



THE \$1.98 RAP SESSION

If you want your wife to listen attentively to what you say, address your remarks to another woman.

The football race in the Central Intercollegiate Athletic Association, which has not generated much excitement thus far, will heat up quite a bit this weekend.

The majority of the attention will be focused on two contests: the battle between Livingstone and Virginia Union in Richmond and the struggle between Winston-Salem State and Hampton in Hampton. Livingstone has furnished most of the early surprises, with three victories in as many starts, to stand alone at the top of the Southern Division with a 1-0 conference record. The Blue Bears will learn Saturday if the bubble will last another week when they tangle with sixth-place Virginia Union, which has a 1-1 mark, both in the league and overall.

Winston-Salem is in a "must" win situation. A setback to Hampton would really put pressure on coach Billy Hayes' efforts to win a third straight Southern Division title. The Rams are 0-1 in the circuit and 1-1 overall. Hampton shares the Northern Division lead with Norfolk State. Each has two victories. Elizabeth City could get in the thick of the Northern Division battle with an upset over the Spartans.

What kind of magic wand is coach David Corley waving up in Salisbury? First-year coach Corley won the CIAA's highest honor (Coach of the Year) last spring and he now appears headed for similar laurels in football. His Blue Bears are currently leading the conference in team scoring, they're second in rushing defense and team total offense, and they're third in team passing. Corley's bunch is averaging 372 total yards per outing. Their defense has allowed a mere 46.3 yards in rushing defense. Now you

know why they're 3-0! Livingstone is scoring at 35.3-points-per-game clip.

The student will go against the teacher when Bill Davis sends his South Carolina State Bulldogs against Howard Saturday in Washington, D.C. Howard is coached by the famed Willie Jeffries, who coached Davis in high school. Davis has also served as Jeffries' assistant at Maryland State and at South Carolina State. He succeeded Jeff as head coach when "coach" left South Carolina State for a similar position at Wichita State.

The state of Texas deserves plaudits for passing legislation that requires agents to register before making contact with athletes. The law, which goes in effect October 1, is designated to "protect athletes from being influenced by agents who promise them large sums of money to sign contracts prematurely." California and Oklahoma have adopted similar regulations.

Harlem Globetrotters will not win any laurels for their alleged treatment of two of their mainstays. Freddy "Curly" Neal and Geese Ausbie. Neal and Ausbie are taking their grievances to court. A veteran of 21 years and a former Johnson C. Smith standout, "Curly" has been offered a substantial cut in pay. Ausbie was released without former notice.

SUDDEN THOUGHT - If baseball owners really wanted to stop the widespread use of cocaine among their athletes they would see to it that no player gets a guaranteed, long-term contract without agreeing to urinalysis tests.

Second baseman Tommy Herr and first baseman Jack Clark give the St. Louis Cardinals the best 1-2 punch in the National League. Bet you thought it was Atlanta's Dale Murphy and Bob Horners!

New York Giants teammates have nicknamed their rookie defensive back Elvis Patterson "Toast" because he has been "burned" so frequently. Minnesota Vikings coach Bud Grant says a good coach needs "a patient wife, a loyal dog and a great quarterback! Not necessarily in that order."

Did you know that major league baseball's championship series begins in the park of the American League East champion Tuesday, October 8? Or that the National League divisions champions join the action a day later?

If the World Series goes to seven games, play will continue through October 27. NBC-TV will televise both league championship series and ABC-TV will televise the World Series, which begins Saturday, October 19.

Obviously very bitter about his recent release from the Dallas Cowboys, halfback Ron Springs says, "I would just like to wind up with a team that appreciates talent and doesn't worry about personalities."

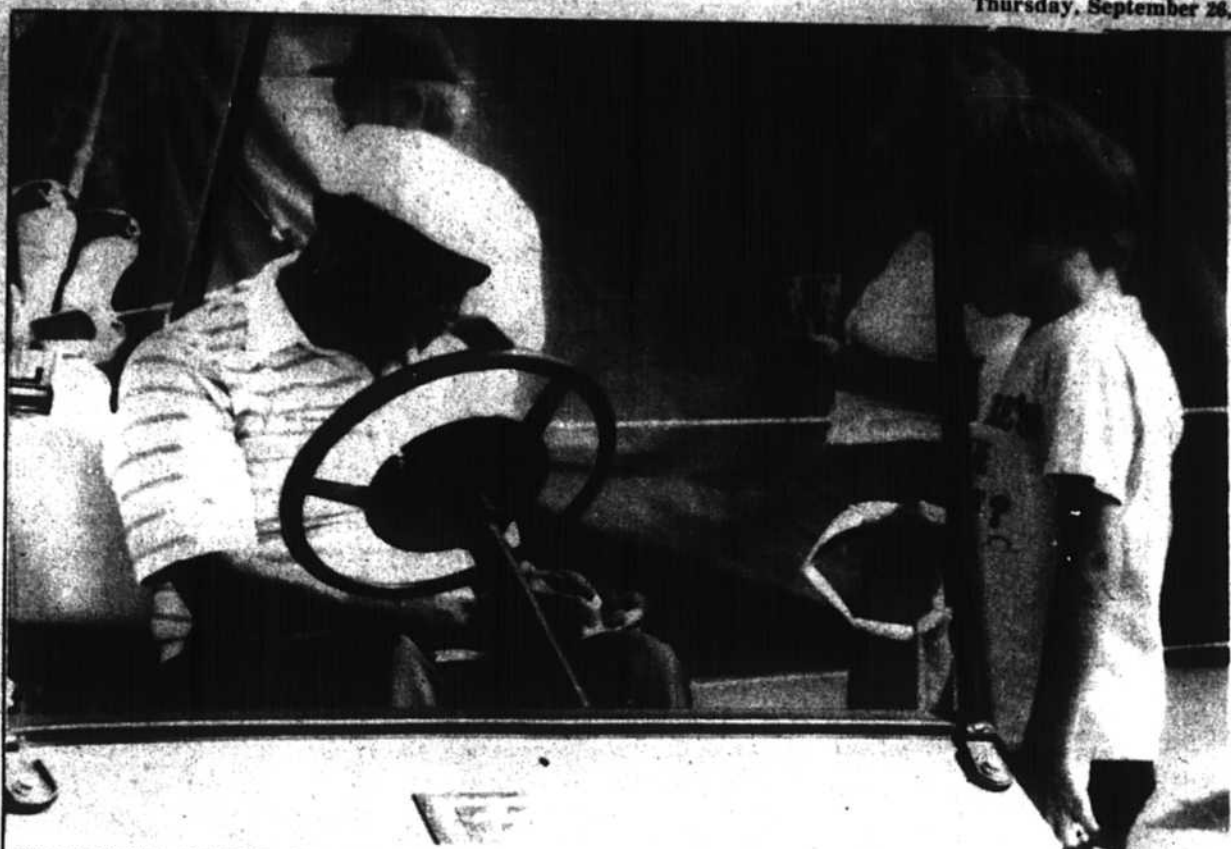
Something new has been added to the game of football. Preachers of the National Baptist Convention have pledged pulpit support to the first Atlanta Football Classic. The game, which will be held at Atlanta Fulton Stadium, is being staged for African Famine Relief, Saturday, November 9.

It will pit Grambling against Alabama State in a Southwestern Athletic Conference contest and Albany State against Morris Brown in a Southern Intercollegiate Athletic Conference game. A crowd of 50,000 is expected.

Elizabeth City State has lost its top basketball player - junior center Jules Moor, who has transferred to Texas A&M.

Hampton stuck a pin in the Ole Crystal Ball's balloon last week, with its surprising upset of Virginia Union. That and the deadlock between Virginia State and Fayetteville prohibited the OCB from enjoying a perfect week.

As it was, OCB came out 8-1-1 to up its record for the season to 26-4-1. Here We Go Again! This week OCB picks J.C. Smith over Bowie State, Norfolk State over Elizabeth City, N.C. Central over Fayetteville, Winston-Salem over Hampton, Virginia Union over Livingstone, Virginia State over St. Paul's, Northern Iowa over Delaware State, S.C. State over Howard, and N.C. A&T over Morgan State.



CHARLOTTE NATIVE CHARLIE SIFFORD, who broke color barrier on Professional Golf Tour, autographs program for two young golf enthusiasts following a closing round 71 in the PaineWebber World

Seniors Golf Invitational at Charlotte's Quail Hollow Country Club. Sifford's 299 total earned him \$1,488 for play in the four-day classic. (Photo by Peeler's Portrait Studio)

Conditioning Helps Athletes Prevent Early Injuries

By Ron Ferrell
Duke Medical Center
Special To The Post

Durham - The opening of high school and college sports seasons means good news for fans of fall athletic events, but it can also spell bad news for some athletes.

"Players often encounter small, nagging injuries during the early part of the year," said Dr. Frank H. Bassett III, professor of orthopaedic surgery, assistant professor of anatomy and physician for Duke University athletic teams. "Many of these can result from the increased intensity and change in practice routine."

First-time athletes may be particularly vulnerable to injuries and illnesses related to poor conditioning. Dr. Deborah L. Squire, associate in pediatrics and head of Duke's pediatric sports medicine clinic, said many men and women turn out for a sport as a means of getting in shape.

"Coaches and physicians alike need to promote getting into shape in order to take part in sports," she said.

Some coaches still practice the old fashioned method of working players hard from the very beginning to determine how tough they are. This is dangerous, Squire believes, especially for those not in condition.

The effects of intensive workouts will not be immediately evident, but the cumulative fluid loss begins to show after about three days. Squire warns athletes to weigh in before and after each practice and to gradually

replace each pound lost with a pint of liquid.

Coaches and trainers should also encourage players to drink any time there is a break in the action, Squire said. Dehydration is a major contributor to heat illness or heat stroke, she said.

High school and college athletes often try to gain or lose weight in a hurry. Squire said either can lead to problems.

Exercising in a sauna-type suit is still a common practice among athletes trying to lose weight in a hurry. There is a rapid weight loss, Squire said, but most of the loss is water and deteriorating muscle, not fat. Such rapid reduction can lead to serious dehydration.

"Quick weight-loss diets never work," Squire said. "The best way to lose weight is the traditional way -- follow a sound nutritional diet combined with a regular exercise program."

"I don't think any diet program that excludes an exercise component is an effective one," she added.

Traditional coaching methods included little about nutrition, conditioning or treatment of injuries. Coaches and players alike have more information available to them today showing the proper link between nutrition and proper conditioning.

Growing athletes, particularly those in high school, need to maintain a balanced diet, Squire said. A diet including 55 percent carbohydrates, 15 percent protein and 30 to 35 percent fat maintained in conjunction with a regular exercise program can help any athlete get into and stay in shape.

Many high school athletes are still growing and may require more calories than college athletes, Squire said, but the proper balance can be maintained while increasing the amount.

Beware Of Auto Repair Fraud

The average person will spend many thousands of dollars on the maintenance and repair of automobiles in his or her lifetime. While most businessmen are honest, you must protect yourself from those who are not. There is no substitute for having a trusted competent mechanic examine your car.

In repair schemes a mechanic charges for repairs and services which are not performed. One example is "silver streaking" of a transmission. This includes telling the customer a new or rebuilt transmission has been installed when in fact, the bottom of the old transmission has merely been sprayed with silver paint and no work has been done. The customer is then charged several hundred dollars. This type of practice can be done to other areas of your car such as wheel alignment, balljoints, oil changes and tune-ups.

Sometimes the mechanic suggests repairs or services are necessary when they are, in fact, totally unnecessary. Salting a transmission is an example in which the mechanic secretly places metal filings in the pan at the bottom of your transmission only to convince you that you need expensive transmission repairs. This type of scheme is easily adapted to work involving any part of your car.

Consider the following:
For major repairs, get more than one opinion for both the need and the price.

Insist that replaced parts are re-tuned.

Know your mechanic. Obtain a written estimate and insist any additional repairs be made only after your authorization.

WE KEEP YOU POSTed
Call 376-0496

ANNOUNCEMENT

Bethlehem Center is pleased to announce sponsorship of a Child Care Food Program funded through the North Carolina Department of Public Instruction's Child Care Food Program.

Through this program free and reduced price meals and/or snacks are available for children enrolled in the following child development programs sponsored by Bethlehem Center: The Lucy Gist Day Care Center at 2711 Norfolk Avenue; the Community Development Enrichment Pre-School and After-School Programs at 2705 Baltimore Avenue; and Project Head Start classrooms located at Marie G. Davis Elementary School, 3343 West Griffith; Greenville Neighborhood Center, 1330 Spring Street; Double Oaks Community Center, 1326 Woodward Avenue; Belvedere Homes Community Center, 132 Judson Avenue; Alexander Street Center, 910 North Alexander; Villa Heights Center, 800 Everett Place; Spencer Memorial Methodist Church, 1025 East 36th Street; Oaklawn Elementary School, 1810 Oaklawn Avenue; and Park Road School, 3701 Haven Drive.

Meals are available at no separate charge to enrolled children at the centers and will be provided without regard to race, color, national origin, sex or handicap.

The following family size and income standards are used to determine eligibility:

FAMILY SIZE	FREE			REDUCED		
	YEARLY	MONTHLY	WEEKLY	YEARLY	MONTHLY	WEEKLY
1	\$ 6,825	\$ 569	\$ 132	\$ 9,713	\$ 810	\$187
2	9,165	764	177	13,043	1,087	251
3	11,505	959	222	16,373	1,365	315
4	13,845	1,154	267	19,703	1,642	379
5	16,185	1,349	312	23,033	1,920	443
6	18,525	1,544	357	26,363	2,197	507
7	20,865	1,739	402	29,693	2,475	572
8	23,205	1,934	447	33,023	2,752	636
For each additional household member, add:						
	+2,340	+195	+45	+3,330	+278	+65

The above eligibility standards for the Child Care Food Program are effective July 1, 1985 through June 30, 1986.

For more information, contact Ruby Houston or Bevelyn Sherrill at Bethlehem Center, 2705 Baltimore Avenue, 375-1417 from 8:00 a.m. until 5:00 p.m. Mondays through Fridays.

WARNING!

Not reading the Post can be hazardous to your health.

Find out what's happening in your community.

Call 376-0496
Start Your Subscription Today!

Church News
Community News
Entertainment
Sports
National News