

# YOUTH, WHAT'S HAPPENING AT...



**"Rap"**  
Lexington  
by MaLeah Hargrave

It's summertime and summertime is biketime. Every summer, there are more and more people riding bikes. This means that there are more and more people who could be hurt riding them.

I have learned some good do's and don'ts about riding bikes and I would like to share them.

**NUMBER ONE--Do's and Don'ts about clothes:** (1) 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 baggy pants or long pants, find some way to keep them out of your way. (5) When riding a bike, don't wear a long coat--it will get caught in the wheels. Wear a jacket or sweater.

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

**NUMBER THREE (and the most important of all)--Be a safe driver and know what you are doing before you get on the bike.**

These are just a few things that are helpful in bike safety, there are many, many more. Biking is a lot of fun but don't let that fun hide the fact that biking can be dangerous.

## FSU's Godwin

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Voted "The Most Valuable Player" by his teammates during the last Bronco campaign Godwin possesses blinding speed and brute strength. And for the second straight year he was second in the Central Intercollegiate Athletic Association (CIAA) in rushing.

This is not bad at all for a player who "Just learned to play the game" during his last two years of high school.

A native of Godwin, N.C. (near Fayetteville) the versatile athlete has his eyes set on the pro ranks. Godwin is also an All-American track star.

Coached by FSU track mentor Walter Johnson, Godwin holds many records in the state and the nation for the broad jump and relay.

"James is a real dedicated athlete," says Johnson, "In fact, he is one of the most dedicated young men I've had the


pleasure of being around." A business administration major, Godwin wants to continue his education once he completes his schooling and pursue a master's degree. However, he will invite a pro football career into his life between school.

The 22 year old North Carolinian has the pro credentials. He cracked the 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 packed on a 6-1 frame has been clocked in the 40-yard dash at 4.4 speed.

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

The pros should have a fine time scouting "Mr. Godwin" of FSU.



**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. Tony received awards for setting a new record for the high jump, outstanding football player and for being outstanding in track. Leon received an award in basketball.

St. Luke Church and United Church of Christ 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 "Student Day", June 8th, was a great success. The Community Building of Farmer on Highway 49 is having a fish supper, June 14th, from 5 p.m. until...

I would like to wish everybody a happy and safe summer vacation.

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