

Judge Nominee

Marion attorney Lota Jane Greenlee has been selected by the 29th Judicial District Democratic Executive Committee as a candidate for district judge in the November general election. She was the choice at a weekend meeting to take the place of Hollis J. Owens Jr. of Rutherfordon who was elevated to Superior Court judge last week following the retirement of the 29th District's resident judge, J. W. Jackson of Laurel Park. Miss Greenlee could be appointed by Gov. Jim Hunt to fill the district's fourth judgeship until after the election.

The 29th Judicial District is comprised of Henderson, Transylvania, McDowell, Rutherford and Polk Counties.

RED FOX MATCH PLAY

Results of the Red Fox Tournament Play were as follows:

Championship Flight: Lewis White defeated Kris Weaver 7 and 6. (White was even par at the end of the match).

First Flight: David Foster defeated Frank Allain 1-up on 19th.

2nd Flight: Jim Deal topped Mike Tanner 1-up.

4th Flight: Lee Nalley beat Tom Mosca 1-up.

Other flights are not completed. In the Men's Individual Stroke play (Full Handicap)

1st Division (Handicap 0-15) 1st. (tie) Hubert Crater and Jack Craig with net 65s.

2nd Division (Handicap 16-36) Bill Lewis with a net 69.

WHEW!

In January
It gets cold
And in July
It's hot
Now if you don't
Agree with that
Much wisdom you
Have not.

LETTER FROM NEPAL

Hello
Not much news here, and we hear or read very little current news elsewhere. On my visits to Kathmandu I try to catch up on the latest by reading months old Time, Newsweek, etc. I do get the Bulletin and news from home — which is great and my Peace Corps buddies read the Bulletin avidly. I'm grateful to the Vinings for mailing it to me and since I will be leaving here in September, I'll cancel my subscription the first of August.

Many irons seem to be in the fire here at once. Some will wait action for awhile. I still haven't made a decision about extending transfer or early termination or continue the course charted at the beginning. I do plan to travel (back packing) as much as possible before returning. I will be home for Christmas of '80.

My blood must be thinning as I have been more tolerant of the heat and humidity. It has not seemed as hot here, however I have lost from 165 pounds to 142. I'm down right skinny! I haven't been this light since my freshman year in high school. I'll gain it back when I get home to Mom's cooking. I'm anxious to see everyone and friends at Warren Wilson. I do appreciate all the letters from people there and in Tryon and North Carolina. It has been their letters of encouragement and prayers that has helped greatly. I've thoroughly enjoyed the people here and working with them. It has been an experience I shall never forget . . . What or where next?

See you Christmas, til then
God bless

John H. (Jack) Martin
American Peace Corp.
Kathmandu, Nepal



Once people believed that the birds begin to mate on Valentine's Day, February 14.



As a child, England's Queen Victoria was nicknamed "Drina."

GRID

Any rabbit can swim if it has to. But some, such as the marsh rabbit that inhabits the Atlantic and Gulf coastal states from Virginia to Alabama, take to water almost as readily as ducks. Marsh rabbits have been known to outswim dogs.

Health Views



DID YOU HEAR THE ONE ABOUT THE TRAVELING SALESMAN?

There are a lot of jokes about traveling salesmen (and saleswomen), but their problems are really not funny. Especially since some of them affect their health.

Think about it. A traveling salesman is in his car anywhere from 6 to 8 hours per day, five days per week. That's 30 to 40 hours a week in which he's getting little or no exercise. At night the salesman may spend another 2-6 hours doing paper work at his desk. And then he finally settles down to a strange bed that is often saggy. What this all adds up to is a lack of physical activity and poor posture. Poor posture by day . . . and by night.

Lack of exercise can lead to poor circulation and fatigue. Poor posture can crowd the lungs, inhibit breathing and tire the back, neck and shoulders.

Your doctor of chiropractic, a specialist in treating health problems related to the back and spine, has some good suggestions for the traveling person. The first few deal with maintaining the structural integrity of the body.

Since the salesman spends so much time in his car, he should choose it carefully. Look for adjustable seats, firm seat cushioning, ample leg room, seating that lets him sit on his rump and not at the end of his spine. Select a car that has dashboard instruments which can be reached without strain.

To get better sitting support for driving, fold a bath towel to about four inches wide. Place the towel across the back with the lower border just above the crests of the hip bones. This will help hold the back in a better position, decreasing fatigue and backache.

When doing paper work, make sure your desk chair is firm and supportive. Sit erect with your feet planted firmly on the floor. Change sitting positions frequently. Take some rest breaks, walk around, go to the bathroom, get a drink, do other things to break up the work pattern.

The American Chiropractic Association and your doctor of chiropractic remind you that when you permit your spine to sag, you are allowing muscles to relax and ligaments to be placed under tension as the segments of the spine reach their limit of motion. This can cause many types of health problems. So remember to sit up straight!



Now, here are some exercises you can do while driving.

1. Park your car farther away from your call, and take a brisk walk (provided you don't have to carry heavy sample cases). To keep in shape, some sales people even run to and from appointments.

2. Roll your head around as you wait at stoplights.

3. Stretch your legs and wiggle your feet whenever possible.

4. Tighten muscles with about one half of your strength in an isometric series. Work on the legs, thighs, buttocks, chest, stomach, arms, back and shoulders.

5. Keep a hard rubber ball on the front seat. Grasp it in one hand, squeeze for five counts, then switch hands.

6. Take occasional driving breaks, during which you should do some exercises. Exercises might include side bends, toe touches, and squats.

Don't forget to exercise on the weekends. But don't overdo it, especially if you don't exercise during the week.

If you keep physically fit, you'll feel better, be more efficient and feel more confident as a salesman. So, go out on the road, do your exercises, wear a smile, and tell a few traveling salesman jokes, but don't let the joke be on you.