



Church League Champions

First Calvary Baptist Church Basketball Team won the Boys' 13-15 Church League championship of the Durham Recreation Department with a 9-1 record this winter. They won the regular season with a 7-1 record and swept through the League Tournament by defeating Trinity 63-31 and Gospel Center, 54-24, in the finals. Team members are (front row l-r): Dwayne Toomer, Thomas Smith, James Mills, Pete Fearington; (back row) Head Coach Lee Richardson, Asst. Coach Frank Jacobs, Sr., Greg Ames, Levi Holmes, Reggie Burnett and Pastor V.S. Thompson. Not pictured: Howard Hoskins, Donald Clark, Marlon Lennon, Bryant Pettiford, James Scott and Sean Glenn.

ELSON'S Super Lucky 13 Top Collegiate Teams For 1981

By Elson Armstrong, Jr.

It's spring and a young man's thoughts turn to baseball, they always say. Well, I certainly have nothing against the national pastime, but with all the spring football games winding down around this great land, I just thought you would like to see the teams that I think will be the cream of the crop next fall.

1. **Southern California** — Yeah, I know I picked USC a year ago and they fell right on their faces, but Coach John Robinson always follows up a bad year with an outstanding one. Troy plays a very tough schedule which, when the dust clears, should find them on top of the heap.

2. **Alabama** — Bear Bryant will emerge as collegiate football's all-time winningest coach this year and he would love to capture another national title, but he's going to need some help to do it. His team will do it's part, but somebody's gonna have to beat USC.

3. **Michigan** — Hey, hey, hey, the Wolverines finally won that elusive season ending game plus the Rose Bowl. Now they're hungry for even more glory. They'll be the class of the Big Ten. (Sorry, Ohio State) If that pigskin takes a favorable bounce, they could win the national championship.

4. **Oklahoma** — The Sooners will be just like they always are, deep, swift as the wind, and Big Eight Champions. OU has a September 26 date at USC and this smoker could be for all the marbles!

5. **Ohio State** — Most teams would love to finish 9-3 but in Columbus, where everyone was thinking No. 1 a year ago, that season was a real debacle!!! The Bucks should be better this time, but they'll lose out to Michigan in the November War.

6. **Penn State** — For a couple of seasons now, Joe Paterno's Nittany Lions have taken a back seat to Pitt in the East. Well, this time the power will return to the Blue and White!

7. **Nebraska** — The Cornhuskers are mean. They will blast everyone (except Oklahoma) on their way to another outstanding year.

8. **Texas** — When last seen, the 'Horns were getting kicked all over the Astrodome by North Carolina (yeah, the Basketball school) in the Bluebonnet Bowl. This was very hard for Texans to swallow and this year Fred Akers must be good or he may be gone!!!

9. **Brigham Young** — This team often produces scores that would make a basketball coach grin. Where do they keep getting these great quarterbacks?

10. **Notre Dame** — The Irish have hired an outstanding new coach and he should keep them among the nation's elite.

11. **Houston** — The Cougars suffered an embarrassing loss to Rice but they looked tough in routing Navy in the Frigid Garden State Bowl. They may find themselves in the Cotton Bowl this year.

12. **North Carolina** — Tar Heel Coach Dick Crum has never lost a bowl game and last year he gave UNC it's best team ever (11-1). Although not as strong this time, UNC will again be tough.

13. **Georgia** — Even with Walker the 'Dogs are going to have a tough time defending their national title. Everyone, I mean EVERYONE will be after them!

13-A. **Stanford** — I'm tempted to pick the Cardinals higher but you know these guys from the "farm". They may beat USC one week and lose to Fresno State the next. Could be great if they could avoid the roller coaster.

13-B. **Pittsburgh** — The Panthers will be great again, but oh, how they'll miss Hugh Greene.

TEAMS TO LOOK OUT FOR:

Florida — The Gators could have the best team in the Sunshine State this year.

Duke — The Devils with a powerful passing offense should be doing it in Durham.

Mississippi State — They may be saying "How 'Bout Dem 'Dogs" in the Magnolia State this time.

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Newest Bowl: The California Bowl which will match the PCAA and Mid-American winners in Fresno, California on December 15.

Final Glance At 1980-81 Collegiate Cage Rankings

By Elson Armstrong, Jr.

Elson's Final Top Seven Teams:

1. **Indiana** — When they were 7-3 back in December, the Hoosiers were written off. But when everything was on the line, Bobby Knight had his classy outfit more than ready. The way they blew past strong teams in the playoffs, they proved that without a doubt they are No. 1. Congratulations, Hoosiers!

2. **North Carolina** — I just love to say I told you so. In case you don't remember, my pre-season forecast said, "In the ACC, the media will focus their attention on Virginia and Maryland, but don't be surprised to see Dean Smith's charges in the final four". Except for Indiana, there's not a single team in the country who could've beaten Carolina after the ACC Tournament. (I told you so.)

3. **Virginia** — Definitely the best Wahoo team ever. The Eastern Regional Champions gave the history-rich university a new reason to be proud — they're now a national basketball power.

4. **Louisiana State** — They keep saying that this is the final-four team that had the most talent, but they sure didn't show it against Indiana or Virginia. Still they made the final four and that's saying a lot for a school which used to be only proud of its football teams.

5. **Brigham Young** — The Cougars proved that an all-white team can still make noises in the NCAA Tourney. UCLA is still in shock over that whipping that BYU laid on the Bruins.

6. **Utah** — The Utes had the second best front line in collegiate basketball and they could've very well made the final four if they hadn't run into the best front line (North Carolina) in the Western Regionals. No excuses for the guys from Utah — the game was played on their home court.

7. **Kansas State** — Say what you want, this was NOT a cinderella club. All they did was break the myths of San Francisco, Oregon State, and Illinois, three highly rated teams en route to a Western Regional Runner-Up title. Strongest Conferences (tie): The Big Ten in the

post season; the ACC in the regular season.

Most Overrated Conference: Definitely the PAC-10. Each of their teams was a farce.

Most Underrated Conference: The PCAA. This league held the nation's No. 1 defensive team (Fresno State), the No. 1 offensive team (Cal-Irvine), and AP All-American, and three of the country's most respected coaches — Boyd Grant (Fresno State), Tex Winter (Long Beach State), and Bill Berry (San Jose State) — yet no one knows anything about them. None of the PCAA teams were ever ranked by the two major wire services this year.

Most Overrated Teams: DePaul, Oregon State, Maryland, and UCLA. All year we were told how great these teams were, yet when it came time to put up, they all did an ElFolde.

Most Underrated

Teams: Indiana, North Carolina, Brigham Young, Fresno State. All of these teams greatly exceeded all expectations this season.

Coaches of the Year: *Bobby Knight-Rallied Hoosiers to the Big Ten, Midwestern Regional, and national titles after a slow start against top flight competition. *Dean Smith-Took a young Tar Heel squad, which was picked third in the ACC, to the ACC Tournament, Western Regional titles and the NCAA second place. *Boyd Grant-Led Fresno State to it's best season ever (25-4) which included the PCAA regular season and tournament titles and the Nation's No. 1 defensive club.

Most Overrated Coaches: Ray Meyer, Digger Phelps and Lefty Driesell. Each year these guys have all the talent, yet they don't even come close to finals.

Exercise Speeds Up Loss Of Body Fat

According to a recent broadcast sponsored by the Columbia-Presbyterian Medical Center and The Prudential Insurance Company, exercise should be a major part of any weight reduction program.

Dr. Barry Franklin of Sinai Hospital in Detroit says that, in addition to increasing heart and lung functions, exercise speeds up the loss of body fat without a reduction in muscle weight. Dr. Franklin recommends three exercise sessions a week, saying, "If you do a little bit of exercise, 20 to 30 minutes every day, over a long period of time, you will tend to lose weight and lose it successfully."

According to Dr. Franklin, as little as half an hour of light daily exercise and turning down a sweet dessert can result in an overall reduction of about 500 calories a day. Over seven days, that adds up to 3,500 calories — or the caloric equivalent of one pound of fat.

"Perhaps the best exercises would include walking, jogging, swimming, stationary bicycle, cross country skiing," says Dr. Franklin. "These exercises or any activities in which the individual exercises large groups of muscles for a prolonged period of time are the most effective."

Dr. Franklin warns that "effortless exercise" devices are not effective. Although

many people are intrigued by the idea of losing weight without dieting or exercising, he maintains it is impossible to reduce using such gimmicks. One such device, an abdominal belt vibrating machine, burns eleven calories during 15 minutes of use, requiring 307 fifteen-minute sessions to lose one pound of body fat.

Hazel Plummer Bowling Scores

The Hazel B. Plummer Bowling League scores for April 20:

Ladies high game: 211-Missouri Morris, 210-Dot, 209-Ora H. Lewter.

Ladies high series: 572-Flo Robertson, 532-Nancy Rowland, 521-Dee Plummer.

Men's high game: 225, 203-Linwood Taylor, 221-Norman Johnson, 211-T-Bird Robertson.

Men's high series: 571-Norman Johnson, 563-George Thorne, 556-Jim Dyer.

Others: 208, 201-Flo Robertson, 205-Nancy Rowland, 209-Joe Garner, 203-Jim Dyer, 202-Joe Parker, 200-George Thorne, 507-Missouri Morris, 506-Bonnie Edwards, 505-Ora H. Lewter, 540-Linwood Taylor, 536-Howard Fitts, 529-Charles Parker, 526-Joe Garner, 507-June Winston, and 505-Jimmy Harrington.

Team Scores: High Game-856, Jive Five: High Series-2369-Screwballs.

DURHAM BULLS:

The Incredible Saga Continues

By Elson Armstrong, Jr.

After the major success that the Durham Bulls enjoyed last year, nearly everyone asked after the season ended just what can they do for an encore?

Why it would be virtually impossible to match the 1980 feat of a new kid on the block that drew over 176,000 fans to the park (the second highest attendance in all of Class A baseball), won two Carolina League, Southern Division pennants, and played an exciting brand of baseball to boot. Could the bulls and their fans hope to even approach such ecstasy the second time around?

Believe it or not, baseball lovers, if the recent Bulls' first home stand is any indication, they may just make you forget 1980, if that's possible.

Yes, Dirty Al Gallagher is back and his product is just as exciting as ever. The Bulls are hitting and running all over the place.

They cannot be counted out of any ball game. In the home opener they trailed Lynchburg 8-0 after six innings but by the bottom of the seventh, the

score was tied as over 4400 fans roared their approval. The Bulls lost that one 9-8 in extra innings but they had served notice that they were still the most exciting team in baseball (sorry about that, Billy Martin).

The fans are just as colorful and classy as a year ago. They never give up or boo the home team. They still chant, "Let's Go Bulls" and "Bulls Hit!". The Bulls' Squawker would give the San Diego Chicken quite a run for his

money. The Bleacher "Bums" are back in grand style.

The Ball Park has been spruced up, the wonderful ground crew has the field in great shape. Paved walkways now lead to the rest rooms and there's better access for handicapped persons.

The concessions are delicious and this year a Nachos Stand has been added.

The Bulls continue to be the mostly highly visible Class A team in the land.

Recently an Associate Press story was written about the Bulls that's now being circulated nationwide.

Channel 11 (WTVD) is telecasting three Bulls home games plus the Carolina League All-Star Game live this season. The first telecast was on Easter Sunday when the Bulls clobbered Salem 14-4.

With talk of a players' strike in the majors, Triangle fans can take heart — the Bulls will be in town all summer.

CONSOLIDATED REPORT OF CONDITION

Mechanics and Farmers Bank

DURHAM, RALEIGH and CHARLOTTE, N. C.

In the State of North Carolina and Domestic Subsidiaries
at the close of business on March 31, 1981

ASSETS

Cash and due from depository institutions	\$4,455,000.00
U. S. Treasury securities	2,792,000.00
Obligations of other U. S. Government agencies and corporations	7,349,000.00
Obligations of States and political subdivisions in the United States	3,532,000.00
Other bonds, notes, and debentures	14,000.00
Federal funds sold and securities purchased under agreements to resell	4,000,000.00
a. Loans, Total (excluding unearned income)	24,712,000.00
b. Less: allowance for possible loan losses	351,000.00
c. Loans, Net	24,361,000.00
Bank premises, furniture and fixtures, and other assets representing bank premises	1,463,000.00
Real estate owned other than bank premises	298,000.00
Other assets	732,000.00
TOTAL ASSETS	48,996,000.00

LIABILITIES

Demand deposits of individuals, partnerships, and corporations	14,964,000.00
Time and savings deposits of individuals, partnerships, and corporations	26,253,000.00
Deposits of United States Government	321,000.00
Deposits of States and political subdivisions in the United States	1,613,000.00
Certified and officers' checks	626,000.00
TOTAL DEPOSITS	43,777,000.00
a. (1) Total demand deposits	17,514,000.00
a. (2) Total time and savings deposits	26,263,000.00
Federal funds purchased and securities sold under agreements to repurchase	530,000
Mortgage indebtedness and liability for capitalized leases	81,000.00
Other liabilities	353,000.00
TOTAL LIABILITIES	44,741,000.00
Subordinated notes and debentures	100,000.00

EQUITY CAPITAL

Common stock	
a. No. shares authorized	200,000
b. No. shares outstanding (par value)	142,305
Surplus	712,000.00
Undivided profits	2,688,000.00
TOTAL EQUITY CAPITAL	4,155,000.00
TOTAL LIABILITIES AND EQUITY CAPITAL	48,996,000.00

MEMORANDA

Amounts outstanding as of report date:	
a. (1) Standby letters of credit, total	161,000.00
b. Time certificates of deposit in denominations of \$100,000 or more	2,121,000.00
Average for 30 calendar days (or calendar month) ending with report date:	
a. Cash and due from depository institutions	4,203,000.00
b. Federal funds sold and securities purchased under agreements to resell	2,024,000.00
c. Total loans	24,884,000.00
d. Time certificates of deposits in denominations of \$100,000 or more	2,121,000.00
e. Total deposits	42,016,000.00
f. Federal funds purchased and securities sold under agreements to repurchase	696,000.00
h. Total assets	47,635,000.00
Total deposits to the credit of the State of North Carolina or any official thereof	1,613,587.02

I, the undersigned officer, do hereby declare that this Report of Condition (including the supporting schedules) has been prepared in conformance with the instructions issued by the Federal Deposit Insurance Corporation and is true to the best of my knowledge and belief.

Lee Johnson, Jr., Vice President/Comptroller

Directors:

J.J. Sansom, Jr.

W.J. Kennedy, III

C.C. Spaulding, Jr.

State of North Carolina, County of Durham, ss:

Sworn to and subscribed before me this 21st day of April, 1981 and I hereby certify that I am not an officer or director of this bank.

Sheila L. McGhee, Notary Public.

My commission expires October 30, 1985.