



4-H Talent Event Winners

Jonathon McKee, Jr., William Bizzell, and Vincent Jones were declared first place winners out of 28 talent acts on Thursday Night, May 14 at the Gullford County Agricultural Center. This 4-H talent event was sponsored by the Greensboro Jaycees. The three young men were awarded blue ribbons, a certificate, which can be used for cash, and were

selected to represent Gullford County at the 4-H District Activity Day on June 26. The title of the skit to be presented again is "Dr. Killemqwik."

Start Now To Put Yourself In Shape

Your doctor recognizes the importance of exercise to health. The American Medical Association points out that exercise, or lack of it, is often a significant factor in the control of obesity, diabetes, heart and circulatory problems, orthopedic disease and emotional disorders.

Fitness developed through vigorous activity and exercise can be preventive, as well as therapeutic, in nature.

In a positive sense, health includes abundant energy and vitality. A healthy person is physically fit when he can perform his daily work and tasks without undue fatigue, maintain adequate reserves of energy to enjoy recreational activities and leisure, and meet the challenge of unexpected demands. These might be running to catch a train, quickly climbing several flights of stairs, shoveling snow, or jacking up the car to change a tire.

Can you go up several flights of stairs without severe discomfort, chest pain, or having to stop before you reach the top? You would expect to be puffing a little at the top, but this should subside soon if you are reasonably fit.

The best exercise is doing something physically active which you enjoy, with the exercise part secondary. If you enjoy swimming or tennis, or handball, these are ex-

cellent sports for exercising most of the body. Golf is good for the tired businessman. Most of us, however, find it difficult to exert the mental discipline to keep at



a program of daily calisthenics purely for the sake of exercise.

If you have had little or no exercise for years, be cautious about plunging immediately into active sports. Work up to strenuous exercise gradually.

There are simple tests by which your doctor can determine the extent of your physical fitness. If you flunk the tests miserably, and many of us will, then ask your doctor to prescribe a simple, daily exercise program to help you get back in shape. 1-68

AN INVITATION TO WORSHIP

The Pastor of Bethel Church, the Reverend L. S. Penn, Sr., and the members of Bethel Church will worship with the Reverend Marion Jones and his congregation at John Wesley A. M. E. Zion Church in Asheboro, N. C., Sunday, May 24, at 4:00 p.m. Both adult choirs of Bethel will sing, and the Ushers of

Bethel will serve. Rev. Penn will be the speaker. We plan to engage a bus for the trip. For further information concerning a seat on the bus and fare, contact Mrs. Lydia Quick at 273-4359.

A&T RECEIVES \$175,000 FEDERAL GRANT FOR UPGRADING OF COMPUTER SCIENCE PROGRAM

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but Beatty said an immediate aim is to enlarge the program to include offering a bachelor of science degree in computer science.

Beatty said that the Computer Science Center, currently housed in the basement of the administration building, will be moved to Graham Building, the engineering annex, in the very near future. A&T received \$289,000 from the 1969 North Carolina State Legislature for the complete renovation of the building.

Beatty said the NSF grant was predicted largely on the University's research potential in biology, chemistry, foods and nutrition and engineering.

"This grant must be viewed as a challenge to us in our effort to develop a first-rate computer center with capabilities second only to that at the Triangle Universities Computation Center."

Beatty is a 1961 graduate of A&T and holds the master of science degree in engineering from the University of Toledo. He was formerly in NASA's Lewis Research Center in Cleveland as a specialist in nuclear propulsion systems.

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