



Things One Learned While Attending The 40th CIAA Basketball Tournament

Life is the only game in which each individual makes his own rules.

The majority of the NBA scouts attending the games did not agree with the popular opinion that "CIAA game officials are inferior." "In my opinion," countered one of the visiting experts who did not want his name revealed, "I would guess they're on a par with the referees in the other conferences."

My opinion is that the games would be much more interesting if the coaches would concentrate more on coaching and let the referees call the infractions.

The magic of Ralph Tally and the board strength of Mike Smith and Donnell Brown almost pulled it out for Norfolk State. However, the stronger team prevailed in what will go down in history as one of the most exciting CIAA championship contests ever. This one went all the way to the wire before a champion could be determined.

Virginia Union has now carried the coveted banner back to Richmond seven times. Norfolk State has also been a big winner in this famed event, having bagged the top trophy nine times for the honor of having won more tournament titles than any other conference member. Winston-Salem State, with the legendary Clarence "Bighouse" Gaines at the helms, has celebrated the championship victory on eight occasions.

Johnson C. Smith has won four regular season titles, but the Golden Bulls have yet to capture a championship trophy. Cal Irvin is the only J.C. Smith coach to win the "Outstanding Coach" award. So, the Bulls have come up empty handed through the years in CIAA Tournament competition.

Norfolk State coach Charles Christian has won 20 or more games in six of the nine years he has coached the Spartans.

Hampton's 6-11 sophomore center Cedric Miller, is considered heir apparent to Charles Oakley's honor as the conference top player. Competition for the individual honors next year will come from Hampton's 6'8" freshman sensation Tim Price and Jamie Waller of Virginia Union.

Virginia Union and Winston-Salem State have advanced to post-season play. The Panthers will host the NCAA South Atlantic Region in Richmond this weekend and Winston-Salem State has qualified for the NCAA playoffs.

The first Nielsen Ratings for the United States Football League's televised contest were lower than expected. The ratings were down 18 percent from a year ago and they were down 57 per cent from 1983.

One of the reasons given for the poor rating is that only 41 of the nation's top 60 stations TV markets have picked up the ABC's Sunday USFL package. Black golfers Calvin Peete and Jim Thorpe have been invited to participate in the 49th annual Master's Golf Tournament in Augusta next month.

The NBA Kansas City Kings cut former Norfolk State All-American David Pope. He was drafted by Utah as a third-round choice in 1984.

THIS WILL STUN YOU! . . . There are 10 gambling casinos in Atlantic City, with a combined total of 14,301 slot machines and five times as many free-spending gamblers who are motivated by the "get rich quick" formula.

Charles Oakley is the only senior on the Virginia Union squad. Starting guard Billy Walker and backup center Mike Smith are the lone Norfolk State seniors. Coach Floyd Laisure starts four freshmen at Virginia State. Altogether, Laisure has nine rookies on the squad. Why am I telling you this? Just wanted to let you know that the northern division will be much stronger next year.

Bighouse Gaines notched his 734th career victory when his Winston-Salem State Rams whipped Elizabeth City in Friday night's quarter-finals. Gaines also sustained a hand injury during his stay at the popular tournament.

Elizabeth City coach Bobby Vaughn, who has been at it for close to 25 years, is considering quitting. "One more year, that's all," the man who has been at the Vikings' helm for more than 17 years, said last week. No one believed him, however.

Charles Oakley will get an opportunity to prove how great he is when he competes in the Portsmouth Invationals this week. The 6-8 Virginia Union senior drew mixed praises from the 19 NBA scouts in attendance.

Speaking of big men, there are 23 7-footers in the NBA this season.

Look for several Division I schools to make strong overtures to Dave Robbins, Virginia Union's highly successful basketball coach. CIAA tournament tickets will cost \$50 next year, a \$10 jump from last week's price.

Norfolk State dropped Cheyney State from its football schedule to make room for William and Mary. A sellout is expected.

My guess is that the CIAA "Player of the Year" Charles Oakley will not make it in the NBA. He's too small to become an NBA center and he does not appear to be mean enough to become a power forward. He, however, likely will be selected in the first rounds because of his size.

Will Robinson, who owns a string of firsts for blacks, is beating the bushes for the Detroit Pistons.

Add another feather to Caesar Wallace's cap. The big guy directed The Fellowship of Christian Athletes breakfast Friday morning at the Hotel Madison. Over 200 athletes and coaches attended and Coca-Cola, USA picked up the tab. Nice going, Buddy!

How would you like to see a Division I-AA composed of Norfolk State, Virginia State, Virginia Union, Howard, Hampton, Delaware State, Winston-Salem, North Carolina Central and A & T? The idea is being kicked around.

According To Jayne Atchison

Working Out On A Regular Basis Burns Up Calories, Tones Up Muscles

By Audrey C. Lodato
Post Staff Writer

For many women, the attainment of a trim figure is a life-long struggle. One diet follows another in the vain hope that, this time, weight and inches will melt away overnight and stay away forever after.

Others seek to lose weight for health reasons. Heart disease, high blood pressure, and diabetes are but a few of the illnesses that spur people on to weight reduction programs.

One result of this quest for a better figure or better health is the proliferation of spas, exercise programs, and work-out facilities.

According to Jayne Atchison, manager of Spa Lady on Freedom Drive, the benefits of regular exercise include increased endurance, flexibility, and energy; improved circulation, reflexes, and sleep; tension reduction; and a raised metabolism. "Working out on a regular basis — and by that I mean two to three times a week — a person can burn up calories, tone up muscles, and lose the fatty layer that surrounds the muscles," Atchison explained.

For those who join a spa or other exercise program hoping for immediate results, they may be disappointed. A month, Atchison pointed out, is a good time to evaluate results, not sooner. "The average person who has never worked out before can lose three to four inches overall" after about 30 days, if they are consistent, she asserted.

Along with being consistent, spa personnel recommend sensible eating. "The more consistent you are with your eating habits and your exercise," she commented, "the more consistent your health will be." The first three months of a new exercise or eating program are the hardest; after three months, what was new should become habit.

Responding to the misconception that women who use weights develop unsightly bulges, she noted, "Women do not get huge muscles from working out. They're not going to build muscles unless that's their objective, and then they would have to follow a program designed for that." What might happen, however, is that as fat is burned off, muscles will have more definition.

She also denied that misuse of equipment will cause women to develop unwanted muscle mass. "If you use a machine the wrong way, you may be injured; but the chance of becoming malformed is very slim," she said. She added that, in most spa or gym programs, if someone is doing something wrong, someone else is likely to notice and say something about it.

The spa manager countered complaints that some women have made that they actually gained inches or felt fatter after beginning an exercise program. "They may think they're fatter because it's easier to see bulges when they're wearing a leotard than when they're wearing a suit," she replied.

Atchison discounted the notion that how one breathes during exercise determines whether inches come off or are put on. "The important thing," she insisted, "is to breathe. If you hold your breath, your muscles tense up." For a person new to exercise to be told "a bunch of rules" about breathing just complicates matters, she believes. A general rule, she said, is to exhale during the part of the exercise when you're exerting the most stress.

"There are two parts to every movement," she explained. "For most people, it's the second part that's most stressful."

Among the pieces of exercise equipment to be found in many fitness facilities are belts, rollers, and other pieces of passive equipment. These, declared Atchison, "don't do a thing. The old philosophy was that they broke up fat and made it easier to dissolve, but that's not true." She said that this equipment at Spa Lady was left over from a previous fitness center that occupied the premises. She remarked, however, that such equipment, if used properly, might aid in muscle relaxation.

Noting that "there is no such thing as spot reduction," Atchison emphasized the importance of working on all the major muscle groups. "You can tone up just some muscles," she remarked, "but to lose weight, you're going to have to do it all. Chances are, if your arm is out of shape, the rest of you is out of shape, too."

Atchison recommended the first step in exercising and working out is to warm up, possibly by using an exercise bike which increases the heart rate and circulates blood to the extremities, as well as tones up the legs.

Next, "sit-ups are one of the most essential things after warming up," she maintained, explaining that strengthened abdominal muscles can prevent back problems. Atchison related that half sit-ups are just as good as full sit-ups and do not have the jerking quality with which full sit-ups are often performed.

At the Freedom Drive Spa Lady, each equipment station works



PANSIE ROBERSON
....Working the pounds off

on a different muscle group and enables the exerciser to progress at her own rate.

Atchison described an individual fitness program as "an investment in yourself. It's two or three hours a week that no one would argue with you about spending. Exercise can help you lose, gain or maintain your goal." The main thing, she affirmed, is the change that often occurs in people's attitudes once they have accomplished what they set out to do.

Finally, the exercise instructor insisted that everyone can do some form of exercise, however limited. Among the clients at her facility are people with heart problems, high blood pressure, and those who have had disc surgery.

THE CHARLOTTE POST

Sears Foundation

Unrestricted grants totaling more than \$48,900 were recently distributed to 38 privately supported colleges and universities in North Carolina by the Sears-Roebuck Foundation, according to a company spokesman.

In the Concord-Kannapolis area, Barber-Scotia College, Davidson College, Livingstone College and Pfeiffer College received grants totaling \$4,900.

The North Carolina colleges and universities are among 942 privately accredited two and four year institutions across the country which share

in \$1,750,000 in Sears Foundation funds for the 1984-1985 academic year. Funds may be used as the colleges and universities deem necessary.

In addition to its unrestricted grant program, The Sears-Roebuck Foundation each year conducts a variety of other programs in higher education.

Historic Tour

A guided tour of the new State Art Museum and of the British Library exhibition on "Raleigh and Roanoke Colonies" highlight a tour of historic Raleigh offered by Central Piedmont Community College in March.

CPCC's Jim Sasser leads the Saturday, March 9, trip, which costs \$35 per person. Departure from CPCC is at 7:30 a.m. and return time is 8 p.m.

Other key attractions are guided tours of the Legislature Building and the State Capitol Building.

For details, call Sasser at 373-6615.

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