

Jogging Fun, Often Painful

BY RUTH MEYER
CHAPEL HILL — The new jogger experiences the joy of movement, the thrill of accomplishment and, all too often, a lot of foot and leg pain.

Most of these problems result from jumping into the activity too hard and too fast, says a specialist in sports medicine at the University of North Carolina at Chapel Hill.

"Jogging is a more strenuous activity than most people realize," says Dr. Timothy N. Taft, assistant professor of orthopedic surgery in the School of Medicine. "It's a good sport. But the new jogger must come to the activity prepared."

Jogging jolts the body, Taft says. It sends shocks through muscles, tendons and joints. The resulting heel, arch and ankle pains, foot cramps and shin discomfort that joggers complain of can be prevented in most people, he says, with a conditioning program and good shoes.

Tony Waldrop, UNC-CH's former world record holder in the indoor mile, says experience taught him the wisdom of thorough conditioning. "I did too much, too fast, even for my condition," he says about his early college workouts. "I developed extreme problems with my arches." Waldrop had to tape his arches, wear shoe

supports and follow a rigorous sports medicine rehabilitation program.

"It's better to prevent that kind of injury than try to repair the damage afterward," Taft says. "A strong and supple muscle is rarely injured."

"Stretching exercises, like those described in many books available, will get weak muscles into shape." Abdominal and back muscles, as well as leg and foot muscles, will probably need conditioning in the beginner," he says.

"And it's just common sense to begin jogging in moderation," he adds. "A

person who hasn't been active may even need to walk the course the first few weeks while building endurance."

A new jogger might well start by going a quarter mile every other day, he says, then slowly builds up from there.

And, Taft says well-fitting jogging shoes are a must. "A lot of people make the mistake of starting to jog in tennis shoes, but tennis shoes don't have enough support, especially in the heel where most of the body's weight hits the running surface first."

For the jogger who takes proper precautions and still has foot and leg pains, there is hope, Taft says. "Most people can be helped with an assortment of adjustments to their shoes, such as pads or supports."

But even with special shoes and a good training program, some people still will have pain and discomfort from jogging, Taft says.

"They just have to find other activities, like swimming or cycling, that provide exercise without putting strain on their feet and legs."

Helms Cited For Voting

WASHINGTON, D.C. — U.S. Sen. Jesse Helms has been cited by the National Taxpayers Union for his record of "responsible voting on behalf of the American taxpayers." The North Carolina lawmaker was presented a plaque in ceremonies held in the Capitol. Greensboro industrialist E.A. Morris, a member of the Union's Advisory Board, made the presentation.

Helms was among the top three members of the Senate to be honored. Sen. Harry Byrd, Jr., of Virginia,

and Delaware Sen. William Roth proved to be the most frugal, according to the National Taxpayers Union's Congressional Spending Analysis of votes in the Senate during the session which resulted in expenditure of taxpayer dollars.

The research was compiled under the NTU's guidance through an independent university data service to retain objectivity. Well over 100 votes were used to make the determination, the only study of its type prepared nationally.

Congressional votes selected for analysis represent all authorization votes, appropriation votes or votes on amendments which would add or reduce federal spending.

Certain tax issues which had a gross effect on spending were included. However, in several cases final votes for overall budgets (eg. the Health, Education & Welfare Dept.) were not subject to roll call votes and thus individual voting decisions can only be implied by votes on the various elements of the budgets.

Schemes Warning Given

GREENSBORO — Berton L. Amsberry, state director, U.S. Savings Bonds Division, Department of the Treasury, today cautioned residents of North Carolina about becoming involved in chain-letter or similar schemes to "get rich quick" with Savings Bonds.

Many years' experience with chain schemes indicates that most participants lost their entire investment, according to Amsberry. This is because the supply of interested persons is soon exhausted. The greater the amount to be invested, the sooner the saturation point is reached.

Banks and other issuing agencies are, therefore, authorized by the Treasury to refuse applications for bonds where there is reason to believe they will be used in a chain-letter scheme.

Chain-letter schemes which use the mails to facilitate their purpose are considered by the Postal Service as a violation of the postal lottery and fraud law.

Further, postal officials have warned that, even though the lists of participants are not circulated in the mails, this does not alter the illegality of the operation since, usually, the bonds or other evidence of participation in the schemes

are mailed. There is also the possibility that the scheme may violate local anti-lottery laws, even if the mails are not used.

In addition to the fact that chain-letter schemes violate federal law, the Treasury believes the public should be made aware that such schemes do a distinct disservice to the Savings Bonds Program. Rather than encouraging persons to make genuine investments, they create the illusion that participants are both aiding their government and

themselves.

Individuals who purchase Savings Bonds for such chain-letter schemes, and who discover that participation may violate certain laws and regulations, may request a refund, using Treasury Form PD-2966 — provided they have the Bonds in their possession. This form is available at many banks; it may also be requested from Bureau of the Public Debt, 200 Third St., Parkersburg, W.Va. 26101.

Leaders Week Successful

"The Perquimans County 4-H Leaders Week was declared a success," states Mrs. Clarence Burke, Jr.,

The leaders enjoyed the covered dish supper prepared and served by 4-H

Dean's List Students

Full-time students who achieve academic excellence at Beaufort County Technical Institute, Washington, N.C., are honored through acknowledgement on the All A's List and the Dean's List. On the Dean's List is Robert H. Partin of Edenton.

Job Counselor To Visit Area

Hazel Tayloe, Job Corps counselor, will be at the Chowan County Department of Social Services in the County Office Building in Edenton during the morning hours of May 24.

leaders. The leaders discussed and completed plans for the up-coming activities during the meeting, played Bingo, and enjoyed the lovely fellowship shared by all. This activity was largely attended by 4-H leaders, friends of 4-H, and home economics extension agent, Mrs. M.B. Taylor.

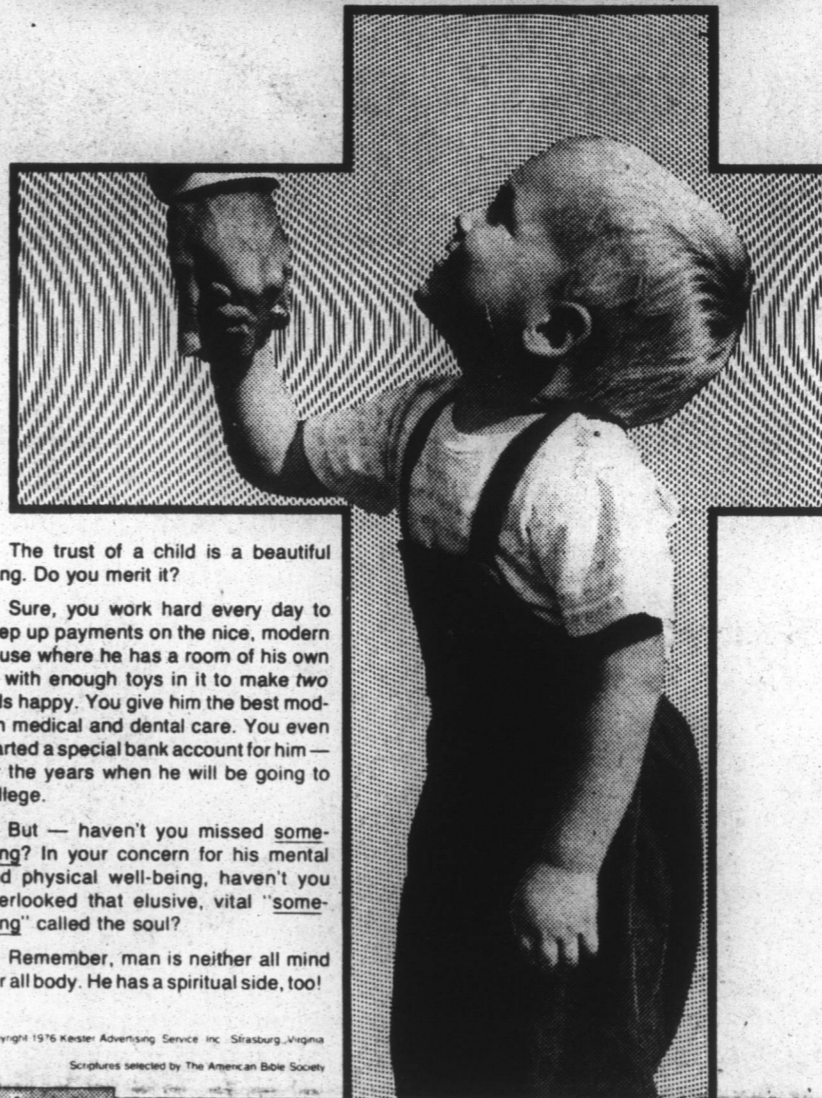
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... And will be held every Thursday night at 8 o'clock for the benefit of church restoration.

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Sure, you work hard every day to keep up payments on the nice, modern house where he has a room of his own — with enough toys in it to make two kids happy. You give him the best modern medical and dental care. You even started a special bank account for him — for the years when he will be going to college.

But — haven't you missed something? In your concern for his mental and physical well-being, haven't you overlooked that elusive, vital "something" called the soul?

Remember, man is neither all mind nor all body. He has a spiritual side, too!

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 Scripture selected by The American Bible Society

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Isaiah 30:15-21	Habakkuk 3:13-19	Matthew 6:24-34	1 Samuel 17:41-50	Daniel 1:1-17	Daniel 3:13-28	Daniel 6:10-23

Sunday School Lesson

PRESSURES ON THE CHRISTIAN FAMILY
 International Sunday School Lesson for May 7, 1978
 Scripture: Romans 12:1-10, 14-18

By Mrs. Jesse Waller

"Do not be conformed to this world but be transformed by the renewal of your mind, that you may prove what is the will of God, what is good and acceptable and perfect." Romans 12:2. The J.B. Phillips translation reads, "Don't let the world around you squeeze you into its own mould." I had to smile when writing this old form of mold, because in my mind I pictured another definition of mold, "to become covered or infested with mold." Doesn't this suggest stagnation?

It is more pleasant to think on the word transform, which is similar to the origin of metamorphosis. This flashes a mental picture of a beautiful butterfly emerging from an ugly caterpillar.

Paul is here advising the people in Rome not to do as the Romans, but to follow Christ as an example. Paul is saying what Jeremiah said 600 years before the time of Christ. He traced sin to its roots, and found that all sin springs from the human heart. There is no help this side of the great physician. He has to give us a new heart, then we live only to please Him, so the outward pressures, even though they are real, have no appeal for us.

In some ways, I believe the style of hatless women was started a number of years ago, when I attended church school and was the only woman in the class without a hat. It would have been difficult for me to conform, because I hated hats, and despised having to spend for them, so would not yield to that pressure.

"I appeal to you therefore, brethren, by the mercies of God to present your bodies" Romans 12:1. Is there any service that we can render without using our bodies? When we visit the hospital, a shut-in, or someone in need, we go in person. We give of our time, our substance, ourselves.

Paul spoke of the church as being a body, just as a family can be a body, each member having its own function. Jesus not only respects our individuality, He uses it. I have some friends; two sisters, who live together. One likes to visit the sick, the other loves to cook and care for the home. This leaves the other sister free to do what she enjoys most.

All of us are part of a family. Recently, I invited a newcomer to church to our family night supper. She said "Oh, I'm alone, I have no family." I tried to tell her that she was a member of our church family, and that many come alone, but felt a part of the whole.

Just being physically able to have a child does not necessarily make up a good parent. Some of the best mothers and fathers I have known have been persons who were unable, physically, to have a child.

Closing prayer: Lord help us to live, in spite of the pressures of this world, in the freedom of Thy spirit. May our faith never be diluted. Amen.

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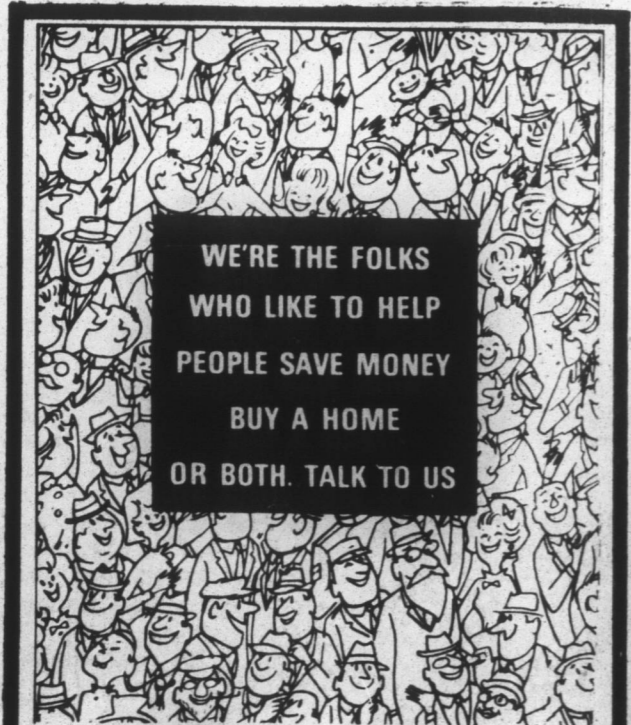
by R. W. DAVIS

When the Spaniards conquered South America, the Indian natives refused to divulge the source of their emeralds.

When an emerald lodged in a horse's hoof, the limping horse was the clue that located the mine.

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Little Stories about GREAT HYMNS

"THE OLD RUGGED CROSS"
 "Rev. George Bennard

"On a hill far away stood an old rugged cross,
 The emblem of suffering and shame,
 And I love that old cross where the dearest and best
 For a world of lost sinners was slain."

Chorus:
 "So I'll cherish the old rugged cross,
 'Till my trophies at last I lay down;
 I will cling to the old rugged cross,
 And exchange it some day for a crown."

"Rev. George Bennard wrote this hymn during an evangelistic meeting in Upper Michigan. While he was deep in thought, reading about the suffering of Christ on the cross, he was stirred to write this favorite song."

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