

Chowan Scalps Hudson Valley

By Mike Voss
Ahoskie Herald

Chowan's Lonnie Mister completed just four passes Saturday, but each pass was for a touchdown as the Chowan Braves scalped Hudson Valley 60-14 in a Coastal Conference game.

Terry Ingram caught three of the TD tosses, with Derrick Williams hauling in the fourth TD pass.

Chowan's offense enjoyed a day of running and passing, collecting 566 yards total. While the passing attack was clicking, the running game netted 354 yards and five touchdown jaunts, including a one yard plunge by Mister.

The Braves scored enough points in the first quarter to hold off Hudson Valley, picking up 19 points in the first 15 minutes of the contest.

The Braves scored four times, two by airwaves and two on the ground before Hudson Valley: Glenn Fohr hit John Neis with a 54 yard scoring strike in the second quarter. Fohr went to Neis again in the second quarter to score on a seven yard TD pass, making the two second quarter scores all Hudson Valley would obtain in the game.

Terry Ingram hauled in touchdown passes of 53, 27 and 58 yards and Williams snagged a 10 yard touchdown toss. Former Ahoskie runner Tim Harrell scored on a 15 yard run, former Bertie player Delno Jones scored on a five yard run, Manteo's Joe Holmes scored on a 10 yard jaunt and Williams scored on a seven yard run. Neal Ferrell was six of nine in extra points attempts, missing two and having one blocked.

Mister was four out of five in the passing department with no interceptions, while Fohr was 13 out of 35 and threw three interceptions.

Chowan scored first when Mister hit Ingram on a 53 yard pass to make the

score 6-0 in favor of the Braves, Ferrell's kick was no good and the Braves were on their way.

The Mister-Ingram duo struck again, this time on a 27 yard pass to make the score 6-0. Ferrell's PAT was good and gave the Braves a 13-0 cushion. Mister finished out the first quarter scoring with a plunge from the one yard line. Ferrell's PAT was blocked and the quarter ended with a Chowan in command 19-0.

The Braves opened up the second quarter the way they finished the first quarter, with Tim Harrell going over from 15 yards out to give Chowan a 26-0 lead.

Hudson Valley managed to put a score on the board as Fohr hit Neis with the 54 yard TD toss Neis tacked the PAT and Hudson Valley cut the deficit to 26-7. The Braves answered the Hudson Valley scores with two touchdowns by Williams. Williams made the score 32-7 with a 37 yard touchdown run. Ferrell's PAT was no good. Williams came right back and scored on a 10 yard TD toss from Mister. Ferrell's PAT made the score 39-7.

Hudson Valley ended the scoring in the first half when Fohr hit Neis with a seven yard scoring strike. Neis hit his PAT and cut the Chowan lead down to 39-14 at the half.

The third quarter saw just seven points scored. Mister hit Ingram on a 58 yard touchdown bomb and Ferrell's PAT put Chowan ahead 46-14.

The Braves put the icing on the cake when Joe Holmes went over from 10 yards out and Delno Jones pushed his way in from the five. The fourth quarter touchdowns gave Chowan 14 more points and a total of 60.

Harford Edges Braves

Harford, a team that had not lost a conference game in the last two years and was ranked second in the final junior college poll last season, picked up their 29 straight regular season win against the Braves.

Harford's Carvell Tatuem scored two touchdowns on short dives to lead Harford to the Coastal Conference win.

The Braves took an early 7-0 lead as Wayne Brown bulled his way over from the one in the first quarter.

Tatuem kept the Braves' celebration short lived as he knotted the score at 7-7 with a one yard plunge. Harford took a 10-7 lead late in the first quarter when Bret Anderson nailed a 45-yard field goal.

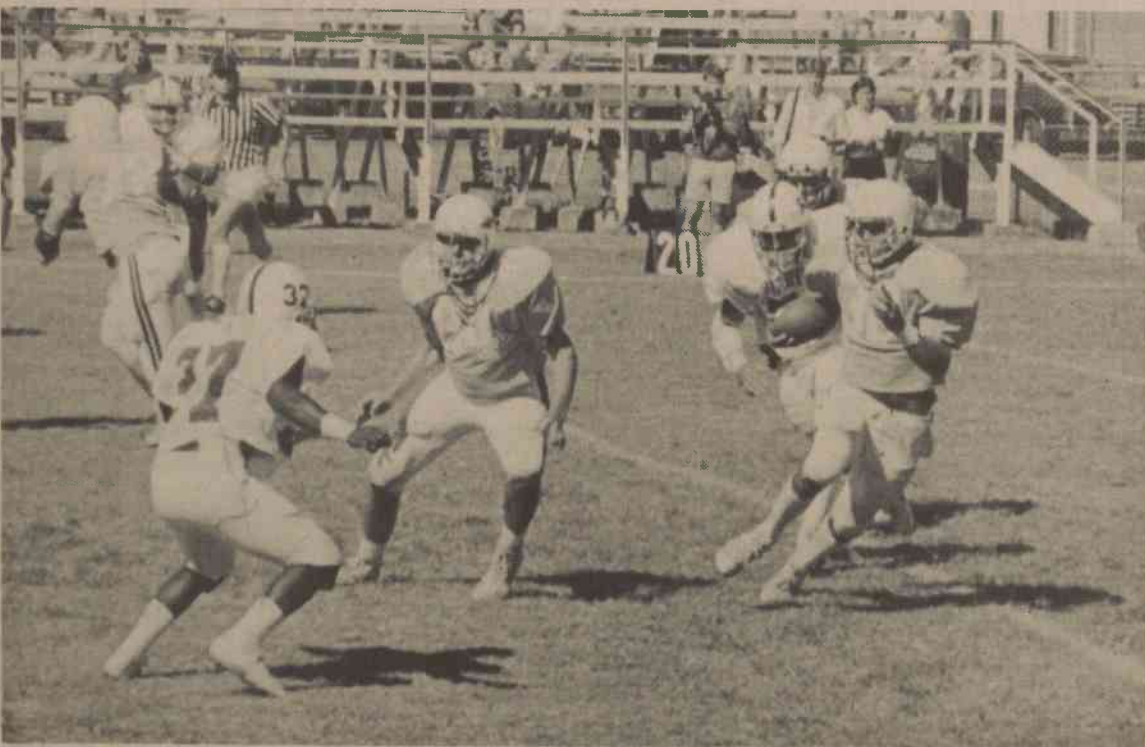
Coach Jim Garrison's Braves regain-

ed the lead in the second quarter when quarterback Lonnie Mister hit John Ingram with a 35-yard scoring pass. Mister, although intercepted four times, completed 12 of 26 passes for 213 yards.

Harford picked up the game winning score with a third quarter drive, ending with Tatuem going in from two yards out to pick up his second touchdown.

The Braves had two chances to apply pressure to Harford and possibly take the lead. With about nine minutes left in the contest, the Braves fumbled at the Harford 10 yard line. Mister was intercepted for the fourth time at the Harford 30 with about two minutes remaining in the game.

Chowan freshman running back Joe



Chowan's Joe Holmes looks yardage with help from teammate Robert Harrell.

Big Plays Key Chowan Braves To 28-23 Win Over Builders

Two big plays, an 80 yard touchdown run by Derrick Williams on the Chowan Braves' first possession and a 71 yard scoring strike from Lonnie Mister to split end Terry Ingram, were instrumental in Chowan's season opening win over Newport News Apprentice 28-23.

Chowan overcame a case of fumblyitis, losing four of five fumbles, that saw Newport News score after recovering the Chowan fumbles.

Newport News took the opening kickoff and returned it to their own 45 yard line and moved three plays later to the Braves' 40. Unable to move the ball, the Builders punted on fourth and 11.

The Braves took over on their own 20 yard line and on the first play from scrimmage for Chowan, Williams broke to the left side and raced down the Braves' sideline for the touchdown

with 11:20 showing on the clock. Neal Ferrell's extra point kick was good and the Braves led 7-0.

Newport News took the Braves' kickoff and returned it to the Builders' 19. The Builders were able to advance the ball by the running of Thurman Gibson and the passing of Scott Woodlief. A late hit penalty against Chowan moved the ball to near mid-field and gave the Builders a first down.

Running back David Norton was dropped for a two yard loss by Chowan and an incomplete pass and a nine yard loss forced Newport News to punt.

The Builders' Richard Mancuso boomed a 564 yard punt which rolled to the Chowan one yard line. Chowan moved the ball to the 15 and Mister fumbled coming out from under the center. Newport News recovered on the Chowan 14.

Gibson moved the ball to the two with two runs up the middle. Woodlief was stopped for no gain on a first and goal by defensive back James Humphrey. On the next play, Gibson scored on a two yard plunge with 4:11 left in the first quarter. The PAT was blocked and Quarter. The PAT was blocked and Chowan took the ball at their own 20 after the Builder kickoff. The Braves picked up two first downs as they moved the ball to the Braves 49. With a second and seven situation, Wayne Brown was met head on at the line and dropped for a one yard loss. Mister could not connect with split end Robert Kershaw on the next play and Chowan punted on a fourth and eight.

Newport News took over on their 10 yard line and picked up three first downs on a drive, using a mixture of runs and passes, to the Chowan 35. Two

incomplete passes, covered well by Chowan and a sacking of Woodlief forced the Builders to punt. Mancuso's punt traveled just 24 yards and Chowan took over on its own 16.

On fourth and two for Chowan, Newport News was called for offside, giving the Braves a first down at the Chowan 29 yard line. The Newport News penalty proved costly as Mister hit Ingram on a 71 yard touchdown pass with 9:23 remaining in the quarter on the next play after the penalty.

Ferrell's PAT was good and Chowan led 14-6. Newport News took over on the ensuing kickoff, but punted on fourth and 12. Mister fumbled the ball on the first play and the Builders took over at the Chowan 28. Newport News could not move the ball any closer than the four yard line and Mancuso came in on fourth and 10 to kick a 35 yard field goal

with 4:16 remaining in the first half to close the gap to 14-9.

Mancuso's kickoff following the field goal was taken by Charles Ransome at the Builders' five and the Chowan player ran 95 yards for the score, giving Chowan a 20-9 lead. Ransome was sprung from the last Builder tackler by Joe Holmes' block. Ferrell's PAT was good and the Braves led 21-9 with 4:00 left on the clock.

Newport news took over at their own 45 after the kickoff and marched 55 yards in 3:45 to score on Woodlief's two yard keeper with 10 seconds left in the half. Woodlief passed for 32 yards and rushed 10 in the drive. Mancuso's PAT was good and the Builders trailed 21-16 going into the lockerroom at the half.

Wayne Brown took the second half kickoff to the Chowan 29. Brown rushed four straight times, picking up 26 yards

and two first downs to put the ball at the Builders 45. Mister picked up 24 yards on the next play, to the Builders 21, on a option keeper. After losing two yards on the next two plays, Mister hit Williams on third and 13 with 23 yard TD pass. Ferrell's PAT was good and the Braves led 28-16 with 11:11 left in the third quarter.

Newport News scored in the first minute of the fourth quarter after Chowan's Maurice Phelps fumbled and Builders recovered just 11 yards away from the endzone. A personal foul against Chowan moved the ball to the six, where Gibson was stopped at the two by Tim Testa. On the next play, Gibson went up the middle for the score. Mancuso's PAT was good and the Chowan lead was 28-23.

Sports

1985-86

Lady Braves



1985-86 Volleyball Team



Stress Tests Predict Athletic Injuries

Athletes who are under stress because of problems or changes in their lives are more likely to be hurt while participating in sports than their teammates, but some injuries might be prevented by reducing that stress, according to a new study.

The study, conducted at the University of North Carolina at Chapel Hill, compared the scores 86 UNC athletes received last winter on questionnaires designed to measure stress with their record of injuries at the end of the spring semester several months later.

"We found that the scores would enable us to predict successfully the frequency of athletic injuries, but not the severity of them," said Richard Riel.

Riel carried out the research as a graduate student under the direction of Dr. Charles Hardy, a sports psychologist who is assistant professor of physical education.

"This work supports and expands on previous studies that had considered

only male football players," Riel said.

The UNC project examined for the first time both men and women athletes, ages 17 to 22, who participated in the non-contact sports baseball, softball, track and tennis.

A 72-item questionnaire known as the Athletic Life Experience Survey, modified slightly because the subjects still were competing, was used to determine stress levels, he said. The athletes were asked to rate the effects of events in their lives—everything from the death of a loved one to praise from the coach—as ranging from extremely negative to extremely positive on a seven point scale.

Thirty-one athletes were treated later for one or more injuries resulting in lost playing time during the spring semester, Riel said.

The scores women and track athletes of either sex were especially predictive of injury.

"It may be that team sports make it a

little easier for an athlete to cope with stresses than the individual sports do, although that's speculation," he said. "We don't know why women's scores were more predictive of injuries than men's."

Riel, who is now an athletic trainer, said that with a lot more work, it might be possible one day for psychologists to design tests that could be given to all athletes from high school to the professional level.

"This wouldn't be foolproof, of course, but it would be nice to have at least an idea of who has high stress levels and is more likely to get hurt," he said. "Then perhaps we could put them through some sort of stress management program and hopefully prevent some injuries."

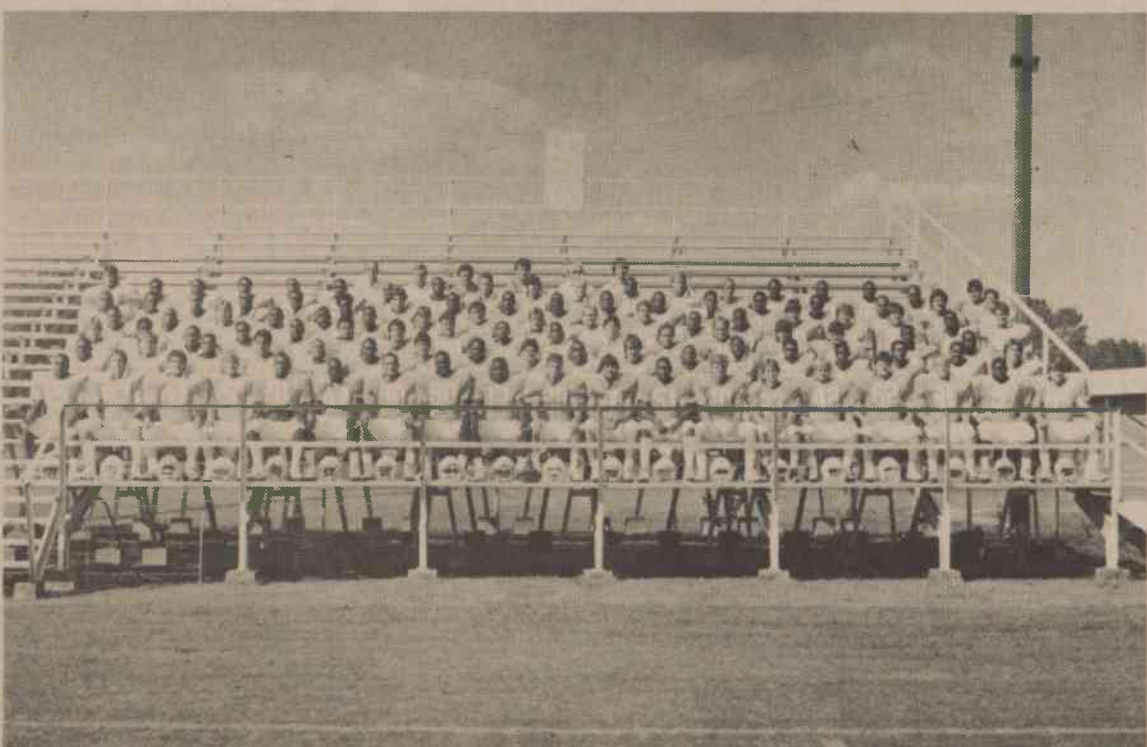
Hardy and Riel plan to publish a paper on the findings in a sports medicine journal sometime next year.

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(for a complete definition, see next issue of Smoke Signals)



1985-86 Football Team