Cyclist Urged To "Ride On The Right"

RALEIGH-One of the happiest on many of our roads." moments in a child's life is when he rides his first bicycle and experiences a new world of freedom and mobility.

But two-wheeled mobility also brings with it hazards which may result in an accident if the child does not know the rules for safe cycling. Knowledge of the rules and laws

for safe cycling is essential for bicy-

cle riders of all ages.

Many bicyclists either do not know or tend not to pay attention to traffic laws. Many motorists, as well, are unaware of the traffic laws as they apply to cyclists and do not expect bicycles to travel on the

roads.
Bicycles are, however, legal road vehicles and cyclists have the same rights and responsibilities as

This means that for cyclists, riding on the right-hand side of the road is the law.

In recognition of the increasing number of people riding bicycles, Governor Hunt has proclaimed May 6-12 as North Carolina Bicycle Week.

This year's theme for bicycle week is "Ride on the Right."

Department of Transportation Secretary Tom Bradshaw said the theme "is a reminder to both cyclists and motorists that the bicycle is a partner with other vehicles

While it often seems

that the older we get the

more physical ailments we

have, the fact is that no

matter what the age and

general condition of the

Many Army Reserve units can offer you a \$1,500 enlistment

bonus. And one of those units may be near you. There's another en-

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if you qualify, you can choose the

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MEETTODAY'S ARMY

Many bicycle-motor vehicle ac-

cidents occur as a result of cyclists traveling on the wrong side of the road facing the traffic. Motorists expect all traffic movement to occur to the right, and they don't expect to contend with head-on traffic.

In addition, the cyclist puts himself in a vulnerable position when he rides on the wrong side of the road.

For example, a bicyclist is traveling uphill on the left facing oncoming traffic; a motorist is also approaching the crest of the hill. As he comes to the top of the hill, the motorist is not expecting to see head-on traffic. Because the closing speed between the bicycle and the motor vehicles is significantly increased as the two approach each other, both the cyclist and motorist are unable to avoid a collision.

Or, in another situation, a motorist comes to a stop sign at an intersection and signals to make a right turn. He looks to the left, and it's clear. The motorist makes his right turn and collides with a bicyclist coming toward him illegally riding on the left.

In a third situation, a motorist stops at an intersection. When the traffic signal turns green, he goes straight through the intersection and collides with a bicyclist who had been riding illegally on the left and

Older Persons Guide To Heart-

Healthy Life Offered

body, many things can be Health"is a booklet which

suggests ways to improve

the quality of life as one

grows older, and it is

available free from the

North Carolina Heart

Association, 1 Heart Cir-

cle, Chapel Hill, N.C.

The booklet describes

aging as a natural process

which applies to the heart

and blood vessels as well

as to all other parts of the

the body. Aging makes us

more susceptible to heart

attack, stroke, high blood

reduce the risks of having

diovascular

medicine can

However,

pressure, and other car-

diseases.

modern

help to

done to help ensure a

longer and healthier life.

Guide to Cardiovascular

Older Person's

was hidden by shrubbery on the edge of the road.

These are just three situations which could occur causing serious injury as a result of bicyclists riding the wrong way.

Besides riding on the right and obeying the traffic rules, cyclists should develop defensive riding skills and hazard recognition. Proper maintenance of bicycles will also aid in the reduction of bicycle accidents.

Motorists, on the other hand, should give bicyclists the same courteous treatment on the road as they accord other motorists.

For example, motorists shouldn't pass bicycle riders on roads with continuous yellow or double yellow lines. And, motorists should move into the opposite lane when passing, instead of squeezing past cyclists.

William L. Flournoy, chairman of the state bicycle committee, says the committee strongly urges all local communities to initiate activities during the week which increase public knowledge about bik-

Other members of the bicycle committee include: Terrence E. Benjey of Wilmington; J.P. Campbell of Charlotte; Sam R. Thomas of Forest City; David Parker of Chapel Hill; Ed Turnley of Rocky Mount, and Ms. Judi Wallace of

these conditions, so it is

important for everyone to

have regular medical

checkups. The earlier

diseases are detected, the

more easily they can be

controlled, but this possi-

ble only if we follow the

The Guide explains the

diseases,

causes of the major car-

outlines their signs and

smoking, with emphasis

on the individuals respon-

sibility for working with

his doctor to maintain

physicans's advice.

diovascular

good health.



HONORARY ALUMNA

ACTRESS CICELY TYSON, who starred in "A Woman Called Moses," "Sounder," "The Autobiography of Miss Jane Pittman," and the first segment of the original "Roots," visited North Carolina Central University last week. She is shown here with NCCU Chancellor Albert N. Whiting. who bestowed the rare honor of making her an honorary

Groups Call For Public Hearing On Nuclear Moratorium Bill

A coalition of North anti-nuclear Carolina groups has requested the House Public Utilities Committee to hold public hearings on House Bill 1193, a bill calling for public referendum on a nuclear moratorium sponsored by Rep. Horace Locklear.

"We feel it is important to stop nuclear power in this state as quickly as possible," said Kudzu Alliance spokesman Ms. Melanie Scheller. "We think the bill should go further and call for an im-

mediate halt on the construction of all nuclear power facilities until the referendum has taken place. It is unfair to continue spending money on Shearon Harris and other nuclear plants until the people of North Carolina have had the right to voice their opinions on the role nuclear power should take in the future of the state."

The bill calls for a public referendum on nuclear power in the next general election. If the voters approve measure, it will be illegal to own, operate or possess

any type of nuclear reactor in the state.

In a letter to Rep. Dwight W. Quinn, chairman of the House Public Utilities Committee, requesting a public hearing on the bill, the groups stated: "Recent developments at the Three Mile Island Reactor in Pennsylvania have conclusively shown that we have been unduly optimistic about the safety and economic attractiveness of nuclear power as an energy source. One the home front, the controversy over closing the Oconee reactor demonstrated vulnerable the nuclear industry remains to increased safety requirements and regulatory shifts. In we have addition, neglected our readily available ecomically and gives suggestions an diet.
On Sunday, April 22 appreciation. Here special environmentally attractive energy renewable energy resources. We feel that nuclear power should be eliminated as an energy source and that North Carolina should build no more nuclear power

Mental Health Kicks Off Local Golf Season

By Godfrey M. Laws

Dave Detiwiler in the ashion of Tom Kite of PGA Tour Fame carved out a steady 69-71 to win the Mental Health Golf Tournament at the 6,856 yard Duke University Golf Course on Sunday, April 29, 1979.

Steve Bartlett however. had probably the most spectacular round with a scorching 4 under par 67 on Saturday. Steve birdied numbers 8 and 9 which is a days work at Duke in itself, but then to come out of the woods to birdie both is simply spectacular.

Steve is from Buffalo New York and preped Kenyon College just outside of Columbus Ohio, Jack Nicklaus Territory. Bartlett is one of the most consistent sub par shooters in the Durham area. His best round is a 65 in a Saturday Morning round at Duke from the Blue Tees. The 67 came from the white tees on greens that put like velvet.

The flight winners are as follows: Harmon Smith, Jetter Pickett, Ed Herskey, Jerry Hart, Arthur Thompson, Billy Watkins, and Markham won the first through the seventh flights respectively.

The tournament is sponsored by the Durham County Mental Health Association which spreads helpful throughout the Durham Community.

The Directors of the Tournament R. Rigsbee and Jack Elliott both fine golfers said this was the best field and highest number of participants to date. They founded the tournament in 1975. Lendon Browning is the 1979 president and Ms. Mary Farrell who worked the tournament is past president.1

Note: Look for information of future tournaments soon and the Capital City Classic to be held in Washington D. C. this weekend.

ELMIRA PARK DEDICATED symptons, treatments, and rehabilitative measures. It SUNDAY, APRIL 22

under the auspices of the City. of Durham Department of Recreation Elmira Park was dedicated with a program of entertainment and fun a "Welcome" from Mayor Wade L. Cavin prefaced the printed program. The prelude concert was a superb performance by the Hillside High School Band.

Mr. A.E. Spears, former chairman of the Recreation Advisory Committee, was Master of Ceremonies and made the Welcome Address. Mr. James Carrington and Mrs. Manie Geer, speakcommunity pointed representatives, out how much the park has done to elevate the tone of the community.

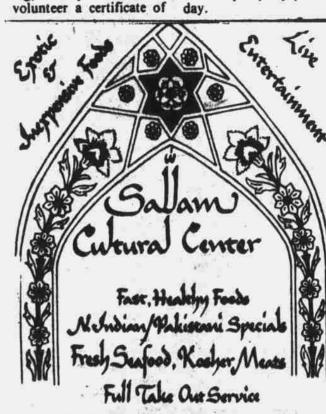
The Dedicatory Statement was made by the City Council Representative, Dr. C.E. Boulware, who advocated a spirit of pride, of cooperation and of dedication to high ideals.

Recogniton volunteers was given by the Volunteer Services of the Coordinator Durham Recreation Dept., Mrs. Frances Fleming, who presented each

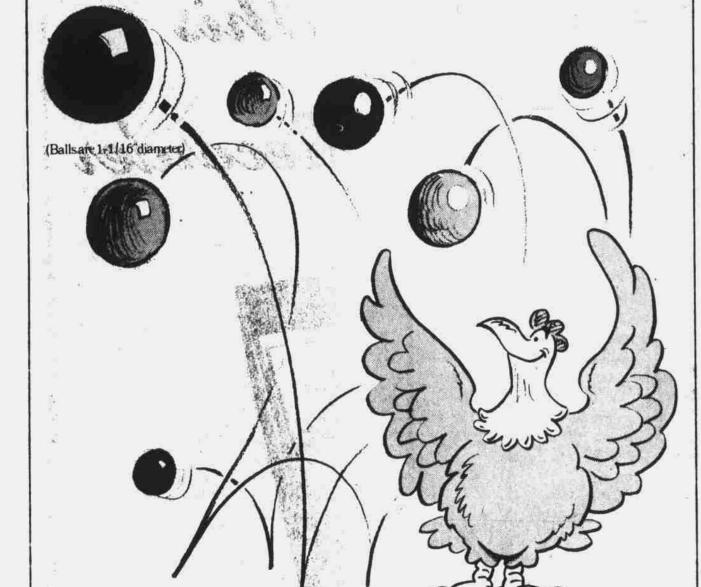
Pinora Smith, for her diligent work in the community and with the Department of Recreation in planning this Dedication program.

The Inspirational Singers of St. Joseph's A.M.E. Church and James Herndon and the Herndon Singers and guest choir furnished Of great interest were

the exhibits: potted plants by Mr. J.M. Scholer; ceramics by Mrs. Maggie Henry; paintings from the Department Shepard Junir School, needlecraft by Utopia Club (Mrs. Bertie Fowler's work outstanding); and "Clean The Scene" literature from the Chamber of Commerce and Merchants Association. Garden Clubs of Durham furnished floral arrangements. Participants and visitors enjoyed fried chicken and other goodies. A variety of games furnished fun amid a sea of colorful ballons floated by happy children, a crowd of adults equally enjoyed the



dinner 52 900 music Ersnacks 9-12 (closed Tuesday Thursday - Saturday HOI W CHIPELHILL STREET, DURLAM, 493-2096



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Daily -7-9:30 Sat. & Sun. -1:00-4:00-7:00-9:30

SUPERMAN is a hit ... "

CAR WASH BENEFIT - The Durham Striders

Track Club will hold car wash and bake sale to raise

money for the upcoming track season. The carwash

will be held Saturday May 5th at Barnes Gulf Station

at Apex Highway (N.C. No. 55) and Riddle Road.

All citizens are urge to come out and give the Track

club your support by having your car wash beginning