By the same token, those

fulfilled by a program emphasizing participation by all comers.

Just as you'll want to be matched with persons who view competition as you do,

Shields says, so you'll also want to compete with

persons who are skilled as

you are. Thus a good

recreation program should

offer different skill levels

Since your discretionary time is valuable, he adds, a

program

much more

will

well-administered recre-

satisfaction than a

haphazard or disorganized

one. For instance, he ex-

plains, "if a game is

scheduled for 7 o'clock, but

doesn't begin until 7:30,

plans for your time later in

the evening may be thrown

last year's participants to

find out whether officials

and players show up on

time, and to what degree

bickering among players and arguing with referees

Physical safety also

should be considered. Are

playing fields kept free of

potholes, debris and ob-

structions? Are indoor

facilities kept clean and well

INTEGON?

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And, with a partner's

death, it means ownership

principals, with immediate

cash to the heirs.

and control by the remaining

TALK TO THE

INTEGON LISTENER.

are tolerated.

He suggests talking with

for a given activity.

ation

offer



**Don Rankins** 

## **Wins Wrestling Title**

Don Rankins won first place in the 178-pound class in the Freestyle Wrestling Tournament in Greenville on April 29.

In the final match, Rankins won by a pin in the third period, defeating Mike Manor, the present high school state champ from-Winston-Salem.

This freestyle tournament was held at Rose High School.

Approximately 50 wrestlers participated in the

Rankins has worked hard for four years on the Holmes High School wrestling team. He served as co-captain this year and was an undefeated conference champ.



VISIT LOCAL LIBRARY-First Graders of White Oak School had a real treat in store for them on their recent visit to the Shepard-Pruden Library. Story hour conducted by Vickie Chappell and a look at many new books was very much enjoyed by the little ones. Some were having their first visit to the local library. Seen pictured above is Miss Chappell sharing new books with students.



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## Recreational

CHAPEL HILL-Americans are gaining increasing amounts of leisure time, and many are turning to local recreation

programs for exercise, fun

and fellowship. Before signing up for one of your town's co-rec activities, however, you should examine the program—and yourself—to see if what you are joining will meet your goals, says Dr. Ed Shields, director of intramural sports at the University of North Carolina at Chapel

"Your primary consideration is your own interests," says Shields, assistant professor of physical education. "Don't sign up for an activity simply because it's the only one available."

If the program doesn't include the activity you want, try to find other persons who are interested, then talk with the director about beginning it. "As a group," Shields says, recreation directors are as open to suggestions as any group you'll find."

Next you should consider your personality. Those who enjoy sports mainly for the chance to learn a new game, participate and meet new people probably will not be happy in a program that emphasizes com-

#### Protecting Our Environment

Good Environment Seen As Good For Business No basic cause for disagreement about environmental responsibility should exist between the corporation and society since "the public's



environment is business's environment; the people who make up corporations have to breathe the same air, drink the same water, and gaze at the same scenery, as the people they work among. And a deteriorating physical environment will sooner or later result in a deteriorating business atmosphere." -- Jerry McAfee, chairman, Gulf Oil Corporation.

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petitiveness and winning, he

If the ballparks are in good shape, then how about who like tough competition almost likely will be unyourself? Shields recommends that persons over age 35 and anyone who has been inactive for a long time, have a physical

examination before ning a vigorous ac-

program, Shields says will offer more than simply a ballgame. It also will orthy leisure values."

If, after examining your local recreation program, you have serious misgivings,

exercise, you may be better off devising your own program of jogging, playing s, etc., rather tha joining a recreation program that doesn't suit your goals and personality.

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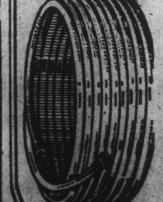
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