

Prepare for summer!

By Jacquylne Nygard

Spring is in full bloom and summer is on its way. It's time to get off the couch and enjoy the outdoors. Not too fast, though. Don't become a weekend (or springtime, for that matter) warrior. You may just be putting yourself at risk for injury. For those of you who have kept up with exercise throughout the seasons, spring and summer time activities aren't too much of a challenge. For everyone else, you may have a little conditioning to do before making the seasonal transition.



Don't do too much too fast. Take it easy and start one thing at a time. If your goal is to get into your swimsuit, don't start by running three miles. Make sure you are easing into your exercise regimen. You want your goals to be realistic so you can stick with it, and you want to start with stretching and walking so you don't injure yourself or work yourself so hard that you can't move for the next two days. Come up with a plan and run it by a fitness expert or your doctor.

If you are joining your church softball team or a golf league for the first time in months don't think you can jump right back into it. Prepare. Jog a few laps before the softball game; spend some time at the driving range before playing 18-holes. Your body will respond much better if you do. This also goes for you seasonal hikers ... spend some time on short hikes

before tackling parts of the Appalachians.

Last but not least remember that gardening is not just an easy, breezy activity. It is extremely strenuous and accounts for many back injuries. The best thing to do to prevent injuries is mix it up. Don't spend the entire afternoon shoveling mulch. Get a cushy garden pad and spend some time weeding on your knees. Then get up and walk around to get your plants. Sit down and

plant them. Get up again and spread some mulch over that area. You've just finished one section of your garden or yard while maintaining a variety of movements. You've also minimized the risk of incapacitating low back pain from spending hours bent over in the same position. Remember to keep your tools well oiled to prevent hand and wrist overuse injuries. It also goes without saying to BEND WITH YOUR KNEES AND NOT YOUR BACK!

Dr. Jacquylne Nygren is the owner of New Branch Chiropractic & Health Center in Belmont Station, Pittsboro, NC. She loves working with the community and teaching them about the importance of preventative care. You can learn more about Dr. Nygren and chiropractic at www.newbranchchiro.com or by calling 919.642.0555.

HISTORY BOOK

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about as people recognize him from his column photo.

Two of Vatter's greatest research tools are his ears.

"I remember one time I was going by Reno Sharpe's old general store on Pittsboro-Goldston Road. I saw him sitting on the old porch. A group of old men sat there every morning. I bought a Coke. I just sat there listening to them talk. It was just interesting to hear them talk. I went back another time. I guess the oldest of them was Wilson Poe. He died a few years ago at 93. I said to them that some of you fellows must have interesting stories and I'd love to talk to you sometime. No one said anything except Wilson," Vatter said.

Poe told him how they would hew out railroad ties and sell them for 25 cents a piece. It was hard but they had a pattern and could make a living. He told Vatter how they switched to working the coal mines under the Deep River but they were only four or five feet. There was a big explosion that killed a lot of the workers.

Vatter was born in Bronx, New York, in 1931 and grew up listening to his grandfather's stories of how people lived and what they did for entertainment during his grandfather's youth. "I got interested in local history, and I discovered in the Bronx Public Library three volumes on the history of the Bronx. They read like exciting stories. I would go out and visit all the places the books described," Vatter said.

Throughout his life, in the various places he has lived, worked, or served, such as Vietnam, Vatter has carried

this passion for history with him, sharing it with others so they too can be guardians of their past.

In 1993, Vatter and his wife moved to Farrington Village after he retired from a career in banking. "I looked up the local historical society as soon as I got here," Vatter said.

I asked Vatter what his favorite column was and though it was a hard choice, he believes it is one he wrote in June 2004 about the accomplishments of the London Family.

"It explores the contributions of various family members to their country, state, and church. The Londons were involved in the Cape Fear and Deep River Navigation Company, law practices, county government and court systems, state government, establish of the Chatham Record as

an important newspaper, development of St. Bartholomew's Episcopal Church, designing stained glass church windows, development of rail service in Pittsboro, and Civil War Service," Vatter said.

The book is available at the Chatham County Museum and by mail order (CCHA, PO Box 93, Pittsboro, NC 27312) for \$24.95. All profits go to the CCHA. Vatter said, "The book and the various columns collected in it are labors of love. I have tried to tell Chatham's diverse history in an easy to read, folksy manner, in the hopes that the pleasure it brings me will be contagious."

Deborah R. Meyer is a Chatham writer. She can be contacted at 942.3252.



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