



The Full Moon

Merry Christmas
and a
Happy New Year!

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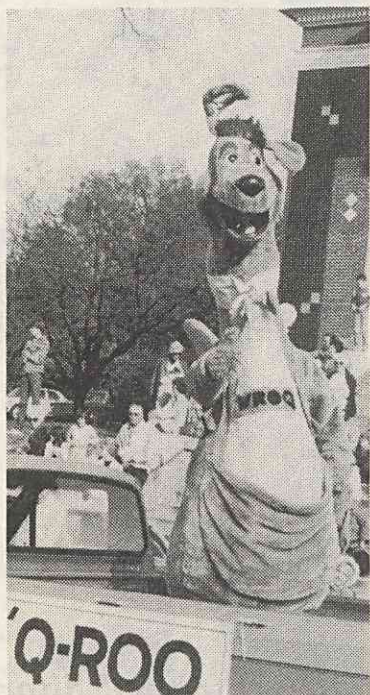
December 19, 1980

Student Council Spreads Good Cheer

By ANN NOVAK

On December 17, the Student Council brightened Christmas for the children at Greenwood Center. Greenwood Center is an Albemarle day care center for retarded and emotionally and physically disabled youngsters aged three months to five years. Council members traveled to the center Wednesday to give a Christmas party for all of the children. Greg Underwood played the role of Santa Claus, and gifts were brought for all the children to enjoy.

The Student Council has also been busy discussing new ideas for the upcoming spring semester. Students are requesting picnic tables so that they can take their lunches outside. The Council would like to landscape an area that could accommodate several picnic tables. The Council has already set up committees to plan the layout of the area. Thanks to the efforts of the Student Council, lunch time may be more enjoyable!



Oh, How I Love A Parade!



"Moonbeams"

Congratulations
To The Band

Marching Band was awarded third place in the Spencer-Salisbury parade. The band presented a Christmas concert at ASHS Thursday, December 18.

Hark, The Herald
Angels Sing

On Sunday, December 14, at 3:00 the chorus presented a Christmas Concert at ASHS. The varsity singers sang for a countywide Senior Citizens group on December 4, and also for the Rotary and Lioness Clubs. The Senior Choir entertained the Senior Citizen Club at the YMCA on December 17 and the Lutheran Home on the 18.

Students Honored

The student Rotarian for December is Todd Hauss, and the student Lion is Mark Talbert.

Hurray For The
Holidays!

Christmas vacation begins December 19, and students do not return to school until January 5th!

VICA Works Hard

The VICA Club has sold National pens, and is very close to reaching their goal of raising \$1,000. The high salesman will receive a prize, and the class which sales the most will go to Burger King for lunch.

Planning Ahead

DECA is preparing for their District Contest Meeting which is to be held in March. The club is in the process of setting up committees for 15 different contests. They must also secure 45 judges from the community. Over 700 students from 32 schools will participate in the Albemarle District Contest Meeting.

Heading Towards the Boston Marathon

When someone asks, "What do you do?", do you respond: a) "I'm unemployed right now", or b) "About ten miles a day."? If yours is the second answer, then you are one of the many students of Senior High who enjoys running. Distance running has become very popular in the United States in recent years, and for many people it has become a way of life. Although Albemarle has not yet produced a Boston Marathon winner, running is an important part of every day for many of

Albemarle's student athletes. Much of running's popularity can be attributed to its physical benefits. No other sport or form of exercise does as many positive things for the body. Running is an aerobic exercise, meaning that it strengthens the cardio-vascular system. A person with a healthy cardio-vascular system has much more endurance and may actually live longer than a person who has not participated in aerobic exercise. Running is excellent for weight control, since it causes

the use of more food content calories than any other exercise. Muscle tone also improves with running because all muscles of the body are involved in some way when you run.

Running benefits more than just the physical condition, however. Most runners report a great psychological boost after a workout. After a few months of regular running, the athlete is almost always noticeably calmer and more confident. Running often acts as a release from the pressures of work or school. More than in any other sport, the runner is in control. He chooses his own pace, direction, and distance. This selectivity offers a reassuring contrast to the restrictions imposed by society.

To many runners, becoming fast enough to compete is not important. For them, covering the distance is enough in itself. For those who want more, however, there is road racing. The most common distances for road racing are the marathon and five and ten kilometers. Many groups now sponsor races on both the local and national levels. Entry fees for the race often go to charity organizations such as the United Way.

A small number of Albemarle students have chosen to test their running abilities in such races. These include seniors Mark Talbert, Mark Hawn, Chris Freeman, and sophomores Todd Rogers and Lucy McKeithen. Of this group three have placed highly in various races. Lucy McKeithen captured the first

place award for her age division in the Asheboro Elephant Stampede ten kilometer race on November 15. Mark Talbert placed second in the Albemarle Jubilee ten kilometer race and third in the Gold Hill Gold Rush ten kilometer. Talbert runs track for Senior High and should do well in the mile and two-mile races this year. Another outstanding runner, Mark Hawn, has competed in eleven races. He has one third place finish, one second place spot, and a first place win for his age division in Asheboro last November. Hawn runs fifty to seventy miles a week in training and says he plans to continue racing during his senior year at Albemarle. He is a member of Albemarle's track squad and is an All-Conference possibility this season. Hawn and Freeman are now training for the *Charlotte Observer* Marathon to be held January 3, and Talbert and McKeithen plan to compete in the *Observer*-sponsored 10 kilometer race on the same date.

As the interest in distance running increases, more Albemarle students will become involved. This year an attempt to organize a cross-country team at Albemarle narrowly failed; next year may be better. This year's track team should do well in the distance races with many good new runners joining the team. At present, there is a movement to start a running club at Senior High. Anyone interested in being part of such an organization should contact Mark Hawn as soon as possible.

