

**In Observer Marathon**

**Mrs. Payne Finished 740th Among 1004 Runners**

By Gayle Hinson  
Post Staff Writer  
Motivation, energy, determination. Keys to what make 34-year-old Jennifer Lowery Payne tick and what shaped her decision to enter the Charlotte Observer Marathon.

Mrs. Payne started running in late April of 1981. Her original purpose was to lose weight which she did, losing 15 pounds in 2 months.

The more Mrs. Payne ran the better her time and mileage. She was able to run one mile in eight minutes which she said was much better than she had anticipated.

Despite all her drive and ambition Mrs. Payne was at first skeptical about entering the marathon.

"When I first heard about it I said 'shall I?' I was apprehensive and didn't take it seriously. I hesitated for about a month then said 'why not,'" she laughed.

Mrs. Payne began pre-



Mrs. Jennifer Payne  
Mother of three teens

paring herself mentally and physically for the marathon in September.

When she told her family of the decision their comment was: "Are you serious?"

Her preparations included eating three full meals a day. Her diet was full of carbohydrates, breads, potatoes and sweets.

"I had to gain back the weight I had lost to make sure that I would have enough energy to race," she said.

"I got up to 16 miles on my own, doing 5 to 10 miles a day on the track at Albemarle Junior High School," she added.

She reported that she could have increased her mileage even more but was hampered by driving the kids to and from school.

Her first group participation was in the March of Dimes walk-a-thon which was an 18 mile trek. Jennifer said that instead of walking the distance she ran. So because of this she knew 26 miles would not offer her much hardship.

"I knew I could do 26 miles and it wouldn't be a problem," she told. The marathon's distance is 26 miles and 385 yards.

Although Mrs. Payne didn't finish in first place or even in the middle half, the fact that she finished meant more to her than

winning. "One thousand and four runners participated but only 774 completed the race. I finished in the 740th position. At the end I felt glorified that I had finished the race, no matter what I would have crawled over the finish line if I had to. Finishing was very important to me," she stated.

A graduate of UNCC she is a substitute teacher and is very involved in community affairs. Mrs. Payne said she wants to offer teenagers an alternative.

"I want to get more black teenagers and women involved in running. If I could see another black female in a race it would inspire me," she said.

There are very few black women who participate in races or marathons. Mrs. Payne told that one black male runner congratulated her for participating in the race. He had been in numerous races and she was the third black female he had ever met to actually run in a race.

"I enjoy running, it purifies my mind and makes

me feel free to think. It makes you realize in life what you need to do before you reach an age limit," she continued.

Jennifer is the wife of Willie "Bill" Payne, former candidate for city council. She is the mother of three teenagers: Renee, William and Warren.

Mrs. Payne offers these tips for beginning runners. Pick a safe place, run with someone, keep some identification with you at all times.

"Until you feel confident don't run on the streets, run on a track," she advised.

This confident lady has future plans to run in more races. "After I recover from this marathon I am considering running in the New York Marathon this fall," she announced.

Jennifer is a unique lady. One of those people you meet once in a lifetime whose energy level is so high it's contagious. After talking to her I felt industrious enough to tackle a few laps around the track, which is for someone as afraid of exercise as I am, a minor miracle.

**Airport Meeting**

A report on recent major air traffic growth and various construction programs at Douglas Municipal Airport was presented during the North Carolina Aeronautics Council meeting in Raleigh.

Jerry Orr, assistant airport manager of the airport discussed the airport's growth and development programs, which include a new terminal building, currently under construction. The terminal is expected to be in operation May 2, 1982.

The council was also briefed on the state's new heliport program. As part of the briefing, an industry film entitled "Helicopters, Heliports and You" was shown.

We believe that the establishment of heliports

in the state's communities will be a major consideration of business and industry when reviewing potential plant locations in the state, said Rep. Dan Lilley of Kinston, chairman of the council.

**READ THE POST**

God said, "If ye bite and devour one another take heed that ye be not consumed one of another."

Galatians 5:15  
Judge not a man by what others say about him but by what he says about others.

**SEAMLESS ALUMINUM GUTTERING**

Price Includes **\$1.59** FT. INSTALLED

Leaf Guards

**STATEWIDE CONSTRUCTION CALL 332-8515**

**At Founder's Day Convocation**

**Congresswoman Collins Is**

**Barber-Scotia Guest Speaker**

By Melvin Walton  
Special To The Post  
Congresswoman Cardiss Collins, D-Illinois and past chairman of the Congressional Black Caucus, will deliver the keynote address at the Barber-Scotia College Founders Day Convocation. The convocation will be held on Sunday, January 24, 1982, at 3 p.m., in the College Convocation Center.



Rep. Cardiss Collins  
Illinois Democrat

Barber-Scotia College is fortunate to secure Rep. Collins, a crusader for human rights, as the keynote for its 115th anniversary celebration.

On June 5, 1973, Congresswoman Cardiss Collins, was elected to fill the position of U.S. Representative in Congress for the Seventh Congressional District of Illinois left vacant by the death of her husband, George.

Since that time, Rep. Cardiss Collins has run on her own record of providing services to her constituency and has never captured less than 85 percent of the vote.

She is the first woman and the first black to chair the House Government Operations Subcommittee on Manpower and Housing which has major oversight

responsibility for the Department of Labor, the Department of Housing and Urban Development, ACTION, Community Services Administration, and the Railroad Retirement Board. Congresswoman Collins currently sits on the

**West Charlotte To**

**Present "The Children Hour"**

The West Charlotte High School Drama Department will present "The Children's Hour" on January 21, 22 and 23 at 8 p.m. in the West Charlotte Auditorium. The play is about a malicious youngster who stars an entirely unfounded scandal about two women who run a school for girls and will be performed in

very powerful Energy and Commerce Committee and is a member of its three subcommittees.

The Barber-Scotia College Founders Day Convocation highlights a week of activities scheduled for January 18-24. Other activities are: Friday, January 22 - 4 p.m. Fellowship Dinner; 7 p.m. an evening of musical entertainment.

The public is invited to attend the "Anniversary Week" activities of Barber-Scotia College.

Congresswoman Cardiss Collins will hold a press conference immediately following her keynote address at the Founders Day Convocation. The press conference will be held in the Dance Studio of the gymnasium.

the found. Tickets are \$2 and may be purchased at the door. For more information call the school at 392-0157 between 7:30 a.m. and 2:05 p.m.

**Pita Bread**

Pita bread is a good low calorie substitute for thick slices of whole wheat.

**Literacy Council**

The Mecklenburg County Literacy Council will hold a tutors workshop January 29, 6-9 p.m. and January 30 from 9 until 4 p.m.

This workshop will be held at the Belmont Regional Center, 700 Parkwood Avenue.

The workshop is for those people interested in being qualified to tutor a student in English and help the student learn to read and write.

For advance registration call the Belmont Regional Center at 374-2632.

**WomanReach**

WomanReach is sponsoring a six-week mini-course, "Finding a Perfect Fit" Job-Career on Tuesday evenings, beginning February 16 - March 23, 7-9 p.m. at 1009 East Boulevard.

The course is designed for the woman who wants to find the job or career that is a perfect fit for her. Donna George is the instructor. Format includes identifying job skills and successes; choosing where to work; and role playing job interviews.

There is a \$3 fee for materials. Register by Friday, February 12, by calling WomanReach at 334-3614, weekdays 10 a.m. to 4 p.m.

**Women's Club**

Charlotte-Mecklenburg Republican Women's Club will hold its January meeting and luncheon Wednesday, January 27 at the Park Road YWCA at 11:30 a.m.



SAVE WITH WINN-DIXIE THE BEEF PEOPLE



W-D BRAND  
5 LB. & 10 LB. PKG.  
**HANDI-PAK GROUND BEEF**  
**98¢**  
LB.

1 LB., 2 LB. & 3 LB. PKGS...LB. \$1.08



SNOW HILL  
**BAKING HENS**  
5/6 LB. AVG.  
**39¢**  
LB.

play **BAG-O-BINGO**



PINKY PIG BRAND FRESH WHOLE OR RIB HALF PORK LOINS  
14/17 LB. AVG. **98¢**  
LB.

CUT FREE INTO CHOPS AND WRAPPED IN FAMILY PACKS



A.D.C., REGULAR, DRIP OR ELECTRIC PERK **MAXWELL HOUSE COFFEE**  
**169¢**  
1 LB. BAG

LIMIT 1 WITH \$10.00 OR MORE FOOD ORDER



CRISCO  
SHORTENING  
**3 \$1.49**  
LB. CAN

LIMIT 1 WITH \$10.00 OR MORE FOOD ORDER



THRIFTY MAID SWEETENED OR UNSWEETENED **ORANGE JUICE**  
**59¢**  
46 OZ. CAN

LIMIT 2 WITH \$10.00 OR MORE FOOD ORDER



HARVEST FRESH  
TROPICANA 100% PURE FLORIDA **ORANGE JUICE**  
**99¢**  
HALF GALLON



SUPERBRAND **QTRS. MARGARINE**  
**3 1 LB. PKGS. \$1**

LIMIT 6 WITH \$10.00 OR MORE FOOD ORDER

**Retire Rich.**

Now, more people than ever before can retire with a fortune. And they can do it without investing a fortune.

With the new tax laws, now even people who have a

**Sign Up Now For The New NCNBIRA.**

AGE NOW	SINGLE PERSON AT 65*	WORKING COUPLE AT 65*
30	\$1,216,000	\$2,432,000
35	654,000	1,308,000
40	348,000	696,000
45	181,500	363,000
50	91,000	182,000
55	41,500	83,000

The sooner you start the richer you get.

retirement plan where they work can have one where they bank.

Then, too, you can invest a lot more - up to \$2,000 a year of your salary or wages.

What's more, with our IRA, you get a two-way tax break.

Every year, all contributions to your IRA are tax-deductible.

Later, even though you pay taxes when you retire and start withdrawing from your IRA, you'll probably be in a much lower tax bracket.

So take a look at the chart. Then come see us and let's talk over your particular situation.

Whatever it is, we'll do all we can to help out. After all, at NCNB we'd like to see everyone all over the neighborhood retire rich.



\*Based on a working couple's \$4000 (or single person's \$2000) annual deposit made on the first of each year at an annual interest rate of 12%, compounded daily on a 365/360 basis. Working individuals can contribute as much as 100% of their salary, up to a maximum of \$2000. Substantial interest penalty required for early withdrawal. All depositors insured to \$100,000 by FDIC.