

# WINSTON-SALEM JOURNAL

*A Media General Newspaper*

\*\*\*\*\*

416-420 North Marshall Street  
Winston-Salem, N.C. 27101

FOUNDED APRIL 3, 1897

JON H. WITHERSPOON  
*Publisher*

MICHAEL MILLER  
*Associate Publisher*

CARL M. CROTHERS  
*Executive Editor*

KEN OTTERBOURG  
*Managing Editor*

LINDA C. BRINSON  
*Editorial Page Editor*

## Editorials

# Bits and Pieces

### **Fiscal Fitness**

As Mayors Allen Joines of Winston-Salem and Ed Brewer of Clemmons pushed the first Mayors' Physical Fitness Day at Salemtowne Retirement Community this week, we couldn't help but feel like participant Jean Callaghan, who wondered, "If you watch what you eat and you exercise, what else can you do, shoot your ancestors?"

Sometimes we feel like we're doing all we can, but the pounds just keep slipping up on us. So maybe we need to just relax. Not that we won't keep exercising.

But hey, there's such a thing as fiscal fitness, too, as in supporting the local economy. So maybe we'll chomp on a Krispy Kreme as we take that walk.