

Friday, January 26

GET YOUR \$\$ WORTH

Pack For Success

When you're traveling for business, looking your best at your destination can be almost as important as getting there. Hotel services that put your wardrobe back in shape after it's been crammed into luggage for several hours can cost a small fortune. The smarter option — learn how to pack for a wrinkle-free arrival. Here, some helpful tips:

- * Begin with the right suitcase. Some helpful features for frequent flyers ... combination garment bag (for all your important suits, dresses and other hangables) and detachable carry-on case for shoes, sweaters and bulky items, all on pull-along wheels so you can easily carry your bag onto the plane (thus avoiding the possible disaster of essential luggage that doesn't arrive with you).

* When packing a traditional suitcase, use tissue paper or dry cleaners plastic covering to wrap clothing, adding weightless bulk to ease compression, and reduce wrinkling. Fold clothing along natural seams as much as possible with skirt and trouser waistbands near the bag's sides. Interfold garments with each other to prevent creasing in the wrong places.

* Roll up the less wrinkle-prone items — sweaters, T-shirts, pantyhose, underwear, socks, sleepwear — by carefully folding lengthwise if necessary, then rolling them up jelly-roll style. Use your roll-ups to fill up corners and odd spots so other items stay put without shifting and wrinkling.

* And, just to be sure, invest in a good travel iron to carry with you for quick touch-ups. You can always improvise an ironing board by spreading a towel on a table top in your hotel room.

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	WGHP Ch 8	WRAL CH 5 Cable 12	WUNC CH 4 Cable 9	WFMY CH 2	WPTF CH 28 Cable 3	WTVD CH 6 Cable 6	WLFL CH 22 Cable 10
7:00	Wheel of Fortune Jeopardy	Entertain Tonight Family Feud	Nightly Business NC This Week	Eye On P/mont What's Happen	Hard Copy Current Affair	Jeopardy " Wheel of Fortune	The A Team
8:15	Full House Family Matters	Max Monroe	Washington Wk Wall St	Max Monroe	Baywatch	Full House Family Matters	Movie: Smokey Bites The Dust
9:00	Perfect Strangers Ten of Us	Movie: Daughter of Darkness	Native Earth	Movie: Daughter of Darkness	True Blue	Perfect Strang 10 Of Us	"
10:15	20/20	"	"	"	Mancuso FBI	20/20	Star Trek
11:00	Piedmont Tonight ABC Nightline	WRAL News MASH	Being Served East Enders	News 2 Knots Landing	Newsbt 28 Tonight Show	WTVD ABC N/line	Arsenio Hall
12:00	Family Ties Win Lose or Draw	Pat Sajak	"	Pat Sajak	David Letterm	Charlie's Angels	After Hours GTV Repeat

Weekday TV at a Glance

Time	Tuesday 8, 9, 15, 23, 30	Wednesday 9, 10, 17, 24, 31	Thursday 9, 11, 18, 25	Friday 5, 12, 19, 26
6:45	AM Weather	AM Weather	AM Weather	AM Weather
7:00	South Africa Now	For Veterans Only	American Interests Foreign affairs	Newton's Apple (CC) (4) European Journal
7:30	The Body Electric	Homestretch Exercise	Lilias Fitness through yoga	Homestretch
8:00	Mister Rogers' Neighborhood (CC) (1, 8) The New General Educational Development (CC) High school for adults	Mister Rogers' Neighborhood (CC) (2, 9) Adult Basic Education (CC) Zoobilee Zoo	Mister Rogers' Neighborhood (CC) (3, 10) The New General Educational Development (CC) (17, 24, 31)	Mister Rogers' Neighborhood (CC) (4, 11) Adult Basic Education (CC) (5, 12) Pre-GED (CC)
8:30	Today's Special (CC) (1, 8, 15) Concepts for young children Zoobilee Zoo	Sesame Street (CC)	Today's Special (3, 10, 17) Zoobilee Zoo (24, 31)	Today's Special (CC) (5, 12, 19) Zoobilee Zoo (26)
9:00	Sesame Street (CC)	Art's Place Art techniques	Sesame Street (CC)	Sesame Street (CC)
10:00	Reading Rainbow (CC)	Let Me See Forces of nature	Reading Rainbow (CC)	Reading Rainbow (CC)
10:30	Newton's Apple (CC) (1) Featherby's Fables Science	3-2-1 Contact	Discovering Pets (3, 10, 17, 31) Animal care Blue Sky (24) Space	Out & About (4) Social and science skills East Wall, Be Wall (11, 18) Blue Sky (25)
10:45	Telling Tales (8, 15) Appalachian folktales Beginning Foreign Language (2, 23) French	More Books from Cover to Cover (2, 9) Reading motivation Voyage of the Mimi II (CC)	Up Close and Natural (3) Nature appreciation Economics and Me (10, 17, 31)	Books from Cover to Cover (4, 11, 18)
11:00	3-2-1 Contact Science	American Frontier I (2) Think About Reasoning skills	3-2-1 Contact	3-2-1 Contact
11:30	The Universe and I (1) Basic science Seagrove Pottery (8, 15) Cancer Prevention (22) On the Level (23) High-school student problems	Poetry Alive (2, 16) Personalities in Public Education (3, 23) On and About Principals (30)	From the Brother's Grimm Folklore classics	Art's Alive (4) American Frontier I (11) Voyage of the Mimi II (18, 25)
11:45	American Legacy (8, 15) U.S. social studies Take Off (22, 29) Occupational profiles	I'm Special (2, 9, 16, 23) Physical education for disabled students	Good Work VI Occupation profiles	The Universe and I
12:30	Voyage of the Mimi (CC) (1) R Figures Math processes	Teaching for Thinking (2, 9) Learning motivation Teaching Reading Comprehension	Good Work VI	Geography Skills
12:45	Give and Take Economics	Executive Mansion (2) N.C. Governor's mansion Solve It Mathematics	Chemistry In Pharmacy (3) Personalities in Public Education (10, 24) Educating the Special Child (17) On and About Principals (31)	Regular Lives (4) Disabled people profiled Inside/Out (11, 18, 25) Health
1:00	Television: News—Point of View (CC) (1) Frontrunners Entrepreneurs	Self, Inc. (8, 16) Teen problems American Legacy (23, 30)	Animal Behavior (10, 24)	Well, Well, Well With Slim Goodbody (11, 18) Health All Fit with Slim Goodbody (25) Health
1:30	Global Links (8) Third World Y.E.S. Inc. (15, 22, 29) Youth employment skills	Newscast from the Past Global history	Aide-in Education Student motivation	Challenge of the Unknown (4) Math applications What's the Limit? (11) Environmental concerns Too Much, Too Late (18) U.S. monetary system
2:00	Travellin' Gourmet (1) This Honorable Court Supreme Court profiles	American Frontier I (2) The Human Community (9, 16) Human impact on the environment Community of Living Things (23, 30) Life science	Art History (3, 10) Multimeters Explained (17, 24) The Last Horizon (31) Australian wildlife	Good Work VII
2:30	Joy of Painting with Bob Foss	Travellin' Gourmet	Multimeters Explained (3) Animals and Such (10, 17, 24) Life sciences	Shakespeare on Stage
3:00	A Taste of Adventure (1, 8) French in Action	Art of William Alexander and Robert Warren Oil painting	Landscape of Geometry	Keys to the Office (4) Understanding Taxes (11, 18, 25)
3:30	OWL-TV (CC) (1, 8) Science and nature for children Focus on Education (15) Pre-GED (22, 29)	A Taste of Adventure (2) Travel Magazine (9) The Write Course (CC) Writing skills	American Frontier I (3) Math Works Math applications	Amish Cooking from Quilt Country
4:00	Sesame Street (CC)	OWL-TV (CC) (2, 9) The New General Educational Development (CC)	Easy but Elegant Cooking	Painting with Ashley Jackson
4:30	Mister Rogers' Neighborhood (CC)	Sesame Street (CC)	All About Trains	A Taste of Adventure (4) Travel Magazine (11) The Write Course (CC) (18, 23)
5:00	Zoobilee Zoo (1, 8, 15) Square One TV (CC)	Mister Rogers' Neighborhood (CC)	A Taste of Adventure (3) Travel Magazine (10) Hablamos Espanol (17, 24, 31)	3000 A Taste of Adventure (4) Travel Magazine (11) The Write Course (CC) (18, 23)
		Zoobilee Zoo (2, 9, 16) Square One TV (CC)	OWL-TV (CC) (3, 10) Adult Basic Education (CC)	3:30 OWL-TV (CC) (4, 11) The New General Education Development (CC)
			Sesame Street (CC)	4:00 Sesame Street (CC)
			Mister Rogers' Neighborhood (CC)	5:00 Mister Rogers' Neighborhood (CC)
			Zoobilee Zoo (3, 10, 17) Square One TV (CC)	5:30 Zoobilee Zoo (4, 11, 18) Square One TV (25)

OFF THE WALL

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JAYWALKERS
MAKE
STATISTICAL
STRIDES
EVERY
YEAR