

SPORTS

Recreation Department offers summer tennis lessons

Tennis Lessons Offered- Register now! Classes start July 9th with children classes taught on Monday evenings 6:15-7:15 and Adults on Tuesdays 6:15-7:15. All players must furnish their own rackets. The registration fee for the four sessions is \$8. David White will be the instructor.



Kiddie Crafts-Ages 5-8 may sign up. Classes will begin Monday, July 9th and continue through July 30th. All classes will be held on Monday afternoons 4:15-5:15 for four weeks. Fee is \$2.

"Spinning Wheels"-All children 5-15 may sign each week to take a trip to the skating rink in Elizabeth City on Wednesday

mornings. Anyone interested should contact the Recreation Department by 5:00 p.m. on Tuesdays. Fee is \$2.50 each week. We will leave the Recreation Department at 9:30 a.m. and arrive back at 12:30 p.m. Starts Wednesday July 11! Sessions are limited.

Jr. Babe Ruth-Don Juan-One Stop hold a one game lead over Swindell-Peoples with three games remaining. Standings are: Don Juan-One Stop 6-3; Swindell-Peoples 5-4; Hollowell 4-5; Brinn-Reed 3-6.

Peoples-Swindell 8 Hollowell-Winfall 3-Frankie Browh came in relief Thursday night to lead Swindell-Peoples to victory. He allowed just two hits while walking nine in five innings. Brad Hurdle was 2-3 for Swindell-Peoples.

Brinn-Reed 8 Don Juan-One Stop 7-Brinn-Reed defeated Don Juan-One Stop last Thursday night in an exciting ballgame. Don Juan-One Stop looked as if they were in control going to the 4th inning where Brinn-Reed scored three runs. Leading

hitters for Brinn-Reed were: Ernie Rennie 3-5; Alex Cox 1-3; Chad Nixon 1-3. For Don Juan-One Stop Todd Hunter was 3-4.

Senior Babe Ruth-Perquimans defeated Edenton 15-3 last Friday night in their best performance of the season. Leading hitters were: Jay Hall 2-4; Ricky Stallings 2-4; Percy David 2-4; Brock Winslow 3-4; Wayne Corprew 1-3; Jim Henson 1-3; and John Young 1-3.

Perquimans will be at home Friday night to play Elizabeth City in a doubleheader. Game time is 7:00. Perquimans' record is 4-7.

Tee Ball-The season started last week with two exciting games. On Tuesday, Dozier's Florist defeated Larry's Drive-Inn 28-23. Tee Ball is played every Tuesday and Thursday afternoons at 5:00 in Hertford Park.

Girls Softball-Woodland Dress Shop defeated Edenton II last Wednesday, 10-0, while on Monday, Edenton II defeated Farm Bureau 15-14 in Edenton. On Wednesday, Farm Bureau plays Edenton I at 5:00 behind Hertford Grammar School. Girls softball is played on Monday and Wednesday.

Adult Softball-American Legion defeated previous unbeaten Hollowell Oil in the

womens division 8-1 last Thursday night. Standings are: Hollowell 6-1; Legion 5-2; Jimmy's 2-5; and Di Jop 1-6.

Men's Division-The Rangers are on the roll. They defeated Budweiser and Wards last week. Albemarle Fertilizer remains in first place with a two game lead over Budweiser. Standings are: Albemarle Fertilizer 11-1; Budweiser 9-3; Rangers 6-7; and Wards 4-8.

Swimming - An exercise to beat the heat

Are the summer heat and humidity getting to you, making your jogging, tennis and bicycling less enjoyable? Try swimming. It is not only cooler and more refreshing, but you will reap many benefits, too.

Consider these for example: Swimming is an excellent means for strengthening your heart and lungs.

The water increases your flexibility because it lessens the pull of gravity on your body.

The buoying effect of the water in a non-weight bearing position spares your joints and muscles

from wear and tear. You actually experience a loss of about 90 percent of your body weight. Thus, individuals and especially older people with painful joints or weak leg muscles will find it possible and comfortable to move in the water.

Just as in other aerobic activities, in order to obtain maximum conditioning benefits from swimming, you must develop a swimming pace (intensity) that works your heart, lungs and muscles for a period of 20-30 minutes. A sufficient intensity is 65-85

percent of your heart rate maximum (maximum heart rate equals 220 minus your age).

Depending on your swimming skills, age, and current fitness status, it may take you several weeks before you will be able to swim for 20-30 minutes, without stopping, 3-5 days per week. Begin by swimming laps using the crawl strokes until you feel winded. Ease off by slowing down with a lazy breast or side stroke until you feel recovered. Then continue with your laps at a faster pace. Start with 10-15 minute swimming sessions and

hey try to build up to 20-30 minutes of continuous swimming at 65-86 percent of your maximum heart rate.

Another way to begin an exercise program in the swimming pool is to swim one length of the pool, get out, and walk back to your starting point. Repeat this process a number of times. If you are not conditioned, an exercise session of 5-10 lengths and walking back after each length may be necessary for several weeks or months. As your fitness level improves, gradually increase the number of laps.

The key, as with any other type of regular exercise program, it is to work gradually up to your desired fitness level. Now go take the plunge-you will find swimming stimulating, enjoyable, and most of all refreshing.

Note: (Persons over 40 years old or those who have reason to suspect underlying illness should consult a physician before beginning an exercise program. At any time symptoms arise during or after an exercise a physician should be contacted.)

Tips for adjusting your body to summer exercising

Many activities that are fairly easy when performed in cool weather become more difficult in the summer months because of hot and humid temperatures. You can make your summertime exercise more pleasurable if you will help your body adjust. Your body needs gradual, yet repeated exposure to outside activities in order to adjust properly.

Here are some hints and precautions that will make the transition to exercising in the heat less stressful:

1. Wear as little clothing as you can. By exposing a large amount of body surface area, more sweat can evaporate from the skin, thus allowing the body to cool.

2. Wear cotton clothing. Cotton lets your body breathe. It's the coolest material because it absorbs perspiration and lets excessive moisture evaporate as you exercise.

3. Avoid wearing any heavy sweat suit or any type or rubberized suit while exercising in the heat. This type of clothing raises the body temperature to dangerous levels and increases the tendency toward heat illness. It also causes excessive stress on the heart and lungs.

4. Wear light colored clothing to reflect the sunlight.

5. Pick a convenient time to exercise but try to avoid the mid-day hours (between 10:00 a.m.

and 3:00 p.m.). Try to choose an area that keeps you out of direct sunlight and be sure to find a cool place for rest periods.

6. Drink plenty of fluids within 15-20 minutes before you exercise in the heat. The liquid that is chosen to drink should be cold (provides the quickest replacement of the water lost in sweat) and low in sugar (too much sugar slows down the emptying of water from your stomach to the circulatory system). In addition, you should try to drink 8-10 ounces of liquid at 10-15 minute intervals throughout the activity.

7. Cool down throughout after you exercise (10-15 minutes of stretching to allow your heat rate to return to resting levels) before going into an airconditioned setting.

8. After you finish exercising in heat, be sure to drink plenty of fluids to replace the water lost as sweat.

By following these simple exercise tips, you can have a summer filled with many enjoyable exercise activities.

(Persons over 40 years old or those who have reason to suspect illness should consult a physician before beginning an exercise program. At any time severe symptoms arise during exercising a physician should be contacted.)

Sports medicine seminar held recently at Albemarle Hospital

Playing is one of the things that Americans like to do best. Playing is fun for both the participants and the spectators in sports. Safety in play is a concern for Albemarle area athletic directors and health providers.

To help further the goal of athletic safety, Albemarle Hospital held a day long Sports Medicine Seminar on Saturday, June 23, 1984. Targeted for the seminar were coaches, team physicians, physical education teachers, and others interested in improving their awareness and knowledge about sport injuries and treatment.

Albemarle Hospital Chief of Physical Therapy, Bernie Blystone, coordinated the event. With slides and discussion, Blystone covered use of physical therapy equipment and exercises. Frank Harper, also a physical therapist, discussed exercise and the environment.

Mike Gentry, head of East Carolina University's Strength and Flexibility Program, was on hand to discuss the merits of his program.

Elizabeth City Orthopedic Surgeons, James Watson, M. D. and John Dewey, M. D., discussed injuries such as ligament and cartilage injuries to vulnerable joints such as the knee and ankle. Surgical procedures, including arthroscopy in which the inside of the joint is viewed with a sophisticated light instrument, were discussed.

In lab sessions, participants of

the seminar got "hands on" experience in taping and bracing techniques. Blystone demonstrated Albemarle Hospital's Cybex machine, a modern piece of physical therapy equipment.

Participants of the seminar learned and exchanged knowledge about sports related injuries and their prevention. In so doing, the cause of safety in play was furthered.

NOTICE

Candidates interested in running for a seat on the Perquimans County SOIL AND WATER CONSERVATION District Board of Supervisors have until Friday, July 6, 1984, at noon to file. The filing fee is \$5.00. The post will be filled in the November 6, 1984 General Election on a Non-Partisan Ballot.

William L. Tilley, Chairman
Perquimans County Board of Elections

STARTS FRIDAY!

Cannon Ball Run II
PG Shows Nightly
7:10 & 9:15

Bachelor Party
PG Shows Nightly
7:15 & 9:20

Coming Soon
Rhinestone
with Dolly Parton

Taylor

TWIN CINEMA
EDENTON, N.C.
PHONE 482-2312

Football exams

Physical examinations for football candidates at Perquimans High School and Perquimans Union School will be given Thursday, July 5th. Candidates should report to the high school gym at 4:30 on that date. Prior to that time, candidates should pickup a physical form from Coach Pat Morgan, and have it signed by their parent or guardian.

If you don't learn from your mistakes theres no use making them.

Allen Winslow

See Me About Your Businessowner Policy

Johnson White Insurance Agency
109 Market St.
Hertford, N.C.
426-7705

"Insurance is the only thing you can't buy when you need it."

NOTICE TOWN OF WINFALL

The Town has received and is distributing town tags to those people who have purchased tags and not yet received them.

Tags are also available to people who have not yet purchased them. All residents and businesses of Winfall are required to purchase & display town tags.

Effective July 13, 1984 the town tag ordinance will be strictly enforced.

Tell your parents about the security of Direct Deposit.

It's the kind of guidance they'll appreciate, and it's a nice way to let them know you care.

With Direct Deposit, their Social Security goes straight to their checking or savings account. They don't have to wait for the check or worry about it.

Have them ask for it where they now deposit their Government checks. It's free. And after all, they've got it coming.

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AFTER ALL, THEY'VE GOT IT COMING.

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