

**SUMMER SCHOOL  
REGISTRATION  
MAY 25 - 26  
CLASSES BEGIN  
MAY 27**

## Summer Fun

By Emanuel Vaughn, Jr.

Now that the warm weather is upon us, many will be engaged in outside events. Whether your pleasure is strenuous exercise like running, or the more settled events like sitting and "people watching", you'll want to look good doing what ever it is you enjoy. Surely, you'll agree that more stomach, arms, and legs will be making a reappearance into the "sightlight", and they are the first areas to reflect weight gain or loss. A good place to begin is with your diet. You'd be surprised how the right foods will help you to play that last set or last just five more minutes.

In the colder months, hot food such as stews, soups, and bulky foods were the main course, and rightly so. But now your system needs salads, fresh vegetables and an increase in liquids. Fish and lighter meats can satisfy those huge cravings.

Your first breath-taking step toward a healthier look should include calisthenics and very basic stretching exercises. Of course, you should begin slowly and build up your strength and stamina. For those who are calorie conscious, here are a few things to remember. About an hour of swimming burns 250-300 calories; running 800-900 calories; tennis 390-420 calories in less than an hour. Don't kill yourself doing it. Take it slow and easy, but most of all have fun.

## Golf Team Does It Again

The Broncos' Golf Team has taken top honors in the CIAA Golf Tournament for the eighth consecutive year. This year's tournament was played at the Gates Four Golf and Country Club in Fayetteville. The Broncos finished the two-day event with a score of 647, twelve strokes ahead of second place Johnson C. Smith who finished with the score of 659. Saint Augustine finished with a score of 665 to place third while Livingstone College came in last with a score of 734.



Riccardo Stevens

## Fashion Benefits

By Emanuel Vaughn

The "Guys and Dolls" fashion group, a combination of high school, college and professional models, put on a fashion show to benefit the Sickle Cell Anemia Foundation.

The show was well organized by Mr. Johnathan Fant and the models executed their floor plans very well. The only minus was that the show started late, but from where I sat - it was well worth the wait. Mr. Fant, who served as director and commentator, selected Ms. Kai Watson as his "Miss Guys and Dolls". Ms. Watson is a very attractive and talented freshman at FSU.

Another female model who deserves special mention is Ms. Teresa McLaurin, a student at Terry Sanford High School. Ms. McLaurin displayed high modeling abilities. Another model to watch is Ms. Cheryl Addison. I expect to see her again in the near future.

The male models were perhaps even more polished than the females. Two males whose performances stood out are Arthur Seales and Wendell Troy.

The show, which resulted in a substantial contribution to the Sickle Cell Anemia Foundation, was sponsored by the FSU Future Alumni Association.

## College Seniors Aided In Establishing Credit

Applying for and getting a job is probably the foremost concern of most graduating seniors. But there is another kind of application you should be thinking about—credit. Why?

Because establishing a credit rating—like finding a job—is an important step to financial independence.

For example, did you know that in some states you can't rent a car without a major charge or credit card? In addition to a driver's license, most retailers require a card for ID before agreeing to cash a personal check. With a bank credit card or charge card you can get ready cash when you are far from home.

And, a fact of life; having your first card makes it easier to get other ones. Other kinds of credit that let you make major purchases, like a car or home, will also be easier to get once you have established a credit rating.

### Only The Size Is The Same

Before you apply for a card, you

should understand the differences between a "credit" and a "charge" card. While the terms are often used interchangeably, they are not the same.

**PAY-AS-YOU-GO** (charge cards), including American Express, Carte Blanche, and Diners Club, charge an annual fee used to support services offered to members. There are no preset spending limits. Spending limits are flexible and depend primarily on an individual's personal history of spending and paying.

Because payment of the entire bill is due upon receipt, charge cards help eliminate the temptation to spend more money than one can realistically afford, so they can be a good money management tool.

**BUY-NOW-PAY-LATER** (credit cards), like MasterCard and VISA are primarily issued through banks. They were often called "free" cards because there was no annual fee to use them. Now, though, many banks have initiated annual fees.

The banks receive most of their income from interest charges collected on unpaid balances. The annual percentage rate on these cards can run as high as 24 percent. At these rates, the interest alone could run up to hundreds of dollars on an annual basis. There is also a spending limit to each account.

Retail and oil company cards are in this same category, but can generally only be used at outlets of the company that issued the card.

### Special Student Programs

It isn't as difficult to establish a credit rating as you might think. Some card issuers have special programs directed at graduating seniors.

American Express, for example, has a special program for students. If you are a college senior within one year of graduation, you can qualify for the Card if you have the promise of a job paying \$10,000 or more a year, and no negative credit history. To request a student application, call toll-free (800) 528-8000.

Another way to establish a credit rating is to take out a personal loan and repay it in regular monthly payments.

### "Establishing Credit 101"

To find out more about how to establish credit, how to use credit responsibly and your credit rights, write for a free copy of: "Establishing Credit 101," American Express Company, 125 Broad Street, NY, NY 10004.

## NCAA Plans To Expand TV Coverage

The NCAA football-television committee is planning on allowing two television networks to transmit NCAA games starting in the fall of 1982.

That is when ABC-TV's present exclusive four year contract expires.

Under the proposal, the number of games being televised each football season would increase from 116 to 140.

The NCAA is also thinking about allowing cable and pay-tv networks to broadcast live games during prime-time. --Campus Digest News Service

## No Results Yet On FBI Inquiry

There is no official word yet from the FBI on the status of the current inquiry into several Big Eight conference basketball games during 1981. Two games reportedly under investigation for "irregularities" are the Oklahoma State-Colorado contest on Feb. 14 and the Missouri-Nebraska game on Feb. 21.

The games in question were said to have large amounts of money bet on them. Gambling has become a big part of sports, and occasional incidents reveal that gambling is filtering into amateur athletics as well.

University of Missouri Athletic Director, Dave Hart, released game films to the Kansas City FBI office upon request. According to the FBI,

they are conducting an inquiry, which is merely a report on the allegations, and is not as serious as an investigation. However, officials of the schools involved feel that their schools have been tainted just by being associated with an FBI inquiry. And especially since the inquiry has come in the wake of the Boston College point-shaving incident that revealed that three players were allegedly bribed to fix games.

The FBI will not explain what led to the inquiry, or who is a suspect—players or officials. So the schools in question will just have to continue playing a waiting game until the FBI concludes its inquiry and releases the results.

