

Classified

Classified Rates
 Line Advertisements
 50 cents per line
 Legals
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 Deadline Thurs. Ed.
 12 Noon Tuesday
 Dial 839-1488

BUSINESS OPPORTUNITIES

LEARN "HOW-TO"—With books on many subjects. Ideal for small businesses. FREE list of titles/information: Goeden & Goldsmith Publishing, Rt. 3, Box 52Q, Smithfield, NC 27577.

ATTENTION: EASY WORK, EXCELLENT PAY! Assemble products at home. Details: (1) 602-838-8885 Ext. 3140.

ATTENTION—Earn Money Typing At Home! \$32,000/yr. income potential. Details: (1) 602-838-8885 Ext. T-3140.

ATTENTION—Earn Money Reading Books! \$32,000/year income potential. Details: (1) 602-838-8885 Ext. B-3140.

EARN MONEY AT HOME—Stuffing envelopes. Send a self-addressed, stamped envelope to: SEMA, Box 1179, Dallas, Ga. 30132.

ATTENTION—HIRING! Government jobs—your area. \$17,840-\$69,485. Call 1-602-838-8885, Ext. R-3140.

ATTENTION: EARN MONEY WATCHING TV—\$32,000/year income potential. Details: (1) 602-838-8885 Ext. TV-3140.

NOTARY PUBLIC—Free for senior citizens and disabled veterans. 905 East Lenoir Street.

REAL ESTATE—You can earn tremendous income through tax sales. No financing necessary. Call (919) 821-7314.

ATTENTION: POSTAL JOBS! Start \$11.41/hour! For application info call (1) 602-838-8885, Ext. M-3140, 6 a.m.-10 p.m., 7 days.

EASY WORK! EXCELLENT PAY! Assemble products at home. Call for information. 804-641-8003 Ext. 8647.

DO YOU NEED supplemental income? Can show you how to earn it. Call (919) 878-5982.

TIRED OF THE RAT RACE, looking for an excellent business opportunity on your own hours? Contact (919) 878-5982.

HELP WANTED—Make \$300 to \$600. Home workers urgently needed. "Revolutionary" new program. Fast Profits—Free Details. Send stamped envelope to Program for Profits, 3512 Rockville Road, Suite 126C, Indianapolis, IN 46222.

AIRLINE 15K-75K—Will train, hiring now, all positions. For information call (313) 948-9800, Ext. A-1511.

FREE TRAVEL BENEFITS! Airlines now hiring! All positions! \$17,500-\$58,240. Details: (1) 602-838-8885 Ext. X-3140.

FREE TRAVEL BENEFITS! Cruise ships and casinos now hiring! All positions! Call (1) 602-838-8885 Ext. Y-3140.

LIGHT ASSEMBLER—Up to \$380 per week. Flexible hours, 1-800-777-1932, Ext. 7005.

HELP WANTED—Appear in TV commercials. Earn extra money. All ages, all types needed. No experience, call now! 1-800-232-8310, Ext. 58.

FOR SALE

2 BR DUPLEXES for low-income families—2-4 persons \$12,000 to \$16,000 annually. Home ownership program. Units located in Southeast Raleigh. Interested applicants contact Mrs. Joyce Christmas, Raleigh Housing Authority, 755-6387 Monday-Friday 9:00-4:30.

HOME FOR SALE—By owner. Beautiful 4 bedroom brick home with garage in W. Raleigh. Spacious front and back yard. Call (1)738-8492.

HOME FOR SALE—Completely remodeled. Sunset Lake Road. 2/3 bedrooms. Call Ralph, 782-7676, or Mike, 832-6447.

ATTENTION—Government seized vehicles from \$100. Fords, Mercedes, Corvettes, Chevys. Surplus Buyers Guide, 1-602-838-8885 EXT. A-3140.

ATTENTION—Government Homes from \$1 (U-repair). Delinquent tax property. Repossessions. Call 1-602-838-8885, EXT GH-3140.

WHY RENT? Homes for \$1.00. Reposs. Gov't giveaway programs! For information call 504-649-0670, Ext. R-8647.

HOME FOR SALE—Cleanest, large, 4-br home with kitchen appliances, all window treatment, carpet, guar. best buy, 804 Cooper Road. Reduced \$85,900 or Strick Associates, 833-1771.

FOR RENT

SPACE FOR RENT—1400 square feet in restored Oakwood home. Rent negotiable. 832-4408 after 6.

APARTMENTS FOR RENT (3)—1. Two bedrooms for rent with a lease option. 2. Two bedrooms, two bath condos. Swimming and tennis. \$600 a month. 3. One bedroom, one bath. Call Mr. Kennedy at 781-5665. Location: Cary.

WHY RENT? Homes for \$1.00. Reposs. Gov't giveaway programs! For information call 504-649-0670 Ext. R-8647.

FOR RENT—1-2-3 Bedroom Apts. \$265 to \$870. Excellent location in Raleigh, Cary and Garner. Call Kip Del Homes, Inc., 781-3632, or come by 2600 Glenwood Ave., Raleigh, NC, M-F, 9-5.

1 BEDROOM furnished or unfurnished, nice neighborhood, no deposit. \$325. 629-9131.

HOUSE FOR RENT—Nice two-bedroom house, full basement, livable. No deposit. \$425. 907 South Saunders St. 829-9131.

MISCELLANEOUS

EXCLUSIVE HAIR BRAIDING by Terri. Call 847-0951. Leave message.

ARE YOU LONELY? For single senior citizen? You don't have to be. Write to: Young at Heart, P.O. Box 7064, Asheville, NC 28802.

CHOCOLATE SINGLES CLEARINGHOUSE—A singles' network. Call or write for information. P.O. Box 4731, Asheboro, N.C. 27204-4731, 8-5 p.m. (919) 629-7076.

INCARCERATED MALE, 27—Sincerely seeking a friendship through correspondence that's non-judgemental. Please be between the ages of 30 and 40 years young.

Montez A. Smith
 No. 199-904
 P.O. Box 8800
 Chillicothe, Ohio 45601

ROOMMATE WANTED—Female desires female roommate for 3 bedroom, 2 baths, den with fireplace, in South Raleigh. \$260.00 plus utilities. Call: 834-6947.

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FOCUS ON SENIORS

Protect Your Eyewear
 By Stacy Deibler

Even with secure luggage and a watchful eye, it's easy to lose something while traveling. But while most things can be replaced, finding yourself suddenly minus your glasses or contact lenses can be especially frustrating.

The American Optometric Association offers these tips to avoid losing or damaging your eyewear on a trip.

* Carry a spare pair (including prescription sunglasses).

* Pack a copy of your prescription. This could save the day if you also lose your spare glasses.

* Jot down your optometrist's phone number. If you experience eye problems, "the optometrist you see in your vacation city will want to consult with your optometrist back home about your eye health and vision history," AOA notes.

* Get the names of optometrists near your vacation spot. If you plan to stay in one place for several weeks/months, ask your optometrist for the name of a colleague in the area you could visit in an emergency.

* If you need an optometrist while traveling and have no names, look up the state optometric association or local optometric society in the phone book.

* Pack eye safety equipment. If you'll be playing rigorous sports (including water sports) wear goggles, safety straps or other gear to protect your eyewear.

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MIND'S EYE

(Continued from page 4)

Institutions (e.g., prisons) is reflected in declining life spans and disproportionate incarceration rates. Structural violence is a feature of social infrastructures. Both types span generations, are difficult to detect, and tend to become a part of the social reality, societal values and everyday practices.

Police violence brought into national focus as a result of the recent Los Angeles case is institutional, structural and legitimized and rationalized by racism. It has reached epidemic proportions targeting cities from New York to Memphis and Louisville to Raleigh.

The solutions and strategies for addressing violence on the institutional and structural levels are more difficult to fathom. The resignation of a police chief to cure such systemic violence is hardly sufficient. Even the effectiveness of a civilian review board is questionable.

Collective action alone can question, harness and redirect structural and institutional violence.

First, national, state and local political agendas calling for a war upon crime should also demand the highest professional standards for law enforcement officers.

Comprehensive training in cultural differences, racism, community crime control and the appropriate use of force should be provided by all police departments. In addition, they should jointly sponsor programs with churches, schools, organizations and recreational facilities to regain community support, lessen hostility and mistrust, and increase community cooperation.

TONY BROWN

(Continued from page 4)

tional liberalism," the DNC? It leaves Ron Brown, the DNC's first black chairman, with the white people who haven't defected—yet.

It leaves Jesse Jackson with a black voting bloc that has increasingly become alienated and unwanted by the DNC's new mainstream leadership and an embarrassment to the DNC.

This apparent disrespect is also costing the Democrats the loyalty of some blacks. While 82 percent of blacks over 50 consider themselves Democrats, the percentage sinks as the age is lowered; only 58 percent remains loyal between 18 and 29. Jesse Jackson's followers may constitute the newly-left-out Democratic Party.

"Tony Brown's Journal" TV series can be seen on public television in Raleigh on Channel 4 (WUNC). Please consult listings or phone station for air time.

NOTICE TO BID

Wanted DBE's for the following project to be let May 7, 1991: Franklin Co. Airport, NC Dept of Aviation Project No. 9.9637910.

Please contact S. T. Wooten Construction Co., Inc., P.O. Box 2408, Wilson, N.C. 27894, Phone 919-291-5156 for more information.

Bill me at the same address and please forward 1 tear sheet when printed. Thank you for your assistance in this matter. Jack Jones, Asst Office Mgr./Acct Pay.

PUBLIC NOTICE

CITY OF RALEIGH COMMUNITY DEVELOPMENT PUBLIC HEARING

A Public Hearing will be held on Tuesday, May 7, 1991 for the purpose of obtaining citizens' views and comments on the Preliminary Plans for Community Development activities for July 1, 1990 through June 30, 1991; and for the development of the Comprehensive Housing Assistance Strategy (CHAS) to assist low and moderate-income households.

The Hearing will be held before the City Council during their regularly scheduled meeting in the Municipal Building, City Council Chambers, 222 West Hargett Street, which begins at 7:00 p.m. The public is invited to express their views. For further information, please call 890-3170.



CALORIE COUNTDOWN

Healthy Dieting for Women

The healthful benefits of taking off extra weight and maintaining proper body weight can be completely negated by unhealthy diet practices. Becoming slimmer won't make you healthier if you rob your body of important nutrients, or load up on empty bulk in order to shed pounds. Staying healthy while you diet means making smart food choices and learning how to eliminate or restrict the high-calorie, low-nutrient foods while upping the low-cal, highly nutritional choices.

Women's nutrition, in particular, is often lacking in several important areas, probably because we women are so often tempted to sacrifice good nourishment to our dieting efforts. Among the nutritional categories most often neglected by dieting women are calcium, vitamin E, zinc, magnesium, vitamin B6, and iron.

Sufficient calcium intake has many health implications for women, including helping to prevent osteoporosis. Two low-calorie sources of calcium are broccoli and non-fat dairy products.

Steamed or stir-fried in broth or a scant teaspoonful of olive or corn oil, broccoli is a great dieter's source of calcium — just 46 calories per cup.

Non-fat yogurt and skim milk are other good foods for increasing your calcium. Use non-fat yogurt as a base for salad dressing, or add fresh herbs and seasonings to make a dip for raw vegetables. Use skim milk in low-calorie pudding mixes to make a great di-

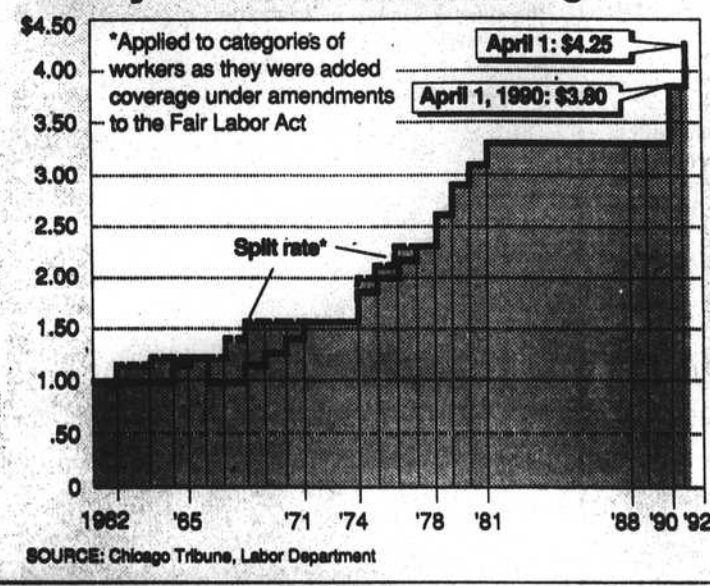
eter's treat — high in calcium, low in calories.

To boost your vitamin E intake, have some shrimp boiled, and served with seafood cocktail sauce, or broiled with no added oil or fat. Eight large shrimp have only 60 calories. Another good source of vitamin E, wheat germ sprinkled on top of your breakfast cereal (two tablespoons have only about 45 calories).

To make sure you get all the zinc you need, include lean red meat in your diet. A four-ounce lean lamb chop, all visible fat trimmed, broiled without added fat (rub the meat with fresh garlic and sprinkle with dried rosemary leaves) has only 215 calories and offers almost a third of your daily requirement for zinc. Oysters are another good source of zinc. Raw or broiled without added fats, medium-sized oysters have about 10 calories each, and six of them fulfill 20 percent of your body's need for zinc. Serve fresh, raw oysters French style — with cider vinegar and fresh chopped shallots to add great flavor for no extra calories.

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History of the U.S. minimum wage



SOURCE: Chicago Tribune, Labor Department

IDEAS FOR INTERIORS

Alison Lindroth

Choices in Glass-Front Cabinets
 Glass-front cabinets are making a comeback, and there's no denying their classic appeal. Many factory-custom cabinet manufacturers offer the glass-front doors as an option, so you can mix and match, perhaps with solid doors on lower cabinets and glass fronts on the upper ones.

If clear glass strikes you as boring, there are stain glass inserts that lend Victorian flavor. Another choice is between glass doors and divided panes and those with large single panes.

One caution: Glass-front cabinets look good in direct proportion to what's inside them. Carefully arranged china and glassware can become decorative elements while in storage. A jumble of cans, dishes, pots and knickknacks, on the other hand will not.

If you love the look of glass fronts, but know you'll have trouble keeping things neat looking, consider limiting your purchase to a couple of glass-front upper cabinets in which you'll maintain an artful display of items that aren't used regularly.

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POSITION VACANCY ANNOUNCEMENT

Position Title: Air Conditioning, Heating, and Refrigeration Lead Instructor.

Position Description: The Air Conditioning, Heating, and Refrigeration Lead Instructor is a full-time faculty member who is a content specialist in the area of Air Conditioning, Heating, and Refrigeration. He/she is expected to be visibly active in maintaining the curriculum in a comprehensive, current, and employer-responsive manner. The responsibilities of the lead instructor in Air Conditioning, Heating, and Refrigeration include: conducting assigned classes of instruction; maintaining program equipment safety and security; making recommendations concerning curriculum development, course content revisions, textbook adoptions, and course offerings; assisting with the selection, orientation, and training of new faculty members (both full- and part-time); making recommendations on the assignment of courses taught by part-time faculty; providing coordination and leadership necessary to maintain a cooperative education program component; working actively with high school vocational faculty; developing and maintaining an effective "network" with air conditioning, heating and refrigeration contractors in the service area; keeping current in the field by being involved in manufacturer-sponsored training and workshop sessions; assisting in the recruitment of new students for the program and the advisement and placement of students; other program and institutional responsibilities as assigned by the department head, academic dean, or academic vice president. (12-month full-time position)

Qualifications: Required: Associate in Applied Science degree or equivalent in Air Conditioning, Heating, and Refrigeration or closely related field. Four years' practical and/or teaching experience in the Air Conditioning, Heating, and Refrigeration area to include recent experience in dealer service operations in both industrial and residential applications. Demonstrated knowledge of the use of current equipment/practices used in Air Conditioning, Heating and Refrigeration Services. Experience substitutable at the rate of four years per one year of required postsecondary education.

Preferred: Recent participation in manufacturer-sponsored training. Currently employed in a two-year college.

Salary: Commensurate with education and experience.

Position Open: August 1991.

Deadline for Applications: June 3, 1991.

Contact: Jarrett T. Chandler, Jr., Affirmative Action Officer, Rowan-Cabarrus Community College, P.O. Box 1595, Salisbury, NC 28145-1595, (704) 657-0760, Ext. 290

AN EQUAL OPPORTUNITY EMPLOYER

Gaining a victory is only part of the battle; learning how to use it is the other part.

Better to lose the anchor than to lose the whole ship.

ROOMMATE WANTED
 Professional female seeks female roommate, in a 3-bedroom, 2-bath house in South Raleigh. Call 834-6947. \$265 includes all.

XXXX

NEED BOYS & GIRLS

Between the ages of 5 yrs.-13 yrs. for newly established Charm school. Learn the basics of manners and etiquette while also having fun! Classes start June 1, 1991. Spaces are limited. Call Visions Charm School at 828-5340, M-F, 6:30 pm - 9 pm & Saturdays 9:30 am - 1 pm for more information.

GROUNDKEEPER I

Work includes maint. and care of grounds and facilities: cut grass, trim trees, drive dump truck and mowing equip., collect leaves, plow snow. Requires ability to read and write, 6 mos. grounds work, ability to work independently and in all weather and good map comprehensive skills; or any equiv. comb. of educa., exp. and training. Must have valid driver's license with good driving record and ability to obtain commercial driver's license and be able to be on-call. Salary \$6.24/hr. Apply by 5/3/91 to: Town of Cary/GK, P.O. Box 1147, Cary, NC 27512-1147. EOE.

0425

NOTICE TO BIDDERS

Sealed proposals will be received by the Raleigh-Durham Airport Authority in the office of the Airport Director at the Raleigh-Durham Airport up to 2:00 p.m., Thursday, May 23, 1991 and immediately thereafter publicly opened and read for the furnishing of labor, material and equipment entering into the construction of:

Runway 5L-23R & Taxiways B, C & D Pavement Transverse Joint Seals Replacement, RDU 080119

Complete plans, specifications and contract documents are open for inspection Monday, April 11, 1991 in the office of the Associated General Contractors, Carolinas Branch in Raleigh, in the offices of the F.W. Dodge Corporation in Raleigh, North Carolina and in the offices of Howard Needles Tammen and Bergendoff, Atlanta, Georgia. Such plans and specifications and contract documents may be obtained from the Engineer by those qualified and by those who will make a bid proposal.

All Contractors are hereby notified that they must have proper licenses under the State law for their trades, and must have registration with the State of North Carolina as a landscape contractor.

Each proposal shall be accompanied by a cash deposit or a certified check drawn on a bank or trust company insured by the Federal Deposit Insurance Corporation in an amount equal to not less than 5% of the proposal or bid bond of 5% of the bid executed as set forth in Article 5 of the General Conditions by a Surety Company licensed under the laws of North Carolina to execute such bonds. The deposits shall be made payable to the Owner and shall be retained by the Owner as liquidated damages in the event the successful bidder fails to properly execute the contract within ten (10) days after the award and to give satisfactory surety as required by law.

By submitting a bid the contractor certifies that he has under his direct control or at his disposal the men, equipment, and materials required to execute this work as specified. Lack of such control or availability of men, equipment and materials shall constitute failure to properly execute the contract. Performance and Labor and Material Payment Bonds will be required for 100% of the contract price.

All bidders shall agree to ensure that Minority Business Enterprises have the maximum opportunity to participate in the performance of the work. Bidders will not discriminate on the basis of race, color, national origin or gender in the award and performance of this contract.

No bid may be withdrawn within 60 days after the scheduled closing time for receipt of bids. The Owner reserves the right to retain all bids for a period of sixty (60) days after the scheduled closing for receipt of bids.

The Owner reserves the right to reject any or all bids and to waive informalities and minor irregularities.

EQUAL OPPORTUNITY EMPLOYER

Raleigh-Durham Airport Authority, G. Smedes York, Chairman, John C. Brantley, III, Airport Director.

PUBLIC NOTICE

Hardee's Walnut Creek Amphitheatre, the City of Raleigh's 20,000 seat outdoor performing arts center opening in early July, is hosting a VENDOR ORIENTATION SESSION at Worthdale Community Center on SATURDAY, APRIL 27, from 9:00 a.m. - Noon. requests for Proposals will be let to businesses operating the following services:

- Grounds Maintenance and Landscaping
- Parking
- Food Service Suppliers
- Hardware Supplies
- Janitorial Services
- Sanitation Services
- Towing and Wrecker Services
- Locksmiths
- Limousine Services
- Golf Cart Suppliers

Sub-Contract specifications available at the orientation session. No phone calls. Equal Opportunity Employer.