

SPORTS



Breakfast-A-Row-Row



Research Study Aids Athletes' Conditioning

A giant step toward helping coaches and trainers solve the problem of feeding athletes prior to competition was taken recently when Carnation Company published results of its research studies on the care and feeding of athletes.

Recognizing that diet is an important aspect of conditioning and performance, coaches and trainers have long been searching for feeding systems which eliminate diet-induced distress, hunger and nervous stomach, yet provide essential nutrients while not interfering with performance.

The studies showed that a

liquid meal, such as instant breakfast, when taken as close as 30 minutes to one hour prior to competition, provided all the necessary nutrients, could be readily ingested by the athletes, with no ill effects before, during or after their performance.

Although the studies were originally conducted with track men and swimmers at a major western university, some football players have now adopted it for their training table regimen.

Latest to regularly include the liquid meal in their conditioning program are crew

members at Loyola University, Los Angeles.

Before each daily workout, the crew members mix a glass of their favorite flavor right in the boat house. They feel it gives them an "energy edge" for the strenuous workout ahead. They also cite the ease of carrying and mixing the product wherever they happen to be.

Instant breakfast also won approval when it was sampled by coaches attending the recent American Football Coaches Clinic meeting in Santa Monica, California.

North Carolina College Faces Grid Season Without Key Men

Just before the opening games football coaches begin mourning their lost stars. It's tradition.

Coach James Stevens at North Carolina College is no exception to the rule. Although the hard-driving coaching veteran pushed a predominantly freshman team to second place in the CIAA last year, his squad has suffered severe losses.

Kicking specialist Billy Shropshire, ace fullback Ben Carrington, leading receiver Roosevelt Robertson, veteran tackle Herman Byrd, and halfback-linebacker Stanley Gibbs completed their years of eligibility last season, but their loss was just the beginning of Stevens' woes.

Center Charles Johnson, all-CIAA defensive end Louis Bell, halfback Ollis Carson, and guard Rosell Robinson have all left school as drop-outs.

To add to the misery, Coach Stevens recently learned that Roy Anderson, depended on as NCC's breakout threat, lost a toe to a lawn mower this summer and will be available to the Eagles late in the season if at all.

With two of his top freshmen lost, in addition to the graduates and the experienced, Bell and Johnson, Stevens fears injuries. He expects to have only 40 men

out for the team, and a loss of key personnel will make him want to call the season off, he said.

There are some bright spots in the picture, however. All three of the team's quarterbacks — Herman Matthews, Walter Funderburk, and Terry Cole—will be back, with the passing attack which scored most of the touchdowns last year.

Among the backs and ends he is counting on are halfback Ronald Upperman, tight end DeVone Bynum, two-way man Pete Quinn—"a small bundle of dynamite"—at end, and end Julian Martin, a sophomore from New Bern whose brother Aaron played great football for NCC, the Los Angeles Rams and the Philadelphia Eagles. Martin may also play defensive halfback.

The running backs Stevens is counting on are Roger Foust, fullback from Mebane who didn't get the opportunity he needed last year because he played behind Carrington; William Stanton, fullback and a team leader; Willie Taylor halfback who is expected to shoulder the burden of the offensive attack; and halfback Gilbert Smith, recovered from a 1966 shoulder operation, who is a fine blocker as well as a runner.

BIG BIKE WEEKEND



Labor Day Weekend—the last big holiday weekend of the summer season—is coming up, and with it, many of America's 60 million cyclists will be heading for beaches, parks, playgrounds and tennis courts. Cycling has become the nation's #1 Participation Sport, combining elements of fun, physical fitness, outdoor recreation and economical transportation. Ideally suited for family use, the bike makes a near perfect vacation vehicle. From New York's Central Park to Golden Gate Park in San Francisco, it will be bikes away this Labor Day.



"BLOCK THAT SHOT" — (Pipers Name Coach—Pittsburgh, Pa.)—Former NBA star Connie Hawkins reaches for ball being

shot by Gabe Rubin, general manager of the Pittsburgh Pipers of the American Basketball League, while newly signed

coach Vincent C. Cazzetta looks on.

(UPI Telephoto)

made	0 0 0 0				
AJohnson	1 0 0 0				
Total	1 0 0 0	Total	30 2 7 1		
St. Louis	0 0 0 0 0 1 0 0				
Houston	0 2 0 0 0 0 0 0				
E-R Jackson, Javier, Jaster, LOB—					
St. Louis W, Houston L, 2B—Cecilia,					
Asromonte, Brand, Maxwell, SB—					
Morgan, R Jackson					
Jaster (L-7-4)	4	5	2	2	1
Lynette	2	2	0	0	1
Wilson (W-9-8)	9	6	1	1	2
HBP—Wilson (Jaster), Jaster (Wilson),					
Wilson (LOB), WP—Wilson, T-2:35, A-					
31:42					

three-under-par 67 in the final round Sunday for a two-stroke victory in the Eastern Amateur Golf Tournament.

Underwood, the University of Houston ace who won the Trans-Mississippi championship earlier this summer, came from four strokes off the pace after 54 holes and finished the 72-hole tournament with a 277, just two strokes over the Eastern Amateur record.

Vinny Giles, the Southern Amateur champion from Lynchburg, Va., who had led by one stroke at the three-quarter mark, slipped to a 73 on the final 18 holes and finished second with a 279.

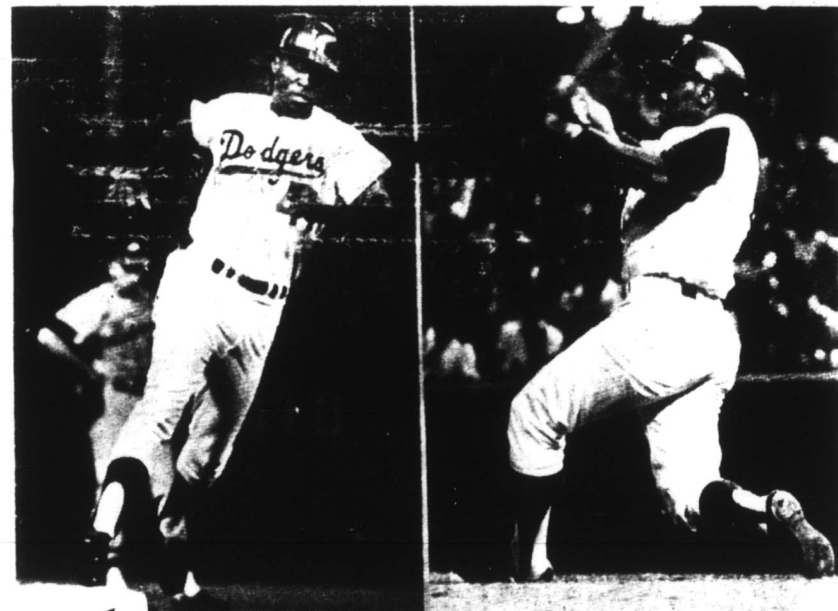
Deadlocked for third at 280

were Bob Smith of Sacramento, Calif., the runner-up after 54 holes, and defending champion Marty Fleckman of Port Arthur, Tex., the low amateur in this year's National Open. Fleckman closed with a 68, while Smith had a final 73.

Hal Underwood	69-69-72-67-277
Vinny Giles	73-70-68-72-279
Hal Underwood	69-69-72-67-277
Vinny Giles	73-70-68-72-279
Bob Smith	70-70-73-73-266
Marty Fleckman	68-72-72-68-262
Jay Siger	70-71-65-72-261
Ron Cerrudo	67-69-74-72-262
Larry Hinson	70-70-71-73-262
Hale Irwin Jr.	72-70-71-73-261
Bob Murray	71-72-75-68-267
Benny Lyon	74-70-70-70-267
Ken Sawyer	75-70-73-74-269
George Beutell	75-71-73-73-269
Steve Elkins	75-71-73-73-269
Boo Eastwood	75-71-73-73-269
Jack Lewis	75-72-74-291
Billy Calfee	75-74-71-73-290
Bill Harvey	69-72-74-73-291

Underwood Cops Eastern Golf

PORTSMOUTH, Va. — Hal Underwood of Del Rio, Tex., the No. 1 player on the nation's No. 1 collegiate golf team, fired a



BUSY NIGHT—(Dodger Stadium)—It was a busy night for Dodger's left fielder Lou Johnson August 18. He hit two home runs in the first and third innings and later scored after being walked against the Atlanta Braves 5-1, striking out 9 Braves.

(UPI Telephoto)

Tigers Take Pair As Kaline Shines

DETROIT — John Hiller and Denny McLain turned in strong pitching performances and Al Kaline hit home runs in each game as Detroit swept a Sunday doubleheader from Cleveland 4-2 and 4-0.

Hiller, 2-0, blanked the Indians on four hits in his first major-league start in the nightcap and McLain, 16-13, stopped them on three hits through the first eight innings of the opener before needing relief help from Fred Lasher, who got the final two outs.

The Tigers jumped off to a 2-0 lead in the second inning of the nightcap as a double by Bill Freehan, singles by Jim Price and Dick Tracewski and a sacrifice by Ray Oyler.

Willie Horton hit his 17th homer in the fourth inning and Kaline hit his 22nd in the sixth.

In the first game, Cleveland scored on Lee Maye's leadoff homer in the first. Detroit went ahead in the sixth on Kaline's homer and consecutive doubles by Cash and Jim Northrup.

The Tigers got two more in the eighth. Dick McAuliffe doubled and Kaline walked. Cash then drove McAuliffe home with a single.

FIRST GAME		DETROIT		CLEVELAND				
Mave	cf	4 1 1 0	Green	cf	4 0 0 0			
Davalillo	cf	4 1 1 0	Stanley	cf	4 0 0 0			
Wagner	rf	4 0 0 0	Lumpe	2b	3 0 0 0			
Trouton	1b	3 0 1 1	Tracewski	2b	3 0 0 0			
Alvis	2b	4 0 1 0	McAuliffe	2b	3 1 1 0			
Sims	c	4 0 0 0	Kaline	rf	3 2 1 0			
Fuller	2b	2 0 0 0	Cash	1b	4 1 1 1			
King	ph	1 0 0 0	Northrup	cf	4 0 1 1			
Rallen	p	0 0 0 0	Freehan	c	2 1 0 0			
Pena	p	0 0 0 0	Oyer	ss	4 0 1 1			
Hinton	ph	1 0 0 0	McLain	p	4 0 1 1			
L Brown	ss	2 0 0 0	Lasher	p	0 0 0 0			
Williams	p	2 0 0 0	Whitfield	ph	1 0 1 0			
Whitfield	ph	1 0 1 0	Satrom	2b	0 0 0 0			
Satrom	2b	0 0 0 0	Total	22 2 2	31 4 0 4			
Total	22 2 2	31 4 0 4	Cleveland	1 0 0 0 0 0 1 0	2			
Cleveland	1 0 0 0 0 0 1 0	2	DETROIT	0 0 0 0 0 0 0 0	4			
DETROIT	0 0 0 0 0 0 0 0	4	Cleveland	0 0 0 0 0 0 0 0	4			
DP—Cleveland 3, Detroit 1, LOB—			DP—Cleveland 1, Detroit 2, LOB—					
Cleveland 3, Detroit 1, 2B—Cash,			Cleveland 3, Detroit 1, 2B—Demeter,					
Northrup, McAuliffe, HR—Maye (1),			Freehan, HR—W. Horton (17), Kaline (22),					
Kaline (21), SB—Green, McAuliffe,			S—Oyler.					
IP	H	R	E	R	B	B	S	O
Williams (L-3-2)	7	2	2	2	5			
R Allen	3	2	2	2	5			
Pena	3	1	0	0	6			
McLain (W-16-13)	8	1	4	2	2	1	1	2
Lasher	1	0	0	0	1			
HBP—McLain (L. Brown), T—2:29,								

SECOND GAME		CLEVELAND		DETROIT				
Hinton	rf	3 0 1 0	Stanley	cf	4 0 0 0			
Salmon	lf	4 0 0 0	McAuliffe	2b	3 0 0 0			
Thornton	1b	3 0 0 0	Kaline	rf	3 1 1 1			
Demeter	cf	3 0 1 0	Whitson	lf	3 1 1 1			
Fuller	2b	3 0 0 0	Northrup	cf	3 0 0 0			
Arzoo	ss	3 0 0 0	Freehan	1b	2 1 1 0			
Fuller	2b	3 0 0 0	Price	c	3 1 1 1			
Arzoo	ss	3 0 0 0	Tracewski	2b	3 1 1 0			
MDowell	1 0 0 0	Oyer	ss	2 0 0 1				
Gonzalez	ph	1 0 0 0	Culver	ph	1 0 0 0			
Culver	ph	1 0 0 0	Wagner	ph	1 0 0 0			
Total	26 0 0 0	36 4 5 4	Total	26 4 5 4				
Cleveland	0 0 0 0 0 0 0 0	4	DETROIT	0 0 0 0 0 0 0 0	4			
DETROIT	0 0 0 0 0 0 0 0	4	Cleveland	0 0 0 0 0 0 0 0	4			
DP—Cleveland 1, Detroit 2, LOB—			DP—Cleveland 1, Detroit 2, LOB—					
Cleveland 1, Detroit 2, 2B—			Cleveland 1, Detroit 2, 2B—					
Demeter, Freehan, HR—W. Horton (17),			Demeter, Freehan, HR—W. Horton (17),					
Kaline (22), S—Oyler.			Kaline (22), S—Oyler.					
IP	H	R	E	R	B	B	S	O
McDowell (L-10-11)	5	4	3	3	5			
Arzoo	3	1	1	1	2			
Culver	3	1	1	1	2			
Hiller (W-2-0)	9	4	0	0	1	4		
Lasher	1	0	0	0	1			
HBP—McLain (L. Brown), T—2:29,								

Astros Halt Cards' Streak at Eight, 2-1

HOUSTON — Bob Aspromonte doubled home a run in the second inning and scored on a pair of throwing errors, carrying right-thrower Don Wilson and the Houston Astros to a 2-1 victory over St. Louis Sunday that ended the National League leaders' eight-game winning streak.

Wilson, the Astros' hard-throwing rookie, checked the Cardinals on six hits and struck out eight in bringing his record to 9-8. He worked out of a bases-

loaded jam in the eighth after nicking pinch hitter Bob Tolan with a pitch to force in the Cards' run.

Joe Morgan started the Astros' decisive two-out rally in the eighth.

ST. LOUIS		HOUSTON			
Brook	lf	5 1 1 0	RDavis	lf	4 0 1 0
Flood	cf	4 0 1 0	RJackson	ss	4 0 1 0
Maria	rf	4 0 1 0	Staub	rf	3 0 0 0
Cedeno	1b	3 0 1 0	Wynn	cf	4 0 0 0
McCarter	c	3 0 1 0	Wynn	cf	4 0 0 0
Shannon	2b	3 0 0 0	Morgan	2b	3 1 1 0
Tolan	3b	3 0 0 0	Wilson	2b	3 0 1 0
Sieitz	2b	0 0 0 0	Brand	2b	3 0 1 0
Arzoo	ss	4 0 1 0	Wilson	2b	3 0 1 0
Maxvill	ss	4 0 1 0	Aspromonte	2b	2 0 0 0
Ripkoffs	h	1 0 0 0			

BOURBON DE LUXE

\$2.50 PINT

Bourbon de Luxe

Kentucky Bourbon Whiskey A Blend

\$4.00 QUART

THE BOURBON DE LUXE DISTILLERY COMPANY, LOUISVILLE, KENTUCKY, 86 PROOF. CONTAINS 49% GRAIN NEUTRAL SPIRITS.

You'll go better refreshed with ice-cold Coca-Cola. Coke has the taste you never get tired of. Always refreshing. That's why things go better with Coke after Coke after Coke.

things go better with Coke

BOTTLED UNDER THE AUTHORITY OF THE COCA-COLA COMPANY BY:

DURHAM COCA-COLA BOTTLING CO.