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May is Trails Outdoors Month and North Carolina citizens have a variety of opportunities to see the state while hiking, biking, horseback riding and canoeing the more than 2,000 miles of trails in the state.

For all the two-wheelers, May is also National Bike Month and May 1-7 has been proclaimed North Carolina Bike Week. Many local organizations are conducting rodeos, mass bike rides, safety programs for bicycling, commute-to-work programs, bike-a-thons and road races.

The Cape Fear Cyclists in the Wilmington-New Hanover County area have planned a 10-day bikefest to coincide with N.C. Bike Week. On May 1 they are having the 2nd annual River to the Sea Bike-a-thon and a Spring Bicycle Rodeo. A 100and 50-mile ride through the surrounding countryside will be held on May 2 and a moonlight meander for romantics is planned for May 3-7. The Cape Fear Bikefest will be wrapped up with a Bike Expo, highlighted with awards, movies, workshops, and demonstrations. For more information contact Bob Jamieson (919-256-4161) in the Wilmington Regional Office of the State Department of Natural Resources and Community Development.

Riders, hikers and paddlers can join the first ever Mountains-to-Sea Trek. The North Carolina Trails Association is promising nine fun-filled weeks of hiking, bicycling, horseback riding and canoeing from the Blue Ridge Mountains to the Outer Banks.

Pack your gear and join the Trek, which began during April, at any of the following locations:

May 1 at Stone Mountain State Park in Wilkes

County: May 8 and 9 for the second Trails Excounties travaganza with games and events at Pilot Mountain State Park:

Guilford Couty Trekkers

Hillsborough Street to the Capitol for a noon meeting with Governor Jim Hunt. The trekkers will spend the night at Clemmons State Forest near Clayton.

Additional information on the entire Mountains-to-Sea Trek may be obtained from Kay Scott in Raleigh, Division of Parks and Recreation at 919-733-7795. If the idea of hitting the trails does not meet your fancy, there are plenty of other events in Outdoors North Carolina during May. The City of Wilson will have "Sunday in the Park" activities on May 2, including live music, an active artist show, displays of children's art work and supervised art activities for children. There is no admission charge for the event, set from 2 to 6 P.M. Horselovers should mark May 8 on the calendar for Tanglewood Steeplechase in Clemmons. More than 15,000 people are expected at the 15th annual sanctioned steeplechase that offers a

\$25,000 purse. The races begin at 2 P.M. but the gates open at 10 A.M. for picnickers. Admission is \$45.00 for a reserved space for six people to a vehicle or \$5.00 per person at the gate. For more information contact Roger Lemmons, Tanglewood Park Director, at 919-766-6421.

Many more Outdoors North Carolina events will occur in May. To find out what is happening, or to get additional information, contact Melba Strickland, Department of Natural **Resources and Community** Development, P.O. Box 27687, Raleigh, or call 919-733-6376.

Gospel Sing To Be Held

The Singing Laymen will hold their first annual gospel sing May 7 and 8 at annual Stokes-Surry the Windsor Assembly of God Campground. The singing starts at 7:30 P.M. each evening. On Friday, the guest singers will be May 15 is the date when Hopper Brothers & Connie and Danny & The Singing

Ambassadors; on Saturday

they will be The Easter

Brothers and The Caviliers.

The singing will be held

rain or shine. Camping

facilities are available on

location and a motel is

located 1/2 mile from

for both days or \$4 per day.

For further information,

contact Mark Hoggard at

919 - 794 - 2682, 919 - 356 - 2397,

or 919 - 794 - 4469.

THE CHOWAN HERALD

First Case Of Rabies In 40 Years Found In North Carolina

RALEIGH-- The first case that the rabies epidemic to of rabies in a skunk in North the west and south of the Carolina in 40 years¹⁰Mas State is beginning to move

been reported in Watagua¹⁹³ into North Carolina, County, according to Dr.¹¹ Preeman said. John Freeman, head of the W Citizens are advised to veterinary public health have their dogs and cats branch of the N.C. Departmamunized against rabies ment of Human Resources' and to avoid strange Division of Health Services: animals and strange acting This first appearance of animals.

Freeman said.

"They do things that are abnormal for that animal. Rabies is a disease of the central nervous system and the brain. As the damage progresses it affects the personality of the animal," he said.

attitude and individual mer when he went into his behavior of the animal, yard and found the animal chasing his dog. He shot the skunk and turned the car-

cass over to the county animal control officer who discovered rabies. The farmer suspected rabies because skunks are normally shy and retiring creatures.

call the county animal of rabies in a cat in 21 years. control officer immediately. No rabid dogs have been He should not attempt to capture the animal himself unless it is an emergency situation," Freeman said.

With the exception of bats, no rabies have been reported in animals in North Carolina until this siting for a number of years. In 1975, a rabid cat was found in

seen in 13 years. This is the first postive finding of rabies in a skunk in North Carolina in 40 years.

Driving on ice and snow? Carry a bag of "kitty litter" in the trunk in case you get stuck. It provides great



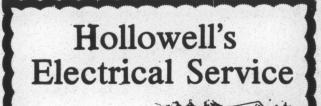
will have breakfast and tour the Natural Science Center before hiking to downtown Greensboro for the dedication of the first urban historical trail in North Carolina. The historical trail will lead trekkers to the campus of Greensboro campground. Tickets are \$6 College for a noon lunch, and on to High Point for an overnight stay at Oak Hollow Campground. For more information contact Willie Taylor at 919-855-9399:

May 22 the trek will be in Sanford at Buckhorn Trail to the campsight at the Deep River. A wagon train will be the feature of this section of the trek.

May 27 the trek moves from the N.C. State Fairgrounds via

meals or eat only a token breakfast or lunch. Skipping meals may lead to unwise snacking.

When dieting, don't skip



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