

PRE-NATAL

From Page 6

Per capita, Nevada ranks among the highest nationally in teen pregnancies. According to the Nevada Section of Vital Statistics, 1308 babies were born to Clark County teenagers (19 years or younger) in 1982; 72 percent white; 25 percent black and 3 percent other. Low birth weight, however, occurs at nearly twice the rate in black births as compared to white.

Cooperative Extension's knack for meeting people and needs directly, is exemplified here in Nevada. A teen mother herself, EFNEP Aide Charlotte Young is today a successful career person and mother of a healthy seven-year-old. She serves as an inspiration to

the young women she teaches.

Young described the challenges her job. "We get the most response from subjects that are hardest for the girls to identify with," she said. "Breastfeeding is generally new information and the fresh fruit and vegetable lesson is popular because they get to taste foods they've never had before."

Teaching tools are varied and creative in this program. In addition to flip charts and information sheets, aides tote along blenders to make healthful drinks and dips. Young clients get hands-on computer experience while learning to plan a balanced meal and evaluate their own diets. Video tapes take the mystery out of diaper rash or calcium.

Motivation is an important part of this program. "Just telling someone to

drink milk doesn't work," Young explained. The aide revealed her favorite trick.



EFNEP Aide, Charlotte Young, explains the diet analysis program to a teen mother-to-be.

"On the day of the calcium lesson I take a container, fill it with milk and label it 'BABY'. The girls tell me that now, when they open the refrigerator door they drink it right down," she reported with a satisfied smile.

Clients range from 11 to 19-years-old. They must qualify as low-income and are usually referred by agencies such as Operation Life and the Economic Opportunity Board (EOB). Both Young and Aide Norma Green visit an average of 60 clients on a bi-monthly basis. After careful analysis of each mother-to-be's current diet, plans are organized. Lessons cover areas like high nutrient foods; vitamins and minerals; weight gain; breastfeeding and nutritious snacks.

The goal of the program is

two-fold, according to EFNEP Coordinator Francine Bass. "We want birth weights to be significantly greater than 5 pounds, 8 ounces," she said. "And we strongly encourage breastfeeding for nutritional and economical value."

Cost effectiveness doesn't elude this program, Bass pointed out. Reducing the frequency of premature and retarded infants saves the state and county thousands of dollars each year.

Cooperative Extension sticks with these young women too.

Aides may also make referrals to other helping agencies for housing, education and job training. Bass encourages any young woman as well as other helping agency to take advantage of the program.

Call 731-3130.

CLASSIFIED ADVERTISING

ADVERTISEMENT FOR BIDS

The City of Las Vegas will receive bids at 3:00 P.M., on August 12, 1986, for the following:

BID #87.2600.1 - Hexagon Picnic Shelters - Freedom Park - Phase VII

BID #87.JUL.12 - Annual Crack Filling Sealant Contract

A bid bond, if required by the invitation to bid, shall be in the form of a bid bond, certified, or cashier's check for 5% of the bid and shall be enclosed with the proposals. All documents pertinent to this advertisement may be examined and obtained at the Office of the Purchasing and Contracts Division, 1st floor, City Hall.

CAREER OPPORTUNITIES

The Las Vegas Metropolitan Police Department is seeking career oriented individuals for Police Officer I positions. The starting salary is \$1,802--\$2,371 monthly

Officers will participate in Law Enforcement duties related to Police Patrol functions.

Minimum requirements for applying include: 21 years of age, U.S. Citizenship, high school graduate or GED certificate. Applicants must meet physical requirements of the program, have no felony convictions, and be able to deal effectively with the public.

Benefits include major medical, dental, vision, life and accidental death insurance. Retirement is paid by the Department at no cost to the employee.

Minorities and Females are encouraged to apply. Deadline for filing is September 12, at 4:00 pm.

APPLICATIONS ARE AVAILABLE AT
METRO PERSONNEL BUREAU
200 S. THIRD STREET
2ND FLOOR
LAS VEGAS, NEVADA 89101
(702) 386-3497

AFFIRMATIVE ACTION/EQUAL OPPORTUNITY
EMPLOYER

CLARK COUNTY

ASSISTANT ZONING COORDINATOR—Plans, coordinates and directs zoning projects. Directs and participates in the research, preparation and presentation of zoning ordinances and resolutions. Requires a combination of education and experience equivalent to a Master's Degree in Planning or Zoning and four (4) years of professional zoning/planning experience, including two (2) years in a supervisory capacity.

Salary: \$30,250 to \$44,000

Closing Date: August 15, 1986

Apply To: Clark County Personnel Department
225 Bridger Avenue, 9th Floor
Las Vegas, Nevada 89155
(702) 386-4565

AA/EOE/Including Handicapped

CLARK COUNTY

COMPUTER SYSTEMS PROGRAMMER I—As part of the technical support group, the Systems Programmer I provides operating system installation, maintenance and support for MVS/SP, JES2, VTAM, NCP, CICS, IDMS, VM/SP, 8100/DPCX, PDP/RSX11M and a full compliment of associated network and utility software for two IBM 4381's with a variety of attached systems and terminals. Requires a combination of education and experience equivalent to a Bachelor's Degree in Data Processing or Computer Science and two (2) years experience in computer programming.

Salary: \$28,161 to \$37,125

Closing Date: August 15, 1986

Apply To: Clark County Personnel Department
225 Bridger Avenue, 9th Floor
Las Vegas, Nevada 89155
(702) 386-4565

AA/EOE/Including Handicapped

NURSE

Tired of living in the city? Consider the beautiful, quiet coastal community of Florence. Siuslaw Care Center is looking for RN's, LPN's & CNA's who are dependable, positive people. Come join our team! 1951 East 21st Street, Florence, OR 97439. 1-(503) 997-8436

Equal Opportunity Employer



BA HA'I

877-0377

CLARK COUNTY
INVITATION TO BID
BID NO. 891-86

HARLEY-DAVIDSON MOTORCYCLE
CAPTIVE PARTS -- ANNUAL BID

Bids will be received until opening at 3 PM, August 21, 1986, in the Office of the County Director of General Services, Purchasing Division, Bridger Building, 225 Bridger Avenue, Tenth Floor, Las Vegas, Nevada 89155.

Specifications are available at the above address.

BOARD OF COMMISSIONERS
CLARK COUNTY, NEVADA
Published: Las Vegas Sentinel-Voice
August 7, 1986

CLARK COUNTY
INVITATION TO BID
BID NO. CA 558-86

SANDY VALLEY COMMUNITY
CENTER/LIBRARY

THIS PROJECT INCLUDES THE RENOVATION AND COMPLETION OF AN EXISTING 1500 SQUARE FOOT COMMUNITY CENTER BUILDING; CONSTRUCTION OF A 1645 SQUARE FOOT LIBRARY, OFFICE AREA, RESTROOM, AND HALLWAY ADDITION; AND THE DEVELOPMENT OF A PARKING LOT AND TRASH ENCLOSURE.

ESTIMATED COST: \$145,000

Prebid Conference: 10 AM, August 7, 1986. The purpose of the Conference is to review and discuss both the specifications and the County's Minority and Women-Owned Business Policy.

Bids will be received until opening at 3 PM, August 21, 1986, in the Office of the Clark County Director of General Services, Purchasing Division, Bridger Building, Tenth Floor, 225 Bridger Avenue, Las Vegas, Nevada 89155.

Specifications are available at the above address for a refundable charge of \$20. If plans and specifications are to be mailed there is a \$10 mailing charge.

BOARD OF COMMISSIONERS
CLARK COUNTY, NEVADA
Published: Las Vegas Sentinel-Voice
August 7, 1986

CLARK COUNTY
INVITATION TO BID
BID NO. 894-86

STREET LIGHTING POLES

Bids will be received until opening at 3 PM, August 28, 1986, in the Office of the County Director of General Services, Purchasing Division, Bridger Building, 225 Bridger Avenue, Tenth Floor, Las Vegas, Nevada 89155.

Specifications are available at the above address.

BOARD OF COMMISSIONERS
CLARK COUNTY, NEVADA
Published: Las Vegas Sentinel-Voice
August 7, 1986