



SPORTS



A&T, Union Cagers to Play In African Tourney

GREENSBORO — North Carolina A&T State University, which completed the 1978-79 basketball season with a 20-7 record winning the Mid-Eastern Athletic Conference regular season and tournament championships, has been invited, along with Virginia Union University, champion of the Central Inter-collegiate Athletic Association, to participate in a basketball tournament in the West African country of Senegal.

The tour was set up by Converse Rubber Company in conjunction with the West African Olympic Committee in an effort to prepare the team for the 1980 Olympic games in Moscow.

The teams will leave from New York's Kennedy Airport on Saturday, April 14. Upon their arrival on April 15, they will be given the official welcome and taken on a tour. Tournament play begins

on Monday with A&T playing the Ivory Coast National Team. Virginia Union will play the team from Senegal.

The teams will switch opponents the following day then will play an assortment of all-star teams through Thursday.

On Friday, the A&T and Virginia Union teams will combine to play the Pan-African All-Stars.

The Monday, Wednesday, and Friday games will be played in Dakar. The sites for the Tuesday, Thursday contests will be played in Thie's, second largest city in Senegal.

A&T head coach, Gene Littles and VUU coach, Dave Robbins will also participate in clinics along with Converse representative, Johnny McLendon, throughout the week.

The teams are expected to arrive back in New York on April 22.



BIRCHWOOD TK's—Finishing a 6-5 season, these basketball players are optimistic for a better season next year. Pictured first row are (1-4): Tony Rogers; Clint Wilson; and Johnny Everett; second row (1-7): Major Edwards, George Durham, Howard Lee, Doug Johnson, and Maurice Martin. Not pictured are Shaun Poe, Donnie Weeks, Stan Faison, and K.P. Parker.

Birchwood TK's Need Gymnasium

It's not easy for the Birchwood TK's to practice on cold days, because the little basketball team doesn't have a gymnasium. But despite the odds, the group was able to hammer out an impressive record of six wins and five losses during the past season, their first year.

Player Donald Davis complained, "we've got no where to practice unless it is warm", but Doug Johnson hastens to add, "we still get it together on a nice day."

Temperatures were in the low 40's the day the group posed for a CARO-

LINA TIMES photograph. "It's too cold said Donnie Weeks, "to take the picture where we normally practice."

Alex Gillespie, Durham's recreation director was in conference and could not be reached before press time, for comment.

There is no gym in sight for the TK's and others in Birchwood. Carl Washington, Assistant Recreation Director for the City of Durham, noted that facilities at Birchwood are not adequate, but that those facilities are owned by the Durham Housing Au-

thority. Under a limited agreement, the city provides basic non-capital items, he said.

Director James Kerr has advocated greater cooperation between city agencies and DHA, to provide needed services, a concept Washington says has merit.

Team coach Ronald Davis and Mrs. Dot Martin, Birchwood Center director, both praise the discipline the youngsters exhibit getting to practice on warm days. "They are just a great bunch of guys to manage", says Mrs. Martin.

Hazel Plummer Bowling League

The Hazel B. Plummer Bowling League score report:

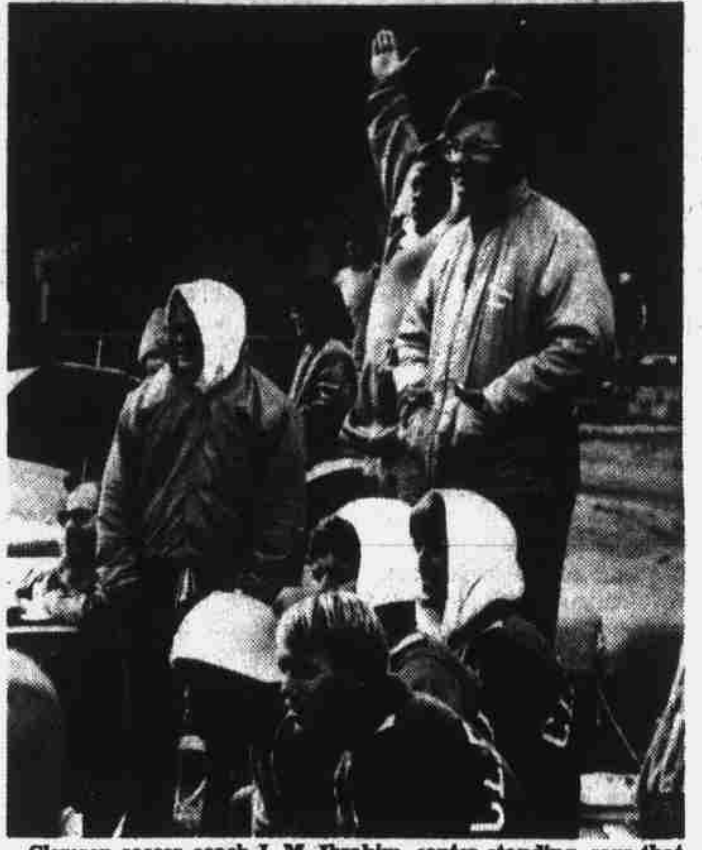
Men's high game: Doss Massenburg, 202; Augustus Thompson, 195; Ken Snipes, 192; Booker Spaulding, 190.

Men's high set: Augustus Thompson, 546; Ken Snipes, 542; Doss Massenburg, 527; Joe Garner, 507; George Thorne, 506.

Ladies high game: Ruth McDonald, 211; Florence Roberson, 196; Walterene Parrish, 183; Nancy Rowland, 180.

Ladies high set: Florence Roberson, 528; Ruth McDonald, 521; Walterene Parrish, 498; Nancy Roland, 485.

Others: Walterene Parrish picked up the 2-7 split.



Clemson soccer coach T. M. Ibrahim, center standing, says that American soccer teams cannot be successful in international competition unless the rules are changed.

exercise to get their doctor's approval first. This is especially true if the person has not been in any kind of a long term-physical fitness program. She also stresses the importance of using common sense.

"Don't push yourself," she emphasizes. "Start slowly. When you get tired, walk. Running is a lifelong experience. We don't have to reach any goals in a specific time frame. Your physical improvement should take place gradually."

Bob Glover, author of the popular "Runner's Handbook," says women can follow the same training program as men, even on the beginning level. "I think more women than men are beginning to run. Men still have other sports options such as tough football, softball, basketball," Glover said.

"These women have convinced me that women as runners have physical and mental potential wasted by today's archaic marathon and Olympic running restrictions."



BENNETT COLLEGE FRESHMAN Portia Dixon led the Belles to a 10-2 conference basketball season in Division III of the NCAA Conference. The Greensboro native was named the conference tournament's Most Valuable Player and made the First All-Conference Team. The team's overall season record was 16-10.

(PHOTO BY MARABLE)



DELAWARE STATE IN SEARCH OF NEW COACH

Head football coach Edmond Wyche's annual contract was voted not to be renewed, it was learned by the Mid-Eastern Athletic Conference through the Delaware State Sports Information Office, after a meeting by the Board of Trustees held on Thursday, March 8.

The decision was based on certain findings of facts made by the subcommittee of the Athletic Council, and a letter concerning the matter from Dr. Luna I. Mishoe, the school's president.

Wyche came to Delaware State in 1975, after carrying Howard University to a 4-2, 8-2 record, and third place MEAC competition in 1973, his one year as head coach

there.

Wyche's best year at Delaware State came in 1977, when he directed the Hornets to a 4-2, 7-4 record, a third place finish, and was named MEAC COACH OF THE YEAR. Last year he pushed them to a 3-3 conference slate, good enough for third again. During his stint at the Hornet helm, he went 18-23-1 overall.

A Delaware State spokesman said one of Wyche's comments were that he was not bitter, and all he had to do was get a resume together and find work.

The search for a new Delaware State head football coach was further voted by the Board to begin immediately.

"Women On The Run,"

"Women Running Toward Equality," "The Beauty of Running." The titles sweeping public print nearly equal the numbers of women running here and everywhere for all to see and all to wonder. National surveys indicate one in four runners today is a woman—a total of nearly 6,000,000, compared with 25,000 in 1972.

Five hundred or more women are expected to start in the L'eggs/YWCA 10,000 meter run in Winston-Salem, April 7. Those who have prepared properly, will have fun and get beneficial physical exercise at the same time.

Nina Kuscsik, a mother of three, who runs 65 miles a week, took up the sport ten years ago. She's

qualified to talk about this

new phenomenon, having won the women's division of the Boston Marathon and the New York City Marathon.

"Once running wasn't fashionable for women," she said. "Now running is known to help streamline the body and to stabilize weight. At the same time women's opportunities are growing. The combination is proving unbeatable," she said.

Kitty Consolo, a student at Wake Forest University, recalls her first race three years ago. She entered a men's 5 mile cross country race at North Carolina State. Her time was less than encouraging, since she got lost along the course. Hard training has paid off

for Kitty, who won 20 of the 28 races she entered last year. She should be one of the top contenders in the upcoming L'eggs/YWCA run in Winston-Salem.

Last year, a leading women's magazine listed fourteen reasons to run. Some of the better ones were that one gets a sense of accomplishment, you get in touch with your body, it inspires thinking, no special skills are needed, cost is minimal.

"What's most important about the story is that it appeared at all. This respected publication devoted four full pages to a sport that not long ago was held in very low regard," Kuscsik said.

Nina Kuscsik advises most women who are thinking about running for

Now That's a Mutual interest!

And that's not all. Our Money Market Certificates offer even higher rates, requiring a \$10,000 minimum deposit and only 6 months to maturity.* So, whatever your savings needs, come see us. We've got a Mutual interest.

SAVINGS PLANS

Rate	Annual Yield	Terms	Minimum
8.00% Savings Certificate	8.33%	96 Months	\$5,000
7.75% Savings Certificate	8.06%	72 Months	5,000
7.50% Savings Certificate	7.79%	48 Months	5,000
6.75% Savings Certificate	6.98%	30 Months	5,000
6.50% Savings Certificate	6.72%	12 Months	5,000
6.00% Savings Certificate	6.18%	12 Months	2,500
5.50% Savings Certificate	5.65%	6 Months	2,500
5.25% Passbook	5.39%	Flexible Anytime	None

*Compounding of Interest is prohibited during this term.



mutual
savings & loan
association
112 west parish street
durham, north carolina 27702 (919) 688-1308

Federal regulations require substantial penalty for early withdrawal.

Accounts insured up to \$40,000 by an agency of the U.S. Government.

WHEN IT REALLY MATTERS...



Put Bridgestone Steel-Belted Radials between you and the road.

RD-112V Steel-Belted Radial

A tough steel-belted radial designed for most compact, mid- and full-size domestic cars. Twin steel belts for strength. And backed by nearly 50 years of Bridgestone tire know-how. When it really matters...remember the Bridgestone RD-112V. Put 'em between you and the road. Tubeless whitewall only.



SPECIAL SALE PRICE

\$44.95 AR78-13 plus \$1.86 FET

SIZE	PRICE	SIZE	PRICE
RR78-13	\$47.95	FR78-15	\$59.95
DR78-11	\$49.95	GR78-15	\$62.95
ER78-14	\$52.95	HR78-15	\$68.95
FR78-14	\$55.95	JR78-15	\$73.95
GR78-11	\$61.95	LR78-15	\$78.95
HR78-11	\$67.95		

*Plus FET from \$1.86 to \$3.39.

*Also comes in a 1.5" extra wide whitewall.

BRIDGESTONE

INGOLD TIRE CO.

Corner of Chapel Hill and Buchanan Blvd.

682-5461