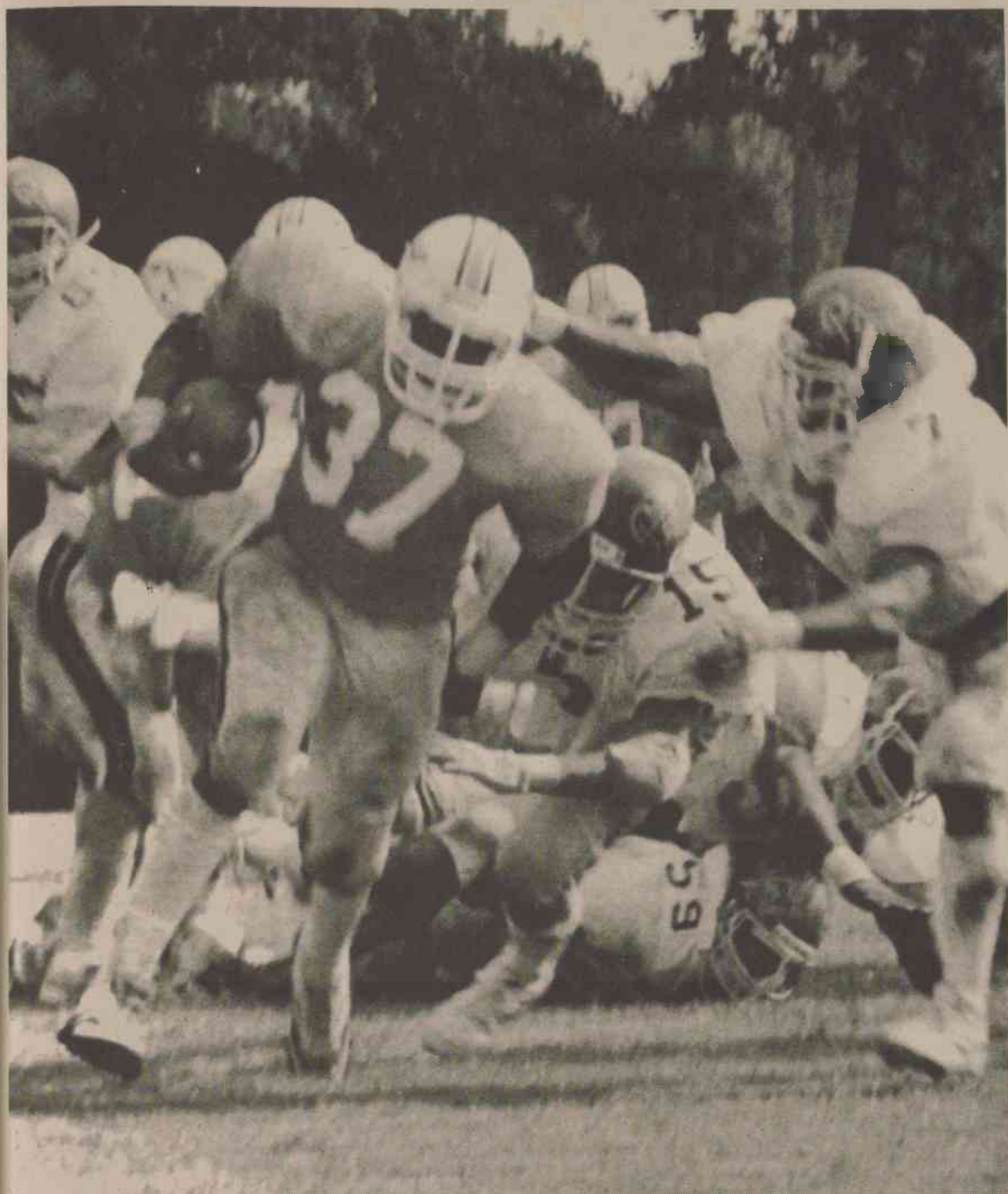


Sports

★ Homecoming '85 ★

Chowan vs. Wesley



Tim Harrell scrambles for extra yardage

Braves Sink ECU JV's

by Mike Voss The Ahoskie Herald

Quarterback Lonnie Mister, who did not start because of a pulled hamstring, hit Derrek Williams, who also saw little action, on a 22 yard go ahead touchdown toss with 52 seconds left in the game to give Chowan a 17-13 win over the ECU jayvee squad.

Three Chowan players who played high school ball in the area were instrumental in the win. Former Ahoskie player Tim Harrell scored the first TD for Chowan, former Murfreesboro player Dexter Moore intercepted a pass in the final seconds and Delno Jones' 25 yard punt return to the ECU 20 set up a field goal.

It looked as if the Braves would drop the game after Neil Ferrell missed 40 yard field goal attempt which would have tied the game at 13-13. However, ECU could not pick up a first down after taking possession and run the clock out.

Chowan broke on top with one minute gone in the second quarter when Tim Harrell scored on a 15 yard run around left end. Ferrell's PAT was good and the Braves led 7-0.

Harrell carried the ball 18 times for 85 yards.

ECU took the kickoff but two holding penalties stopped the Pirates who were forced to punt. Delno Jones returned the punt 25 yards, which set up a 43 yard field goal by Ferrell. Ferrell's boot gave Chowan a 10-0 lead early in the second period.

Elmer Dixon, starting in place of Mister, connected for 48 yards in the first half, including a 23 yard pass in the drive leading to Harrell's score and an eight yard pass on fourth down to keep that drive alive.

Late in the second quarter ECU started a drive from their own 14 yard line, moving the ball down to the Chowan 39. On second and 10, Todd Warthen broke up a Pirate pass near the end zone and the Pirates lost 10 yards on third and 10 and were forced to punt.

In the second half it was ECU that had the hot hand as quarterback Todd Abrahms threw for 176 yards, including a touchdown strike of 79 yards. On their second play in their second possession of the second half, Abrahms connected with his receiver on the 79 yard strike to

cut the Chowan lead to 10-7 with 8:50 left in the third quarter.

Chowan could not get their offense in gear in the third quarter. ECU ran only 14 plays in the quarter, but the scoring bomb and a 30 yard field goal with 4:20 left in the third period resulted in a 10-10 score at the end of the quarter.

Chowan's Kevin Cox punted the ball and nailed the coffin kick at the two yard line just before the half ran out.

On a third and seven just into the final quarter, Abrahms struck for 65 yards to the Chowan 30 and the first down. ECU went for a first down on fourth and three, but the pass fell incomplete.

On the next possession, Cox's punt was blocked and the Pirates had a first and goal at the two yard line. However, the Braves saw Todd Warthen stop the Pirates for a three yard loss on third and two and the ECU team settled for a 22 yard field goal to put ECU in the lead 13-10.

Rose Makes Record Breaking History

He belongs to baseball eternity now, to every dirt-smudged kid on every sandlot who's ever played this fascinating game that is so uniquely American.

He is Pete Rose, as uncomplicated as a punch in the nose, and he happens to have more hits than anybody who ever walked up to home plate with a bat in his hands.

How's that for uncomplicated?

Using a formula he has employed before, Pete Edward Rose charged into history Wednesday night, crossing into territory that was uncharted before and probably never will be tread again.

His record-breaking hit, on a 2-1 pitch off San Diego righthander Eric Show, was the quintessential Pete Rose single, a line drive to left field, never in doubt from the moment it left his black bat.

If the face-first, belly-whopper slide is Rose's baseline trademark, then the line-drive single's his signature as a hitter.

So when he became baseball's all-time base hit king, eclipsing Ty Cobb on

the 57th anniversary of Cobb's last major league swing, it was entirely appropriate that Rose did it with what baseball players call a frozen rope.

This was no AstroTurf bouncer. There would be no controversial scorer's decision over whether it was a hit or error. There would be no close umpire's call at first base.

Rose, as usual, took care of all those contingencies with a first inning line drive, drilled over the shortstop's head into left field.

It was his 4,192nd hit, and his 3,162nd single. So Rose knew how to react. He dashed down the first base line as the capacity Riverfront Stadium crowd erupted in a frenzy rarely heard in these parts since the glory days of the Big Red Machine.

He would add a triple later for hit No. 4,193 and he would score both of his team's runs in a 2-0 victory over San Diego. But this night would be remembered for Pete Rose's trademark a line-drive single that broke the record.

As the Padres' Carmelo Martinez

fielded the ball on one bounce, Rose rounded first base and took a couple of challenging steps toward second, much the way he had done more the 3,000 times before. That, too, was vintage Rose, forcing the issue, taking nothing for granted.

Martinez laughed about it later, saying he was mad because Rose made him throw to second instead of allowing him to run the landmark ball back for personal delivery to its owner.

But it was typical Rose. First, you play the game and play it hard. We'll celebrate later.

He retreated to first with one clap of his hands and a double palm slap for Coach Tommy Helms. Overhead, fireworks exploded. In a moment, he was engulfed by people, looking like somebody stuck in this New York subway at rush hour. The first person to get there was Rose's 15-year-old son, Pete, Jr., who hugged his father warmly.

Then the rest of the Reds arrived, swarming over this remarkable 44-year-old man who learned from his father that he could hone ordinary skills

Don't Stop Short

No one likes to stop during a training run, but city traffic, the call of nature or tough intervals often makes sudden stops necessary. And who really likes to run a cool-down after a hard race?

But, warns Dr. Kenneth Cooper in his new book *Running Without Fear*, "Anyone who stops vigorous exercise abruptly is endangering his or her heart-and may be flirting with sudden death." In his book Cooper makes the following points:

If you stop and stand still without reducing the level of your activity step by step, your blood pressure will drop. But the natural stimulants from the adrenal glands keep the heart beating at a high rate. As a result, not enough blood gets to the heart, and ischemia of the heart, which occurs when the heart tissue is deprived of sufficient blood supply, may result.

The basic, guiding principle is never stop exercising suddenly. The drop in blood pressure during the cool-down phase should take place gradually. That means you have to keep moving swiftly at first, and then at a somewhat slower pace.

If you start to feel light headed, walk with your hands above your head for three to five minutes. This keeps the blood pressure up and the blood circulating to your heart and head.

Above all, after you've completed the most vigorous phase of your workout, follow each of these all-important "don'ts":

- Don't stand still.
- Don't sit.
- Don't stand motionless while taking your pulse. Keep moving.
- Don't start talking and stop moving. When you come to the end of your workout, your mind should automatically tell you, "Keep moving."
- Don't come to a complete halt at a stop sign. Continue to run in place or jog a short distance back and forth until traffic clears.

If, after an all-out or competitive performance you feel nausea or lightheadedness during your cool-down, you may find you simply can't keep moving. In this case, lie down flat on your back for a few minutes with your head even with or below your feet. By following this procedure, you'll avoid a drop in blood pressure or some other abnormality that could cause you to lose consciousness or worse.

Brian Caulfield-The Runner



to record-smashing levels with pride and dedication.

Tony Perez and Dave Concepcion, his longtime teammates, hoisted Rose on their shoulders and let the adulation of 47,237 fans rain down on him. For seven minutes, they cheered for him, saluting the man and his achievement. Eric Show, who'd been a part of history, watched as he sat atop the pitcher's mound.

"I'm not smart enough to have the words to describe my feeling," Rose said. "I didn't know what to do."

"I was doing all right, then I sort of looked up and started to think about my father. I saw him up there, and right behind him was Ty Cobb."

That was when the tears came, tears that relieved the tension and emotion of the moment, tears that sent Rose over to lean on Helms' shoulder and brought Pete Jr. back on the field to support his father.

"That's the only time I ever cried on a baseball field," Pete Rose said. He had cried only one other time in his life, he said.

"When my father died."

Lees McCrae Nips the Braves

Lees-McRae's Andre Powell ran for two short touchdowns Saturday to give the Bobcats a 14-10 Coastal Conference victory over Chowan.

The win improved the Bobcats, record to 2-1-1 overall and 1-1 in the conference. The loss by the Braves evened their record at 2-2 overall and 1-2 in the conference.

The Bobcats, Powell had a two yard scoring plunge to open the scoring in the first half. The score gave Lees-McRae a 7-0 lead after the PAT was tacked on.

Chowan got on the scoreboard with just seconds left before halftime with a 36 yard field goal. Niel Ferrell, the Chowan booter, put the ball between the uprights and cut the the Bobcat lead down to 7-3 at the half.

Powell again scored on a short burst, this time on a three yard scamper to give the green and gold clad Bobcats a 14-3 advantage over the Braves. Powell had 113 yards rushing on 27 carries.

Chowan's Wayne Brown scored from four yards out with six minutes left in the contest to bring the score to 14-10 in

favor of Lees-McRae. Brown ended the game with 94 yards rushing on 17 carries.

Chowan had several long plays and opportunities for good field position nullified by several holding penalties. A 30 yard run by freshman running back Joe Holmes was negated by holding call against the Braves. The Braves were flagged seven times for 50 yards, with the penalties coming on big gaining plays for the Braves.

Chowan had 300 yards offense, 183 rushing and 117 passing, but Lees-McRae's 215 yards rushing (zero passing) was enough to give the Bobcats the win.

A 68 yard punt return to the Chowan two yard line set up the Bobcats first score.

Braves, quarterback Lonnie Mister was 8-19 for 117 yards in the passing department and was intercepted once. Reserve quarterback Tim Barnes threw once and was picked off on the attempt. The Braves offense picked up 16 first downs, while the opposition collected 17 first downs.

Golf Team has Tournament Win

Chowan College's golf team opened its Fall schedule with its first-ever win in a Fall Invitational at the Old Dominion Golf Club and Hampton University Invitational, September 30 and October 1.

The Braves from Chowan paced a field of nine four-year schools with a two-day total of 588. Finishing second was Newport News Apprentice School at 593 and followed by Christopher Newport College at 600.

Todd Heath of Midlothian, VA shot a

71-75 for a two-day total of 146 to pace the Braves. He was followed by Hub Gailbraith of Naples, FL with 148; Greg Armbruster of Mt. Laurel, NJ with 149; Tim Guffee of Apex, NC with 149; and Terry Tierney of Milford, CT with 150.

Bill Sowell, the Braves Coach, explained that Chowan had never won a Fall invitational and, in doing so, they beat nine four-year colleges.

Chowan's next match will be at the Ferrum College Invitational at Olde Mill Country Club of Hillsville, VA.

Your Depository Library

by Sarah Davis

Among the many services provided to the Chowan community by Whitaker Library are those associated with the government depository. Because Whitaker Library is a selective government depository, citizens here have access to pamphlets and other information issued by the government on subjects ranging from A (aerospace engineering) to Z (zip-codes).

Considered a "library within a library", a depository collection contains publications provided by the government to selected libraries throughout the nation.

The depository program began in 1814 when Congress first offered copies of Congressional debates to libraries if the libraries would provide free public access to the information. As the number of publications has expanded in the 1 3/4 centuries since the program began, so has the number of libraries so designated. There are now almost 1400 depositories selecting from 25,000 publications each year.

A depository may be either regional or selective. A regional depository would take all 25,000 yearly publications. In a selective one a documents librarian chooses titles of interest to the particular clientele the library serves. Most states have one regional library. North Carolina's is located in Chapel Hill, and there are 34 selective depositories in North Carolina. Chowan is the only one in the junior college in the Carolinas.

In order to become a depository library, a Congressional designation is necessary. There may be only two Representative designated libraries in a Congressional district. According to an item in the May 23, 1962, issue of *The Virginian Pilot*, Chowan was sponsored for this honor by Rep. Herbert C. Bonner, then first district Congressman. In the national listing of Depository Libraries, Chowan is listed as becoming a depository in 1963, and then first ordered publications are dated June 11, 1964.

In the 21 years it has been receiving publications Whitaker Library has accessioned 69,000 items.

Each month interested faculty members receive a list of selected titles that have been catalogued the previous month. This list and those publications are displayed each month so that interested members of the college community may examine them; afterwards, they are shelved in the Documents Room.

Another is an arrangement of various publications that will help the student in choosing a career. Maps of countries native to Chowan's international students are displayed in the library's international corner.

Upstairs one may find pictures that tell much of the story of the American space program.

In order to make them more accessible for students, certain government items are shelved with like kind in the library. Among these are college catalogues of institutions specifically related to the U.S. government, such as the Coast Guard Academy.

Government documents are indexed in the monthly catalog. If one finds that information is available on a certain subject, he can then check the round file at the Circulation Desk to see if Whitaker Library holds the particular item. A file of items of particular interest to Chowan students is also maintained in the Reference section of the library.

A "seasonal" display of the many publications concerning the IRS has proven to be of value to students and faculty alike.

The staff of Whitaker Library does not have all the answers, but they usually know where to find them. The items available in the government depository give the staff more places to find those answers.

Documents Librarian for Whitaker Library is Mrs. Carol Sexton, and any member of the library staff will be glad to assist you in using the depository library.