

There is hope

There is Volunteers of America



For the elderly who have to deal with the harsh realities of life, Volunteers of America is there to help. We work in communities across the country helping seniors lead safer, healthier, and productive lives. With programs that provide home health care, transportation, assisted living and affordable housing. We are there to offer support and compassion to enrich the lives of the elderly.


Find out how you can help. Call 1.800.899.0089 or visit us at www.volunteersofamerica.org.

Volunteers of America
"There are no limits to caring"

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North Carolina Indian Housing Authority
OPEN HOUSE
 Celebration at "Heritage Haven" (Housing for Lumbee Elders), Fairmont, NC. Apartments will be open.

CONTACT PERSON: BARBARA MELVIN
INTERIM EXECUTIVE DIRECTOR (910) 483-5073
DATE: FRIDAY, OCTOBER 26, 2001
TIME: 2:30 P.M. UNTIL 4:30 P.M.

From I-95 take Exit 10 to Fairmont Hwy 41 South, turn right at Snack Shack, at stop sign turn left onto Marion Stage Road, site located approximately 1/4 mile on right.

Every 20 Seconds... Osteoporosis Causes a Fracture



HIP - Half of those who fracture never walk independently again.

SPINE - Causes posture change, height loss, and often chronic pain.

WRIST - Interrupts activities of daily living and causes pain.

NATIONAL OSTEOPOROSIS FOUNDATION
 Fighting Osteoporosis & Promoting Bone Health
www.nof.org or 1-800-223-9994

Business Services Directory
 Call 521-2826 to place your business card here

Town Hall
Pembroke, North Carolina
Advertisement for Bids

Separate sealed proposals will be received until Tuesday, October 30, 2001 at 2:00 P.M. in the Board Conference room, located in the Pembroke town Hall, 203 West Third Street, Pembroke, North Carolina, for the Construction of the town Hall, Pembroke, North Carolina at which time and place bids will be opened and red.

Complete plans and specifications for this project can be obtained from The Wooten Company, 120 N. Boylan Avenue, Raleigh, North Carolina 27603 during normal office hours after Monday, October 1, 2001.

A Plan Deposit of Two Hundred Dollars (\$200.00) will be required.

A pre-bid conference and site visit is scheduled for Tuesday, October 16, 2001 at 2:00 P.M. All Contractors are to report to the Pembroke Town Hall, 203 West Third Street, Pembroke, North Carolina.

The Owners, The Town of Pembroke reserve the unqualified right to reject any and all proposals.


Town of Pembroke
Town Manager
PO Box 866
Pembroke, North Carolina 28372-0866

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Parkton Family Medical Center
 Herman Chavis, M.D. William Sanderson, M.D.
 Kenneth E. Locklear, M.D. Arnold Kinley, P.A.
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 Parkton, North Carolina 28371
 Telephone 858-3913
 OFFICE HOURS:
 Monday, Tuesday, Wednesday and Friday
 8 a.m. - 5 p.m. * Thursday 8 am - 1 pm

Pembroke Family Practice Center
 Martina Dockery-Belfield, MD
 Valeriana Esteves-Jute, DO
 Denis Ricard, PA-C
 410-D South Jones Street, Pembroke
 910-521-4462

Office Hours: Monday-Friday 8am to 7 pm
 Closed for lunch 12-1:30 pm

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Greg Bell
Attorney at Law
 431 N. Elm Street
 Lumberton, NC 28358
 (Located directly across from the Courthouse)

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 Myra D. Hall, M.D. Rajesh Sakala, M.D.
 Barbara Graham, PAC

1002-C East 4th Avenue, Red Springs, NC 28377
 Telephone 843-331
 OFFICE HOURS: Monday thru Friday
 8:00 a.m. until 5:00 p.m.

To Place Your Ad In
 This Space Call 521-2826
 or
 come by the Carolina Indian Voice
 College Plaza, Pembroke