

Recreational Activities Can Fill Leisure Time

By Charles Babington
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 Hill.

"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 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-

petitiveness and winning, he says. By the same token, those who like tough competition almost likely will be unfulfilled 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 for a given activity.

Since your discretionary time is valuable, he adds, a well-administered recreation program will offer much more satisfaction than a haphazard or disorganized one. For instance, he explains, "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 off."

He suggests talking with 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 are tolerated.

Physical safety also should be considered. Are playing fields kept free of potholes, debris and obstructions? Are indoor facilities kept clean and well

lighted? If the ballparks are in good shape, then how about yourself? Shields recommends that persons over age 35 and anyone who has been inactive for a long time, have a physical

examination before beginning a vigorous activity. A good recreation program, Shields says will offer more than simply a place, time and referee for a ballgame. It also will

promote sportsmanship and "worthy leisure values." If, after examining your local recreation program, you have serious misgivings, he says, you should consider channeling your leisure time energies elsewhere.

For example, if you want exercise, you may be better off devising your own program of jogging, playing tennis, etc., rather than joining a recreation program that doesn't suit your goals and personality.



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 event.

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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