



Mary Maxwell
.....Communications tech

**Mary Maxwell
Named President
Of Zeta Amicae**

Mary B. Maxwell of Charlotte has been appointed President of Zeta Amicae of North Carolina. State sponsor, Madie Simpson, calls Ms. Maxwell "the kind of person who could provide dynamic leadership to the North Carolina State's Conference efforts in support of Zeta Phi Beta Sorority, Inc."

Ms. Maxwell of 1829 Kennesaw Drive is a communications technician with the Charlotte-Mecklenburg School System.

Zeta Amicae (Friends of Zeta) is an auxiliary who lends assistance to Zeta activities; promotes good public relations among Zeta and other women in their local communities; strive to make non-Greek women feel closer to the program of a Greek group; and to assure more cooperation in community affairs sponsored by Zetas. The North Carolina State Conference consists of chapters in Asheville, Greensboro, Winston, Salisbury, Shelby, Elizabeth City and Wilmington.

Jeanette M. Grier of Charlotte was named "Amicae of 1983." Other officers elected were: Thelma Porter, vice president, Asheville; Arnette Gore, recording secretary, Fayetteville; Jean Boyd, Corresponding secretary, Asheville and Carolynne Perry, treasurer, Charlotte.

HOOD MEMORIAL
The black Student Association Gospel Choir of Appalachian State University will be in concert at Hood Memorial A.M.E. Zion Church Friday, February 17, at 7 p.m.

The Black Gospel Choir from Boone is comprised of 49 members under the direction of Terry Lawrence. Musicians for the choir are pianists Venus McLaurin, Elson Baldwin, Peter Wilson; drummer Chris Moore; lead guitarist Dennis Watson and bass guitarist is Sedrick Phelp. The choir is on its annual tour and will render concerts at several locations between Boone and Atlanta, Ga.

You are cordially invited. Hood Memorial Church is located on the corner of Sacco and Todd Streets in Belmont.

MYERS TABERNACLE
Myers Tabernacle A.M.E. Zion Sanctuary Choir will be selling old fashioned fish, chicken and pig feet dinners beginning Friday, February 10, at noon, through Saturday, February 11, 11 p.m. at 1819 Baxter Street (Cherry community).
For delivery of five or more dinners, call 377-5651. The cost of each dinner will be \$3. Money from this effort will go toward the purchase of new robes for the choir. Rev. C. C. Thompson is pastor.

"Be Kind To Your Body- Warm-Up Before You Exercise"

Special To The Post
A warm-up period of low level activity and stretching is a vital part to your exercise routine. It is performed just prior to your more vigorous activity of jogging, swimming, brisk walking, bicycle, basketball, aerobic dancing, or whatever other exercise activities in which you may

be participating in. The warm-up progressively stimulates the heart for the activity to follow, increases the blood and oxygen supply to your working muscles, and gradually raises the temperature of the blood and muscles. This in turn improves your body's flexibility and increases movement and

reaction time of your muscles. In addition to preparing your body for the upcoming workout, the warm-up relieves tension, reduces tiredness and is precaution against muscle soreness and injury.
-Begin your warm-up with five to 10 minutes of slow and easy stretching. Stretch gently, and then

hold stretch for five to eight seconds.
-Flexibility is highly specific to each joint that is stretched - therefore, all joints must be stretched to develop and maintain flexibility in your body.
-After stretching, take a few more minutes to warm up your muscles by exercising them in the same

way as when you are participating in your particular activity. Start off very slowly and gradually increase the intensity of your exercise. Runners should walk-jog for the first few minutes. Tennis players should walk for five to 10 minutes. Dancers should walk through their dance routine.

-The key for a good warm-up is to increase the pace of your workout gradually so that your muscles can adjust to the increased pace and remain free from injury.
-A similar cool-down routine should follow the vigorous physical activity to give your body a chance to return slowly to a resting level.

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