

# Jump Rope Is Returning

WASHINGTON — Jumping rope, once a children's game confined to playgrounds and sidewalks, has become fashionable.

Nonsense rhymes of childhood have been replaced by wheezing gasps of exertion as Americans work to bring down their weight and build up their stamina by skipping rope, the National Geographic Society says.

Until the current physical fitness campaign, virtually the only adults with jump ropes were prizefighters, for whom the exercise is as traditional as a cauliflower ear.

## EVERYBODY'S TRYING IT

Now it seems as though everyone from actresses and airline pilots to welders and truck drivers is hopping inside a whirling loop as jump ropes move from gyms to back yards and basements — wherever there's enough room to avoid snagging the furniture.

Trainers long have known that jumping rope regularly can increase a boxer's endurance. Today, basketball stars, tennis players, and other athletes are taking up the activity to keep in condition.

Jumping rope is touted as a way to improve coordination, burn off some excess calories, replace fat with muscle, and strengthen the cardiovascular system. But doctors warn it can put undue stress upon the heart if overdone.

It also can cause aching shins, sore joints, and backaches — unless the jumper wears soft-soled shoes, bends the knees, and

jumps just high enough to clear the rope.

Fans, however, insist that a 10-minute workout with a rope is equal to half an hour of jogging, and said one: "You don't have to go out in the rain and dodge traffic."

Adherents cite other advantages to jumping rope: It can be done in private, requires little space and even less cash outlay, and is portable. The director of a health club in Los Angeles notes that "the jump rope fits easily in a suitcase."

## MODELS GETTING FANCIER

But as jumping rope has become popular, manufacturers have rushed into the market with fancier ropes. A purloined length of clothesline or a piece of No. 10 window sash cord no longer suffices.

Instead, jump ropes come with wood or plastic handles, some with roller bearings, and at least one with a digital counter. The rope itself may be three-ply cotton, nylon or other synthetic yarns, or even leather.

For faster turning, one firm makes jump ropes in loops like a pliable chain to reduce wind resistance. The ropes also are available in bright hues and colorful stripes, but these can sometimes be hazardous.

An American visitor to Northern Ireland a few years ago reached for her jump rope only to have it jammed back into her handbag by her alarmed escort.

"Do you want to get us killed?" he asked. Pointing to its red, white, and blue pattern, he warned: "People will think you're asking their children to jump to the colors of the British flag."

# Softball Standings

The following are the current standings as of Monday night in softball league play being sponsored by the Perquimans County Recreation Association:

MEN'S TEAMS		W	L
J & N Supply		13	1
Kilowatts		11	3
Albemarle Chemical		6	5
Byrum's Electric		7	7
Independents		6	7
Soul Brothers		1	12
Blue Jays		1	9
WOMEN'S TEAMS		W	L
Byrum's Cardinals		8	0
Betty's Boutique		8	3
Charley's Angels		4	6
Moody Harrell's		1	6
Dynomites		0	6

## NEXT WEEK'S SCHEDULE OF MAKE-UP GAMES DUE TO RAIN

Thursday, June 30	
Dynomites vs. Moody Harrell's	at 7 p.m.
Albemarle Chemical vs. Byrum's Electric	at 8:15 p.m.
Kilowatts vs. J & N Supply	at 9:30 p.m.
Tuesday, July 5	
Independents vs. Blue Jays	at 7 p.m.
Moody Harrell's vs. Byrum's Cardinals	at 8:15 p.m.
Soul Brothers vs. J & N Supply	at 9:30 p.m.
Wednesday, July 6	
Blue Jays vs. Albemarle Chemical	at 7 p.m.
Independents vs. Kilowatts	at 8:15 p.m.
Dynomites vs. Betty's Boutique	at 9:30 p.m.
Thursday, July 7	
Byrum's Cardinals vs. Charley's Angels	at 7 p.m.
Kilowatts vs. Blue Jays	at 8:15 p.m.
Albemarle Chemical vs. Soul Brothers	at 9:30 p.m.

# -Summer Health-

Winter is commonly the time for colds and flu and sneezes. But there are some diseases and accidents that do their worst in hot weather.

Some of these are obvious. Sun strokes and heat strokes are more likely to occur in July and August than in January. Too much exposure and too much exercise in the hot sun may produce sun stroke. Prolonged excessive heat, either in or out of doors, can cause heat stroke. In either case it is important to keep the victim cool and call a physician at once.

Sunburn has hospitalized many a vacationer. Everyone should know, says the American Medical Association, that gradual exposure to the sun, beginning with a few minutes a day, is the recommended course. But many of us forget to watch the clock and to take precautions against sunburn in the excitement of the first day at camp or at the seashore.

The bacteria that cause diarrhea and stomach upsets multiply much faster in lukewarm foods, and it's important to keep cold foods

in refrigeration and to keep hot foods hot.

Swimming is fine exercise and also is good for cooling off on a hot day. Those with sinus or ear trouble should be careful about swimming. Swimmers should make certain that the water is safe from pollution. A clear mountain stream may look attractive. It also may be loaded with germs. And there still are cases of typhoid and dysentery from drinking untreated water. Campers can disinfect water by boiling or by commercial disinfectant tablets.

If there are horses or cows around, there is likely to be tetanus. Tetanus (lockjaw) is very serious. It can be prevented by injection of tetanus toxoid. If your family hasn't had tetanus boosters recently, get your shots before going to the country.

Flies, roaches, mosquitoes and ticks are troublesome in the hot months. Insecticides and screens usually can keep them under control. In tick country it is important to make a close examination after disrobing and remove all ticks.

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# Perquimans Horse Show Results

There were 211 entries at the Perquimans County Horse and Pony Club show held June 5 at 1:30 p.m. The results are as follows:

- Halter — 3 yrs. over: Miss Fay McCue, Eric McCloud, Va. Beach.
- Eternal Streak Bar, C.T. Rogerson, Htd.
- Leo Lady, Brenda White, E. City.
- Halter — 2 yrs. under: Tonto Sun Jr., Debbie White, E. City.
- Misty Dawn, Denise Herrell, Tyner.
- Poco Pino Doll, Vann Todd, Windsor.
- Showmanship at Halter — 19 yrs. under: Dial Hollywood, Kathy Winslow, E. City.
- Miss Fay McCue, Eric McCloud, Va. Beach.
- Mr. Bo Jingles, Kin Pope, Curr.

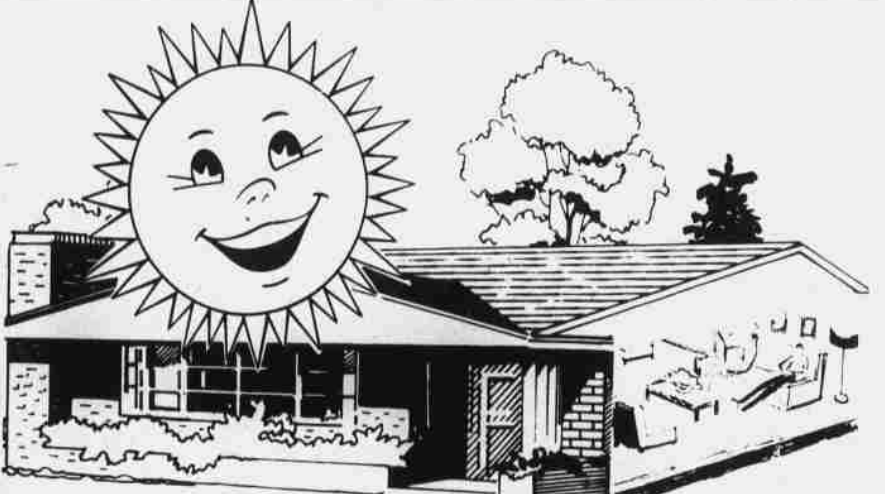
- Lacy, E. City.
- 1. Manzola Boy, Walter Lacy, E. City.
- 2. Spit Fire, Shortie Layden, Tyner.
- 3. Loco, Glen Coltrain, Williamston.
- Youth Western Pleasure — 19 yrs. under: 1. Dial Hollywood, Kathy Winslow, E. City.
- 2. Briarfield Pixie, Donna Stallings, Belv.
- 3. Candy Mo Play, Melissa Poulos, E. City.
- Pole Bending: 1. Sun, Ronnie Byrd, Ahos.
- 2. Misty Lady, Kim Price, E. City.
- 3. Jimbo, Ronnie Byrd, Ahos.
- Novice Western Pleasure: 1. Thunder, Norma Wood, E. City.
- 2. Kathy's Bar Gold, Mickey Bangel, Chesp.

- 3. Oil Sue 11, Nancy Hawkins, Gatesville.
- Ring Sparring — Jackpot: 1. Joe D. Walter Tharrington, R. Mount.
- 2. Moco Vann, Walter Tharrington, R. Mount.
- 3. Savannah Gray, F.B. Nelson, Greenville.
- Western Hoursemanship — 19 yrs. under: 1. Briarfield Pixie, Donna Stallings, Belv.
- 2. Dial Hollywood, Kathy Winslow, E. City.
- 3. Miss Fay McCue, Eric McCloud, Va. Beach.
- Mail Train: 1. San Man, Billy Bland, Williamston.
- 2. Loc 2. Loco, Glen Coltrain, Williamston.
- 3. Manzola Boy, Walter Lacy, E. City.
- Men's Western Pleasure: 1. Pippy's Spit Fire, Tommy

- Roberson, Va. Beach.
- 2. Lee Bar's Kandy, Dallas Weeks, E. City.
- 3. Paula's Bay Man, Roy Harrell, Gates.
- Mail Train — Jackpot: 1. Moco Vann, Walter Tharrington, R. Mount.
- 2. Four Socks, Curtis Stevenson, Chesp.
- 3. Savannah Gray, F.B. Nelson, Greenville.
- Open Western Pleasure: 1. Pippy's Spit Fire, Tommy Roberson, Va. Beach.
- 2. Dial Hollywood, Kathy Winslow, E. City.
- 3. Leo's Lady, Joyce Russell, E. City.
- Fastest Pony Around Ring: 1. Fate, Debbie Raga, Chesp.
- 2. Misty, Kim Price, Chesp.
- 3. Little Fella, Julie McClenny, Va. Beach.

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