

May 6-12 is Bicycle Week

# Cyclist Urged To 'Ride On The Right'

**RALEIGH**—One of the happiest 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 bicycle 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 motorists.

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

on many of our roads."

Many bicycle-motor vehicle accidents 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 vehicle 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

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 biking.

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 Winston-Salem.

## Older Persons Guide To Heart-Healthy Life Offered

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

body, many things can be done to help ensure a longer and healthier life. "An Older Person's Guide to Cardiovascular 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 Circle, Chapel Hill, N.C. 27514.

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 body. Aging makes us more susceptible to heart attack, stroke, high blood pressure, and other cardiovascular diseases. However, modern medicine can help to reduce the risks of having

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 possible only if we follow the physicians' advice.

The Guide explains the causes of the major cardiovascular diseases, outlines their signs and symptoms, treatments, and rehabilitative measures. It gives suggestions on diet, exercise, and cigarette smoking, with emphasis on the individuals responsibility for working with his doctor to maintain good health.



**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 alumna.

## Groups Call For Public Hearing On Nuclear Moratorium Bill

A coalition of North Carolina anti-nuclear groups has requested the House Public Utilities Committee to hold public hearings on House Bill 1193, a bill calling for 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 the 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 has demonstrated how vulnerable the nuclear industry remains to increased safety requirements and regulatory shifts. In addition, we have neglected our readily available economically and environmentally attractive 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 plants."

## ELMIRA PARK DEDICATED SUNDAY, APRIL 22

On 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, speaking as community representatives, pointed 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.

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

appreciation. Here special recognition was given Mrs. Elnora 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 music.

Of great interest were the exhibits: potted plants by Mr. J.M. Scholer; ceramics by Mrs. Maggie Henry; paintings from the art Department of Shepard Junir High School, needlecraft by Utopia Club (Mrs. Bertie Fowler's work was 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 balloons floated by happy children, a crowd of adults equally enjoyed the day.

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**CAR WASH BENEFIT** — The Durham Striders Track Club will hold car wash and bake sale to raise money for the upcoming track season. The car wash will be held Saturday May 5th at Barnes Golf Station at Apex Highway (N.C. No. 55) and Riddle Road. All citizens are urged to come out and give the Track club your support by having your car wash beginning at 10 a.m. and ending 4 p.m.

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 HEMINGWAY  
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 ANNE BYRNE

Daily — 7:00-9:00  
 Sat. & Sun. 1:00-3:00-5:00-7:00-9:00

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## Mental Health Kicks Off Local Golf Season

**By Godfrey M. Laws**

Dave Detwiler in the fashion 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 with 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 Hershey, Jerry Hart, Arthur Thompson, Billy Watkins, and Ed Markham won the first through the seventh flights respectively.

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

The Directors of the Tournament R. L. 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.

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