

Club Professional
BERNIE MAYER



Club Professional Bernie Mayer

Rockfish Pro Cole Bradshaw reports Neal Carlton's team of Jim Dunn, Dennis Johnson and Brooks Blanchard won the March Scramble at his club with a best ball 65. Gary Burton, Linda Burton, Steve Steele and Matt Bray came in second with a best-ball 66, while the team of Billy Harrell, Niles Harrell, Charles Maynard and Willie Futrell took third in a field of 42 players with a 67.

Duplin Swingers are reminded of Ladies Day at the club March 8th with bridge and golf at ten. Minnie Clark and Jewel Taylor in charge of the fun day for the girls.

Pro Ed Smoot announces a Four-Man Best-Ball for members coming in March 25th at his club in Clinton. Smoot will release golf tournaments at his club this spring next week in this column.

Word has reached the 19th Hole that Alfred Herring and Woodrow Blackburn are still trying to get over the licking put on them by George Henry Best and Nathan Costin last week at Duplin. If it was for the amount I heard, Woodrow is still humming, and Alfred dug for that last cigar.

Ramblewood Pro Bernie Mayer announces a Scramble Golf Tournament and Steak Night every Thursday at the club. All members are urged to bring a steak and play a little golf and enjoy the fellowship.

Alice S. Scott Speaks On Nutrition

Food for the Athlete

What should the athlete eat to build muscle tissue? A mistaken idea is that the athlete must eat a great deal of protein rich foods. The primary difference between the athlete and the non-athlete is the increased need for energy. Therefore, the athlete needs to increase his total energy intake to compensate for the energy used in physical activity.

The diet recommended for the athlete is one high in carbohydrate, moderate in protein and low in fat. Because the athlete needs more energy for physical performance, more carbohydrate rich foods should be eaten — such as breads, cereals, potatoes, other vegetables, fruits and perhaps some simple sweets. The athlete does not need to gorge himself with meat to have sufficient protein for muscle building.

Muscle mass and strength

are acquired through a variety of exercises — isotonic (force against an un-moving surface), isometric (weight lifting), and through endurance activities as jogging, swimming, tennis, etc. Protein is important for building and repairing body tissues, but should not be consumed in excessive amounts. Count on carbohydrate for energy and a small amount of fat. In addition to these nutrients, minerals and vitamins are needed from a variety of food sources.

A fact frequently overlooked is that a diet high in protein rich foods is also high in fat. On the average, for each 7 to 8 grams of meat protein consumed, 5 grams of fat are also eaten. Much of this fat is referred to as invisible fat — fat which is distributed throughout the meat and not easily trimmed away.

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 DEEP RUN, N.C.



Pictured, (L to R) Jeff Griffin, Assistant Manager and Mr. Howard, "Boss When Boss Is Away."



Pictured, (L to R) Mrs. Howard, "Boss" and Micky Joe, Dog Boy.



Pictured, (L to R) Mary Lang, Assistant Market Manager, Cashier, and Jay Murphy.

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