

CLASSIFIED

LEGAL NOTICES

STATE OF NORTH CAROLINA COUNTY OF DURHAM ADMINISTRATOR CTA'S NOTICE TO CREDITORS
 HAVING QUALIFIED as the Administrator of the Estate of JEAN H. LESTER, deceased, this is to notify all persons, firms and corporations having claims against JEAN H. LESTER to present them to the undersigned on or before three (3) months from the date of the first publication of this Notice or same will be pleaded in bar of their recovery.
 All persons indebted to or owing said estate will please make immediate payment.
 This the 3rd day of December, 1993.

Craig L. Percy, Administrator CTA
 Estate of Jean H. Lester
 4659 Floramar Ter.
 New Port Richey, Fla. 34652
 Publication dates: January 8, 15, 22, 29, 1994.

NOTICE
 HAVING QUALIFIED as process agent of the Estate of Louise Holmes Elder, this is to notify all persons having claims against the Estate of Louise Holmes Elder to present them to the undersigned on or before April 15, 1994 or same will be pleaded in bar of their recovery.
 All persons indebted to said estate, please make immediate payment.
 Albert L. Willis
 3107 Rockford Road
 Durham, NC 27713
 This 15th day of January, 1994
PUBLICATION DATES: January 15, January 22, January 29 and February 5, 1994

STATE OF NORTH CAROLINA COUNTY OF DURHAM EXECUTOR'S NOTICE TO CREDITORS
 Having qualified as Executor of the Estate of Perry Fogle, deceased, this is to notify all persons having claims against the Estate of Perry Fogle to present them to the undersigned within three months from the date of the first publication of this Notice or same will be pleaded in bar of their recovery.
 All persons indebted to said estate, please make immediate payment.
 This the 12th day of January, 1994.
 Robert Shula (Shuler), Executor
 c/o William A. Marsh, Jr., Attorney
 MARSH AND MARSH,
 Attorneys at Law
 120 E. Parrish Street, Suite 310
 P.O. Box 125
 Durham, North Carolina 27701
 January 15, 22, 29, and February 5, 1994.

WOULD YOU BELIEVE

Before the Nazis adopted it, the wastika had been used for centuries by many cultures as a symbol of well-being and prosperity.
 In Guatemala, recently, callers ran up \$1 million bills to a sex phone line. Some people, not realizing the cost of the calls, had to file for bankruptcy in a nation where only two of every 100 people have telephones.

NOTICE OF SERVICE OF PROCESS BY PUBLICATION

North Carolina
 Durham County
 In The District Court
 93 CV 04882
 Angela Lee Poole,
 Plaintiff
 vs.
 Clyde Lee Poole,
 Defendant

To: Clyde Lee Poole
 TAKE NOTICE that a pleading seeking relief against you has been filed in the above-entitled action. The nature of the relief being sought is as follows: Absolute Divorce on Ground of One Year Separation.
 You are required to make defense to such pleading within 40 days after the 8th day of January, 1994 (the date of the first publication of this Notice), and upon your failure to do so, the Plaintiff seeking service against you, will apply to the Court for the relief sought.
 This the 6th day of January, 1994.
 Grover C. Burby, Jr.,
 Attorney for Plaintiff
 1510 Fayetteville St.
 Durham, NC 27707
 (919) 688-9105
PUBLICATION DATES: January 8, 15, 22, 29, 1994.

C.T. WILSON CONSTRUCTION CO. invites Minority Business Enterprises to submit subcontract and material supply bids for the following project:
DEFERRED MAINTENANCE: LIFE SAFETY/ALARM RENOVATIONS PERKINS LIBRARY DUKE UNIVERSITY
 BID: 2/3/94; 3:00 P.M.
 Bids must be received no later than 4 hours prior to bid time. Documents are available for review at AGC and Dodge Plan Rooms and our office. Phone (919) 383-2535, FAX (919) 382-0044.

REQUEST FOR PROPOSAL (RFP) FOR AUDITING SERVICES
 The City of Durham is seeking an independent CPA firm to contract to audit their records for the fiscal year ending June 30, 1994, with probable renewal through fiscal 1995. A pre-bid conference will be held at 9:00 a.m., February 3, 1994 in the Human Resources Briefing Room, first floor City hall. Questions may be directed to Accounting Services, 560-4125.
 By: Wayne E. McGlohn
 Accounting Services Manager
 Publication Date: January 22, 1994

Bryant-Durham Electric Co., Inc. is preparing a bid proposal for the basic electrical upgrades for **VERTICAL EXPANSION PROJECT, Wake Medical Center, Raleigh, NC. ALL MINORITY, DISADVANTAGED & WOMEN owned contracting firms & electrical suppliers are invited & encouraged to participate with Bryant-Durham in this proposal. Plans & specifications may be reviewed at the Raleigh AGC plan room. For additional information, contact Don Mizell at 919-383-2526 prior to Tuesday, January 25, 1994.**

EMPLOYMENT OPPORTUNITIES

BROWNING-FERRIS INDUSTRIES IS PRESENTLY SEEKING QUALIFIED DIESEL MECHANICS AT OUR DURHAM LOCATION. WE OFFER EXCELLENT PAY, BENEFITS AND TRAINING. ADVANCEMENT OPPORTUNITIES. A CHALLENGING CAREER AND JOB SECURITY.

YOU MUST BE 21 YEARS OLD OR OLDER, HAVE 2 YEARS EXPERIENCE AS A DIESEL MECHANIC, PASS A COMPANY PHYSICAL AND PASS A DRUG SCREEN TEST.

APPLY IN PERSON MON.-FRI. 8:00AM TO 5:00PM AT 1038 HARVEST RD., DURHAM NC.

GUARDIAN AD LITEM PROGRAM, DURHAM. THREE-QUARTER TIME PROGRAM SUPERVISOR. HIRING RATE: \$17018. DUTIES INCLUDE RECRUITING, TRAINING, AND SUPERVISING VOLUNTEERS WHO ADVOCATE FOR THE BEST INTERESTS OF ABUSED AND NEGLECTED JUVENILES IN COURT. REQUIREMENTS INCLUDE A FOUR YEAR DEGREE PREFERABLY IN HUMAN SERVICES AND THREE YEARS EXPERIENCE IN CHILD ADVOCACY WORK, INCLUDING ONE YEAR OF SUPERVISORY EXPERIENCE. THE POSITION IS THIRTY HOURS PER WEEK. SEND RESUME, THREE LETTERS OF REFERENCE AND A JUDICIAL APPLICATION TO MARY DEVITT BOARDMAN, DISTRICT ADMINISTRATOR, GUARDIAN AD LITEM PROGRAM, 2ND FLOOR, JUDICIAL BUILDING, DURHAM NC 27701. JUDICIAL APPLICATION MAY BE OBTAINED AT EMPLOYMENT SECURITY OFFICE. APPLICATION DEADLINE IS FEBRUARY 14, 1994. EOE.

ROOMS FOR RENT

FURNISHED ROOMS FOR RENT
 SINGLE MALES ONLY
 490-0780

Quality Care Crosses Many Cultures.

AT Durham Regional Hospital, the heritage of our caring hands crosses many cultures. Equal Opportunity and Affirmative Action are more than legal terms—they're our way of life—giving everyone a fair chance at professional development.

We have opportunities available in the Allied Health and Nursing fields. For a complete listing of current openings, call our Job Line: (919) 549-5071.

Join us and receive a highly competitive salary and extensive benefits, including flexible scheduling, tuition reimbursement, and a continuing retention effort: Durham Regional Hospital, 3643 North Roxboro Road, Durham, NC 27704; (919) 470-7233 or (800) 233-3313. EEO/AA.

Durham Regional Hospital
 Quality Health Care: Our Personal Commitment and Our Business.

OFF THE WALL

A BLIZZARD IS A STORM THAT WINTERRUPTS TRAFFIC

DEVELOPMENT DIRECTOR
 Development Director (full-time), Durham Arts Council. Responsibilities: plan and execute annual united arts campaign; write grants; solicit corporate and individual contributors; direct marketing campaign and promotion material for fund raising efforts, including quarterly newsletter; coordinate all solicitations including sponsorships; oversee development data processing; supervise staff and volunteers; manager budget. Requires fundraising experience; knowledge of Durham community; experience supervising staff and budget management; very strong communication and organizational skills; ability to work under pressure. Reports to Executive Director. Deadline February 15, 1994.

Interested person should submit a letter of application, list of references and resume including salary history to Development Search Committee, Durham Arts Council, Inc., 120 Morris Street, Durham, NC 27701.

DAC is an Equal Opportunity Employer.

Schools

The Emerson Waldorf School offers a child centered education that integrates the arts with academics and is now accepting applications for grades K - 8 for fall 94-95. Some openings now! Call us to attend our January 21 observation mornings on our beautiful 25-acre campus. 967-1858.

THE FIX-IT SHOP

Guide to Environmental Hazards
 By Lloyd Birmingham

Asbestos: How dangerous is asbestos?
 Asbestos has been identified as a carcinogen. Once ingested, asbestos

fibers lodge in the lungs. Because the material is durable, it persists in tissue and concentrates as repeated exposures occur over time. It can cause

AUTO TALK

U.S. to be No. 1!!!
 By Bob Kocher

For the first time in 13 years the United States is predicted to be No. 1 in world auto production, according to a recent report in Automotive News. I can't help but believe this will be the biggest story of 1994. This means that in this country we will produce more cars than the Japanese will. Great! Most of us remember that year when the Japanese took the lead.

Some felt it would only last a couple of years, while others thought it would never turn around again for the U.S. It truly is a time of celebration for the ones responsible for this change in production leadership. But wait a minute, who in big business is responsible for this giant reversal? Is it the car companies in Detroit? Maybe it's because Lee Iacocca did such a great job at Chrysler. Or maybe we should attribute the results to the unions for taking big wage cuts, so we could build more cars.

If you ask the experts, you will hear as many different answers as there are experts. The Big Three will each tell you they did it with their long-range planning and hard work. Go to Washington, D.C., and you'll find just about anyone will take credit. Everybody always wants in on something that

looks like a good deal.

Car Bob's explanation for why the credit should go for putting back where we should be, No. 1, with the Japanese themselves. It's they who jumped at the chance to overtake us when we were built overpriced and unreliable cars. We were lazy and spoiled and they saw advantage.

Japanese car builders had to build cars that was reliable, got good mileage and sold at a fair price. To accomplish these goals and to take us so quickly most of us had idea what had happened. The long and short of it is that we are building some of the greatest cars in the world and are again the leaders in numbers of builds. It's a good feeling.

Therefore, I thank the Japanese for their lesson on car building. And thank them for the plants they built in this country to help get us back on top. Take it from Car Bob, the cars built in the U.S. are the best.

If you have any questions or comments for Car Bob, please send them to Car Bob 20388, Canton, Ohio 44701.

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Ski Strong Your First Day On The Snow With Ski-Specific Training Machines From NordicSport

(NAPS)—With winter approaching, millions of Americans are eager to wax up their skis and head for the snow. Unfortunately, many skiers will wind up hurt, or hurting, because they tried to do too much, too soon.

"Whether you are a ski racer on the slopes two hundred days a year or a weekend warrior in heaven if you ski 10 days, you need 'ski specific' training to get you in SKI SHAPE," says David Lessnick, private ski instructor at Vail/Beaver Creek and author of the newly released *Ski Shape—How To Get Fit For Skiing*, an illustrated guidebook for skiers. "You need this training for three reasons: 1) to reduce injuries; 2) to increase performance; and 3) to make skiing more enjoyable," he added.

NordicSport™, a sleek, new line of black graphite Sport Simulator™ systems from NordicTrack, is helping skiers ski strong their first day on the snow with its revolutionary NordicSport™ Downhill™ alpine trainer and the new NordicSport™ MC™ cross-country ski machine.

According to skiing experts, the best way to get in ski-shape is to engage in both aerobic and strength-training exercises.

"During the off-season and when you can't make it to the slopes, the NordicSport Downhill is a convenient, sport-specific machine that improves your strength and endurance while re-creating the motions of skiing," said Max Lundberg, manager of education and research for the Professional Ski Instructors of America (PSIA).

With its unique four-bar linkage system, PowerFlex™ resistance and life-like wooden skis, the NordicSport Downhill allows skiers to carve their turns and "set an edge"—just as they would on the slopes. The sweeping lateral workout motion on the Downhill is non-impact, therefore eliminating the potential for knee, back and other stress-related injuries.

For cross-country skiing enthu-



siasts, NordicSport offers ski-specific innovation that goes beyond mere machinery. The Nordic Ski, with its state-of-the-art electromagnetic technology allows nordic skiers the choice of what type of snow they want "ski" on. This unique glide feature means people can glide "wet" snow for a challenge workout, dry powder "fast" for a beginner-level workout, slow or normal glide settings according to the skier's individual workout needs.

"By alternating snow settings, skiers can strengthen the specific muscles used in skiing according to the level of intensity they want into their sport," said NordicSport President and CEO James Bostic.

Like all NordicSport simulators, the NordicSport Downhill and NordicSport MC™ Ski feature stylish, uni-body bases made from graphite composite material provides superior strength and durability, extraordinarily lightweight.

NordicSport, a division of CML-owned NordicTrack, sells products via direct marketing, 12 wholly-owned retail locations throughout the U.S. and Canada.

Consumers who want additional information on the NordicSport Downhill or NordicSport MC can call toll-free: 1-800-445-6888 ext. 02MK3.

cancer of the lungs and stomach in those people who have experienced prolonged work-related exposure to it. The health effects of lower exposures in the home are less certain; however, experts are unable to provide assurance that any level of exposure to asbestos is completely safe.

Under what circumstances do asbestos-containing products in the home become a health risk? Home health risks arise when age, accidental damage, or normal cleaning, construction or remodeling activities cause the asbestos-containing materials to crumble, flake or deteriorate. When this happens, minute asbestos fibers are released into the air and can be inhaled through the nose and mouth. The fibers can cling to clothing, tools and exposed flesh; cleanup operations can then dislodge the fibers and free them to circulate in the air.

Can I expect to find asbestos in newer homes? Where in the home should I look for asbestos?

According to the Environmental Protection Agency, many homes constructed in the United States in the past 20 years probably do not contain asbestos products. However, asbestos sometimes is found in the home include: pipes and furnaces in older homes; insulating jackets and sheaths; some vinyl flooring materials; and siding; in exterior roofing, sheathing; and in some wallboard joints with other materials and truss sprayed around pipes, ducts, beams; in patching compounds; textured paints; and in door gaskets, stoves, furnaces and ovens.

What should I do if I think I have asbestos in a home I have purchased? You may hire a qualified professional who is trained and experienced in working with asbestos to test the home. A professional who takes samples properly and who receives actions will be the most effective.

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