



TAWANDA AND TERESA ALLEN
...Enjoys track competition

Allens Receive Different Thrills From Running Track

By Loretta Manago
Post Staff Writer
For Teresa Allen, a senior at Garinger Senior High School, the thrill she receives from running track and participating in field events is a simple one. "I've always liked to run," remarked Teresa.

She recalled the times when she and her friends would run the track field just for fun at Eastway Junior High School. And it wasn't long after that, during the eighth grade, that Teresa joined the school's track team. Literally speaking, she has been running ever since.

While Teresa was making great strides in a sport she loved, there was someone on the sidelines watching. And through her observation of Teresa she resolved to actively participate in track. That person was Teresa's younger sister, Tawanda. Although she admits that Teresa is the main influence in her interest in running, Tawanda, a sophomore, is setting her own records in the sport.

The track events that Tawanda engages in are the 440 relay, the 880 relay, the mile relay and the long jump. Teresa, on the other hand runs the 100 and 200 meters, the 440 relay and the long jump.

Both sisters have received "Most Valuable" member of the track team, since they've been running. For Teresa who started track in the eighth grade and Tawanda, who was right behind her, in the seventh grade, track offers different outlets for each of them.

Where you will probably see Teresa running the hills and the neighborhood school's track course, Tawanda seldom runs after school. Satisfaction from

track also comes on different scales for the Allen sisters. Teresa, who enjoys the satisfaction involved in the long jump (her best distance is 20' 3/4") is outdone by Tawanda who doesn't hesitate by stating her greatest satisfaction in track comes from winning. Above all other track events Tawanda prefers the mile relay.

In the area of track neither Teresa nor Tawanda are unfamiliar to the awards and honors achieved from the sport. Last year at the ROTC field day at Garinger Tawanda received a trophy for the 50 meter dash and this year, she received trophies for the long jump and the 50 meter dash. Teresa, last year, walked away with the United States National Track Association Award.

The closing of the school year does not place any temporary stops on the Allen sisters. During the summer they run with the Charlotte Striders, a local track club. But for Teresa the finale of this school year will signify some changes. After graduation, Teresa wants to continue her education and running track. She is interested in a medical career.

At Garinger, Teresa has been involved in the volleyball team, the basketball team, Future Business Leaders of America, the Equalness, Togetherness and Companionship Club, the Computer Club, the Wildcat Club, and the

Honor Society.

Tawanda, with two more years to complete before graduating, is intent on breaking her sister's long jump record of 20' 3/4". Her present best record in the long jump is 17' 7". She is involved in the ROTC, the drill team and the volleyball team. Both girls credit their mother, Mary Allen, and their neighbor, "Boobie" as a vital pumping force that encourages and inspires them to "Burn rubber on the track field."

HUD Seeks To Identify Women Business-Owners

The U.S. Department of Housing and Urban Development is collecting the names of women-owned businesses in an effort to provide these firms increased opportunities to become HUD contractors. HUD Secretary Samuel R. Pierce Jr. said in Washington, "It has come to my attention that women business owners are not fully participating in the Department's programs. We will identify as many firms as possible to make sure they have every opportunity to be aware of what is available through this department."

HUD's Office of Small and Disadvantaged Business Utilization will compile a list of women-owned firms for the use of Departmental program and contracting offices.

The list will consist of firms with expertise in the areas of housing maintenance, repair and management; policy and program; community and economic development technical assistance; survey research; financial and program audits; real estate appraisal services; training; audio-visual-graphics services; automated data processing services and hardware.

Bernice Williams, who heads the Office of Small and Disadvantaged Business Utilization, said, "This effort is part of HUD's Procurement Preference Program which sets dollar goals each year. Money awarded to minority firms this year is expected to exceed last year's figure by 13.14 percent. We want to make very sure

that women business owners are part of this." Firms interested in being on the HUD list should submit the following information to the U.S. Department of Housing and Urban Development, Room 10226, Washington, D.C. 20410: Contact Name and Title; Employer Identification Number (if available);

Number of Employees; Total Sales Last Fiscal Year; Year Business Established; Telephone Number; Area of Expertise; Brief Statement of Capabilities; Indicate if owned by: 1. Black American, 2. Native American or 3. Hispanic, Asian Pacific; and Signature of Principal.

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1/2 cup grapefruit sections	

Combine greens, onion, fruit, celery and nuts. Toss lightly. Serve with dressing.
6 servings

BARBECUED SKILLET DINNER	
1 2 1/2 to 3 lb. broiler-fryer, cut up	1 green pepper, cut into 1-inch squares
1/4 cup oil	1 4-oz. can mushrooms, drained
1/2 cup KRAFT Regular or Onion Bits Barbecue Sauce	Hot cooked rice

Brown chicken in hot oil over medium heat. Drain. Add barbecue sauce. Cover, simmer over low heat 30 minutes. Add vegetables; continue cooking, covered, 15 minutes or until tender. Thicken sauce, if desired. Serve chicken and vegetables over rice.
4 servings

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