

FOR THE LADIES...

Dishin It Out By Nona

This is my debut article as the "Homemaker Helper" in the column person. Coming into your home each week is a privilege. I will be sharing tips on lifestyles, decorating, gardening and tasty recipes.

We as a culture, generally speaking, have good foods, attractive colorful homes and fine clothes. The best quality of meats, veggies and fruits. We prepare rich gourmet food fit for a king. This way of cooking and eating came mostly from the South brought by a grandmother, mother, etc. To the Black kitchens in other parts of the country. My family is from Altheimer, Arkansas and Corith, Mississippi; however, my sisters and brothers and I are from St. Louis. So you see, the class and taste have traveled far

and wide. The German influence was prominent in the South as demonstrated by some foods and language -- i.e., pig feet and sauerkraut, pig knuckles and beans, beef and potatoes -- as well as "dis and dat" (Germans have problems pronouncing T's). So much for "dat."

The medical profession has recently discovered that our love of soul food is bad for our health, contributing to raised cholesterol levels, heart problems, high blood pressure and diabetes. It is difficult to stop eating some of our favorite foods. Consequently I have developed some recipes reducing fat and sugar content. This week's food offering is one of my favorites. I trust it will become one of yours.

Duck A La Nona

The title of this recipe is correct, unfortunately, we can't share with you its contributor -- it had "nona" name on it! This very crisp duck is served with Oriental noodles or rice, and then everyone gathers around a community hot-pot to cook individual tidbits of vegetables. You might include shrimp or chicken for the soup. The Chinese custom is to end a hearty meal with a very light soup. This one is made during dinner with the cooking of the vegetables and you benefit from all those vitamins in the stock!

Crispy Duck

1 duck (3-4 lbs.)
2 fresh green onions
2 cloves fresh garlic
1 stalk celery
1/2 green pepper
1/2 cup soy sauce
salt
pepper

Wash duck. Remove giblets. Remove excess short feathers with tweezers. Rub duck inside and out with soy sauce. Sprinkle with salt and pepper. You might omit the salt altogether since there is quite a bit of soy sauce. Cut onions, celery and green pepper into 1 inch pieces. Cut garlic in half. Place a layer of celery, then green peppers, then onions and garlic into duck's cavity. Repeat layers until cavity is filled. Place duck on a broiler pan sprayed generously with Pam for

easier cleaning later. Place uncovered duck in 350° oven, baste every half-hour with soy sauce, cook until dark, golden brown (approximately 2 1/2 hours). Serve with Oriental noodles or rice.



Nona

CLASSIFIED

Engineering Technician IV Laughlin, Nevada

Clark County Public Works is currently seeking a qualified individual to perform construction inspection and contract administration in the Laughlin, Nevada area. Requirements for employment are four (4) years of progressively more responsible and complex technical engineering and inspection work.

Salary Range: \$27,873 to \$39,699
Las Day To Apply: August 28, 1989

For an Application Package Contact:

Clark County Personnel Department
225 Bridger Avenue, Ninth Floor
Las Vegas, NV 89155
(702) 455-4565

AA/EOE/Including Handicapped

Engineering Technician I

Clark County is currently seeking a qualified individual to perform technical work in support of the Traffic Management Division of the Department of Public Works. Requirements for employment are equivalent to graduation from high school including, or supplemented by formal course work in algebra, geometry and trigonometry.

Entry Salary: \$20,368

Last Day To Apply: August 21, 1989

For An Application Package Contact:

Clark County Personnel Department
225 Bridger Avenue, Ninth Floor
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(702) 455-4565

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CLARK COUNTY
INVITATION TO BID
BID NO. 1143-89

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CHASSIS FLATBED DUMP

PREBID CONFERENCE:
9 AM, AUGUST 28, 1989

Bids will be received in the Office of the County Director of General Services, Purchasing Division, Bridger Building, 225 Bridger Avenue, Tenth Floor, Las Vegas, Nevada 89155 on September 7, 1989. Bids must be time-stamped at 3:00 PM or before, bids time-stamped at 3:01 PM or after will be returned to the bidder. Overnight Mail must use 89101 as zip code.

Specifications are available at the above address.

BOARD OF COMMISSIONERS
CLARK COUNTY, NEVADA

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August 10, 1989

LAS VEGAS METROPOLITAN
POLICE DEPARTMENT
CLARK COUNTY
INVITATION TO BID
BID NO. 1145-89

ANNUAL REQUIREMENTS CONTRACT
FOR FACTORY AMMUNITION FOR USE
IN REVOLVERS, SEMI-AUTOMATIC
PISTOLS, RIFLES AND SHOTGUNS.

PREBID CONFERENCE:
11 AM, AUGUST 11, 1989

Bid will be received in the Office of the County Director of General Services, Purchasing Division, Bridger Building, 225 Bridger Avenue, Tenth Floor, Las Vegas, Nevada 89155 on August 18, 1989. Bids must be time-stamped at 3:00 PM or before, bids time-stamped at 3:01 or after will be returned to the bidder. Overnight Mail must use 89101 as zip code.

Specifications are available at the above address.

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JACOB

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more per trainee. That's why it was unsuccessfully targeted for extinction by the Reagan Administration.

The real lesson here is that we need to invest whatever it takes to make people productive. In the long run, lower social costs and the higher taxes they'll pay over working lifetimes more than repay the investment.

So patching up the JTPA won't be enough. Congress and the Administration should turn to a more comprehensive solution to the workforce training issue.

Such a solution would begin with concentrated aid to schools serving poverty areas, so that our kids get basic skills where they're supposed to get them -- in the public schools.

It would also include guarantees of jobs and skills training to every young person -- with stipends to defray their costs, and with social and counseling services.

Such a program should have an important role for community-based organizations with a proven ability to reach disadvantaged people and train them.

No one should see the JTPA changes as the end of the road -- we need a workforce training system that's the best in the world.

Hot Pot Stock:

5 cups water
2 chicken bouillon cubes
1/2 onion
1/4 green pepper
1 piece of celery (6 inches)
garlic to taste
4 10 oz. can Swanson's chicken broth

Heat all ingredients until very hot and simmer 20 minutes. (Note: for a heartier flavored broth, omit the water and use 8 cans of broth instead of 4.) Stock is now ready for guest to cook their veggies and other items individually.

Stock Additions:

broccoli, squash, zucchini, sweet potatoes, cucumber, Chinese cabbage, bits of chicken, fish or shrimp

Guests cook each item to their own taste using long-handled forks or those wonderful long-handled mini-baskets. Food that falls off will only enhance the soup everyone is making!

Condiments:

hot Oriental powdered mustard
chopped green onions
soy sauce
hot pepper (powdered or crushed)

*Lisa Collins suggests also adding "no work wantons" -- Royal Dragon brand Chinese Dimsun -- bake per directions and pop into soup just at serving time. They're wonderful and provide fewer calories than rice or noodles.

Editors Note: The author was finally discovered and should be credited -- Nona Carroll.