



"Hi Folks We're The Ruff Kids"

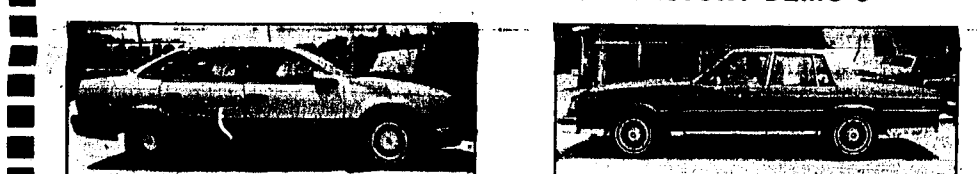
Cory Ruff will be 4 years old on September 22 and his little sister, Allison, was one year old on July 15. They are the children of Woody and Kay Ruff of Salisbury. Mooreville grandparents are Buck and Pat Mills.



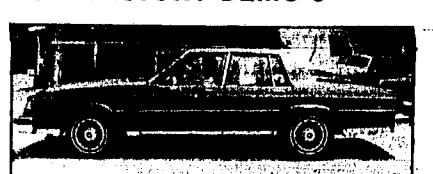
Burt Rosenberg To Appear At First Foursquare

Burt Rosenberg, a Christian comic of unique proportions, is scheduled to present a program at the First Foursquare Church, 502 Parker Ave., Mooreville, at 6:30 p.m. on Sunday, Aug. 30. He is the originator of "Big Fun In The Spirit Ministries." His performances incorporate uncommon whimsicality, his own stand-up style, personal vignettes, sometimes even original songs, and a reverent sort of irreverence. He has brought years of liberating laughs into jails and prisons, concerts, churches and Jesus festivals. The pastor of the local church, the Rev. Roy Young, joins the members of the church in inviting the public to attend the service.

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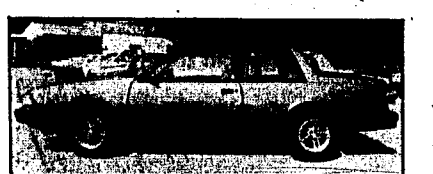
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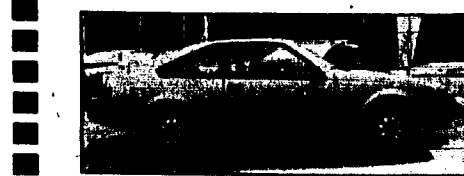
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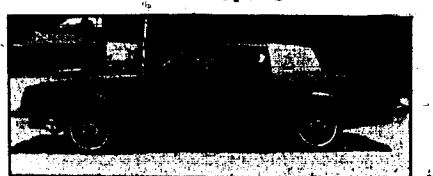
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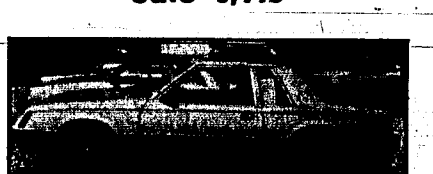
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NCSU Designers Let Sun Shine In

You may be one of today's fortunate workers with a window in your office. You may be the company president, with a wall of windows and the best view available. But even if you have a source of natural light, how efficient and pleasant is the daylight coming into your office?

Dr. Wayne Place, associate professor of architecture at North Carolina State University, has received a contract for more than \$190,000 from the N.C. Alternative Energy Corp. (NCAEC) to study ways to project daylight into non-residential buildings.

Place's research also is supported by a university faculty research development grant of about \$35,000. The purpose of these studies, Place said, is to determine the best use of natural light to enhance aesthetics and light quality while improving energy performance. "Simple windows and skylights do not generally work very well in providing illumination," Place said. "Light does not penetrate very far into the building, and it can cause severe glare on video display terminals."

Traditional skylights, Place said, have the drawback of collecting much more light and heat in summer than they do in winter—which is the exact opposite of what we want, both thermally and psychologically.

Place came to the NCSU School of Design in 1986 from the Lawrence Berkeley Laboratory of the University of California, where he directed research on making buildings more energy-efficient. At NCSU he is developing and testing window supplements and roofing systems. Roofs can be designed with apertures (openings through which light passes into the building)

oriented to collect sunlight effectively when it is needed. Place and his students have built models with a variety of lighting configurations that let in light. By placing a model with photometric sensors in sunlight, the designers can measure and compare the amounts of daylight projected into the interior of the model.

The photometric sensors give daylight measurements that don't have to be interpreted or modified, Place said. He called the scale model a "tremendously powerful indicator and exploratory tool."

Energy data gathered in one location can be correlated with data from weather stations, making the information useful in other parts of the country. Place also is examining the effect of interior design factors—such as partition arrangements and surface finishes—on interior daylight.

A major objective of Place's work is to design a roofing system that will function well for any orientation. Frequently, the orientation of a building will depend on factors other than ideal daylighting, such as entry and egress.

The results of Place's research will be used to generate design guidelines and to develop engineered roofing systems. Architects and builders have been reluctant to use systems with apertures because of their complexity and the high cost of development.

An engineered roofing system requires special framing and trusses, as well as special ceiling details. One approach, Place said, would be to develop an integrated roofing system that could be manufactured, putting the responsibility and liability on one source.

Although roofing systems can manipulate light to get the best quality, other means, such as wall systems, are required for buildings with more than one story. Studies will be made in conjunction with Synergistics, Inc., a Raleigh architectural and engineering firm. T.C. Howard, president of Synergistics, is working with Place as a co-principal investigator on the wall system research.

Several wall systems designed by Place and Howard involve mirror-surfaces that reflect beams of sunlight, creating criss-cross patterns on the ceiling. These devices can project a good quality of light deep into the building, Place said.

The next step in daylight research at the School of Design is to build a model, three-quarters of full scale, that will enable investigators to test the reactions of people to the quality of light admitted by wall systems.

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Duke Sports Medicine Center Treats Active People, Not Just Jocks

Injuries can befall anyone participating in sports, Olympic hopefuls and weekend athlete alike. Fortunately, many sports injuries can be treated out of a first-aid kit. But more serious as well as chronic injuries often require treatment from professionals who understand the special problems athletes experience.

The Sports Medicine Center at Duke University Medical Center has the personnel and facilities to offer comprehensive medical care for sports participants, according to the center's executive director Dr. Terry Malone.

"It's a misconception that we treat only professional athletes," said Malone, who is also a physical therapist at the center. "We treat active people, and many of them are involved in individual sports, such as running."

The Sports Medicine Center is in the Finch-Younger Building adjacent to Duke's Wallace Wade Stadium. The building also houses Duke University's Preventive Approach to Cardiology, and the two programs share some diagnostic and rehabilitation equipment as well as exercise areas. The center has its own examination rooms, radiographic equipment and an area for applying casts.

The center's four orthopedic surgeons, who treat more than 8,000 patients a year, have acquired a lot of "field experience," Dr. Frank Bassett, a professor of surgery and medical director of the center, is the team physician for the Duke football and basketball teams. Dr. Frank Clippinger, a professor of surgery and director of the rehabilitation service at Duke, has served as Durham High School's team physician.

Dr. William Hardaker, an assistant professor of surgery, is the attending orthopedic surgeon for the American Dance Festival. And Dr. William Garrett, an assistant professor of surgery, treats Duke soccer players. Strains, sprains and fractures—the most common athletic injuries—often occur because of overuse or overtraining, Malone noted. The baseball player who throws 125 pitches a game or the runner who logs 120 miles a week is understandably more prone to injury than the athlete with more moderate activity goals.

Along with diagnosis and treatment of athletic injuries, rehabilitation is a vital component of the program, Malone noted. Physical therapists work with patients at the center and design exercise regimens for the patients to perform at home.

"Since we are a referral center, many of our patients don't live nearby, so they see local physical therapists instead," Malone explained. "The amount of physical therapy a patient needs depends, of course, on the extent of the problem."

Although the center has the facilities to handle many athletic problems, patients are sometimes referred to Prosthetics and Orthotics in Duke University Hospital for additional treatment. A number of the chronic leg and back problems runners experience can be treated with shoe orthotics, custom-designed appliances that insert into athletic shoes to compensate for anatomic imbalances.

Arthroscopic surgery has become a popular option for patients who need operations to correct certain joint problems, such as torn cartilage and bone spurs (although other nonoperative treatments are often tried first). The arthroscope, a long slender tube with an optical system, allows the surgeon to perform some surgical procedures through small incisions around the joint. The instrument is also used diagnostically.

But for many sports injuries, the recommended therapy is rice—rest, ice, compression and elevation. Malone thinks that Rice is a better acronym, adding protection, with wraps, tape or splints, to the therapy.

"Although patients are often told to rest after an injury, what they actually need is modification of their activity," he noted.

Many athletes find total inactivity unacceptable, so switching to another sport while recovering sometimes helps.

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