



Save Money Following Simple Energy Tips

Provided By NV Energy

No Cost Tips

These simple steps don't cost a thing, but can potentially save you 10-25 percent on your monthly energy bill:

- Keep the thermostat at 78-80 degrees when people are in the building, 85 degrees at night and on weekends during the cooling season. In the heating season, keep the temperature at 68 degrees when people occupy the building, 55-60 degrees at night and on weekends.
- Turn down the water heater to 120 degrees.
- Make sure outdoor lighting is turned off during the day.
- Don't use screen savers - they prevent CPUs and monitors from going into power-saver mode.
- Make sure equipment is turned off overnight and weekends. Use the energy saving feature on printers, monitors, copiers, and com-



puters if the option is available.

- Make double-sided copies whenever possible.
- Allow your workers to wear comfortable clothing during hot weather. It makes little sense to keep a room cold enough that workers must wear suits and coats.
- To save energy, keep exterior and freight doors closed as much as possible.
- Make sure that bulbs, fixtures, lenses, lamps and reflective surfaces are cleaned regularly. By removing grease, dust and other dirt, you can increase the output of your lights.
- Remove under desk space

heaters.

Low Cost Tips

There are plenty of low-cost, easy to do projects or steps you can do to save another 10-25 percent on your energy bill:

- Repair any leaky faucets promptly.
- Plant trees on south and west sides of the building.
- Use ceiling fans to keep the air moving. They can make it feel at least four degrees cooler.
- Install low-flow showerheads in any on-site shower facilities.
- Faucet aerators should be installed in restrooms.
- Install low-water-use dishwashing equipment if a cafeteria is located on site.
- Make sure doors to the outside have enough weather stripping.
- Caulk windows.
- Use drapes, shutters, or window film to prevent heat loss and heat gain.
- Change the furnace filters

monthly.

- Replace existing exit signs with more efficient LED exit signs.
- Install a programmable thermostat. Consider a locking cover over the thermostat to avoid having employees change temperature settings.
- Insulate water heaters and supply pipes.
- If there is a cafeteria in your building, consider replacing broilers with smooth or grooved griddles... your energy consumption will be significantly reduced.
- Use insulated night covers on display cases.

For more information, go to the NV Energy website at: www.nvenergy.com

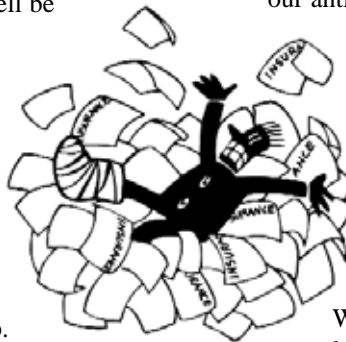
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False Workers Comp Claims Cost Contractors In Long Run

By Brian Kunzi,
Director, Workers' Compensation Fraud Unit

A growing roadblock to alleviating fraud could well be our growing tolerance for all forms of insurance fraud. On some level, most of us realize that any form of insurance fraud costs us something, but as a group we are beginning to minimize the problem or at least our concerns for the problem.

The annual cost of insurance fraud is estimated to be \$80 billion a year. When a workers' compensation carrier or self-insured employer pays a fraudulent claim, the cost of doing business for everyone goes up. We would pay less for insurance if we reduced the amount of premium fraud committed by employers, or if we recovered into the system the lost premiums not paid by employers that fail to provide workers' compensation. Shockingly many Americans do not



seem to care.

A recent study commissioned by the Coalition Against Insurance Fraud (http://www.insurancefraud.org/80_billion.htm) highlights our anti-fraud challenges...

The percentage of people who think it is fraudulent to file a claim for damages that actually occurred before coverage was obtained is down from 91 to 84 percent. Those that believe misrepresenting the facts of an incident to be paid for an uncovered loss is fraudulent have dropped from 92 to 84 percent...

Eighty billion dollars flushed away paying for someone else's fraud. What could we do with that money? The coalition puts that figure into perspective: We could build 293,000 new homes. We could pay for nearly half of all prescription drugs bought by Americans each year. We could pay the annual salaries of 2.2 million American workers or pay tuition for more than 15.5 million public

(See False Claims, Next Page)

False Workers Comp Claims Cost Contractors In Long Run

(Continued from Page 1)

university students...

As an industry, we need to seize every opportunity to stress the anti-fraud message...

Anyone suspecting this type of fraud or any fraud associated with workers' compensation should contact the Attorney General's fraud

hotline at: 1-800-266-8688. Other information about detecting workers' compensation fraud is also available on our website:

<http://ag.state.nv.us/org/bcj/wcfu/wcfu.htm>

Bid Opportunities

Clark County

Flamingo Arroyo Trail Phase 2

Bid #601468

Pre-bid Conference will be on March 18, 2009, at 10 a.m.

County of Nye

Demolition and Abatement of the Calvada "Eye" Buildings

RFP #2009-07/PWP #NY-2009-254

Mandatory pre-bid site meeting will be on March 24, 2009, at 10a.m. Bid packages may be examined and copies obtained by contacting the Nye County Purchasing Dept, 101 Radar Rd, Tonopah, Nevada 89049, or by calling: (775) 482-7256.

Housing Authority of the City of Las Vegas

Roof Evaluation Services

RFP # P09003

For further information call Amparo Gamazo, Development/Modernization Director, (702) 922-6071.

McCarran International Airport

Demolition of Properties

ITB #2336

Pre-bid conference March 18, 2009, 10 a.m., Dept. of Aviation, Office of Construction and Engineering 1845 E. Russell Rd, Conference Room 3A, Las Vegas, NV 89119.

Bureau of Reclamation, Lower Colorado Region

Generator Bearing Cooling Coil

Solicitation Number: 09SQ301130

Response Date: 03-27-09

<https://www.fbo.gov/spg/DOI/BR/BR/09SQ301130/listing.html>

Nellis AFB

Multiple Award Construction Contract (MACC)

Solicitation Number: FA4861-09-R-A006

Response Date: 03-20-09

<https://www.fbo.gov/spg/USAF/ACC/99CONS/FA4861-09-RA006/listing.html>

City of Sparks

Installation of Replacement Motor Control Center #3 at the Truckee Meadows Water Reclamation Facility

Bid# 08/09-019

Due: 3-27-09 - 2:45 p.m.

Contact: Helen Neal - (775) 353-2325 or hneal@cityofsparks.us

Lyon County

Lyon County RTC Slurry Seal Project - Silver Springs

Bid# 2009-1001; PWP# LY-2009-155

Due: 4-6-09 - 9 a.m.

Contact: Lyon County, 27 South Main St, Yerington, NV 89447.

Nevada Department of Transportation

Installation of a Traffic Signal at the Intersection of US 93, US 6 and US 50, White Pine County, NV

District Contract# D3-008-09

Due: 3-26-09 - 2 p.m.

Contact: Scott Carroll, (775) 888-7561.

READVERTISED

Construction of a New Equipment Stockroom at the Fallon Maintenance Station, Churchill County

Contract# 3352

Project# SP-MS-2224(004)

Due: 4-2-09 - 1:30 p.m.

Contact: NDOT, 1263 S Stewart St, Carson City, NV 89712.

Nevada System of Higher Education

Nye Hall Restroom ADA Remodel

ITB# 7774 (UNR)

Due: 4-9-09 - 2 p.m.

Regional Transportation Commission

EAST Lincoln Way Reconstruction

PWP# WA-2009-79

Due: 3-27-09 - 2 p.m.

Contact: RTC, 1105 Terminal Way, Suite 108, Reno, NV

Reno Housing Authority

CF2007 Install Additional Attic Insulation at Myra Birch Manor in Reno

Construction site pre-bid 3-26-09 - 2 p.m., Myra Birch Manor, 3585 Mazzone Ave. Reno, NV 89502

Due: 4-10-09 - 4 p.m.

Contact: (775) 329-3630 ext 209, 1525 E Ninth St, Reno NV

CF2007 AC Fan Coil Replacement at Silverada Manor in Reno, NV

Construction site pre-bid 3-26-09 - 2 p.m., Silverada Manor, 1400 Silverada Blvd. Reno, NV

Due: 4-14-09 - 4 p.m.

Contact: (775) 329-3630, ext. 209, 1525 E Ninth St, Reno NV

CF2007 Fan Coil Units

Due: 3-20-09 - 4 p.m.

Contact: Jeff Bowman, (775) 329-3630, ext. 212, Cell (775) 745-8539 or planning@renoaha.org

(See Bid Opportunities, Next Page)

Bid Opportunities

(Continued from previous page)

South Tahoe Public Utility District

2009 Sonora Waterline Replacement Project

Pre-Bid Conference 3-24-09 – 10 a.m., STPUD, Conference

Room, 1275 Meadow Crest Drive, South Lake Tahoe, CA

Due: 4-7-09 – 2 p.m.

Contact: STPUD, 1275 Meadow Crest Dr, South Lake Tahoe, CA

Truckee-Donner Recreation and Park District

Truckee River Regional Park, Ball field Lighting Project

Due: 4-7-09 – 4 p.m.

Contact: Susan K. Mitchell, (530) 582-7720

Subcontractor Opportunities

Invitation to Bid: **Russell Campus Metro Communication**

Center Addition, 4591 W Russell Rd., Las Vegas, NV

Bid Date: April 8, 2009, 2 p.m.

For more information go to R&O Construction's website at:

www.randoco.com or call David Hadfield at (702) 895-9322.

Sletten Construction of Nevada, Inc. Requests Subcontractor's Statement of Qualification from all qualified subcontractors and Suppliers, including MBE, DBE, WBE, DVBE, SBE, SBDE and SMBE

on the following Project. **Central City Transit Terminal PWP**

#CL-2008-341 Owner: Regional Transportation Commission of

Southern Nevada. Submit a Prequalification Package at

www.slettencompanies.com by: March 31, 2009, 4 p.m.

For information, contact: Sletten Construction of Nevada, Inc., John Jones

or Stephanie Domingue, 5825 S Polaris Avenue, Las Vegas, NV

89118. Phone: (702) 739-8770 or Fax: (702) 739-9932

**Compiled by the Procurement Outreach Program
of the Nevada Commission on Economic Development**