

Boxing promoter's holiday turkey giveaway flies 'fowl'

Special to Sentinel-Voice

PHILADELPHIA — Don King's turkey giveaway got a little fouled up.

The gregarious boxing promoter helped hand out 2,000 frozen birds after they finally showed up Monday.

A snafu with the delivery truck forced everyone to wait more than three hours outside the Roman Catholic High School for Boys. Organizers made the wait bearable by offering free food and entertainment.

"Here I can just brush off the negative and go with the positive because people are important and they are to be uplifted, not smashed down," King said.



DON KING

Interview

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So, be calm and kind to the secretary, compliment her. Be calm, controlled and complimentary with the interviewer. But always be discrete and subtle. He or she will get the message.

Use relaxation exercises and take deep breaths to relax yourself so that you do not convey nervousness or a lack of confidence.

Notable mannerisms that nervous interviewees often display are: the inability to look the interviewer in the eye when talking, a discussion of their weaknesses rather than

their strengths, discussion of irrelevant personal issues, crossing of both arms and legs, abrupt and unfriendly responses to questions, playing with objects, touching various parts of one's own body, scratching, and biting the inside of one's lip.

Interviewers might pose situational questions by asking you how you would react to certain situations. So, practice beforehand by creating as many hypothetical problems as you can, and then solve them.

Write to Dr. Faulkner at: 5722 Green Street, Suite 302, Philadelphia, PA, 19144.

Nutrition

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A. It is recommended that mothers nurse their infants for at least 4-6 months, preferably throughout the first year. You should continue to breastfeed even after you introduce solid foods.

It is important to remember that breastfeeding, for any length of time, benefits your baby. Protective qualities lower an infant's risk to illness and lessen the severity of the symptoms should an illness occur. Those protective components continue to benefit an older baby, to some degree, for as long as he or she nurses.

Q. I have a 14-year-old son who recently decided to become a vegetarian. Should I be concerned about this health?

A. Teens need adequate amounts of protein, iron, calcium, and vitamin B-12 in their diets during the body-building years.

Protein can be found in poultry, fish, peanut butter, nuts, seeds, and dried beans.

Iron needs, usually filled by red meats, can be met with dark green vegetables, dried beans, and fruits, as well as by iron-fortified breads and cereals. Some foods rich in vitamin C, such as broccoli, are also good sources.

Calcium, important for strong bones, can be found in dairy products, dark-green leafy vegetables, sunflower seeds, and tofu processed with calcium sulfate.

Make sure your son knows there is more to

the vegetarian lifestyle than eliminating meat. Often professional guidance or reading will help kids select the proper number of servings from milk products, eggs, plant protein, including nuts and legumes, cereals and bread, whole grains, fruits, and vegetables.

Q. I have read that beta carotene is important to your diet. What is it, and where is it found?

A. Beta carotene is a naturally occurring substance found in plants. Our bodies convert it into vitamin A. Vitamins are essential for vision, growth, and a healthy immune system. In addition, vitamin A is thought to protect against certain cancers.

Beta carotene can be found in carrots, pumpkin, winter squash, sweet potatoes, tomatoes, greens, apricots, and cantaloupe.

The USDA's Food Guide Pyramid recommends 3-5 servings of vegetables and two to four servings of fruit daily.

Excessive amounts of vitamin A can be toxic. Before taking supplements, check with your physician.

If you have a question about children's nutrition send it to: Kids' Nutrition Q & A, USDA/ARS Children's Nutrition Research Center, Baylor College of Medicine, One Baylor Plaza, Room 176B, Houston, Texas 77030. Individual responses are not possible, but selected questions will be answered in this column.

can more accurately track your progress and project future profits. However, keep in mind that this amount will fluctuate throughout the life of your business, so tabulate your break-even point regularly.

Step 5: Develop Plan "B": Smart entrepreneurs develop "what if" statements that offer solutions to potential problems that may impact the business. You should demonstrate to potential lenders how you plan to manage unforeseen difficulties in your business.

Profit

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receivables or equipment, your business is technically insolvent. When developing your cash flow needs, be sure to anticipate holidays and other seasonal events that may impact your business.

Step 4: Determine your break-even point. Your break-even point is the minimum amount of money you need to operate your business each month. Any amount above that will result in profit.

By identifying your break-even point, you

CLASSIFIED ADVERTISING

LEGAL NOTICES

CITY OF LAS VEGAS

INVITATION TO BID
 BID NO. 97.7244.22-RH
 REVISED

BONANZA/MOJAVE WATER RESOURCE CENTER

SCOPE OF WORK: This Contract consists of the construction of a 1.0 mgd water reclamation facility; reuse water pipeline to Freedom Park and the Desert Pines Golf Course, and reuse storage pond and irrigation pump station at Freedom Park. The Work is generally located north of Bonanza Road and east of Mojave Road on the OWNER's site due south of and in Freedom Park in Las Vegas.

Estimated monetary value of the project is: \$5,000,000 to \$6,000,000.

PRE-BID CONFERENCE: Will be held on January 8, 1998, at 9:00 a.m. in the Purchasing and Contracts Division Conference Room, First Floor, City Hall Complex, 400 East Stewart Avenue. The purpose of this conference is to discuss the specifications and any prospective bidders' concerns and the City of Las Vegas' Minority, Women-Owned and Disabled Veterans' Business Enterprise Policy.

BID OPENING: All bids must be received in the office of the City Clerk, First Floor, City Hall Complex, 400 East Stewart Avenue, Las Vegas, NV 89101-2986, prior to 3:00 p.m., on January 27, 1998. Bids stamped after the designated time, will be returned to the Bidder unopened. Bids will be publicly opened and read aloud, immediately after the established closing time and date, in the Office of the Purchasing and Contracts Division, First Floor, City Hall Complex.

DOCUMENTS CAN BE OBTAINED: Bid documents will be available on December 24, 1997, and may be obtained at the Office of Purchasing and Contracts Division, 400 East Stewart Avenue, Las Vegas, NV 89101, for a non-refundable charge of \$100.00 for full sets and for a non-refundable charge of \$60.00 for half size sets. If documents are to be mailed, there will be a \$17.00 postage and handling fee. Checks are to be made payable to City Treasurer, City of Las Vegas. Any questions regarding this solicitation should be referred to Robert L. Crutchfield Sr. at (702) 229-6231. Any questions regarding the Technical Specifications should be directed to Ben Emerson, Montgomery Watson, (702) 878-8010.

Prospective bidders are hereby notified that this Invitation to Bid and all related bidding documents will be made available on a Telecommunication Device for the Deaf (TDD) or in an alternate format (audio or Braille) upon request to the Purchasing and Contracts Division, Telephone Number (702) 229-6231 or (702) 386-9108 (TDD).

FOR COMPLETE INFORMATION OF FUTURE FORMAL BIDS AND QUOTATIONS, CALL THE BID HOTLINE AT 383-0889.

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BIDS WANTED FOR HIGHWAY IMPROVEMENT NOTICE TO CONTRACTORS CONTRACT NO. 2853

Sealed proposals will be received by the Director of the Department of Transportation of the Las Vegas Headquarters, 123 East Washington Avenue, Las Vegas, Nevada 89101, until and opened at 1:30 p.m., local time, on February 12, 1998 for Contract No. 2853, Project No. STP-015-1(104)46, construction of a portion of the Interstate Highway System on I-15 at Cheyenne Interchange in Las Vegas, Clark County, a length of 3.3 kilometers. D.B.E. information shall be submitted no later than the time of opening of proposals as specified above.

SPECIFIC DESCRIPTION OF WORK COVERED BY THIS CONTRACT CONSISTS OF: DEMOLISHING AND REMOVING EXISTING I-15 AND UPRR STRUCTURES, CONSTRUCTING NEW INTERCHANGE AND WIDENING AND RECONSTRUCTING CHEYENNE AVENUE BETWEEN LOSEE ROAD AND CIVIC CENTER DRIVE. PLACING WATER AND SEWER LINES, AND DRAINAGE IMPROVEMENTS.

Plans and specifications may be examined and purchased at the office of the undersigned. Non-bidding documents may also be examined or purchased at the Department of Transportation District Offices in Sparks and Las Vegas, Nevada. Plans, form of proposal, contract and specifications may be secured by prequalified bidders through the office of the undersigned. A fee of Twenty-Five Dollars (\$25.00) is required for the purchase of each copy of the plans with proposal form. Plans, proposal form and specifications obtained on this basis are non-refundable and no refund will be made. Bids must be on the proposal form of the Department of Transportation and must be accompanied by a bid bond, a certified check, a cashier's check, or cash in the amount of five percent (5%) of bid.

Right is reserved to reject any or all bids, or to accept the bid deemed best for the interest of the State of Nevada.

Contractors desiring to bid on this work, if not already qualified under the State Law, shall file with the Department of Transportation at Carson City, Nevada, not later than five (5) days prior to the date for opening of bids, a complete application for qualification on form furnished by the Department.

The minimum wage to be paid on this contract shall be as determined by the Secretary of Labor or the State Labor Commissioner and are set forth in the contract documents.

The attention of bidders is directed to the State Contractor's License Law requirement (NRS 624 as amended to date), that a contractor hold a valid license of a class corresponding to the work to be done. Requests for license may be directed to the Secretary of the State Contractor's Board, 70 Linden Avenue, Reno, Nevada 89502.

This is a Federal-aid project and as such, any contractor otherwise qualified by the State of Nevada to perform such work, is not required to be licensed nor to submit application for license in advance of submitting a bid or having such bid considered; provided, however, that such exemption does not constitute a waiver of the State's right under its license laws to require a contractor, determined to be a successful bidder, to be licensed to do business in the State of Nevada in connection with the award of a contract to him.

The State of Nevada Department of Transportation will on its own initiative, take affirmative action, including the imposition of contract sanctions and the initiation of appropriate legal proceedings under any applicable State or Federal law to achieve equal employment opportunity on Federal-aid Highway Projects and will actively cooperate with the Federal Highway Administration in all investigations and enforcement actions undertaken by the Federal Highway Administration. In conjunction with the above statement, the Department of Transportation will not issue plans to an irresponsible bidder. Subsection (B) of the section 112 of Title 23 United States Code has been amended by adding at the end thereof, the following: "Contracts for the construction of each project shall be awarded only on the basis of the lowest responsive bid submitted by a bidder meeting established criteria of responsibility". THOMAS E. STEPHENS, P.E., DIRECTOR
 Department of Transportation
 Carson City, Nevada 89712
 Published: Las Vegas Sentinel-Voice — 12/25/97

CLARK COUNTY, NEVADA

INVITATION TO BID
 BID NO. 4106-97

SOUTHERN SEGMENT, LAS VEGAS BELTWAY, SECTION 4, GREEN VALLEY PARKWAY TO U.S. 95

NEVADA STATE LABOR COMMISSION
 PWP# 1998-196

SCOPE OF WORK: THIS PROJECT PROVIDES FOR THE CONSTRUCTION OF APPROXIMATELY TWO (2) MILES OF FULLY IMPROVED MAINLINE FREEWAY, WIDENING AND OVERLAY OF APPROXIMATELY 1.0 MILE OF LAKE MEAD DRIVE (STATE ROUTE 146), COMPLETION OF THE VALLE VERDE DRIVE INTERCHANGE, CONSTRUCTION OF THE ARROYO GRANDE BOULEVARD GRADE SEPARATION BRIDGE STRUCTURE, CONSTRUCTION OF THE STEPHANIE STREET DIAMOND INTERCHANGE AND BRIDGE STRUCTURE, 1/2 MILE OF STEPHANIE STREET AND 1/4 MILE OF GIBSON ROAD. IMPROVEMENTS GENERALLY CONSIST OF: CONCRETE AND ASPHALT PAVEMENT, COLD PLANING, BRIDGE STRUCTURES, STORM DRAINS AND CULVERTS, CONCRETE CHANNELS, EARTHWORK EXCAVATION, EMBANKMENT AND HAULING, GRADING AND DRAINAGE WORK, PERMANENT AND TEMPORARY BARRIER RAIL, CONCRETE SOUND WALLS AND RETAINING WALLS, CURB AND GUTTER, SIDEWALK, UTILITY ADJUSTMENT AND RELOCATION, LIGHTING, SIGNAGE AND SIGN STRUCTURES, PAVEMENT STRIPING, PERMANENT AND TEMPORARY TRAFFIC SIGNAL SYSTEMS, TRAFFIC DETOURS, AND FENCES.

ESTIMATED COST: \$28,500,000.00
 PREBID CONFERENCE: 1:00 p.m., January 7, 1998. The Prebid Conference will be held in the General Services Gold 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 January 29, 1998. 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 December 22, 1997, at the above address for a non-refundable charge of seventy-five dollars (\$75.00) for half sized drawings and one hundred twenty-five dollars (\$125.00) for full size drawings. If specifications are to be mailed, Bidders may have the mailing expedited by providing with their check the name of the express mail carrier with account number to be charged. If not specified, the documents shall be mailed via United States Parcel Service ground with a non-refundable charge of fifteen dollars (\$15.00) for half size drawings and twenty-five dollars (\$25.00) for full size drawings. 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 TTT/DD: Relay Nevada Toll-Free (800) 326-6868.

BOARD OF COUNTY COMMISSIONERS
 CLARK COUNTY, NEVADA
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