

Jog Your Way To A Healthy And Physically Fit Body

Jogging is an easy, inexpensive way to exercise and it makes you feel great. No wonder millions of Americans are "on the run."

You can jog almost anytime, anywhere, and at any age (given your doctor's go-ahead after age 40). In addition to firming muscles and burning calories,

jogging relieves everyday tensions and stress. It's also an aerobic exercise, so it strengthens the heart and lungs.

A good jogging program consists of: five to 10 minutes of warm-up exercises, 20-30 minutes of jogging and then five to 10 minutes of cool-down exercises.

If you are a new jogger, begin by alternately walking and jogging continuously for 30 minutes, three to five times a week. This eases you into a regular jogging routine and ensures that you get the Here are some tips to help you develop a comfortable, efficient jogging style:

- Run in an upright position, trying not to lean forward. Keep your head up and your back comfortably straight.
- Hold your arms slightly away from your body, with elbows bent and forearms parallel to the ground in a natural swinging motion. Occasionally shake out and relax your arms to prevent

- tightness in the shoulders.
- Land on the heel of the foot and rock forward so that you push off with the ball of the foot for your next step. You want a smooth and efficient heel-to-ball rhythm, allowing for maximum amount of shoe surface in landing.
- Keep your steps short, letting your foot strike

directly under the body. Over-striding is a common mistake and results in a very jerky and inefficient style.

-The only essential equipment is a properly fitted pair of running shoes which support your arches and reduce stress on your feet and legs.

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THE CHARLOTTE POST

Dr. Rufus Perry
.....Dynamic leader
**Former JCSU
President,**
Dr. Perry Dies

Dr. Rufus Patterson Perry, eighth president of Johnson C. Smith University from 1957-1968 and distinguished science scholar, died in his Washington, D.C., home on Saturday, February 18, at the age of 80.

Dr. Perry was one of the university's most dynamic leaders. Nicknamed "The Master Builder," he increased Smith's enrollment from 800 to over 1,200 and raised funds for the construction of seven buildings on the Beatties Ford Road campus. (The Student Union, Brayboy Health and Physical Education Center, a Science Hall, the Duke Library and three dormitories--Liston, Myers and Sanders.) The science hall is named in his honor. Other achievements included raising the endowment from \$600,000 to over \$2 million, attracting over \$5 million in total gifts, increasing the faculty from 90 to 93 members and updating the university's equipment and curriculum.

Rufus Perry was the first layman appointed Smith president in 1957. He was a graduate of JCSU in 1925, receiving his Master's of science degree from the University of Iowa in 1927 and his Ph.D. in Chemistry from Iowa in 1939.

Perry served as Chairman of the Natural Science Department at Pringle View A&M College and was vice president and professor of chemistry at Langston University. After retiring at JCSU, he accepted a professorship at Washington Technical Institute and served as a consultant for the National Science Foundation and the United States Office of Education. Dr. Perry was an ordained elder in the United Presbyterian Church, USA and was highly active in church matters and among Charlotte civic groups.

He was a strong advocate of social responsibility as well as scholarly pursuit.

"Science and technology are the enemies of prejudice," he once stated. "As man advances scientifically, he will overcome prejudice."

But Dr. Perry warned in a Founders' Day address in 1978 that "Truth, beauty, integrity and love--these are the values that must endure so long as man survives. They must be reaffirmed in our time or mankind will indeed find itself in a future that is hopelessly chaotic and spiritually bankrupt."

EAST STONEWALL

The Sunday School Department of East Stonewall AME Zion Church honored Miss Allegra Westbrook and Miss Annie Westbrook, retired sisters, for loyal and dedicated services to their work, church and community. Corsages were pinned on these ladies as congratulations from Rev. Bernard Sullivan and other well-wishers were echoed.

Willie Bratcher, assisted by John Erwin, presented a plaque to the church in honor of the newly organized Junior Stewards. The plaque contains the names of stewards, the minister, organizers and spaces for future joiners.

Recognition continued throughout the morning with the acknowledgement of Mr. Will Moore and Mrs. Willie Ross. Moore is competing for King, while Mrs. Ross is competing for Queen of the Sunday School Department's Fund Raising Project.

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