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July 30, 1987



New Star on the Horizon . . .

Joyce Wilborn Wins Three Gymnastics Gold Medals In U.S. Olympic Festival

Sixteen-year old Joyce Wilborn of Patterson, New Jersey won three gold medals and scored 3 perfect tens in gymnastics during the U.S. eighth annual Olympic Festival held last week in Durham, North Carolina.

The festival, considered the most successful ever,

played to record crowds.

Before the crowd of 20,406 — the largest for gymnastics in USA history — Joyce won gold medals in the vault and floor exercises and on the balance beam. Two of her perfect ten scores were made in the vault exercise, while the third was made in the floor exercise. She won

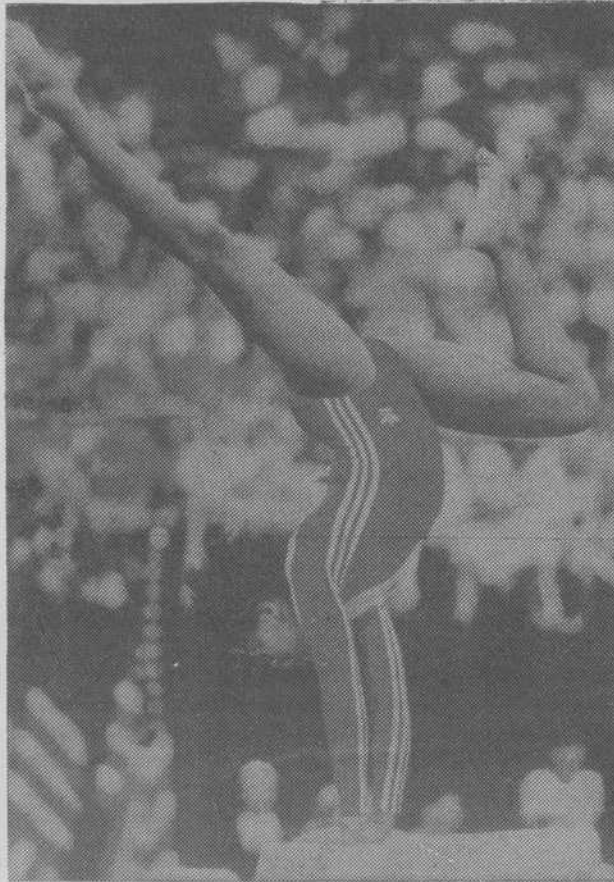
the gold medal on the balance beam with a score of 9.75.

Her scores were the first tens ever awarded in the eight years of festival competition. She won the gold medal on the balance beam with a score of 9.75.

Her scores were the first tens ever awarded in the eight years of festival competition. She said she was anxious to put on a show for the crowd, so that was why she did a second vault, even though she didn't have to, because she had scored a perfect ten on the first one. She scored a ten on the second one also. "I just wanted to show that I could stick it," said Joyce.

Her floor exercise, which also won her a gold medal and a perfect ten, was performed to the music of Chaka Khan.

Asked about the fact that most of the nation's top gymnasts were not performing at the festival, Joyce, who was ranked No. 20 in the United States, said, "It was exactly the same as if they were here."



By Porter Blinks, USA TODAY

ON THE BEAM: Joyce Wilborn, Paterson, N.J., shows form that scored her a 9.75 on the balance beam Sunday. She won three gold medals, one on the balance beam, one on the vault and one for the floor exercise.

"HEALTH NOTES"

By Ulysses W. Watkins, Jr., M.D.

Physical Examination a Must For Longer Life!

When you go to a doctor with a certain complaint, he usually inquires further into your problem; after which, he will examine the area(s) on your body where the ailment is present. Following this, he will order lab work, medication, if needed, and give instructions for home care and return visits. Most times he will only treat you for your specific complaint unless you specify an extended examination.

His examination is restricted for a number of reasons. The most prominent one is, you might register a complaint, such as, "Doctor, I came in here for a headache; why are you examining my heart and legs?" As a result of this, you probably will become vexed and never return to him again. So consequently, because of this reservation, some areas of your body go unexamined which really might need it. This problem may be solved by simply having a periodic physical examination.

Many of you have not had a physical examination in over 5 to 10 years and some not knowingly, have ever had one. This is ridiculous, especially in the light of the fact that today there are many programs that will provide free or low cost medical care to people. But you use all types of excuses anyway to keep from having a physical exam, none of which are valid. Listed are a number of excuses usually

used for not having a physical examination. See which is yours:

"Nothing is wrong with me."

"I don't have the time."

"I don't have the money."

"I'm afraid of what the doctor might find."

"Doctors always want to feel all over and sometimes get fresh."

"I can cure ailments at home just as good as the doctor can."

"My grandparents lived to get an old age and never saw a doctor."

"What ever I have, I'm going to die with it."

None of these or any other excuses are valid and could cost you your life.

People usually go to the doctor for one or two main reasons; sensation (feeling of pain) or the sight of blood. Whereas these are very good reasons, you should not wait for this to happen because in many cases, it could possibly be a disease process that could have easily been picked up by earlier detection.

Usually, during the course of a physical examination, you will be asked about previous illnesses, operations or medications taken by yourself. Also

discussed will be previous family diseases which are outstanding and associated with you because many diseases that your grandparents and parents had are passed along to you or your children.

The purpose of a physical examination is to see that you are biologically and psychologically normal, and if not, then to take steps to try and find the nature and cause of the abnormality so that together with your doctor's knowledge, the wonders of medicine and equipment, plus the grace of God, you may be able to improve your condition. Keep in mind that a doctor is a specially trained human being, trained to diagnose and treat your ills, but he is not a magician and he cannot help if you are not willing to help yourself.

There are no laws that require people to have a physical examination (except for employment) but don't you think that it just makes good common sense? A physical exam takes but a matter of minutes to complete: this is not much time to take out of your schedule which could possibly prevent you from being taken out of the rest of your life. Think about it.

Learn & Live!

CLARK COUNTY COMMUNITY COLLEGE

WWF Wrestling Giants Return July 31 to Thomas & Mack

The Honky Tonk Man takes on Randy "Macho Man" Savage July 31 at UNLV's Thomas & Mack Center for the World Wrestling Federation's Inter-Continental Championship match.

The 7:30 p.m. show features seven LIVE action-packed matches and pits strengths such as Tito Santana, Harley Race, Billy Jack Haynes, The Natural "Butch

Reed," Iron Mike Sharpe, The Hart Foundation, The Killer Bees, Jimmy Hart and more.

Tickets for this star-studded family attraction are available at the Thomas & Mack Center Box Office and all Ticketron outlets. For more information call 739-3900. To charge your ticket by phone call 1-800-992-2128.

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PRELIMINARY COMPATIBILITY SCREENING

1. I am easily irritated when required to stand in line.
2. My level of refinement is average.
3. Off-color language is embarrassing.
4. Perfection is often just an accident.
5. Most people would consider me unsophisticated.
6. I dislike having to get dressed up to go out.
7. Early hotel check-out times are annoying.
8. People place too much emphasis on sex these days.
9. Moral values are lower now than ever before.
10. Love and commitment should precede sex.