YOUTH, WHAT'S HAPPENING AT...



Lexington

by Maleah Hargrave

It's summertime and summertime is biketime. Every possesses blinding speed summer, there are more and more people riding bikes. This means that there are more and more people who the second straight year he master's degree. However, could be hurt riding them.

I have learned somd good do's and don'ts about Intercollegiate Athletic As-riding bikes and I would like to share them.

NUMBER ONE--Do's and Don'ts about clothes: (1) ing. Wear clothes that are comfortable and easy to move in. (2) Don't wear a long skirt. It's dangerous, uncomfortable, and clumsy. (3) Don't wear shoes with very thick soles. If the soles are too thick, you can't feel the pedals under your feet which will throw your leverage off and you may slip. (4) Don't wear pants that are baggy or too long. They can catch in the gears and rip. This can also throw you off balance. If you do wear versatile athlete has his baggy pants or long pants, find someway to keep them eyes set on the pro ranks. out of your way. (5) When riding a bike, don't wear a Godwin is also an Alllong coat--it will get caught in the wheels. Wear a jacket or sweater.

NUMBER TWO--Do's and Don'ts for a sake bike: (1) Don't ride a bike that doesn't have brakes. (2) Make Godwin holds many records sure you have enough air in the tires--on the other in the state and the nation hand, don't have too much air in your times. (3) If you for the broad jump and plan to ride at night, have safety lights on the bike.

NUMBER THREE (and the most important of "James is a real He is an exception all)--Be a safe driver and know what you are doing dedicated athlete," says blocker and very quick. before you get on the bike.

These are just a few things that are helpful in bike of the most dedicated fine time scouting "Mr. safety, there are many, many more. Biking is a lot of young men I've had the Godwin' of FSU. Paul invites you to listen to

Stephens

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FSU's Godwin

Voted "The Most Valu- pleasure of being around." able Player' by his Bronco campaign Godwin

was second in the Central sociation (CIAA) in rush- school.

last two years of high school.

A native of Godwin, N.C. Fayetteville) the American track star.

mentor Walter Johnson, clocked in the 40-yard dash

relay. Johnson, "In fact, he is one

The more you listen, the better it sounds.

Listen for fun and games!

Continued from Page 6

A business administrateammates during the last tion major, Godwin wants to continue his education once he completes his and brute strength. And for schooling and pursue a he will invite a pro football career into his life between

The 22 year old North This is not bad at all for a Carolinian has the pro player who "Just learned to credentials. He cracked the play the game" during his opposition's line last year for a record nine touchdowns and a record 1029 yards rushing season total. And feels that he can top this production this fall easily

Godwin, a firm and muscular 201 pounds pack-Coached by FSU track ed on a 6-1 frame has been 4.4 speed.

Godwin, says McDougal, is a team oriented player despite his natural talents. He is an exceptional

The pros should have a



Zooland Happenings **ASHEBORO** by Vanessa Cross

Congratulations to TONY DUNN and LEON MCNEIL who on June 5, 1975, were presented awards for their outstanding athletic

achievements at N.A.J.H. setting a new record for the great success.\$ high jump, outstanding being outstanding in track. Leon received an award in 14th, from 5 p.m. until... basketball.

United Church of Christ summer vacation.

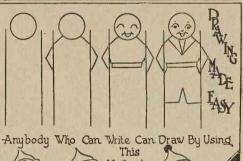
will conduct Bible School at United Church of Christ. June 16-20, from 5 to 7 p.m., daily. Everyone is cordially invited.

St. Luke's Tony received awards for Day", June 8th, was a

The Community Building football player and for of Farmer on Highway 49 is having a fish supper, June

I would like to wish St. Luke Church and everybody a happy and sae

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