

Sports Sports Sports Sports Sports Sports

Congratulations Lady Braves!

Chowan's women's volleyball team took the National Junior College Athletic Association's Region X Volleyball title and will travel to Miami later this month for the NCJAA national championship.

The Lady Braves had to play Region X foe Anderson in three matches during the tournament. The Lady Braves dropped one match to the Lady Trojans, but prevailed in the double elimination tournament.

Chowan downed North Greenville to take the opening round match 2-0, with games of 15-11 and 15-3.

In the semi-finals, Chowan beat the Lady Trojans 2-1, losing the first game 4-15 and taking the next two games 15-5 and 15-5.

In the finals, Chowan lost the first match to Anderson 2-0, with the Lady Trojans taking 15-11 and 15-2 games over Chowan.

In the final match, with both teams having lost one match in the double elimination event, Chowan downed Anderson 15-10 and 15-4 and earned the right to participate in the national tournament November 27-30.

The Region X play saw the Lady Braves improve their record to 39-8. The Lady Braves are ranked 20th in the nation in the latest junior college poll.

The tournament will be held at Miami-Dade Junior College.

Homecoming Victory, Chowan Defeats Wesley 31-11

By Matthew Delph

On October 19, the Chowan football team defeated the Wesley Wolverines 31-11, in front of the largest crowd this year to witness a Braves game. Over 2500 fans came out on this homecoming Saturday expecting to see an exciting Coastal Conference battle.

On the opening kickoff, Terry Ingram returned the kick 85 yards for an apparent touchdown for the Braves. But, a clipping penalty negated the score, and the Braves were forced to punt on their opening series. Kevin Cox rebounded with a three yard effort and the Wolverines took over on the Braves 40 yard line. After a personal foul penalty gave Wesley a first down on the twenty; Scott Gracie connected on a 29 yard field goal giving the Wolverines an early 3-0 lead.

The Braves were unable to generate any offense in the first quarter. Chowan played their worst quarter of the season, including Cox's three yard punt, the offense was guilty of 50 yards in penalties, a fumble, and only 19 yards of total offense.

With eleven minutes remaining in the second quarter, the Braves got their first touchdown on a fifty yard pass from Lonnie Mister to Robert Harrell. Four minutes later, Mister hooked up with Derrick Williams on a thirty-seven yard strike giving the Braves a 14-3 lead. The Wolverines had two opportunities to cut into the 11 point Braves lead, but Gracie missed two field goal attempts of 43 and 37 yards before halftime.

On their first possession of the second

half, Chowan increased their lead to a 21-3 with a 60 yard drive on 8 plays. Delno Jones went the final 33 yards for the touchdown, putting the Braves in command.

Wesley came back with a 5 yard scoring pass from Steve Vanderslice to Eric Munns. The two point conversion attempt was good, cutting the Braves lead to 21-11 late in the third period Wesley would come no closer in the final period as the Braves added a 39 yard field goal by Neal Ferrell and a 20 yard interception for a touchdown by Rufus Satchell.

The victory improved the Braves record to 4-3 overall and a 2-2 in the Coastal Conference. Delno Jones led the Braves with 99 yards rushing on 13 carries. Joe Holmes added 76 yards on 22 carries.

Braves Fare Well Against Nationally Ranked Nassau

By Mike Voss
Ahoskie News Herald

For three quarters Chowan's Braves gave the nation's number two junior college all they wanted, but the Nassau Lions scored in the final period to shut the door on the determined Braves, 35-21.

Nassau's Tim Sharp scored all of the Lions' touchdowns and picked up 158 yards on 39 carries.

Nassau had to put together two scoring drives in the last six minutes of the game to pull away from the hungry Braves.

Sharp scored his first touchdown of the day with 1:57 left in the first quarter when in from two yards out to cap a 77 yard, 14 play drive.

Nassau took a Chowan fumble and drove 58 yards, with Sharp scoring from five yards out with 11:30 left in the second quarter to give Nassau a 14-0 lead.

Chowan's Delno Jones set up the Braves' first score with a 52 yard kickoff return and on fourth and two Lonnie Mister hit James McCauley

with a 24 yard scoring pass. Neal Ferrell's PAT cut the Lion lead to 14-7.

Nassau was forced to punt after receiving the kickoff and Chowan's Delno Jones scored from four yards out to end a nine play, 66 yard drive and tie the score at 14-14 with 4:27 left in the first half.

The Lion's Pat O'Brian missed a 27 yard field goal before the half to leave the game at 14-14.

Nassau took the second half kickoff and marched 70 yards in nine plays as Sharp went over from four yards out. O'Brian's PAT gave the Lions a 21-14 lead.

Chowan came right back and took the kickoff 79 yards in 16 plays, with Mister sneaking in for the touchdown from one yard out. The PAT tied the score once again at 21-21. O'Brian attempted another field goal for the Lions on their next possession, but the 42 yard try was no good.

The teams traded possessions and Ferrell attempted a 45 yard field goal in

the closing minutes of the third quarter, but the boot was just short.

Nassau drove 62 yards in the final quarter and Sharp scored from 12 yards out and O'Brian added the PAT to give the Lion's 28-21 lead.

Chowan took the kickoff and had to punt, but Kevin Cox's punt went only 10 yards and the Lions took over at the Chowan 40. Six plays later Sharp added his fifth and final touchdown from 21 yards out and Nassau took the 35-21 win.

Nassau rolled for 244 yards rushing, while Chowan gained 200 yards on the ground.

The Lion's Antonio Merritt threw for 164 yards on 16 attempts, Mister threw five times for the Braves and completed three passes for 61 yards.

Chowan coach Jim Garrison said he was pleased with the effort the Braves had against the number two ranked team in junior college football and Lion's coach Jim Weinman said Chowan was the best team his squad had faced all year.

Barnes Named Academic All-American

Alyson Ruth Barnes of Lumberton, co-captain and Most Valuable Player on Chowan College's 1984 volleyball team, has been named to the 1984-85 National Junior College Athletic Association's Women's Academic All-American Team.

One player was selected from each of the NJCAA's 24 regions. Barnes, who represents Region X, had a 3.708 grade point average during her two years at Chowan. The 24 players were selected from all sports sponsored by the NJCAA.

A May, 1985 Chowan graduate, she has transferred to East Carolina University on a volleyball grant in-aid. She is a business major.

For her play as a hitter, Barnes was selected to the All-Region Team and All-Tournament in 1984. She was also selected named to the Region X All Academic Volleyball Team, Who's Who Among Students in American Junior Colleges, and Phi Theta Kappa. She held a Presidential Scholarship both of her years at Chowan.

Barnes is a graduate of Lumberton High School where she lettered in volleyball, basketball, and softball. She was a member of the National Honor Society, Who's Who Among American High School Students, and voted Outstanding Senior. She is the daughter of Mr. and Mrs. Robert K. Barnes of 1820 Riverside Blvd., Lumberton.

Barnes is the second straight Chowan volleyball player to be named to the national Academic All-American Team. Marcia Ellen Taylor of Murfreesboro received the honor in 1983-84. Taylor is a senior at Meredith College where she is a member of the volleyball team.



Health

Life With a Smoker Can be Risky

It's not as bad as even light smoking, but living with a smoker can double a non-smoker's risk of lung cancer, according to a new study by the American Cancer Society.

The study, to be published Friday in the Journal of the National Cancer Institute, is the latest in a series by various researchers on so-called "passive smoking," the inhaling of somebody else's tobacco smoke.

Past studies of non-smoking women married to smoking men have split on the question of whether their lung cancer risk is increased. The cancer society has said since 1981 that more research is needed to decide the question.

The new study, of 134 female lung cancer patients who had never smoked, found that living with a smoking husband or other cohabitant could double the risk of lung cancer if the husband smoked heavily at home.

It found that non-smoking wives of smokers overall ran a 23 percent greater chance of getting lung cancer than women whose husbands did not smoke.

The risk increased with the number of cigarettes smoked at home, jumping to more than double the risk of an inex-

posed wife if the husband smoked more than 20 cigarettes a day at home, said Lawrence Garfinkel, one of the researchers and the cancer society's vice president for epidemiology and statistics.

He said Wednesday that the increase in risk "is nothing at all like even light smokers versus non-smokers," where the risk can be increased by four times or so. In general, lung cancer among non-smokers is rare, with maybe 10 per 100,000 non-smokers getting lung cancer every year, he said.

It took a search of four hospitals to find 134 non-smoking women diagnosed with lung cancer from 1971 to 1981, he said. Forty-four had not been exposed to a husband's smoke at home, Garfinkel said.

The women, or close relatives if the women had died, were interviewed and asked about the smoking habit of their husbands at that time or up to the time the husbands died.

Asked about the accuracy of estimates that a husband smoked more than 20 cigarettes a day, Garfinkel said such estimates could probably tend to separate heavy smokers from light smokers, and "that's all you can say."

Radiation Alternative

The X ray, first discovered in 1895, is now an invaluable diagnostic tool, especially important to injured runners and other athletes. X rays, however, are used with caution to guard against harmful overexposure to radiation. Now, though, a new procedure is on the horizon which, according to some experts, may change the way injuries are diagnosed and surpass the X ray in popularity.

Known as Nuclear Magnetic Resonance (NMR), this radiation-free procedure has been used to diagnose certain diseases and genetic defects. Now, however, NMR is being tried on athletes.

Using a strong magnetic field and radio waves, this process allows a doctor to view the nuclei of the body's atoms and the chemical makeup of cells without radiation. In experiments with athletes, Dick Brown, former Athletics West coach, has used NMR to study how injured tissue reacts to different treatments. He is able to look at the healing process step by step with NMR. It is safe and can be used frequently over a long period of time.

Brown notes, however, that you can't substitute NMR for tried and true signals. I don't foresee NMR or any other procedure replacing such indicators as pain, redness and swelling, or the very keen eye of the coach, he says.

Steroids—Are They Worth the Risk?

by Robert J. Casmus
Head Athletic Trainer

Since the beginning of time, man has sought the winning edge in competition. Since the fifties, athletes have believed that this edge could be found with the use of anabolic steroids. So often the athlete strives to achieve the success of Joe Superstar no matter what the cost.

What they fail to understand, or worse yet, choose to ignore are the effects of steroid abuse. The athletes most prone to steroid use are weightlifters and football players. The term anabolic steroid is attached to the synthetic derivatives of the male hormone testosterone. This hormone occurs with the anabolic (build-up) process involving protein synthesis for muscle growth and tissue repair. Testosterone also has androgenic effects that lead to aggressiveness, increased facial hair, deepened voice and body fat reduction.

Anabolic steroids are a prescription drug with the most famous and abused one being Dianabol. Steroids can be taken in a pill form or through injections. On the average, athletes take the drug for a 9 to 10 week period. Some even increase the dosage each week which is labeled the "stacking" regimen. Following this 9 or 10 week cycle is a lay-off of anywhere from a month to a year and then another cycle of usage.

The effects of steroids on lean body mass and muscular strength have been a continuing area of study. Dr. David Lamb of Purdue University stated that

androgenic-anabolic steroids are effective in promoting the synthesis of protein in skeletal muscles and other tissues in certain situations. The steroids elevate nitrogen retention, increased lean body mass and enhanced muscle growth in castrated male rats and male cattle. Similar steroid therapy is also effective in human males who have been castrated or are deficient in natural testosterone. On the other hand, studies in sexually normal men indicate that it may depress the appetite and cause a marked reduction in body weight.

Dr. Lamb (1984) reviewed the steroid studies involving men who trained with weights and took steroids and those who trained with weights and placebos (sugar pills). Results have shown that subjects on the placebo tended to get stronger than if they had no such pill because they thought they were taking a strength promoting substance. Also in two thirds of the studies done, the steroid subjects gained 5 more pounds than the non-steroid group. A further review of the major studies showed no appreciable effect of anabolic steroids on muscle girth measurements. Less than half of the studies showed any consistent gain in muscular strength. Therefore, if we believe what scientific literature has to offer, we can conclude that men with normally functioning testes will not have reliable or consis-

tent effect of the anabolic steroids on body weight, lean body mass, muscle girth or muscle strength.

There are many harmful side-effects involved with steroids. The list includes liver disorders and tumors, kidney tumors, sweat gland disturbances and cholesterol distribution upset. Also numerous reproductive system side-effects can be detected. These include testicular atrophy in males, decreased sperm count, and increased male breast development. Females using steroids can expect facial hair growth, baldness, deepened voice, shrinkage of breast size, enlarged clitoris, uterine atrophy and an irregular menstrual cycle.

Overall steroids appear to cause more harm than good. Studies have shown that their effects, if any, are negligible and the risk great. The American College of Sports Medicine issued a statement opposing their usage as did the American Medical Association (AMA). There is a need for public awareness in the athletic population from the junior high level to the professional level as to the research results. Even drug testing at the Olympics and other sporting events has not discouraged many. There is no success in being caught as there is no success by usage with the known side-effects.

About the author

Robert J. Casmus of Sinking Springs, PA, is serving his first year at Chowan as head athletic trainer. He earned a B.S. degree from Temple University and the M.S. degree from the University of Arizona. He also completed an Advanced Athletic Training Program at West Chester University in Pennsylvania. Casmus is certified by the National Athletic Trainers Association.

**Exam Schedule
in the next issue of Smoke Signals**