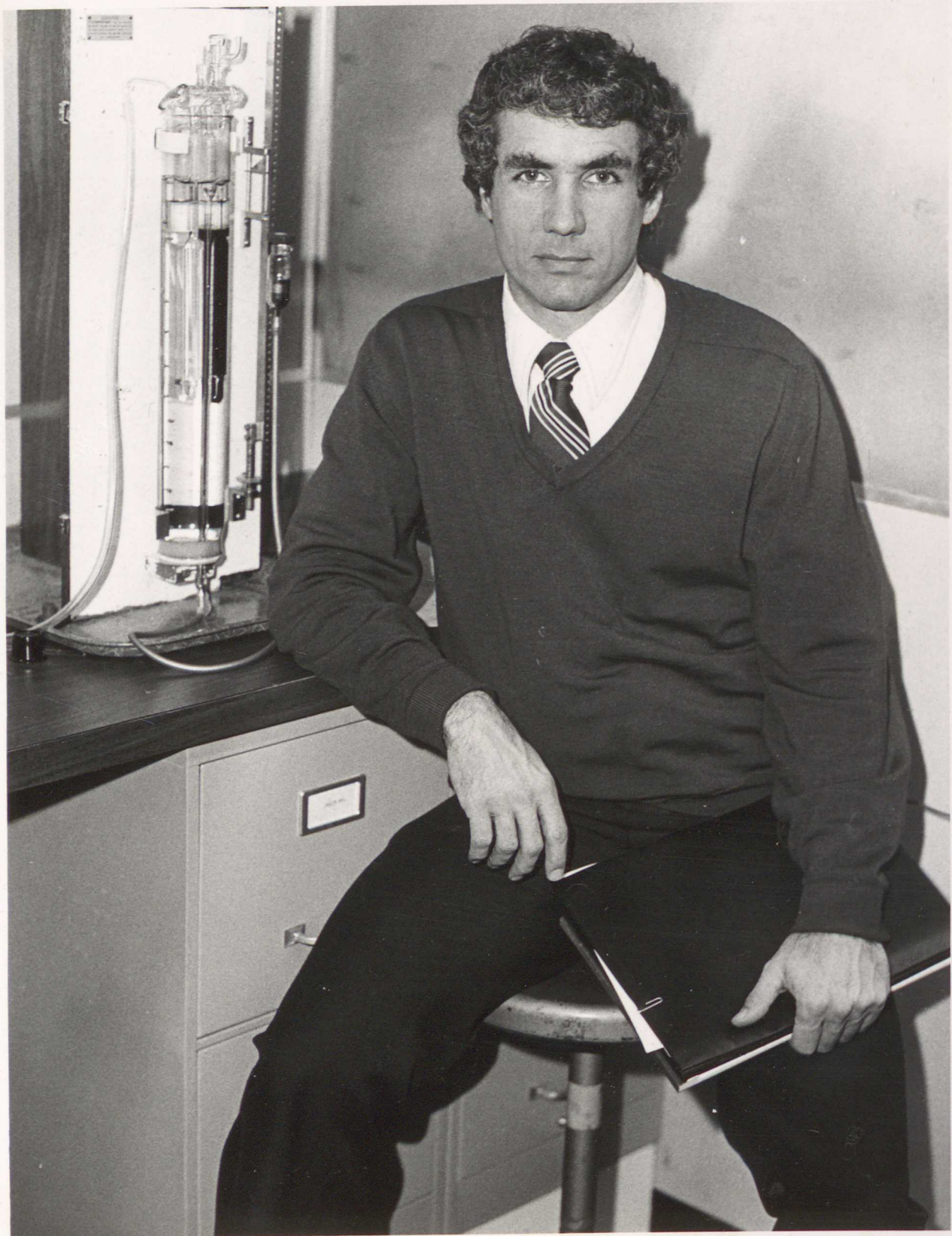




WF Professor, Mother Team Up on Books

A Wake Forest University physical education professor and his mother are authors of a set of booklets which use games, riddles and songs to help kindergarten and first grade children learn to read.

"Consonant Capers" was written by Jean M. Ribisl of Springdale, Pa., who recently retired as a kindergarten teacher, and Dr. Paul M. Ribisl, who is an associate professor and director of the physical fitness research laboratory at Wake Forest.

The publisher, Houghton Mifflin Co. of Boston, suggests that the program offered in "Consonant Capers" be used as an informal supplement to the regular prereading program.

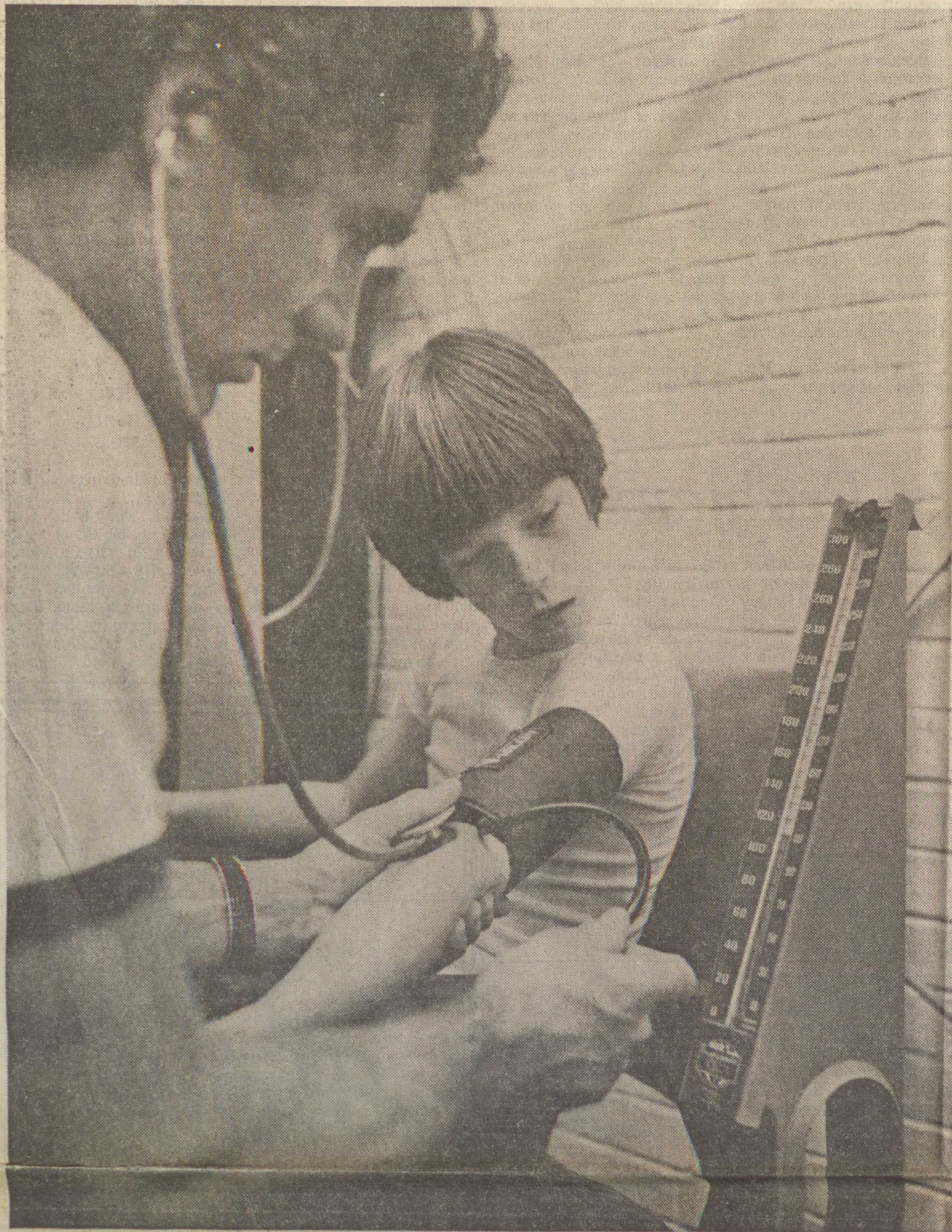
Ribisl said the ideas in the six booklets are mainly his

mother's, developed in first grade and kindergarten classes after her own family grew up and she returned to teaching.

"She was pleased with the results she was getting," he said, "and asked me to visit her class. I was impressed by her approach. The children were active all the time. They had to listen, look, move and recall the consonants. The games let them experience success and they loved school."

Ribisl said he suggested that his mother put her ideas in a book, and she asked him to help. He was particularly interested "in the practicality of using a physical approach to learning. Exercise ought to be fun, and if a child develops good attitudes it carries over to his adult years."

Heart Association Gears Up for Fund Drive



Dr. Paul Ribisl checks the blood pressure of his son Kurt after jogging.

Family Runs for Health

The reality behind the statistics on heart disease struck Mrs. Paul Ribisl one week in March of 1973 when her father-in-law died unexpectedly of a heart attack. Her 35-year-old brother died of a heart attack the next day. Three other relatives died of some form of heart disease within a five-year period.

Other volunteers in the Forsyth County Heart Association have been hard hit by heart disease — one has undergone open heart surgery, another lost both parents to heart attacks, another has a child with a congenital heart defect.

Unfortunately, these cases are not too unusual. Heart disease still ranks as the number one killer in the country, causing more than one million

deaths annually. The percentage of deaths yearly from heart disease in Forsyth County matches the national figure of 52 per cent.

For the Ribisl family, the most recent associations with heart disease have been positive. Dr. Ribisl is a member of the board of directors of the Forsyth County Heart Association, and his wife is a member of the association's public advisory council.

As a director of the Human Performance Laboratory at Wake Forest University, Ribisl has the satisfaction of working with two groups of people who are sufficiently concerned about heart disease to try to change their habits.

One group is geared to

preventive maintenance. About 100 men and 50 women drop by the Wake Forest track for afternoon sessions of exercises and jogging to keep their hearts, lungs and blood vessels in shape.

A similar exercise program for about 50 cardiac patients began last year. After three months of mild exercise and walking, the patients progress to more strenuous exercise.

"We've had some remarkable changes over a three- to six-month period," Ribisl said.

"Heart disease isn't something that comes from a virus — You don't catch it from a sneeze; it's from a soft way of life."

Ribisl said that four factors

involved in a modern way of life are usually associated with heart disease: Stress and tension; smoking; diets high in salt and sugar; and lack of exercise.

Before a cardiac patient can begin the exercise program at the Human Performance Laboratory, he must be examined for risk factors, Ribisl said. These factors include sustained stress and tension, smoking and a family history of heart disease. Tests normally taken on the patient include a blood pressure check; a skinfold caliper index of body fat; an electrocardiograph reading taken when the patient walks on a treadmill; and blood samples used to measure cholesterol and triglyceride levels.

The best time to learn healthy habits is when you're young, Ribisl thinks. "A person shouldn't wait until he's 60 years old to start worrying about heart disease."

The Ribisl family tries to maintain a balanced, low-cholesterol diet and get as much exercise as possible. Mrs. Ribisl runs with the afternoon group at Wake Forest, and Ribisl runs four or five miles at least three times a week.

The Ribisl children, Kurt, 10, and Kristen, 7, take a turn on the track on occasion and are typically active children, but Ribisl laments the fact that most elementary schools here do not have daily physical education classes.

Since a number of factors may be involved in heart disease, Ribisl stresses the laboratory's philosophy of taking a number of approaches to combat it.

An overweight person may need to change his diet, while a harried executive may need to relax and get more exercise.

The multiple-approach theme will be expanded at the Human Performance Laboratory this month, when a psychologist will begin offering stress counseling.

—REBECCA ANGELL

By Rebecca Angell
Staff Reporter

February, the month of hearts and valentines, is the logical choice for heart month for the Forsyth County Heart Association.

On Valentine's Day (Feb. 14), church, community and school groups will gather downtown and in shopping centers to solicit donations and give away red balloons decorated with hearts for the association's annual Balloon Day.

On the same day, heart-shaped cakes will be stationed in various businesses so that passers-by may embellish the icing with coins during the two-week "Ice the Cake" campaign.

The most important day of the month for the association will be Heart Sunday on Feb. 22, when volunteers solicit door-to-door contributions to the Heart Fund.

The heart drive for businesses also will be held during February.

Fund-raising activities later in the year will include a bowling tournament at Northside Bowling Lanes in March.

Taste 'N' Tell, a paid sampling session of the specialties of 130 cooks, will be held May 20. It will include a plant and jewelry sale and fashion show.

Among the programs sponsored by the Heart Association last year were two firsts: A course for rescue squad and emergency room personnel in cardio-pulmonary resuscitation (heart massage) was given in April, and an area blood pressure check was made in May, national high blood pressure month.

The screening was free, and was conducted by doctors, nurses and medical students. Of approximately 2,600 people screened, 700, or 27 per cent, found that they had high blood pressure.

A similar screening program is scheduled for this May.

Two programs for nurses will be sponsored by the Heart Association at Bowman Gray School of Medicine during February.

A symposium on myocardial infarction (heart attacks) will be given Feb. 2. The course will trace advanced treatment and programs for heart attacks, and will be

accredited with continuing education recognition points.

A four-part accredited course in cardiac auscultation (heart sounds) will be held from Jan. 28 through Feb. 18.

Mrs. Raymond Thomas and Mrs. Marvin Slate Jr. have been named cochairmen of the 1976 Forsyth County Heart Association Heart Drive.

Benefits cochairmen will be Mrs. Clyde Fitzgerald Jr. and Mrs. Len Sale.

Other officers include: Mrs. Don G. Murfee, Mrs. William D. Harper and Mrs. Joe Brown Jr., Heart Sunday chairmen; Mrs. Tom Trotter Jr., Mrs. Powell Winstead, Mrs. Henry Stokes and Mrs. Tom Holmes, apartments cochairmen.

Others are: M. Carlyle Kinlaw Jr., Winston-Salem city chairman; O. Roane Cross Jr., small business chairman; Dr. C. Glenn Sawyer, medical special gifts; William A. Davis, lay special gifts; Dave Gilbert, corporations.

Mrs. Thomas Styers Jr. is publicity chairman, and Mrs. George W. Flynt III is Suburban Heart Sunday chairman.



The Ribisl family jogs together on the Wake Forest track.

SALE
CONTINUES
MONDAY
10 A.M.

L. Roberts

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or
exchangesNEW YEAR
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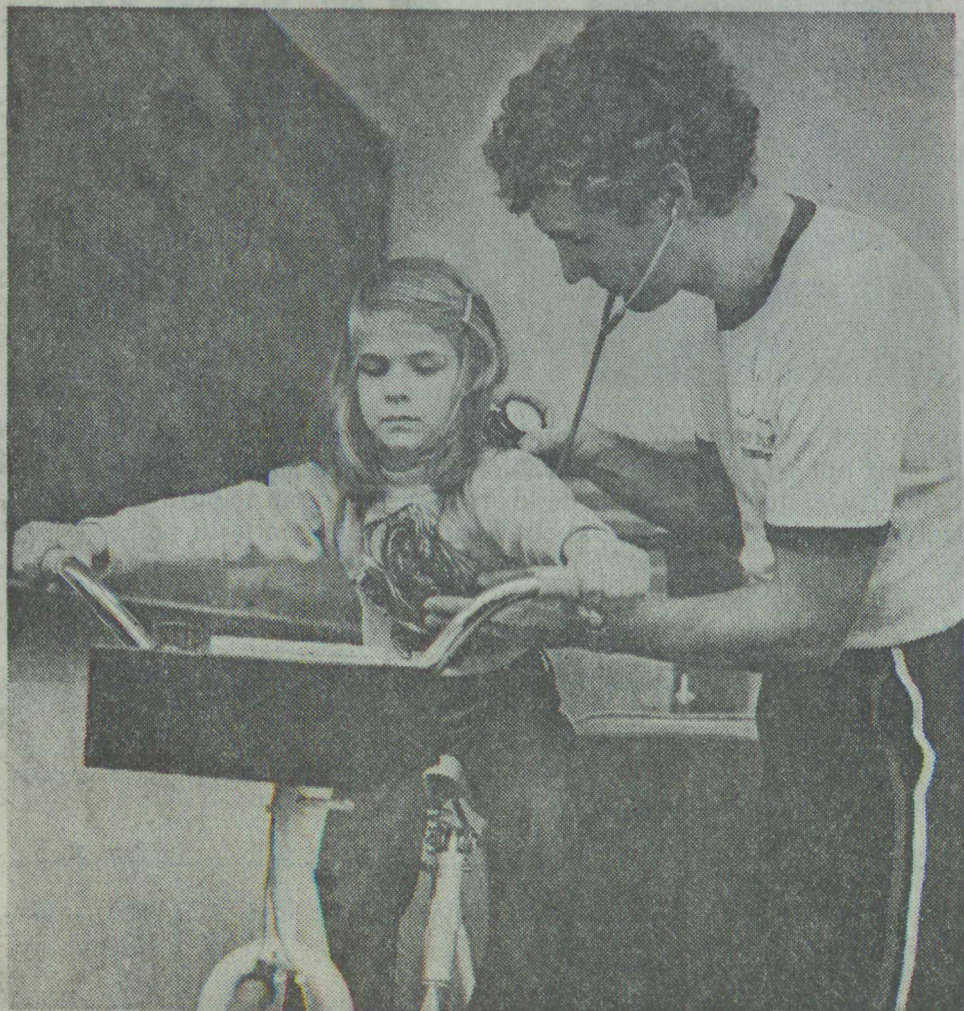
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Kristen Ribisl pedals while her father checks her heart rate.