

During 43rd Commencement Exercises

Teamer Confers Doctor Of Divinity Degrees

Teamer Religious and Educational Enterprises, Inc., held its Forty-First Annual Commencement exercises for the Teamer High School and Teamer School of Religion last week, beginning with the organization's Founder-President, Rev. James William Robert Teamer, A.B., B.Th., M. Div., B.D., D.D., presiding before an audience of approximately 200 persons who came to mark the occasion at the school's 2600 Newland Rd. location.

Mrs. Miriam L. Cooper provided the music for the hour-long program.

The Honorable Thomas G. Mills, Ph.D., Mayor of the City of Carson, California, delivered the Commencement Address and was awarded the Honorary degree, Doctor of Humane Letters for his "work in the fields of Civics and Science Techniques."

Also receiving the Honorary Degree, Doctor of Humane Letters, was the Rev. Al Blossie Sutton Sr., pastor of Ebenezer Baptist Church, Charlotte, N.C.

Mrs. A. B. Sutton Sr. accepted the award on behalf of her husband who was unable to attend the ceremonies.

Five persons receiving the Doctor of Divinity degree from Teamer School of Religion were: the Rev. William F. Lee



DOCTOR OF DIVINITY DEGREE RECIPIENT - Dr. J. W. Teamer, left, Founder-President of Teamer Religious and Educational Enterprises, Inc., innumbrates the contributions and accomplishments of Doctor of Divinity Degree recipient Rev. William F. Lee, pastor of Silver Mount Baptist Church, Charlotte, N. C., during awards ceremonies last

Tuesday night. AME Zion Presiding Elder Dr. R. L. Pyant, right, prepares to bestow Doctoral Hood on Rev. Lee, second from right, as Dr. Thomas G. Mills, Mayor of Carson City, Calif., and Commencement speaker (background) observes. Photo By Peeler's Portrait Studio.

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guished 19-member Board of Directors who have thoroughly researched their contributions to their fellowman in their specific fields of endeavor.

The Board of Directors come from a wide geographical area and include: Julia M. Teamer, Vice President; Warren McKissick, Executive Vice President and Assistant to the President; John M. McKinnon, Vice President, Planning and Control; Odessa Roseboro, Vice President, Secretarial Office; Rufus Reese, Vice President, Financial Treasurer; Arthur Davis, Associate Vice President for Public Relations; Ankrum Wilson, Personnel, Student Affairs, Special Services; David Cook, Vice President for Alumni Affairs; Artie L. Phillips, Associate Vice President, Curriculum Advisor; Margineel Nash, Reading Specialist, Marshall Louis Hill, President, Chester, S.C. Extension; Calvin B. Marshall, Eastern Representative; John E. Wilson, Connecticut Extension; and Roy T. Gilmore, New York Extension.

President Teamer said Summer School will begin June 12, with classes being held on Tuesdays from 7-9 p.m.

According to Founder-President Teamer, recipients of Honorary degrees are chosen by a distin-

Hayes Wins Peete Tourney

ATLANTA - The Southwestern Athletic Conference pocketed \$6,000 in prize money in the first annual Calvin Peete Collegiate Gold Tournament sponsored by Gordon Distillery.

Harry Hayes, a Texas Southern freshman, finished first in a field of 12 golfers from the Mid-Eastern, Central Intercollegiate and SWAC to claim top honors.

The other historically Black league - Southern Intercollegiate Athletic Conference - does not field golf teams.

Fifteen thousand dollars in scholarship money was made available for the event by the tournament sponsor with the top six finishers having \$2,000 grants awarded to their institutions in their names.

Alumni Meeting

The Queen City Alumni of N.C. A & T State University, will have its monthly meeting, Friday, June 15 at 7 p.m. The meeting will be held at Holiday Inn on Sugar Creek Road & I-85.

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Partial awards were made to schools of remaining participants.

Southern University and Jackson State were the other school receiving \$2,000 scholarship grants for the SWAC.

The MEAC, with two South Carolina State players among the top finishers, received \$4,000 in scholarship money.

The CIAA had one \$2,000 award, but claimed five partial scholarship grants.

Gordon Distillery vice president David Ketterwell said his company is committed to sponsoring the tournament each year.

Gordon also sponsors the Black Athlete-of-the-Year award. Track star Carl Lewis was the 1983 recipient.

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In The Heat Tips For Exercising

Many activities that are fairly easy when performed in cool weather become more difficult in the summer months because of hot and humid temperatures. You can make your summertime exercise more pleasurable if you will help your body adjust. Your body needs gradual, yet repeated exposure to outside activities in order to adjust properly.

Here are some hints and precautions that will make the transition to exercising in the heat less stressful:

1. Wear as little clothing as you can. By exposing a large amount of body surface area, more sweat can evaporate from the skin, thus allowing the body to cool.

2. Wear cotton clothing. Cotton lets your body breathe. It's the coolest material because it absorbs perspiration and lets excessive moisture evaporate as you exercise.

3. Avoid wearing a heavy sweat suit or any type of rubberized suit while exercising in the heat. This type of clothing raises the body temperature to dangerous levels and increases the tendency toward heat illness. It also causes excessive stress on the heart and lungs.

4. Wear light colored

clothing to reflect the sunlight.

5. Pick a convenient time to exercise but try to avoid the mid-day hours (between 10 a.m. and 3 p.m.). Try to choose an area that keeps you out of direct sunlight and be sure to find a cool place for rest periods.

6. Drink plenty of fluids within 15-20 minutes before you exercise in the heat. The liquid that is chosen to drink should be cold (provides the quickest replacement of the water lost in sweat) and low in sugar (too much sugar slows down the emptying of water from your stomach to the circulatory system). In addition, you should try to drink eight to ten ounces of liquid at 10-15 minute intervals throughout the activity.

7. Cool down thoroughly after you exercise (10-15 minutes of stretching to allow your heart rate to return to resting levels) before going into an air conditioned setting.

8. After you finish exercising in the heat, be sure to drink plenty of fluids to replace the water lost as sweat.

By following these simple exercise tips, you can have a summer filled with many enjoyable exercise activities.

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ASSISTANT COUNTY MANAGER FOR HUMAN SERVICES

Mecklenburg County, (Charlotte), NC, population 425,000+ is seeking an energetic, innovative, experienced Public Administrator to assist the County Manager in administering, managing, and coordinating a consolidated County Human Services structure. This would include such activities as: social services, public health, mental health and retardation, substance abuse, juvenile services, senior citizen services, and veterans services. Reorganization and consolidation activities will take place over the next eighteen months. A strong background in organizational design, planning and development, and innovative employee relations is particularly desired as the County moves toward this consolidated human services delivery structure.

A Bachelor's Degree is required. A Master's Degree, preferably in Human Services Administration, Business Administration, or Public Administration and eight years experience in a related community, business, or governmental environment including at least five years of highly responsible supervisory, consultative, or administrative experience is required. Salary negotiable depending upon education and experience. Send detailed resume by June 30, 1984, including salary requirements, to:

Recruiting Supervisor
Mecklenburg County Personnel Department
East Fourth Street, Suite 300
Charlotte, NC 28202

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