

Jobs

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Inmates are performing all types of tasks that they wouldn't get the chance to do on the outside. For instance, in New Mexico, some prisoners take hotel reservations by telephone; in Ohio, prisoners are making parts for Honda; some inmates make prescription eye wear and others even test the blood of their fellow inmates for major medical firms.

These tasks are generally performed at less than minimum wage and in some cases, companies are closing plants on the outside and relocating their operations inside prison walls. And even when prisoners are paid minimum wage, in at least one instance, 80 percent of those wages are taken out by the prison for room and board and other fees. This arrangement in the nation's correctional facilities has a striking resemblance to an era and a practice we allegedly thought

had been ended by "The Great Emancipator."

With yet another crime bill being bandied around in legislative circles and the clamor to "lock 'em up" increasing, the number of workers will only grow. Just consider that 12 states and the District of Columbia incarcerate African-Americans at a rate of more than 10 times that of whites. Such figures make me think of a line from one of comedian Richard Pryor's monologues, in which he describes the justice system as being comprised of "just us."

Yes, there are jobs for African-American males in particular. These positions offer a secure working environment, medical benefits and no labor disputes. Given the growth of the corrections industry, a job could be coming to your community real soon...

George Wilson is a 16-year Capitol Hill correspondent for the American Urban Radio Network.

Beef

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content by trimming the fat off the beef. If you cut 0.4 inches of fat from four ounces of beef, you can reduce the fat content by 19 percent. You can also reduce the fat in a beef meal by using a low-fat cooking method. Low-fat cooking methods include broiling, grilling, roasting, microwaving, stir-frying and sautéing in small amounts of canola oil.

Most people have problems eating beef because they eat too much at one sitting. The body can only digest 25 to 40 grams of protein at one time. Four ounces of beef contain about 30 grams of protein. You shouldn't eat beef with starchy foods. The enzymes found in starchy foods will hinder or stop the digestion of beef. Skip the potatoes, bread, and the pasta, these foods are examples of starchy foods and will slow down digestion. You can eat the starchy foods with non-protein meal.

When buying beef make sure it doesn't have a brownish tinge. Your beef should be red in color. It should be tightly wrapped with no tears or punctures and come from the cooler part of the freezer. Be sure to check the sell by date.

You should refrigerate your beef as soon as possible. If you are going to cook your beef within two to three days just put the meat in the coolest part of your refrigerator. If you don't plan to use it right away, you should freeze it. Beef can be kept in its original packaging for two weeks in the freezer. To keep it longer you should freeze it in heavy-duty plastic freezer bags for the best results. The repackaged beef can be stored for three to four months.

Remember, beef is a good food source if you know how to include it in your diet.

Before starting your fitness program consult your physician.

Entrepreneur

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business, pay off those debts.

(5) At the same time, apply for new credit (Visa cards, installment credit) listing your business salary as your primary income source.

(6) Each time your business secures a new contract, pay yourself part of the proceeds as a commission or bonus and buy a certificate of deposit for yourself. Also use part of the proceeds to buy a certificate of deposit in the name of the business. Those certificates become assets that you can use as collateral for either personal or business credit.

If you follow these six steps, within a year's time you will have dramatically improved your credit profile. And you'll be the owner of a growing firm whose assets and income will drive your quest for financial independence.

Pierre A. Clark is a nationally-known entrepreneurship/self-employment columnist.

Education

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There is no attempt to correct the student, since that may damage the child's self-esteem.

Throwing dollars at the system isn't going to change the fact that many children aren't taught the correct spellings of words or the use of grammar. It isn't going to help those students who aren't learning basic history. (I'm appalled to report that in many high schools, history is an "elective.")

If the solution were as simple as throwing more and more dollars into the system, why are parochial schools so much more successful at educating their students at a fraction of the cost? Quite frankly, I don't know what can be done about the astronomical costs of a college education these days, other than tax credits. I do know that further institutionalization of the system, requiring more taxpayer dollars, is going to be more of a disaster than we already have on our hands.

By the way, on a related subject, the president proclaimed in the State of the Union speech that everyone should be entitled to a college education. That is a nice platitude but just not true. College is not for everyone and lowering the standards to accommodate "remedial" courses has already significantly "dumbed down" our children over the past 30 years!

CLASSIFIED ADVERTISING

LEGAL NOTICES

CLARK COUNTY, NEVADA

INVITATION TO BID BID NO. 3919-97

RANGE WASH CHANNEL IMPROVEMENTS AT NELLIS A.F.B.

THIS PROJECT CONSISTS OF APPROXIMATELY 1,400 LINEAR FEET OF CONCRETE LINED CHANNEL IMPROVEMENTS ON RANGE WASH WITHIN THE NELLIS AIR FORCE BASE GOLF COURSE. THE WORK PRIMARILY CONSISTS OF CONCRETE SLOPE PAVING, CHANNEL EXCAVATION, GRADING, CUT-OFF WALLS, DRAIN BACKFILL AND OTHER RELATED ITEMS OF WORK.

ESTIMATED COST: \$280,000.00

PREBID CONFERENCE: 11:00 a.m., March 10, 1997. The Prebid Conference will be held in the General Services Conference Room, at the address shown below. The purpose of the Prebid Conference is to review and discuss the contract documents and construction specifications.

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 April 14, 1997. Bids are time-stamped upon receipt. Bids submitted must be time-stamped no later than 2:15 p.m. on the bid opening date. Bidders and other interested parties are invited to attend the bid opening. Bids time-stamped at 2:16 p.m. or after will be returned unopened to the Bidder. Overnight Mail must use the 89106 zip code.

Specifications and drawings will be available on, March 4, 1997, at the above address for a non-refundable charge of twenty dollars (\$20.00). If specifications are to be mailed, there is an additional non-refundable charge of five dollars (\$5.00). All checks are to be made payable to the Clark County Treasurer. If paying by cash, exact change is required. Hearing impaired individuals may request specifications and obtain information by contacting TT/TDD: Relay Nevada Toll-Free (800) 326-6868.

BOARD OF COUNTY
COMMISSIONERS
CLARK COUNTY, NEVADA

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CLARK COUNTY INVITATION TO BID

CONTRACT NO. 2064

INTRATERMINAL COMMUNICATIONS COMPUTER CENTER AND CABLING

DESCRIPTION OF WORK

The Work consists of retrofitting existing office space within Terminal One with architectural, electrical, and mechanical improvements to create a Communications Computer Center; installation of the conduit system to connect this computer room to all gate podiums in concourse C, and the Terminal One information system monitors; along with installation of fiber optic cables and copper wiring to these locations as well.

PRE-BID CONFERENCE:
10:00 a.m., Monday, March 17, 1997
McCarran Airport — Terminal One
Level 5 Conference Room A

The purpose of the Conference is to review and discuss both the specifications and the County's Disadvantaged Business Enterprise policy.

Bids will be received in the Department of Aviation, 2nd Floor, McCarran International Airport, Office of Construction/Engineering, 5757 Paradise Road, Las Vegas, Nevada 89119 on Thursday, March 27, 1997. Bids must be time-stamped at 1:30 PM or before. Bids time-stamped at 1:31 PM or after will be returned to Bidder, unopened.

The Engineer's Estimate for this work is between \$1,550,000.00 and \$1,800,000.00.

Full-size and half-size sets of plans are available at the McCarran International Airport Office of Bechtel Corporation, located on Level 2, south balcony, ticketing building, between 8:00 am and 4:00 pm, Monday through Friday, phone number is (702) 261-5091, mailing address is P.O. Box 11068, Las Vegas, NV 89111-1068. Full payment must accompany orders for sets of Bid Documents. Checks shall be made payable to Department of Aviation.

Sets of Bid Documents with full-size plans may be obtained for a non-refundable cost of \$100.00 each. Overnight shipping charges are a non-refundable \$50.00.

Sets of Bid Documents, with half-size plans may be obtained for a non-refundable cost of \$50.00 each. Overnight shipping charges are a non-refundable \$30.00.

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CLASSIFIED ADVERTISING

EMPLOYMENT



Tropicana Resort & Casino

is recruiting for the following position:

Tour & Travel Manager

Join the Tropicana sales team. Minimum of two (2) years experience in same capacity. The position is wholesale oriented and the qualified candidate will have established ties in the leisure industry. Excellent oral & written communication skills. Must be enthusiastic. Must be able to travel.

Qualified applicants please apply in person:

HUMAN RESOURCES DEPARTMENT

Monday - Friday, 9:30 a.m. - 2:30 p.m.

(EXCEPT HOLIDAYS)

3801 Las Vegas Blvd. So.

Employment Hotline: 739-2473

Minorities Encouraged to Apply - Equal Opportunity Employer
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CLARK COUNTY, NEVADA

PARKS & RECREATION

AQUATICS SUMMER POSITIONS

Clark County Parks and Recreation Department is accepting applications for its Summer Aquatics Program at all County swimming pool facilities. Depending on the job, season begins in March-May and ends after Labor Day in September. Positions available are: LIFEGUARDS (35 positions), SWIMMING POOL UTILITY WORKERS (5 positions) and one UTILITY WORKER SUPERVISOR (1 position only).

REQUIREMENTS:

LIFEGUARD — Current Lifeguard Training Certification and CPR for the Professional Rescuer. WSI (Water Safety Instructor) teaching certificate highly desired. Present proof of certification at time of application. Application deadline 4/1/97. Season starts in May.

SWIMMING POOL UTILITY WORKER — Experience in pool maintenance/mechanical is preferred. Must have access to reliable transportation. Present proof of current Nevada Class C Driver's License at time of application. Application deadline 3/28/97. Season starts in April.

UTILITY WORKER SUPERVISOR — Supervisory swimming pool maintenance and mechanical experience preferred. Must be available to work 20-30 hours per week, shift includes early morning hours, evening hours and weekends. Must have access to reliable transportation. Present proof of current Nevada Class C Driver's License at time of application. Application deadline 3/14/97. Season starts in March.

ALL APPLICANTS MUST BE AT LEAST 18 YEARS OF AGE.

SALARY RANGES:

LIFEGUARDS	\$7-\$8 per hour
SWIMMING POOL UTILITY WORKERS	\$6.50 per hour
UTILITY WORKER SUPERVISOR	\$11-12 per hour

OBTAIN APPLICATIONS AT: SUNSET PARK OFFICE
2601 E. SUNSET ROAD
(Between Pecos & Eastern)
KATHY / 455-8281

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MISCELLANEOUS

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