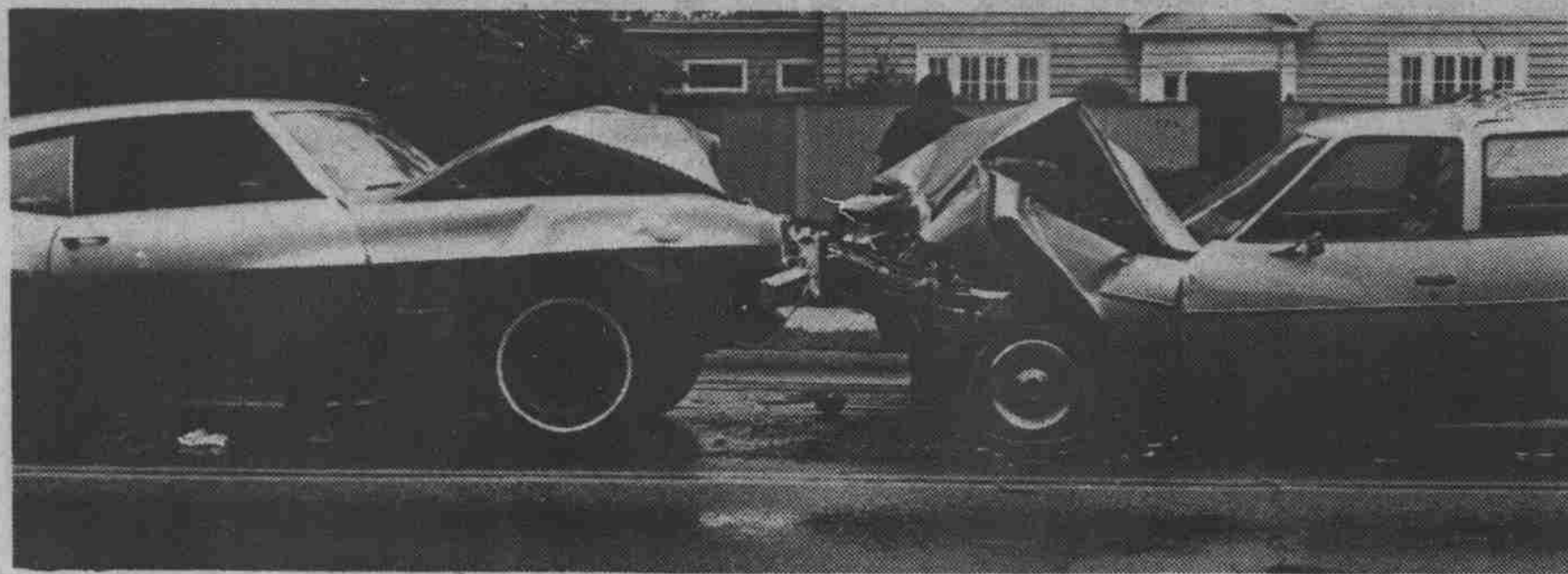


Pontiac crunch

Three Chapel Hill residents received minor injuries from a head-on collision on E. Franklin St. Tuesday. The accident occurred when Thomas Rollins' car slid across the center line and collided with Lynette Campbell's vehicle. Hoover Byrd was a passenger in Campbell's car.



DTH/John Williams

Local annexation sought for increased housing

By PAMELA PRESSLEY
Staff Writer

Chapel Hill Planning Director Mike Jennings recommended at a town council public hearing Monday night that the annexation of a 38-acre tract of land bordering Finley Golf Course be submitted to the Chapel Hill town manager for study. Jennings also requested that the property, which is partially in Durham County, be zoned for high density development. The portion of the land in Orange County already is zoned for high density development, but the portion in Durham County is zoned only for single-family residences.

Such high density development would be similar to the Foxcroft apartment complex, Jennings said. The annexed area is expected to house 839 people in 360 units by 1988, according to a memorandum to the planning board on Sept. 7. Although there have been no questions concerning the annexation itself, Jennings said, there have been some about the proposed zoning. At the hearing, Donna Sparrow, who lives directly in front of the proposed annexed area in Chapel Hill, spoke against the zoning. "I live in a rural area because I want to

I do not wish to see a housing development out my back window," she said. The annexation and upzoning, by bringing in more traffic and people, would present a health hazard to her children and endanger her feeling of security, Sparrow said. In a telephone interview Tuesday, Sparrow said she had discussed the zoning with several of her neighbors. Although none of them spoke against the annexation or the zoning proposal at the hearing, several did attend and were not pleased with the requests. In Jennings' statement to the town council Monday night, he said there were

two considerations in making his recommendation: that the property would not be a burden to taxpayers, and that Chapel Hill needs more housing. If approved, public services such as police protection, transit service and garbage collection would be available during the first year of occupancy. Town Manager David Taylor and his staff will study the recommendations and present their proposal to the council at either the Sept. 27 or the Oct. 11 meeting. The agendas for either meeting have not been decided.

Activities Day presented today in Pit

Activities Day, an afternoon of informational presentations by campus organizations, will be held today in the Pit from 1 to 5 p.m. "We're hoping to give students another look at what things are going on on campus," said Jon Reckford, executive assistant to student body president Mike Vandenberg. Student Government is sponsoring the event. Reckford said that he hoped students would take the opportunity to become involved with those organizations.

Forty campus organizations were invited to set up displays, Reckford said. Some of the organizations featured at Activities Day will be the Fine Arts Festival, Circle K, the Residence Hall Association, the Graduate and Professional Student Federation and the Association of Women Students. Others there include Student Legal Services, the Young Democrats, College Republicans and *Carolina Quarterly*.

— LISA PULLEN

Carolina Union Presents

Bond Street Theatre

"POWER PLAY III"

Wednesday, Sept. 29
1 pm, Graham Memorial Lawn
No Admission (if rain, Great Hall)

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(Call 942-4057 for more info.)

For your added enjoyment—
PROFESSOR LEWIS LIPSITZ, Professor of Political Science at U.N.C. and twice-published author of political poetry will lead a discussion and reading of political poetry at this 2nd exciting deli. Join us for a night of food and interesting entertainment!

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'Work out to keep fit'

Q. What are the major benefits one can expect to gain from beginning a physical fitness program?
A. Besides the obvious benefit of helping to keep one's weight down, exercising regularly will improve your cardiovascular fitness along with helping you to look, feel and work better. People who exercise regularly usually live longer, and are less fatigued than those who don't.

Q. What would be the best way to begin an exercise program?
A. No matter what type of fitness program you choose, start it gradually. Finding an exercise program that is best suited for each individual is probably the hardest part, but whatever you choose, strive to find an exercise program that is enjoyable and within your capabilities.

Q. What are the best forms of exercise for this cardiovascular fitness, and how often should one exercise to get the best results?
A. The best forms of exercise are those which exercise the large muscle groups and raise the pulse rate for at least 15 minutes, three times a week. Swimming, running and bicycling or aerobics can accomplish this.

Q. How important is warming up and cooling down in an exercise program?
A. Warming up and cooling down are probably the most important, but the least understood, parts of a fitness program. Warming up simply means stretching the muscles to prepare the body for exercising, and to gradually increase the heart rate. Sit-ups, leg stretches, and various bending exercises are all excellent warm-ups. When you are cooling down, one of the easiest ways is to walk or to stretch the muscles to improve their tone.

Q. How about a fitness program for the person who doesn't have a lot of money to spend on health club memberships, and has very little time to spend exercising every day?
A. Some of the cheapest and least time consuming forms of exercise you can do are running in place, walking up and down the stairs several times or jumping rope. The only problem with these things is that they are boring, which can make you want to give up very early in the program. That is why it's important to pick a program that will be enjoyable.

Q. Why is it that many runners develop physical problems from running, such as shin splints?
A. Most of the people who develop shin splints are those who try to overdo their exercise program, by running too much too soon. It is very rare for a person who is a regular runner to develop any serious complications unless they are overtraining.

Q. What is the biggest misconception people have when they begin an exercise program?
A. People believe that things are going to happen in a hurry, which isn't so. If it has taken you six months to get out of shape, it's going to take at least that long to get the ball rolling again.

Health

Column written by David Curran of the Student Health Service.

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