assiffied

BUSINESS OPPORTUNITIES

VORKERS URGENTLY NEEDED-Assen ble products at home for ten manufac Products, Box 54105, Phila., Pa. 19105.

FINANCE DIRECTOR—Seeking on individual with experience in all ass general ledger, budget preparation, cash-flow management, insurance and financial analysis; Personnel Administration experience preferred. Accounting Degree. Apply to YWCA Executive Direct 1012 Oberlin Road, Raleigh, NC

NEWS ANCHOR-Life 96.1/WKIX seeks qualified applicants for the position of news anchor. Broadcast news experience sary. Send Resume/Tape to: barry mes Lite 96.1 WKIX, 5706 New Chape

ad, Raleigh, N.C. 27607. (EOE) TEACHERS WANTED-Applications are Link Private School" Call 834-1025.

THE MOST OUTRAGEOUS business op-THE MOST OUTRAGEOUS business op-portunity of the decade—Distribute Pay Telephones. FCC ruling abolished Ma Bell's pay phone monopoly. \$60,000 a year possible with \$2,000 investment. Call Aeron Communications. 405-360-4062. HUNDREDS WEEKLY! Large company needs home workers! Details: Send self-dedecaded stemmed No. 10 exceptions to:

addressed stamped No. 10 envelope to J.K.E. Advertising, Box 3196, Morganton

VC 28655.
TIRED OF WORKING for the other man? Are you considering starting your own business? Let us help you get started. Send your name, address, and telephone

First Colony of North Carolina P.O. Box 15491 Durham, N.C. 27704 contact you for a personal con-

TIRE CHANGER_Keene's Tire Service 436 Rock Quarry Road. Experience in ruck tires. Apply in person. Salary epends on experience. Please call

SECRETARY—National organization is SECRETARY—National organization is seeking an individual interested in relocating to Washington, D.C. as secretary to the vice president for administration and operations. Must be able to type 65 wpm, take steno, and be proficient in grammar/English usage. Salary \$18K-\$20K, based on experience, plus other frippes and 50% or more reimburseother fringes and 50% or more reimburs ment for relocation. If interested, pleas submit resume to NCBA-SEP, 3800 Barrs Drive, Suite 303, Raleigh, NC 27609.

MANAGEMENT TRAINEE NEEDED—

College graduate with 2.5 grade point average. Call for an appointment—832-2904. REGIONAL COORDINATOR—Two positions open, salary ranges from \$8,000 to \$10,000. Persons interested in public relations.

cil, P.O. Box 1108, Sr VC 27577. EOE.

HAIR STYLIST NEEDED—Booth rental.

CLINICAL SOCIAL WORKER—Opening for a Clin ical Social Worker with skills in for a Clinical Social Worker with skills in individual, family, and group therapy. MSW plus 2 years experience in a mental health setting. AAMFP certification in supervisor experience preferred. EAP ex-perience a plus. Very competitive solary me to: Executive Director, Family Services of Wake Cou

Director, Family services of Wake County, 1100 Wake Forest Road, Raleigh, N.C. 27604-1354. Equal Opportunity Employer. MATURE INDIVIDUALS NEEDED—To assist Regidnal Vice-President of A.L. Williams. Take charge and manage a por-tion of our multi-faceted business. We offer high commission income potential. flexible hours. Call Rebecca, 779-6365 or

893-6249 MAKE MONEY WORKING AT HOME! Be stamped addressed envelope and 25 cent service fee to: Mr. William Battle, Dept. M. P.O. Box 4765, Lynchburg, VA 24502 CARPENTERS AND CARPENTER'S HELPERS—for exterior framing and in-terior finishing. Call James Cooper,

EXPERIENCED RADIO ADVERTISING EXPERIENCED RADIO ADVERTISING PERSONNEL NEEDED—For one of the Triangle area's top radio stations. Immediate opening. Must have reliable auto. Guaranteed draw against liberal commission rate. Please call sales manager at 851-2711. EOE.

HELPER TRAINEE—Honest, dependable, williams to be a series of the commission of th

willing to learn, must have driver's license. Call 872-5203. Be sure to leave

NEED ALL-AROUND PERSON FRIDAY— On-the-job training for customer srevice representative. Hours 9 to 5 Mon. thru Fri-

ay. Call Roger 872-5203.

RECORD PUBLISHER needs musicia

all Shirley at 828-9974.
TEACHERS WANTED—Science, middle grades, intermediate, exceptiona uidance and psychologist. Send resume o Mrs. Frances Peters, Tarboro City chools, P.O. Box 37, Tarboro, NC 27886. REMAILING LETTERS—\$400 weekly at home!! No experience necessary!! Rush self-addressed_stamped self-addressed stamped envelope to: Roberts, 2047 Timberlane Rd., Ronan, MT

EARN \$400 WEEKLY processing mail from home. No experience necessary. No obligation. Free details. Rush selfaddressed stamped envelope. Joy. Owen, Box 503, Hot Springs, MT 59845.

CONT CARPENTER NEEDED. Please call SHIRT-PRESSER—Experienced, reliable,

DRY CLEANER—Needs experienced, reliable person capable of handling variety of duties. 834-8658.

NEED EXTRA CASH? Unlimited Horizon salespeople for consumer and ess products. Call 787-8306. Full and

ert-time positions available. me 8, 15, 22, 29, July 6, 1989 ATTENTION: HIRING! Govern

| Obs--your area. \$17,840-869,485. Call |-602-638-8885 Ext. R-3140. | June 12, 15, 19, 22, 26, 29, July 3, 6, 1989 | SECRETARIAL POSITION-NCBA-SEE SECRETARIAL POSITION—NCBA-SEE Program is seeking persons 35 or older for clerical and secretarial (full-time and part-time) positions at EPA/RTP. Applicants must have good typing skills, word processing/computer skills are essential for some positions, but not all. Salary begins at \$7.25 an hour. Send restume to NCBA-SEE Program, 3800 Barrett Drive, Suite 303, Raleigh, NC 27609. ECR.

FOR RENT

d. Deposit required, 832-3842.
FURNISHED ROOMS—All utilities. Call LOFT CONDO—Near NCSU. \$300 per month. Call 848-4987 after 6 weekdays.

LARGE FURNISHED ROOMS-Kitchen Call 832-3842.

ROOMS FOR RENT—all utilities, near downtown, Call 832-3842. If no answer, call 782-8560.

ROOMS FOR RENT-\$65 a week, Near

NOUMS FOR RENT—365 a week. Near Wake Medical on Beltine. Call 846-7061.

1-BEDROOM DUPLEX—Excellent, completely furnished. Excellent neighborhood near bus route. Gas, heat and air conditioning. East Raleigh, near Roberts Park.

\$325, 829-9131. 2-BEDROOM HOUSE-With full base

ment, central oil heat, and air condition-ing, off South Saunders Street. \$475. SHARE 4-BEDROOM HOUSE, furniture.

linen, dishes, central heat, on busline near Beltline. \$230 pays all. 821-3546 or 834-8853. Deposit and references. WAKE FOREST—2-bedroom house. 614

WAKE FOREST—2-bedroom house, 614 N. Allen St. 834-825 or 556-2582. MINI-CITY AREA—2-bedroom Apt. 2½ bath. All appliances. Blinds, fireplace, deck. 4608 Lavista Court. Call 787-9375. DUPLEX—3295 00 monthly. Deposit. 2 bedrooms, 211 Heck St. Call Inex. 929-8491 UNDER NEW MANAGEMENT-Totally

UNDER NEW MANAGEMENT—Totally renovated large 2-bedroom townhouse now available (1140 sq. ft.). All drapes furnished. Rent specials on 2 bedroom apartment \$345,00. Call today. FOX RIDGE MANOR APARTMENTS, 755-0149. Off 1-40 at Rock Quarry Road, Monday through Friday 9-5. Weekends by appoint-

ment only.

MOBILE HOME—For rent. Four rooms and one bathroom. Call 833-9495.

ROOM FOR RENT—Air conditioned, at bus stop. Call 839-0421 after 5 p.m.

ROOMER WANTED-Wanted: a settled religious woman to stay nights with a set tled woman at 521 East Cabarrus Street No rent will be charged if the right person appears. Telephone no. is 832-8745. Ask for Rosa Taylor.

FOR SALE

DUPLEY IN SE BALFIGH-TWO BE units—\$40,000.00 as is. Call 833-7780 between 9 a.m. and 5 p.m. M-F.
1976 GRAND PRIX—\$1,000 as is. Call 828-9147 between 6 p.m. and 10 p.m. CADILLAC '78 FLEETWOOD BROUGHAM

-Excellent condition, low mileage, clean. \$3,900. Tel. 782-1230 or 847-4545. 53,900. 1et. 752-1230 or 647-3243. FOR SALE—Handmade items for home use. Write Occupy, P.O. Box 91533. Cleveland, Ohio 44101-06017. 1978 PLYMOUTH FURY

WAGON-36,048, 4 door. Very reliable

WAGON—36,048, 4 door, Very reliable, good condition, White, \$695, AT, air, new leather seats, After 6, 782-5830.

HOME FOR SALE—Workshop area, split foyer, 1 full bath, 2 half baths, large family room, three, possibly four bedrooms, large lot on dead-end street with park at the end of the street. Foxifire subdivision just off 1-40. Call Ms. Billie F. Brannam.

MOBILE HOME FOR SALE—3 bedroom 12X70 ft., 1½ bath, located on a corner 12×70 ft., 1½ bath, located on a corner lot at Mobile Estates in Cary. Call 467-3524 nytime. Part Owner Financing Available.
CLAYTON FEATURES THIS NEW HOME—With such amenities as two and a half large deck, mud room, large master bedroom with walk-in closes. Located in a private neighborhood. Please call Century 21 Suburban Real Estate at 934-4550. FURNITURE FOR SALE—Odds and ends.

601 E. Cabarrus St. 828-7596 or 833-4536.
WURLITZER CENTURA PROFESSIONAL
805—Last of the big home models built by
Wurlitzer for a small or medium church. Features Orbit III synthesizers, full pedals, built-in tape player, rhythms and Orbit III keyboard with a range of sounds.

Excellent condition, French Provencial tyle cabinet. \$4,100. Call 782-3245 after 5

FOR SALE—Desk telephones. Five single lines, Genuine Bell Touch Tone. ivory. Low price. Call 833-4055 or INFANT CAR SEAT—Sears, excellent condition, with restrainer. Best offer. Call Shirley, 828-9974.

MISCELLANEOUS

BLACK AMERICAN—Become a healthier person. Feel better in seven weeks or less, or your money back. Eliminate such ailments as high blood pressure, stroke, overweight headaches dizziness nosbleed, nightmares and many more. Act now and feel the difference. Send \$2 for easy-to-follow solution to Ly-Comb, Rt. 1. Box 277, Nashville, NC 27856.

Box 277, Nashville, NC 27856. A WOMAN KNOWS BEST—The value of your used merchandise. I will buy good used furniture. household goods, dishes, knick-knacks, TV's, etc. Will pay cash and pick up anytime. Call Sharon, 834-0663.

LANDOWNERS—Call Property Consultants. Inc. to discuss devel

marketing of your property, 851-9663.

MR. FREEZE RECORDS now open marketing of your property, 851-9643,

AR. FREZE RECORDS now open for business! Top 40, Soul LPs, cassettes, record accessories, posters, largest selection of Gospel in the Triangle area, 339 S. Wilmington Street, Roleigh, 821-7115.

THE PERFECT TOUCH—Unique designing and invitations and party favor creations with your theme in mind. Designed by Jeannie Williams, 828-0928.

EXPERIENCED MOTHER will keep children in her home, Mas a B.A. degree

children in her home. Has a B.A. degree in English and early childhood education.

Phone 828-3315.

AWARD-WINNING CRAFTSMAN will make to order country furniture for your every need and desire (jelly cabinets, corner cabinets, blank chests, vegetable bins, cradles, etc.). 848-0928.

EARN AT HOME—Be flooded with offers

and opportunities. For details rush a self-addressed, stamped envelope to Perkins Unitd., 3300 Bush St., Dept. A-2, Raleigh,

Unitd., 3300 Bush St., Dept. A-2, Raleigh, N.C. 27699.
DISHWASHERS—We sell and install dishwashers in mobile homes. For information, call Jim at 831-3828.
BIBLE OFFER—950-page King James Family Record Bibls. Beautifully pedded gold embossed cover. Reg. 349,95... only 529,95. Write: Innovations. P.O. Box 14599, Releigh, N.C. 27610.
PERFUME IMPRESSIONS—Beautifully hand-wrepped versions of Estee Louder. Chanel, Shalimar. Joy and White Shoulders... cushioned in foem... Why pay 520.00 for ½ fl. oz. 7 send 39,99 to Innovations. P.O. Box 14599, Raleigh, N.C. BLACK CHRISTIAN MOTHER—in. Cary will keep children in her home for 2nd and 3rd shift perents. Call after 3 at 481-2055.
CARPOOLING TO DURNAM TECH. Call 755-1610, after 10:15 at night and ask for Watkins.

Markins,
CHILD CARS—Registered mom has two
openings for toddlars I her home, Location Southwest Raleigh, Monday-Friday 7
a.m. to 5 p.m. Call 833-5149.
HOME SERVICE REGISTRY—Carpenters,
plumbers, paintners, movers, cleaners,
sabysitters. Professional service
salescences and regisonable rates. Call

references and reasonable rates. Call 831-899.
THIND SHIFT (10:30 p.m. 7:30 a.m.) child care available in North Roleigh home. Call 876-2954 between 7 p.m. and 8 p.m. ON-

ROOMS ON BUS LINES-Utilities includ- Circle, Cary, N.C. 27511. Can be purchas ed by year or as set. Inquiries call (919)

CREATIVE ADVERTISING IDEAS-FO home businesses! For information, write Box 51538, Raleigh, N.C. 27609. WASHERS AND DRYERS—18 lb. heavy

WASHERS AND DRYERS—18 Ib. heavy duty, Guaranteed, \$125.00. New chests of drawers \$69.95. 6 pc. Living Rm. Suite \$350.00. Raleigh Furniture Salvage, 600 S. Saunders St., Raleigh, NC 834-2022.
CHILDCARE AD—Will keep child in a private home from 7 a.m.-5 p.m. Phone No. 832-4892.

PUBLISHER LYRICIST—Interested in PUBLISHER LYKICIS — Interested in working with black dependable musician to make records. Call Shirley, 828-9974. HAIR BRAIDING—Make your hair grow daster. Lasts for weeks. Kids also included. Very cheap. Call Shirley at 828-9974. OLD-FASHIONED CHRISTIAN FEMALE—

INSTRUCTION

PIANO TUNING AND REPAIR-Music

recording and arranging. Joyner Publishing Co., P.O. Box 586, Oxford. N.C. 27565. Phone 693-7098. HAVE LAND and want to build your own house? You can do it without money. I did. Call 848-3220.

INTERESTED IN MUSIC CLASSES? Conact Iris Bell at 266-4595 TUTORIAL WORKSHOP SERVICE - Tutoring at all levels SAT/PSAT Workshop. Sept. 1 deadline. Register now for fall program. Call Gail Walker at 848-6857.

riangle Educational Services.

BOB KIRKLAND LOST 214 LBS.! How ich do you want to lose? Guaranteed

LEARN WORD PROCESSING-IBM Displaywriter. Reasonable rates. Ind. In-str. Rogers and Assoc., 508 St. Mary's St. 834-000.

TUTORIAL SERVICE—Aspiring writer will privately tutor all educational levels one-on-one. Specializing in READING comprehension, WRITING and COMMUNI-CATION skills. Educated Univ. of Wiscon sin (Philosophy). Reasonable fee or barter. Inquire: Mr. Ritchie Bazzell, 1254 New Bern Ave., No. 3—back entrance for personal interview.

LEGALS

NORTH CAROLINA

WAKE COUNTY IN THE GENERAL COURT OF JUSTICE DISTRICT COURT DIVISION CASE NO. 89 CVD 06113 NOTICE OF SERVICE OF PROCESS

BY PUBLICATION Charles Edward Guy

Defendant MAMIE LOUISE GUY, Defendant, take notice that a pleading seeking relief against you has been filed in the above ntitled action. The nature of the relief being sought is a divorce absolute from the bonds of matrimony.

YOU are required to make defense to such pleading not later than August 29. 1989, and upon your failure to do so the party seeking service against you will ap nly to the Court for the relief sought.

THIS the 26th day of June, 1989 Thigpen, Blue & Stephens Attorneys for Plaintiff 205 Fayetteville St. Mall P. O. Box 1730, Suite 300 Raleigh, North Carolina 27602 June 29, July 6, July 13, 1989 NORTH CAROLINA

WAKE COUNTY IN THE GENERAL COURT OF JUSTICE DISTRICT COURT DIVISION CASE NO. 88 CVD 4158 NOTICE OF SERVICE OF

PROCESS BY PUBLICATION

TO: Mr. Richard Jerome Foster TAKE NOTICE that a pleading seeki relief against you has been filed in the above-entitled action, wherein the plaintiff is seeking an absolute divorce based on the grounds of a one year separation

You are required to make defense to days following Thursday, June 29, 1989. tiff will apply to the Court for the relie

This, the 21st day of June, 1989. Amos E. Link, Jr., P.A. Attorney for Plaintiff Post Office Drawer 25216 Raleigh, North Carolina 27611 Telephone No. (919) 821-5910 June 29, July 7, July 14, 1989

NORTH CAROLINA WAKE COUNTY
IN THE GENERAL COURT OF JUSTICE
DISTRICT COURT DIVISION
CASE NO. 99 CV 09912
NOTICE OF SERVICE OF PROCESS
BY PUBLICATION

TO: Martin Simms, the above nam

TO: Martin Simms, the above named Defendant
Take notice that a pleading seeking relief against you has been filled in the above entitled action. The nature of the relief being sought is as follows: to recover of you a debt owed Plaintiff.
You are required to make defense to such pleadings not later than the 12th day of August, 1989, said date being 40 days from first publication of this notice; and upon your failure to do so, the party seeking service against you will apply to the court for the relief sought.
This 22nd day of June 1989.
Albert L. Willis

Albert L. Willis Attorney for Plaintiff P.O. Box 884

NAME OF THE PROPERTY OF STATE OF THE GENERAL COURT OF JUSTICE DISTRICT COURT DIVISION
CASE NO. SE CV 6591
NOTICE OF SERVICE OF PROCESS
BY PUBLICATION

* HOROSCOPE .* .*

BY SALOME

Aries (Mar. 21 to Apr. 19) Cultivate self-assurance and initiative. Simple business proposals can be profitable. Be diplomatic, and use your energy wisely and conservatively.

Taurus (Apr. 20 to May 20) This week has a mellow tone with vigor and competence. It will be easy to fall into a romantic and caring mood with your partner.

Gemini (May 21 to June 21) The best advice for this cycle is "go for it!" Don't hold back when opportunity knocks. Avoid going on the attack if others respond slowly.

Cancer (June 22 to Jul. 21) Your strong nesting instincts could be tested. It is possible to imagine wrongs that do not exist when your nerves are on edge and you are tired.

Leo (Jul. 22 to Aug. 21) This is a positive cycle, and you have full rein over what happens. Shoot for the moon, but avoid crawling over others to get to the top. Virgo (Aug. 22 to Sept. 22) Personal relationships swing in your favor. Your mood can be quite enchanting. It will not take much to light the candle of love and romance.

libra (Sept. 23 to Oct. 22) It may take effort to balance the demands of your personal life and work routines. It will help to reshuffle your schedule for added rest and peace.

Scorpio (Oct. 23 to Nov. 21) Disguising your feelings can leave you alone just when you need companionship and understanding. Read on through the next sign.

Sagittarius (Nov. 22 to Dec. 21) You are captivating and in the mood for love. Set the stage by preparing a sensual feast, and go the full route with hearts and flowers.

Capricorn (Dec. 22 to Jan. 20) Kindness expressed to someone close to you is appreciated. You are attracted to elegance, charm, allurement and pleasure. Be imaginative. Aquarius (Jan. 21 to Feb. 19) Recognition comes from superiors. Continue with current career objectives. Give

yourself a lift by emphasizing style - be more trendy! Pieces (Feb. 20 to Mar. 20) A new love can heal a broken heart. Let new people into your life. You are attractive, but need to have more faith in your charms and personal style.

If You Were Born This Week You can be adventurous, romantic, charming and warmhearted. Your sunny disposition and popularity will accent a talent for appearing before the public. Do not, however, let your pride interfere with your emotional well being. © 1989, McNaught Synd.



YOU & YOUR CHILD by Eileen Adams

Drug Abuse Warning Signs: Part I

Parents across the nation 3. The youth talks about are in unanimous agreement or attempts suicide. 4. Eyelids appear puffy or the greatest danger facing children in America this droopy, partially covering summer is the prevalence of the iris. alcohol and illegal drugs, in-cluding cocaine, marijuana with dilated or pinpoint and crack. But how can a pupils.

stance abuse by their child, related incident. especially at an early stage? "It requires parental at-tention to the details of a disappear mysteriously child's life," said Stephen Arterburn, CEO and chair- arms, or always wearing man of New Life Treatment clothing which covers the Centers, Inc., who has arms. authored five books on the 9. Availability of money subject. He offers a number at unexpected levels, which

parent detect potential sub-

of warning signs for alert means your child does not arents. only use drugs, but he or "No matter how talented she is probably a dealer." parents. your child may be at hiding 10. Paraphernalia found, the truth from you, there consisting of strange vials, are certain subtle symptoms small bags, mirrors, pipes, abuse,' signs I call 'dead ringers'

involved with drugs." These "dead ringers" of other types of problems as well," said Arterburn. include: 1. Defending the use of

2. Medicine from the with illegal substances. medicine cabinet disappears Next week: The subtle

KEPINGFI

Dieters take note: A new

study confirms that the healthiest way to lose

weight and stay in shape is with diet and exercise. An aritcle published in The American Journal of Clinical Nutrition, shows that exercise and diet act independently during weight loss. Both affect the body in different ways yet both

loss. Both affect the body in different ways, yet both are necessary for a trim, toned body. Practice good nutrition. Eating well means looking good.

Once you get into the habit of exercising, you'll find that if you don't, you'll feel terrible, with a let-down feeling. Exercise helps your self-esteem. There's no greater feeling than walking into a crowded room, knowing that you look terrific, toned and tight. Concentrate on the areas that are

trate on the areas that are hardest to keep in shape — the legs and stomach.

the legs and stomach.

Most everyone can devote at least one-half hour a day to exercise. Exercise means better health, and looking good and feeling good will give you added confidence, and that's what motivates you in your business world and in your personal life. Without

your personal life. Without your health, you really have nothing, so start right now and get in

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diluted.

which could hint at drug tubes, razor blades, cigarette said Arterburn. papers, foil, butane lighters, re are also very obvious scales or matches. "These symptoms are which confirm almost with- almost always associated out a doubt that a youth is with drug use, although they may also be indicative

"Other warning signs point alcohol by your child's more subtly to the fact that a child could be involved

6. Arrest, due to a drug-

7. Valuables begin to

8. Needle marks on the

from the home.

or bottles from the liquor warning signs, and what to cabinet disappear or become do if you discover some hard-to-face truths.



More than 500 languages are spoken on the Pacific is-land of Papua New Guinea.

SS WORTH

Smart Saving Tips

*A quick, simple, FREE procedure that will improve your car's fuel economy, increase the tires' tread life, and help your car handle better so that you can respond more quickly in emergencies bring tire pressure up to recommended levels. It's essential to do this before and after a long trip in the car, and check the tire pressure regularly, depending on how often you use the car. You can do it yourself at a service station, it doesn't cost you anything, and it does save you money in gas and the life of your tires.

*A house for all seasons is an energy-efficient house that is comfortable to live in regardless of the weather, and doesn't cost an exorbitant amount to run. A new pamphlet, "Energy Saved is Energy Earned," contains the latest U.S. Department of Energy recommendations on insulation levels for four areas of a house in eight climate zones. Also included: a checklist to help you determine your own home's energy efficiency, and a list of tips on hiring an insulation contractor or energy conservation specialist. To get your pamphlet, send 50 cents to Mineral Insulation Manufacturers Association, 1420 King Street,

Alexandria, VA 22314. *Seasonal checklist check outdoor electrical receptacles to insure good condition, have air conditioners serviced and cleaned to increase efficiency and lower running costs, and check outdoor electrical equipment for safety and proper functioning. ©1989, McNaught Synd.

Would You Belleve....

The sun is 330,330 times larger than the earth.

The Americans lost the Battle of Bunker Hill because they ran out of gunpowder and had to retreat.

The town of Tidikelt in the Sahara Desert once went ten years without a

rainfall. Karate, generally considered a Japanese martial art, did not come to Japan until 1916. Prior to this time it was practiced by Okinawa islanders, who had developed it centuries earlier as a means of de fense against the

Japanese. Rubber is one of the ingredients of bubble gum. It is the substance that allows the chewer to blow

a bubble. A crocodile exerts a force of about 1,540 pounds between its jaws. A human being's jaws exert a force of only 40 to 80 pounds. ©1989, McNaught Synd.

... When you can't change something, figure out how you can live with it in the best possible way.

POSITION VACANCY

English/Social Studies Instructor. Major duties include teaching courses in composition, technical writing, literature, speech and other related courses in the General Education program. Will also assist departmental chairperson in scheduling, planning and updating General Education curriculum. Qualifications: 18 graduate hours in English and hold a master's degree. Commitment to open door concept and teaching experience in post secondary education required. Full-time 10-month position. Application deadline: July 21, 1989 (include MCC application, transcripts, and resume). Direct applications to: Bill Price, Dean Vo/Tech Programs, Montgomery Community College, PO Box 787, Troy, NC 27371; (919) 572-3691. AA/EOE.

CONTINUING EDUCATION SPECIALIST

The Office of Continuing Education and Professional Development, Division for Lifelong Education, North Carolina State University, has a position open for a Continuing Educa-tion Specialist. Responsibilities include planning, budgeting, and managing conferences, workshops, seminars, short courses and other non-credit education-related programs for business, industry, professional groups and the general

Qualifications include a minimum of a master's degree, preferably in extension, adult education, continuing educa-tion or business administration or equivalent experience in developing and managing educational programs in univer-sity/college extension and continuing education or in business, industry or government.

Letters of application with resumes for this position will be received through 5:00 p.m. July 21, 1989. Proposed employment date is September 1, 1989. The salary range is \$19,500-\$21,000. Submit letters of application to; Mr. Kelly R. Crump, Director, Office of Continuing Education and Professional-Development, Division for Lifelong Education, North Carolina State University, Box 7401, Raleigh, NC 27695-7401.

AFFIRMATIVE ACTION EMPLOYER

Is it possible for NutraSweet® to cause headaches?

C.B. The diet sweetener aspartame - brand name NutraSweet® — can indeed cause headaches in certain in-dividuals, according to the article "Headache" taken from

the Nutrition Research Newsletter.
In a recent study at Montefiore Medical Center, about 10 percent of the patients reported that aspartame triggered

headaches.

I've been hearing a lot about lyme disease. What is the best way to prevent this? — M.M.

Lyme disease is becoming an epidemic in the Northeest and slowly spreading to other parts of the country. One of the only present ways to prevent lyme disease is to wear the proper clothing outdoors. There is also a tick spray that contains N-dieth-yl-m-toluamide. This spray can be found in your local drug store under the name Tick Garde. This product has been arranged by the Environmental Protect. product has been approved by the Environmental Protection Agency and may be the only effective measure

available to prevent lyme disease.

Are there any side effects to the drug nifedipine? — E.F.

This drug, listed in the calcium-blocker class, is used in the treatment of hypertension, angina, heart failure and migraine. Adverse effects include fluid retention, nauses and tachycardia. Excess hypotension may occur when nifed is used for severe hypertension, especially when taken in conjunction with nitroglycerin. ©1989, McNaught Synd.

THE HOME GAME

BY VIRGINIA TRUAX MONEY SAVER - For an effective and economical deodorant and anti-perspirant, try ordinary baking sods. Keep a dish in the bathroom and dust on after each

TIME SAVER — For a quickie baked potato, par boil first for five minutes, then pop in the oven. It'll bake in half the time and cut down on kitchen heat. FOREVER CLEAR — A coating of clear nail polish is a great protector for labeling. Time won't dim those

canning jar labels, for instance.

BRIGHT IDEA — To brighten dingy handkerchiefs, soak in a solution of cold water and one teaspoon cream of tartar. SPIRITED SOAK - Did you know ripe black or

green olives will keep longer if you add a few tablespoons of vodka to the liquid? No change in flavor — just fresh SUMMER COOLER - Make your own bath oil for tub relaxing by combining one cup vegetable oil, one tablespoon herbal shampoo and two drops of perfume, if you like it scented. Blend with an egg beater until emulsified and store in a bottle. Add four tablespoons

in your bath, under the faucet. KITCHEN FIRST AID - How to cure a curdled Hollandaise sauce? Put two tablespoons milk in glass container and microwave on high for 30 seconds to boil. Slowly whisk into curdled sauce until sauce becomes

smooth again.

BACK TO BASICS — Reread the instruction booklet from your electric skillet to find out how you can roast and bake in it, thereby avoiding the oven during these hot months.

©1989, McNaught Synd. KALEIDOSCOPE OF DREAMS

To dream of making a new acquaintance, you will recover money, or something of value, you thought was lost. You will treasure this for having found it again.

NURSING INSTRUCTOR Written requests for applications will be received through July 14, 1989 for NURSING INSTRUCTOR—Qualifications include M.S. in Nursing preferred; minimum Masters with B.S. in Nursing: 2 years minimum clinical experience in Nursing: teaching experience in A.D.N. program preferred position; 12-month contract. Salary commensurate with

education and experience. Contact by letter: Debbie Childers, Compliance Officer Johnston Community College P.O. Box 2350 Smithfield, NC 27577

AN EQUAL OPPORTUNITY-INSTITUTION

CITY OF RALEIGH ENGINEERING INSPECTOR III, 3-6 yrs. exper. in public works construction, incl. exper. as a construction inspector. HS Grad. Driver's Lic. \$24,471. Closes: 07/18. CODE ENFORCEMENT INSP. (III) (Bldg.), 4 yrs. exper. in bldg. construction and insp. work. HS Grad. NOTE: Drug screening req'd. SPECIAL REQUIRE-MENT: Certified as a Level (III) Bldg. Insp. Starting Salary Range: \$23,305-\$25,694. Salary will depend on cer-tification if not certified as a Level (III) (Bldg.) Insp.

Closes: 07/18. ENGINEERING INSPECTOR I, 1-3 yrs. exper. in public works construction or inspection. HS Grad. Driver's Lig.

\$22,196. Closes: 07/17. City of Raleigh applications must be received or postmarked on or before the closing dates. Resumes cannot be submitted in lieu of applications. Personnel Dept., 222 W. Hargett St., Rm. 101, Raleigh, NC 27002.

TELECOMMUNICATIONS EQUIPMENT TECHNICIAN II

Microcomputer and Telephone Systems Administrator/Train-ing Coordinator for UNC Center for Public Television. Duties include management of centralized NCR Works Microcomputer System and AT&T System 75 Telephol System at Center facility in Research Triangle Park, designand Implementation of staff training programs for system System at Center facility in Research Triangle Park, design and implementation of staff training programs for systems use, and responsibility for system technical upgrade/modification, troubleshooting and liaison with vandors. Minimum Qualifications: Graduation from two-year technical, trade or industrial school in electronics and three years' experience in installation, maintenance and repair of telecommunications equipment including experience in communications and networking environments or an equivalent combaintion of training and experience. Preferred Qualifications: 4-year college degree and two years' computer systems management and interactive/training experience utilizing office automation or other computerized communications systems. Experience with NCR Worksever Microcomputer and/or AT&T System 75 telephone systems desired. Requires well-developed verbal and written communications skills, excellent organization skills and meticulous attention to detail. Successful candidate must have ability to learn customized computer systems quickly and work independently. Salary Range: \$24,792-\$39,840. Apply by Monday, July 17, 1989 to: Personnel Office, UNC-General Administration, P.O. Box 2688, Chapel Hill, NC 27515-2688. Federal law requires that upon being hired an applicant must present, upon request, satisfactory evidence to verify employability and identification.

EQUAL OPPORTUINITY/AFFIRMATIVE ACTION EMPLOYER

THIS WEEK'S

Weekly Tip: Moon in Aries begins an energetic cycle.