(Continued from Page 7) blood pressure and diabetes, and preventing and treating obesity, say researchers in The DeBakey Heart Center at Baylor College of Medicine in Houston.

Eating for good health does not require large doses of supplements. The key to healthy eating is eating a wellbalanced diet that includes a variety of foods, said registered dietitian Suzanne Jaax of Baylor's Diet Modification

"Vitamins and minerals derived from foods are much beneficial than supplements, which can cause side effects," Jaax said.

#### Calcium and vitamin D essential

Adding calcium and vitamin D to the diet could help prevent osteoporosis and colorectal cancer, leading causes of disability and death

in post menopausal women.

Up to half of all post menopausal women will be affected by the disease, according to Mary Pat Bolton, a registered dietitian at Baylor College of Medicine in Houston.

"Calcium intake is crucial during childhood, adolescence, and early adulthood to help women build the densest bones possible to carry them through life," Bolton said.

The Recommended Daily Allowance (RDA) for calcium is 800 milligrams for women, which is provided by three eight-ounce glasses of milk.

After menopause, the need for calcium is even greater, Bolton said.

"Post menopausal women lose estrogen," she said. "This lack of estrogen seems to increase the breakdown of bone tissue, resulting in bone fractures.'

## **ADVERTISING** CLASSIFIED

## **EMPLOYMENT**

# **DRIVERS WANTED TO DELIVER SENTINEL-VOICE CALL 380-8100**

## CHRISTIAN KEYBOARD/PIANIST MUSICIAN

Calvary Southern Baptist Church is in need of a committed Christian Keyboard/pianist musician. He/she must be capable of reading music and transposing from cassette tape. This position is part-time. A resume must be submitted to the church office, hours are Monday through Friday 9:00 a.m. - 3:00 p.m. Contact person: June White at 649-7230. Published: Las Vegas Sentinel-Voice - 06/12/97

#### CLASSIFIED **ADVERTISING**

## **EMPLOYMENT**

CLARK COUNTY, NEVADA

## RECREATION PROGRAM LEADERS

Positions available now for RECREATION PROGRAM LEADERS for RecMobile program. RecMobile is a specially equipped van providing a mini-recreation center for children ages 5-15. LEADERS will conduct recreation activities such as games, sports, arts/crafts, and assist with special events. Previous experience in Recreation or Education working with children is highly desired. Bilingual Spanish a plus. Must be at least 18 years of age and provide proof of possession of a valid Nevada Driver's License. Must have or attend training to obtain CPR and First Aid certifications.

SALARY: \$6.00/hour

CONTACT: Darrell at 455-8217 or Kelly at 455-8272 Sunset Park Office, 2601 E. Sunset Road (off McLeod on Sunset, between Pecos and Eastern)

APPLICATION DEADLINE: Immediate need Published: LasVegas Sentinel-Voice - June 12, 1997

#### CLARK COUNTY, NEVADA

## SR. BUILDING INSPECTOR

The Clark County Building Department is currently recruiting for a permanent Sr. Building Inspector position. Performs a variety of professional, commercial, industrial, residential building and safety inspections of new and existing properties for compliance with codes and regulations. Requirements: Two (2) years of college course work in construction inspection or technology, pre-engineering or a field related to the work or completion of a recognized apprenticeship in a recognized trade and four (4) years of full-time work performing professional level building inspections. Related experience will be substituted for the college level course work or apprenticeship on a year-for-year basis. A related Bachelor's Degree may be substituted for a maximum of two years experience. Special requirements: Must possess a valid ICBO or other nationally recognized inspection certificate as a combination inspector; possession of one specialty certificate; a valid Nevada Class C driver's license.

Salary Range: \$33,739.68 to \$52,297.44 Last day to apply: Open until sufficient qualified applications are received.

CLARK COUNTY APPLICATION PACKAGE REQUIRED Clark County Human Resources Apply to:

500 S. Grand Central Pkwy. Las Vegas, NV 89155

**EOE** M/F/D

Published: LasVegas Sentinel-Voice — June 12, 1997

### CLARK COUNTY, NEVADA

## REGISTERED NURSE

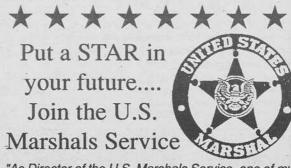
Clark County is currently seeking a Registered Nurse to perform or assist doctors in performing medical assessments on children, youth or social service clients of any age prior to placement in a group care or long-term care facility, including individuals who may be under the influence of alcohol, drugs or other substances. REQUIRES: Equivalent to graduation from an approved school of nursing and three (3) years of professional nursing experience in a clinic, hospital, or public health setting. Must be licensed as a Registered Nurse in the State of Nevada by date of hire.

Salary Range: \$33,739.68 to \$52,297.44 DOQ Last day to apply: Open until sufficient qualified applications are received.

CLARK COUNTY APPLICATION PACKAGE REQUIRED: Apply to: Clark County Human Resources Department 500 South Grand Central Parkway P.O. Box 551721 Las Vegas, Nevada 89155-1721 (702) 455-4565

EOE M/F/D Published: LasVegas Sentinel-Voice — June 12, 1997

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If interested and qualified, please fax resume to (702) 889-7384, Attn: Sharon Phalon-Smith. or mail to American Radio Systems, 6655 W. Sahara Avenue, Suite D-208, Las Vegas, NV 89102. It is the policy of American Radio Systems to provide equal employment opportunities to all qualified persons regardless of race, sex, color, national origin or religion in all terms and conditions of employment, American Radio Systems is an equal opportunity employer and we encourage women and minorities to apply. Published: Las Vegas Sentinel-Voice-06/12/97

CLARK COUNTY, NEVADA

### MAINTENANCE WORKER I / II (PUBLIC WORKS and AVIATION) (Exam #1996-0978)

Clark County is currently recruiting for MAINTENANCE WORKER I and II. Performs unskilled and semi-skilled work in the care and maintenance of facilities, buildings, roads, water and wastewater and related County and local agency areas surrounding such facilities. REQUIREMENTS: Maintenance Worker I — Equivalent to graduation from high school and one (1) year of full-time general maintenance training or experience. Maintenance Worker II - In addition to the above, one (1) year of full-time general maintenance experience specifically in the field to which assigned. Working Conditions: Work extended shifts or be called back in emergency situations. Work with exposure to potentially hazardous paints, chemicals, solvents, and sealants. Work with exposure to heavy traffic. Special Requirements: Specified positions may require possession of a valid Nevada Class C or B driver's license.

SALARY: Maintenance Worker I — \$21,261.76 to \$32,955.52 Maintenance Worker II - \$22,963.20 to \$35,592.96 Last day to apply: June 23, 1997

THIS RECRUITMENT IS LIMITED TO THE FIRST 300 FULLY COMPLETED APPLICATIONS RECEIVED.

CLARK COUNTY APPLICATION PACKAGE REQUIRED. Apply to:

Clark County Human Resources 500 S. Grand Central Parkway, Third Floor Las Vegas, NV 89155

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