

HIV immunity?

African cousins hold hope for HIV vaccine. See page 13A.

It's a classic



A dedicated tailgater serves up a batch of hamburgers and hotdogs during a recent N.C. A&T gam. Dedicated 'gaters will brave the elements for a chance to fire up the grill.

Food a big part of football lure

By Jeri Young
THE CHARLOTTE POST

The Carolinas Football Classic is still a week away, but true college football fans have already begun to show their colors.

By the time N.C. A&T and S.C. State take the field Nov. 22 at Ericsson Stadium, a battle of sorts will have already taken place. Not on the gridiron, where the Aggies and Bulldogs will duke it out.

Not even among the two marching bands, who will battle each other before, during and after the game.

Nope. The real competition begins hours before kick-off when thousands of fans light grills and fire wash pots to cook up heaping helpings of fried fish, hamburgers and hot dogs.

The competition on the field will be hot. But not as hot as the three-alarm Buffalo wings and chili dished out by thousands of hungry fans taking

over uptown to tailgate.

It is not for weaklings.

Forget the fancy stuff. Uptown's finer eateries will be as welcome as ants at a picnic. Forget the imported brew, too. Expensive beer takes a backseat to whatever comes in a keg.

And forget the weather forecast. Real tailgaters don't use 'em. Like the mailman, the serious tailgater will brave

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Meatball Subs

- 1 pound ground beef
- 1/2 cup soft or dry breadcrumbs
- 1 egg
- 2 tablespoons finely chopped onion
- 1 clove garlic, crushed
- 1 teaspoon salt
- 1/8 teaspoon pepper
- 4 Sub rolls

Heat oven to 400 degrees. In large bowl, combine all ingredients, mixing lightly but thoroughly. Pinch off approximately 1 1/2 inch piece of beef mixture to make 20 meatballs. Bake in ungreased pan.

To make subs: Grill or saute onions and peppers. Split sub rolls spoon in meatballs. Serve with cheese.



Hot 'N Spicy Chicken Wings

- Dip
- 1/2 cup sour cream
 - 1/2 cup mayonnaise
 - 2 teaspoons white wine vinegar
 - 1 tablespoon chopped fresh parsley
 - 1 tablespoon chopped green onions
 - 1/2 teaspoon minced garlic
 - 3 tablespoons crumbled blue cheese
 - 1/2 teaspoon pepper
 - Salt and freshly ground pepper
 - Hot sauce to taste

Wings

- 12 chicken wings
- vegetable oil for frying
- 4 tablespoons melted butter or margarine
- 1 teaspoon ketchup
- 1 teaspoon pepper sauce

In a bowl, beat together all of the dip ingredients until blended. Set aside.

Remove tips from wings and discard. Separate the first and second joints of the wings. Pat wings dry with paper towel. In a heavy saucepan, heat about 2 inches of oil to 350 degrees. Fry the wings a few at a time for about 6 minutes or until golden brown on all sides. Drain oil well. In a small bowl, mix butter, ketchup and pepper sauce. Toss the wings in butter mixture to coat thoroughly. Serve hot with dip and celery on the side.

For three alarm wings, marinate wings in a mixture of milk and hot sauce for at least 45 minutes before frying.

From The Tabasco Brand Cookbook by Paul McIlhenny with Barbara Hunter.



Mediterranean Veal Burgers

- 1 pound ground veal
- 1 loaf focaccia bread or sesame seeded hamburger buns
- 1 egg
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/3 cup plus 2 tablespoons prepared basil pesto
- 1/2 cup jarred roasted bel peppers, rinsed, drained and cut into strips

Cut Focaccia into quarters. Using serrated knife, split each quarter horizontally in half. Pull out 1/4 inch soft bread crumbs from cut sides of tops of focaccia; process in food processor fitted with metal blade. If using buns, use any fresh bread crumbs. Reserve 1/4 cup bread crumbs for veal mixture.

In medium bowl, combine veal, bread crumbs, egg salt and pepper, mixing lightly but thoroughly. Shape into four 1/2 inch thick patties. Place patties in center of grill over medium, ash covered coals. Grill uncovered 12 to 14 minutes until centers of burgers are no longer pink.

Place focaccia, cut side down on grill for 1 to 2 minutes. Spread with pesto. Add patties and close.

From the National Cattleman's Association.

Greenville to honor residents

The Greenville Community Historical Society will gather at the Greenville Center to honor former residents tomorrow at 7 p.m.

The Greenville Community Historical Society Awards are presented each year to former residents who have distinguished themselves in religion, business, education and family.

Among those to be honored are Mary Foster Cherry, Jack Johnson and Cyrus and Lucille Alexander. A special government award will be presented to FBI agent Juanita Moore. Mapley Nelson, who at 100 is one of the neighborhood's oldest residents, will receive recognition for his contributions to Greenville.

During each ceremony, the group recognizes an individual as Torchbearer. This year the award will be presented to activist Glenda Horton-Manning.

The Greenville Center is located at 1330 Spring St. Tickets are \$15. For more information, call 399-4548 or 596-1681.

STS welcomes Graham

Noted businessman and author Stedman Graham will be the keynote speaker tonight at Save the Seed's annual youth banquet.

The banquet begins at 7:30 at the Marriott City Center.

Graham, author of "You Can Make It Happen: A Nine-Step Plan for Success," is founder of Athletes Against Drugs. He serves as chairman and CEO of S. Graham and Associates, a management and marketing consulting firm.

Save the Seed is a non profit organization which provides mentor for young African American males.

Tickets are \$35. For more information, call 376-7283.

Black MBA Association to honor local students

The National Black MBA Association is helping two young Charlotteans reach their educational goals.

Talia Clemmons and Isaac Manes will receive scholarships from the group during its annual Scholarship Awards Ceremony and Dinner, Nov. 20 at The Adam's Mark Hotel.

Clemmons, a freshman at Johnson C. Smith University and Isaac Manes a graduate student at the Wake Forest University's Babcock Graduate School of Management. JCSU President Dorothy Cowser Yancy, will give the keynote address.

Tickets are \$20 for non members. For more information, call 329-9497.

Thursday

• November round up - North Carolina Central University Alumni Association will host a meeting for alumni at 7 p.m at the Kappa Alpha Psi Fraternity House, 5409 Beatties Ford Road.

• Community forum - the Kushite Institute for Wholistic Development will host a discussion on the Confederate flag at 7 p.m. The discussion will be facilitated by Ivan Alexander.

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Forget the shoes - sports talent in the genes

By Ira Dreyfuss
THE ASSOCIATED PRESS

WASHINGTON - Some people are just naturally good at aerobic sports, and researcher Claude Bouchard is closer to figuring out why.

He has found a marker - a signpost in the DNA - for a genetic mutation that seems to help some

people benefit more from aerobic training.

"I think this is the first that, without any doubt, is linked to the responsiveness to training," said Bouchard, of Laval University, Quebec.

Bouchard and his colleagues have mapped a mutation in the CKMM (muscle-specific creatine kinase) gene to a section of one

chromosome. The gene is involved in production of a protein used to produce muscle energy. The CKMM protein is less common in the type of muscle fiber involved in aerobic, or endurance, activity than it is sprinting or other nonendurance athletics.

The researchers drew their genetic samples from a group of 240 adults in a long-running look

at how much of exercise ability is hereditary. The men and women, who were sedentary at the start, exercised on stationary bikes an average of three times a week for six weeks.

The scientists then compared the DNA samples with the results of the exercise program. They published their findings in the

American College of Sports Medicine journal, Medicine and Science in Sports and Exercise.

They found that the gene marker accounted for 9 percent to 10 percent of the variance in responsiveness to aerobic training. "If trainability is equal to 100 per-

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