6609 Riggs Road, Hyattsville, Maryland 20782, on or after Monday, January 13, 1986. There will be no charge for the plans and specifications. Each expression of interest must be submitted to the Commission's Purchasing Office at the above address. Expressions of Interest must be received BEFORE 3:00 P.M. EST, on Friday, January 31, 1986. In the event the Commission offices are closed or there is a delay in the normal starting time, due to weather or other contingencies, the expression of interest will be accepted until 9:30 A.M. on the first full Commission business day following the designated closing date. Questions regarding this expression of interest may be directed to, Richard Hawthorne at (301) 495-4525. All submitted expressions of interest and associated documents will become the property of the M-NCPPC and will be considered public information.

By Thomas H. Countee, Jr., Executive Director
The M-NCPPC is an E.O.E. with special procurement rules for Minorities, Females, and the Disabled, in addition to prohibitions to doing business with companies which invest in or do business in the Republic of South Africa or Namibia.

WASHINGTON SUBURBAN SANITARY COMMISSION
INVITATION TO BID
CONTRACT NO. 86AC6830-A.
SITE SPECIFIC WATER AND SEWER HOUSE CONNECTION CONSTRUCTION

Description of Project: Construction of approximately 90 feet of 1-inch water house connections and 170 feet of 4-inch sewer house connections in Various Locations in Prince George's County, Maryland.

Sealed bids for construction of the Project will be received in the Bid Room, Phair Office Park, 8103 Sandy Spring Road, Laurel, Maryland then publicly opened and read on January 28, 1986 at 10:00 a.m.

Copies of the documents may be examined at the Commission's Contract/Technical Services Section, Phair Office Park, 8103 Sandy Spring Road, Laurel, Maryland, Phone 441-4150.

Documents will be available January 13, 1986 at a price of $10.00 per set, non-refundable. Only check or money order accepted.

An obligation to participate in the WSSC Mandatory Minority Business Enterprise Program as described in the Information for Bidders is required for bids $75,000.00 or more.

WASHINGTON SUBURBAN SANITARY COMMISSION
INVITATION TO BID
CONTRACT NO. 86HI6728-X
CLEANING AND LINING WATER MAINS

Description of Project: Clean and line approximately 4,250 feet of 6-inch, 6,540 feet of 8-inch, 2,270 feet of 10-inch and 5,280 feet of 12-inch diameter water main in the Rock Creek Area of Montgomery County, Maryland.

Sealed bids for construction of the Project will be received in the Bid Room, Phair Office Park, 8103 Sandy Spring Road, Laurel, Maryland then publicly opened and read on January 28, 1986 at 10:45 a.m.

Copies of the documents may be examined at the Commission's Contract/Technical Services Section, Phair Office Park, 8103 Sandy Spring Road, Laurel, Maryland, Phone 441-4150.

Documents will be available January 13, 1986 at a price of $10.00 per set, non-refundable. Only check or money order accepted.

An obligation to participate in the WSSC Mandatory Minority Business Enterprise Program as described in the Information for Bidders is required for bids $75,000.00 or more.

NOTICE TO CONTRACTORS

Sealed proposals, addressed to Anne Arundel County, Proposal No. 1977-G, for construction of the Annapolis Area Library Addition, for the Department of Public Works will be received until 10:00 A.M. local Time, Wednesday, February 5, 1986 at the office of the Purchasing Agent, 3rd Floor, Arundel Center, Northwest and Calvert Streets, Annapolis, Maryland, after which they will be publicly opened and read in the County Council Chambers, 1st Floor, Arundel Center.

Proposed work involves the construction of an approximately 2,100 square foot, one story addition to the existing Annapolis Area Library on West Street in Annapolis, Anne Arundel County, Maryland.

Plans, Specifications and Contract Documents may be examined at the offices of the Department to Public Works, 1 Harry S. Truman Parkway, Annapolis, Maryland 21401. (401) 224-7055. Two sets of Plans, Specifications and Contract Documents per bidder may be purchased upon receipt of $40.00 per set on or after January 6, 1986.

Each bidder will be required to submit with his bid a bond, a certified check or a cashier's check in the amount of (5%) five percent of the base bid submitted. No bids may be withdrawn for a period of sixty (60) days after the scheduled closing time for receipt of bids; however, the right is reserved to reject any and all bids and to waive informalities.

Bidder's attention is directed to the Pre-bid conference date of January 23, 1986 at 10:00 A.M. Local Time to be held at the Department of Public Works Conference Room.

James F. Ryan
Anne Arundel County
Purchasing Agent

Without you, there's no Way.
WE PUT THE MONEY TO WORK.

Lose Weight Now!

By Dr. Charles W. Faulkner

If only I had lost that weight like I promised myself I would, my figure would be trim just like I wanted to be."

"You just wait. Next year, I'm really going to be serious about my diet. I am going to be extremely careful about what I eat."

"After Christmas, I'll start losing weight so that I can be slender for the spring. I know that I said the same thing last year, and the year before that, and the previous year. But this time I mean it."

Sounds familiar? Does this sound like anything you have said? What will you say next year at this time? Will it be another empty promise like this year? Or, are you really, really serious this time?

Do you want to be slender and trim by next Spring? Want to lose weight before the nice weather returns? And do you want to, finally, keep that promise to give yourself the body you will be proud of? Now is the time to do it - or at least to get started. Actually, it would have been nice to have started before Thanksgiving.

Many people probably think it's silly to start losing weight now for next spring. Most people want to wait until Thanksgiving and the Christmas holidays pass before they begin their weight loss "promise" (I mean program). Most people want to gouge themselves with delicious, fattening foods during the holidays, and add pounds of unattractive excess weight before begnning to lose weight.

Remember last year? You promised you were "going to splurge just one more time" before the year ended and you were going to "really" keep your life-long promise to "finally" lose weight. Remember what happened? You gained 20 extra pounds during your "one last splurge of the year" (The splurge lasted from Thanksgiving to New Year's day). And you are still trying to lose that extra weight you gained.

But here you are, making the same promise again. Who are you fooling? Are you serious this time? Wouldn't it make more sense to start your weight control program now? At this very minute. Not tomorrow or next week. But right now.

Imagine how terrific your body will look when you control the food you consume, refrain from stuffing yourself, get some exercise (if only walking everyday(and stick to it until you weigh what you want to weigh and look the way you want to look. Imagine how your body will look if you continue to stuff yourself through Christmas holidays and add unsightly flab. Which picture do you like, the trim one or the fat one?

You can give your self the figure you want. What a great Christmas present next year!

What is the first thing that you should do? Make the serious decision to begin your weight loss program and stick to it. Don't begin the program until you are serious. Then answer these questions: How much weight do you want to lose, how soon do you want to lose it, and are you prepared to make the necessary sacrifice? If you want to lose one pound a week, cut your dessert in half. If you want to lose five pounds each week, the sacrifice is greater, as are the health precautions you must take. You make the decision and I will give you some tips, next week, that will help you to reach your goal.

Childwatch

Involving parents in prevention

By Marian Wright Edelman

When she is asked what is the single most important key to preventing pregnancy among teens, Sharon Lovick answers immediately: "their parents." In her work on this issue with a health clinic for teens and as Director of the Support Center for School-Based Clinics of the Center for Population Options, Lovick has seen first-hand that parents must be involved in teen pregnancy prevention efforts in order for them to succeed.

A variety of groups now working on teen pregnancy prevention — national and local, public and private — agree with this view, and are now working to make parents an active part of their programs — with encouraging results.

For example, the Girls Club of America have designed a special mother-daughter workshop for 12-14 years olds. A small group of mothers and daughters meet for an hour each week for six weeks to learn together about human growth and development and to discuss their feelings about sexuality, parenthood, and personal values. Topics that are raised include such common concerns as peer pressure and the influence of advertising in forming sexual views and values.

An innovative pregnancy prevention project located in the Harlem community in New York enrolls both parents (and sometimes grandparents too) and teens in a comprehensive program. Both parents and teens learn about family life and sex education. The youngsters also get information about career options, and access to medical services and community resources such as recreation and the performing arts.

The results thus far have been promising. According to the program's director, Michael A. Carrera, a professor of health sciences at Hunter College, not a single teenager among the 25 girls involved in the project has become pregnant since it began last February.

The National PTA, Young Women's Christians Association affiliates, the National Black Women's Health Network and many churches are among the many other groups which have set up programs designed to help parents and children to learn and talk about these issues.

But a great deal more needs to be done. Surveys show that many parents of teenagers still do not discuss these issues with their children. Both teens and their parents often believe popular myths about matters of teen sexuality and parenthood.

Lack of communication is a major barrier between many teens and parents — on these issues and many others. As a mother of three boys, I know that it can be hard to know how to talk to your teen, and what to say. I also know that unclear communication can do more harm than good.

But parents can not get help in bridging this gap. Urge your church or local branch of one of the groups listed above to set up a parent-child program in your community. There are now a range of different programs available to the public. Take advantage of these resources to help you — and your neighbors and friends — open effective communication with your teens. It is worth it.

Tips from Social Security

People who receive SSI must report income changes

People who receive supplemental security income (SSI) are responsible for reporting any event that could affect their right to payments or the payment amount, Velma Seabrooks, Social Security manager in Baltimore, said recently.

SSI payments are made to people 65 or older or blind or disabled who have little income and who do not own much in the way of property.

It is important that any change in a person's situation be reported promptly, Mrs. Seabrooks said. This way the payment rate can be adjusted quickly so the person is not inconvenienced.

People getting SSI can make their report in person, by mail or by telephone. But no matter how they report, they should include the person's Social Security number under which payment is made, the change being reported, the date it happened, and if the report is in writing, the person's signature and address.

Everyone getting SSI payments should report the following:

- Any move or change of address, even if checks are deposited directly into an account at a bank or other financial organization.
- If there is any change in the household; whether anyone moves into or out of the home; whether there are any changes in the amounts of money people contribute to expenses.
- If a person enters or leaves an institution.
- If a person leaves the United States.
- If a person marries or marriage ends.
- Any change in income of any person in the household.
- Any change in resources, what the person owns, including real estate, car, or other personal property, additions to savings account, or other investment.
- If a student stops or starts attending school regularly.
- Blind or disabled people should report any improvement in conditions, taking any job, and any change in earnings.

Someone should report for the person getting SSI payments if:

- A drug addict or alcoholic stops treatment.
- A person becomes unable to manage his or her own funds.
- A person dies.

More information about these reports can be obtained at any Social Security office. The telephone number is 876-6450. The people there will be glad to answer any questions.

Conduct SSA business over the phone

Many people in the Baltimore area do not seem to be aware that they can take care of a great deal of their business with Social Security over the telephone, Velma Seabrooks, Social Security manager in Baltimore, said recently.

The best time to call Social Security is after the middle of the month. That is because the first part of the month is usually very busy time. Of course, Mrs. Seabrooks said, if a person has urgent business, he or she should call at any time.

The telephone can be used to:

- Start an application for Social Security or supplemental security income payments. After the phone call, the application can be completed by mail.
- Apply for Medicare.
- Find out how to change name or address in Social Security records.
- Report a change in marital status.
- Report starting or stopping work.
- Report a lost or stolen check or delayed payment.
- Find out how to apply for a Social Security number.
- Find out how to replace a lost Social Security or Medicare card.
- Get help in completing Medicare claims forever.
- Get information about direct deposit of checks.
- Request a statement of Social Security earnings.
- Get help in having claims decisions reveiwed.
- Ask any question about Social Security or to get a free publication.

For quick service telephone: 876-6450 (Baltimore area); 531-5142 (Columbia area).

Direct deposit saves

People receiving Social Security checks in the Baltimore area can have them deposited directly into a checking or savings account at a financial institution of their choice, Velma Seabrooks, Social Security manager in Baltimore, said recently.

Direct deposit has several advantages, Velma said, including:

- No worry about a check being lost.
- No worry about a check lying in the mailbox when away from home.
- Savings in time and transportation and no standing in line to cash or deposit check.
- Money in an account is safer than carrying cash.
- A person can deal with any financial institution he or she chooses, including a commercial bank, savings bank, savings and loans association, Federal or State credit union, or similar institution.

Since banking practices vary, a person should find out how the financial institution handles direct deposits whether a statement is sent, about any service charge, minimum deposits, interest rates, and special services provided.

To arrange for direct deposit, a person should complete a Form SF-1199