

Virginia State Throws Hat Into Northern Division Race

Special To The Post
 Hampton, VA - Defense was as its best around the CIAA during the fourth mile (week) of the 12-mile trek to the CIAA Championship which is scheduled for 1:30 p.m. on November 20 at Veteran's Memorial Stadium in Charlotte, N.C.

The Spartans of Norfolk State (2-0; 3-0) maintained their 1/2 game lead in the Northern Division as they eked out a 7-3 win over Elizabeth City (0-2; 0-3) on a 43 yard bomb from Raymond Revels to Orlando Goodhope (MVP of the Fish Bowl).

Virginia Union (2-1) and Hampton Institute (2-1), both kept pace with victories. The Panthers of

Virginia Union, despite losing the services of Gary Mayo with a broken arm, downed the Rams of Winston Salem State (0-2; 1-2) 28-19. Meanwhile, the Pirates spent 40 minutes fighting for their life against pesky Livingstone College (0-2; 2-2) to finally come out victorious 14-6.

Virginia State (1-1; 1-2) threw its hat into the Northern Division race by squeaking out a victory (12-7) over a stubborn crew from St. Paul's College (0-3; 1-3).

In the South, the Bulls of Johnson C. Smith (3-0; 4-0) kept the pace extremely fast as they edged a never-say-die defense minded Bowie State (0-3; 0-4) by the score of 7-0.



Gerald Fraylon
 ...Total offense leader
 North Carolina Central (3-0) and Fayetteville State (0-1; 1-2) were idle.
 This weekend CIAA con-

ference play will kick off with Elizabeth City State (0-2; 0-3) travels to Hampton Institute to face the Pirates (2-1). It will be a must situation for the SCSU Vikings if they are to get back in the title race. Game time will be 1:30 p.m.

The Livingstone College Fighting Bears (0-2; 2-2) will take their defensive skills to Petersburg, VA to face the Trojans of Virginia State (1-1; 1-2). Game time is 1:30 p.m.

"We needed the victory over St. Paul's but we are still having offensive problems," comments Trojan head coach George Moody.

"Livingstone has a strong defense and we must be able to execute better if we plan to win."

In a do or die situation, the Rams of Winston-Salem (0-2; 1-2) travel to Indian River High School in Chesapeake, VA to face the Northern front runner Norfolk State (2-0; 3-0). Winston-Salem prevailed 25-6 last year. Game time is 1:30 p.m.

The Panthers of Virginia Union (2-1) will celebrate homecoming by hosting the improving Tigers of St. Paul's (0-3; 1-3). The Panthers are now unveiling a passing attack to balance their strong running game.

Game time is 1:30 p.m. at Hovey Field.

The "Battle of Undefeated: (conference-wise that is) takes place in Fayetteville, N.C. when the Broncos (1-0; 1-2) host the Eagles of North Carolina Central (3-0) at 6:30 p.m. Both have had a week's rest and should be at full force for an exciting contest. The Eagles bring in the top air show in the conference (192.0) while the Bronco's sport the fourth best air defense squadron (105.3).

In non-conference action, Bowie State (0-3; 0-4) plays host to the Morgan State Bears.

Renfrow Likes Working With "Mechanical Things"

By James Cuthbertson
Special To The Post

Richard Renfrow is a 20-year-old transplanted Fairmont, N.C. native who has come to Charlotte looking for training that will give him a profitable livelihood and satisfaction for one of his favorite hobbies.

Enrolling at Walters College, formerly Hamilton College, he is studying diesel mechanics.

"I have always liked working with mechanical things and gadgets," said the 5'10", 190-pound high school athlete who works part-time for Cable Television planting cables.

"When I was at home, a man with a repair shop in the neighborhood was Tim Moddy," he continued. "I hung-around his shop a lot because I was interested in what he was doing."

"There is a big market for diesel mechanics with all the trucks used in trans-

porting," said the student who will finish with a degree in two years.

One of his favorite hobbies is running," he said. "I run six miles per day all over Charlotte.

In high school, he ran track and cross country to keep in shape.

Body-building is another one of his hobbies. He bench presses to keep his upper body in shape and a lot of benching curls to improve his upper arm strength. To improve his leg muscles, he runs with ankle weights.

"I treat exercising like going to school," he said, "I write a program out and I follow it."

Three hundred and eighty-five pounds is the amount of weight he can bench press.

"I am getting ready for competition now," he said.

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