

THE SECOND PAGE



(photo by James Parker)

Someone You Should Meet...

Name: Ruthell Howard
Job Title: Reporter
Hometown: Engelhard
Describe yourself in one word: "Determined"
Hobbies: Listening to reggae music and reading
Favorite Book: "The Old Man and The Sea" by Ernest Hemingway
Favorite Movie: "The Last Metro"
Persons admires most: There are several women like Harriet Tubman, Maya Angelou and especially my mother, Isa M. Howard
Career Goal: To own a newspaper

(If you are single, at least 18 years old, doing something positive in the community, employed and interested in appearing in this column, or if you know someone who meets these criteria, please send your name and daytime telephone number to: Someone You Should Meet, Winston-Salem Chronicle, P.O. Box 2151, Winston-Salem, N.C. 27102).

OPEN LINE/723-8448

Helpful hot weather exercising tips

By DAVID R. RANKIN
 Chronicle Staff Writer

Q: The weather has really been hot lately. I plan to start an outdoor running and workout routine. Is there anything I should know before starting my workout during the hot summer weather?

A: I should say so. According to the North Carolina Department of Human Resources, people should take certain precautions when exercising in hot weather.

Frank Hielema, chairman of the Governor's Council on Physical Fitness and Health, says people need to give their bodies a chance to adjust to the heat by gradually exposing themselves to hot weather.

Hielema gives the following suggestions for exercising while it's hot:

- Wear as little as possible. By exposing as much of your body as you can, more sweat can evaporate from your skin and cool the body.
- Wear cotton clothing. Cotton lets your body breathe. It's the coolest material because it absorbs sweat and allows extra moisture to evaporate as you exercise.
- Wear light-colored clothing to reflect the sun's rays.
- Avoid exercising during the midday hours - 10 a.m. to 3 p.m. Choose a workout area which will keep you out of direct sunlight, and find a cool place for rest periods.

• Drink plenty of fluids about 15 to 20 minutes before you exercise in the heat. The liquids should be cool and low in sugar. You should also try to drink 8 to 10 ounces of liquid at 10- to 15-minute intervals throughout the activity.

• Cool down thoroughly after you exercise before going into an air-conditioned setting. 10 to 15 minutes of stretching will usually allow your heart rate to return to a normal level after exercising.

• After your workout, drink plenty of fluids to replace the water lost as sweat while exercising. Of course, if you have any medical problems, you should check with your doctor before exercising.

New Child Safety Laws

Q: I've heard that there is a new state law concerning children and seat belts. Is that true?

A: Yes. The 1985 General Assembly recently said that, effective July 1, all children under age 6 will have to ride in child safety seats, and children between the ages of 3 and 6 will have to either ride in safety seats or wear seat belts. This new law is different from the old law because under the old law children were only covered up until their second birthday. Now children up to age 6 are covered.

Also, under the old law, the maximum fine was \$10 plus court costs. Now the fine is \$25 plus court costs.

NEWS DIGEST

Group says Reagan provoked hostage crisis

Compiled by DAVID R. RANKIN
 Chronicle Staff Writer

NEW YORK -- An anti-war organization based in New York recently released a statement condemning President Ronald Reagan's handling of the hijacking and hostage crisis of TWA flight 847 and said that American military action in the Middle East provoked the hijack crisis.

The People's Anti-War Mobilization, which also addressed the MOVE bombing in Philadelphia, said in a recent news release that the movement off the coast of Lebanon of the USS Nimitz, a nuclear-powered aircraft carrier, and the presence of the

Delta Force commando unit is increasing both the danger of further casualties and the possibility of war.

The release says the hijackers' demands are "basic." They want Israel to release 766 Shiite prisoners whom the Shiites claim are being held by the U.S. ally without cause.

The People's Anti-War Mobilization says that if President Reagan would simply ask Israel to release the 766 Shiites, it would.

The group says that President Reagan is using the hostage crisis to justify war moves designed to bolster Exxon and Texaco's control of Middle East oil.

South African Jews against apartheid

NEW YORK -- The Black-Jewish Information Center, based in New York, recently released a report saying that South African Jews have rejected apartheid and have officially condemned racial discrimination.

According to the report, the South African Jewish Board of Deputies endorsed the "removal of all provisions in the laws of South Africa which

discriminate on grounds of color and race."

The board represents approximately 120,000 South African Jews.

The organization, which is affiliated with the World Jewish Congress (WJC), adopted the resolution in response to a request by the WJC to join in a worldwide campaign against racism and apartheid.

SCLC says voting fraud cases are unfair

WASHINGTON -- The head of the Southern Christian Leadership Conference recently said that five Alabama counties where blacks have gained political power have become the target of voting fraud investigations by the Reagan administration.

Joseph E. Lowery, SCLC president, said before a Republican study committee in Washington recently that in those black counties the Federal Bureau of Investigation has forced elderly blacks out of their beds in the middle of the night, indicted eight black political leaders and raided the offices of elected

black officials.

Lowery said it's obvious that blacks are being singled out because "there are no investigations going on in the five counties of the 'black belt' still controlled by whites."

The SCLC president had been invited to testify before the study committee about improving minority relations with the Republicans.

His statements came after several Republican congressmen complained that the GOP has few black supporters.

CRIME PREVENTION

Man robs store on Sprague Street

Compiled by DAVID R. RANKIN
 Chronicle Staff Writer

The following "Crime Box Score" is designed to keep you abreast of criminal activity in your community during the past week and to help you protect your family and property from crime.

Armed robbery

• 1500 block, East Sprague Street
 A man came into a convenience store and robbed the business of a large amount of money. The robber is described as a 5-foot-8, 20- to 25-year-old black male with a medium complexion and several scratches on his face.

• 4200 block, North Cherry Street
 A woman entered a convenience store and forced the store's clerk to open the cash register. The robber took the money and ran from the store. The woman is described as a 5-foot-5, 110- to 120-pound black female in her late 20s with a light complexion, dark freckles and close-cut hair.

Storebreaking

• 600 block, North Main Street
 A business was broken into; a small amount of money was taken.

• 400 block, Northwest Boulevard
 A business was broken into, but nothing was reported taken.

• 1500 block, East 14th Street
 A business was broken into. Several video game machines were pried open and the money inside them taken.

• 3700 block, North Liberty Street
 A business was broken into, but nothing was taken.

• 4100 block, Glenn Avenue
 A business was broken into; a small amount of money was taken.

• 2200 block, Patterson Avenue
 A business was broken into; three televisions were taken.

• 1300 block, Patterson Avenue
 A business was broken into. A floor safe was opened, and a large amount of money was taken.

Housebreaking

• 1300 block, Marne Street
 Please see page A10

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