

Art Museum Visit Is Trip through History

A tiny decorative tile and a half-ton 16th century bronze tomb slab are among the items in the Art Museum on East Campus.

The main gallery is located on the first floor of the building, and a handsome white and brass curving stairway leads to four large galleries on the second floor.

A walk through the museum will show the visitor a large collection of Medieval and Renaissance sculpture and decorative arts, including Medieval lighting fixtures and furniture. The Classical Collection includes work by some of the most important of the ancient Greek vase-painters and a 3,400-year-old Mycenaean jar.

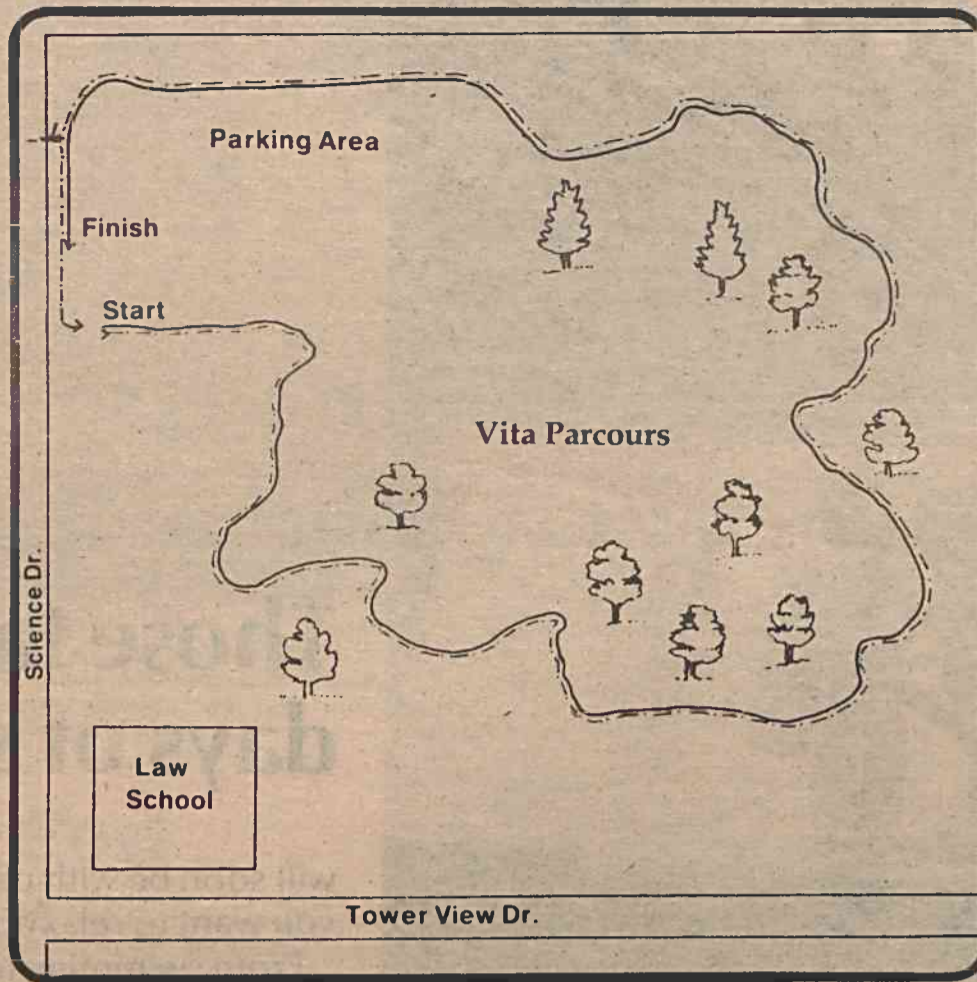
Other collections include Oriental art, graphics and an expanding African art collection.

Visiting hours are 9 a.m.-5 p.m. Tuesday through Friday, 10 a.m.-1 p.m. Saturday, and 2-5 p.m. Sunday.

To arrange a guided tour call 684-6659.

The museum is equipped with both elevator and wheelchair facilities.

Are Joggers Really Taking Over t



Almost anywhere you look today, some Bundled up in sweat suits, they don't sl Now, with the temperatures climbing suits are off, the shorts are on and the summer, fall or spring, they never seem to

Whether you call it running or jogging form of exercise and physical condition experts say a gait of seven minutes to the slower is jogging. But most people who do

Just because of its size, the Duke campus the runner, but for those who want a mark off the distance precisely for example

* The quarter-mile track around the foot is perhaps the most popular place to precisely, and they can add some variety around the grassed practice fields at the each long lap a half-mile.

* Some people don't like to run outside the coldest weather. Those who don't Gymnasium and the Memorial Gym to one-fifteenth of a mile.

* The Duke cross country course no distance, but it also winds alongside the along pine-needled paths through the accompanying map.)

* Another popular run is called the Vita is fashioned after a concept that originates jogging or hiking trail, but at intervals to engage in various exercises before pro shows the layout of the mile-and-a-half co

Copies of a flyer called "Jogging at Du with this article may be obtained from Education and Recreation in Card Gym. and other recreational or conditioning p department at 684-2202.

Acres of Woodlands at Your Back Door

A five minute walk from campus can get you to Duke Forest, but even if you live in Chapel Hill, Carrboro, Hillsborough or somewhere in between, Duke Forest is still close by.

Even though the gates are rather inconspicuous entrances, the more popular ones are easy to find. Cars are parked there in any kind of weather, the actual number a direct proportion to how nice the day is.

But even when it's "crowded," it isn't. There are several miles of trails winding through about 800 acres.

As you "walk" or "hike," depending on your inclination, you can enjoy a cross section of much of

the woodlands in the upper Coastal Plain and lower Piedmont of the Southeast, including nearly 100 species of trees.

There are five separate divisions of Duke Forest, mostly in Durham and Orange Counties.

Beside the Durham Division, lying along NC 751 between US 70 and 15-501, there are the Korstian, Blackwood, Hillsborough and Eno Divisions.

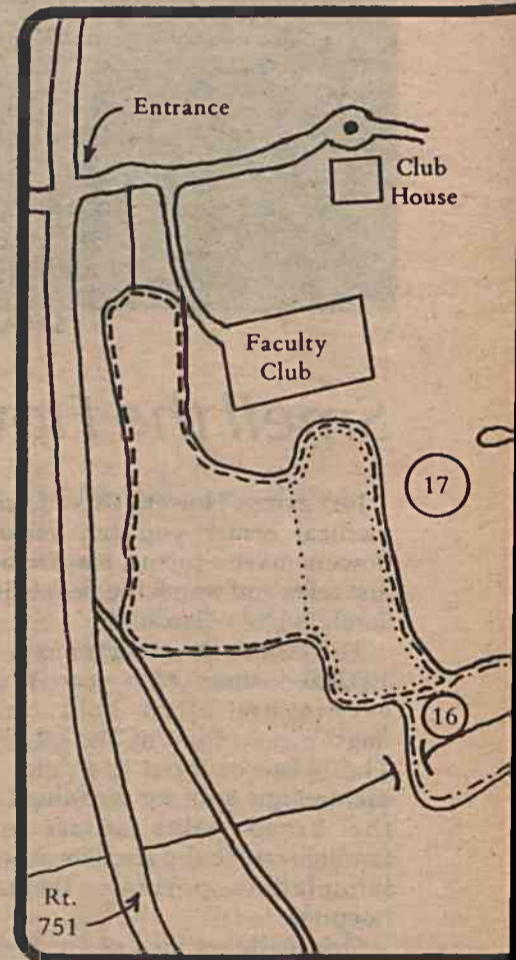
Korstian Division is between Durham and Chapel Hill, along Erwin Road, between county roads 1718 (Mt. Sinai Rd.) and 1731 (Piney Mountain Rd.) There are gates on all these roads.

Traveling the old road from Chapel Hill-Carrboro to Hillsborough takes you through Blackwood Division. You can enter from this road onto a trail to Bald Mountain, the highest point in Duke Forest, or from unpaved county road 1727.

The Eno River flows through the section of Duke Forest — just west of Hillsborough on US 70.

And the Eno Division is between Durham and Hillsborough, with gates on NC 86 and county road 1723.

Maps of each division are available from the forestry school, 208 Biological Sciences Building. They're fully marked photo-mosaic maps, and cost only 25 cents each.



Jogging Rated Fi

The President's Council on Physical Fitness & Sports called on seven medical experts to evaluate 14 popular forms of exercise and rate them in terms of health benefits, based on (1) heart and lung endurance, (2) muscular strength and endurance, (3) flexibility, (4) balance, (5) weight control, (6) muscle definition, (7) digestion, and (8) sleep.

Doctors evaluated each form of exercise on basis of regular participation and vigorous activity — defined as a minimum of four times a week and not less than a half-hour at each session.

Doctors found the following activities, in order, to be the most beneficial:



EIGHTEEN HOLES AFTER WORK—Now that the days are so long, you can get in a full round of golf before dark at the Duke Golf Course. On weekdays the cost after 5:15 p.m. is only \$2.50 for Duke faculty, staff, employees and students. For an additional dollar you can play all day on weekdays. The price goes to \$4.50 on weekends, and you must call 684-2817 on

Thursday to reserve a starting time for Saturday or Sunday. The Pro Shop is open from 8 a.m. - 6:30 p.m. during the week and from 7 a.m. - 7:30 p.m. on weekends. The rest of the clubhouse, including snack bar and showers, is open until dark.