

By James Cuthbertson

PREP



Chatter



James

Congratulations to Eric Little of Myers Park, Eric Abrams of East Mecklenburg, David Riggsbee of West Charlotte, Steve Molmar of South Mecklenburg, Brian Blue of South Mecklenburg, Darel Reed of North Mecklenburg, Bill Paul of Myers Park and Tom Schuster of South Mecklenburg for making the All Southwestern 4A tennis team.

Little of Myers Park and Abrams of East Mecklenburg were the only unanimous choices.

Abrams is only a sophomore and had an exceptional year.

Congratulations to the Coach's All Southwestern 4A softball team.

The outfielders were Constance Watt of Harding, Bertha Mackins of Independence, Donna Ruocco of South Mecklenburg, Cindy Zimmerman of West Mecklenburg, Lisa Cole of Harding and Lorraine Orr of Independence.

In fielders were Lois Jarvis of Independence, Angie Henderson of West Charlotte, Christy Camp of Myers Park, and Norma Moble of North Mecklenburg.

The catcher is Lynette Norkett of North and the pitcher is Pam Dowdle of West Mecklenburg.

Congratulations to Phil Hughston Award winners Cheryl Oliver of Olympic and Eric Landis of East Mecklenburg.

With Oliver's win, the Phil Hughston comes to Olympic for the first time. She was a 3-sporter - softball, basketball, and tennis and a Morehead Scholarship nominee. She will attend UNC at Chapel Hill.

Landis is East's fourth winner. He will run track at UNC at Chapel Hill where he won a Morehead Scholarship. He is a cross country and track standout.

FINAL TENNIS TEAM RANKINGS:

1. South Mecklenburg
2. Myers Park
3. East Mecklenburg
4. Independence
5. North Mecklenburg
6. West Charlotte
7. Garringer
8. Olympic
9. West Mecklenburg
10. Harding

FINAL GOLF RANKINGS:

1. South Mecklenburg
2. Myers Park
3. Independence
4. Garringer
5. West Mecklenburg
6. Harding
7. East Mecklenburg
8. North Mecklenburg
9. West Charlotte
10. Olympic

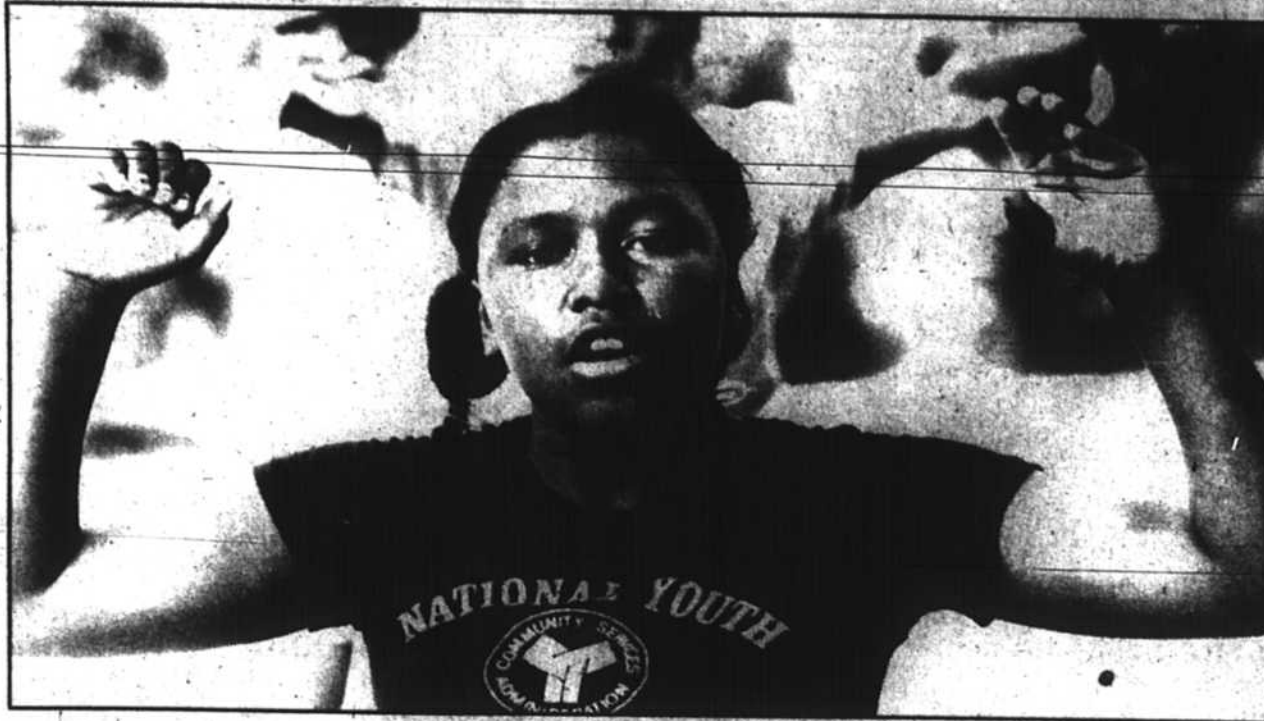
BASEBALL RANKINGS:

1. North Mecklenburg - The Vikings won the game that counted when they beat Independence, but then lost a makeup game with Harding to prove they aren't infallible. Jay McGraw with .482, Jimmy Christian with .435 are the leading hitters. Christian is a pitcher with a 7-1 record.
2. Independence - The team wins the close ones. With Mark Withers and his .481 batting average and conference leading nine homers, the Patriots have fire-power. Tom Malchesky is hitting .350.
3. South Mecklenburg - The Sabres are hot with Robert Conrad, five wins one loss, and Stewart Cole and his .407 batting average. He is headed for UNCC.
4. West Charlotte - The Lions have Alan Lewis with a .373 average and four homers.
5. Olympic - Tim Langemeyer is batting .392.
6. Garringer - The Wildcats have cooled off.
7. West - The Indians feature Tay Hushes and a .408 average.
9. East - The Eagles are flying low.
10. Myers Park - Gene Raley is the bright spot for the Mustangs.

Hot shot Jeff McGill, formerly of Independence High School has been recruited to play basketball next year at Wake Forest.

Congratulations to Jeff and here is hoping that he has a highly successful career in the Atlantic Coast Conference.

Word will be coming forth on the new state realignment plan on June 6.



A NYSP participant warms up before camp activity last year. Registration will be held June 9 for the 1984 program.

JCSU To Host Youth Sports Program

Johnson C. Smith University will again host the National Youth Sports Program (NYSP) sponsored by the NCAA and the Office of Community Services. The five-week program will begin Monday, June 11, and run through July 14.

NYSP provides area youth between the ages of 10-16 with sports training, athletic competition, and exposure to the benefits of higher education. It runs daily from 9 a.m. to 3 p.m., Monday through Friday.

Activities include volleyball, basketball, track and field, modern dance (maybe even the Moon

Walk), life-time sports, softball, gymnastics, swimming and enrichment. Area college and high school coaches and teachers serve as NYSP instructors.

Benefits also include a free health examination conducted by the 3297th Army Reserve Hospital, Charlotte Memorial Outpatient Hospital and the Charlotte Medical Association (required for participants), a daily meal and snack furnished by the USDA, health education and counseling in study and career opportunities.

"For many youngsters it is their first exposure to a

college campus," remarked assistant program director Steve Joyner. "The NYSP has helped many young people define life goals and encouraged them to develop the habits needed to succeed."

Forms for pre-registration are available at the athletic offices at JCSU. Registration will be held between 8 a.m. and noon Saturday, June 9 at Brayboy Gym on campus. The health exams will be conducted at that time. Transportation will be arranged for the participants during the five-week program. The age limits of 10-16 years old must be docu-

mented by a birth certificate or other means.

For more information, call JCSU athletic director, Eddie McGirt, at 378-1072 or Steve Joyner at 378-1000, ext. 2104, 9 a.m. to 5 p.m. weekdays.

May Is National Physical Fitness Month

Raleigh - May is National Fitness Month, a good time to make regular physical activity a part of your lifestyle. It will improve the way you look, feel and work.

Millions of Americans are exercising and loving it. More and more people are making it a regular part of their lifestyles. Young, old, and in-between, male, female, slowpokes and speedsters, you see them everywhere: walking through parks, running on city pavements, bicycling around town, dancing in exercise classes, swimming in local pools, and jogging along neighborhood streets.

Health and enjoyment

are clearly the reasons why so many Americans exercise. Studies show that regular, vigorous exercise can strengthen your heart and lungs, tone up sagging muscles and help control your weight. It gives you more stamina, energy and greater self-esteem. Regular physical activity also helps prevent heart disease, obesity, high blood pressure, diabetes and stress.

Possibly more important for motivational purposes are the immediate benefits that the beginning exerciser experiences. Many beginners report that a lifestyle of regular, brisk exercise makes them feel better and tire less easily. It also helps get rid of

tensions and gives them feelings of self-worth and accomplishment.

Some easy and enjoyable exercises include swimming, brisk walking, dancing, jogging, and bicycling. Find one that interests you and stick with it. Do not consider exercise a fad, something to do for a few weeks or to lose a few pounds.

Exercise is a lifetime commitment. If you stop, the beneficial effects are rapidly lost. Fitness is an ongoing process, and requires regular participation (minimum of three days per week for 20-30 minutes at a brisk pace). If you become bored or unmotivated with the activity in which you are involved, find a new activity that you enjoy. Exercise with family and friends. Make exercise a pleasurable part of your lifestyle.

CPCC To Offer Review Courses

Two courses to help review before taking the exams of the National Association of Securities Dealers will be offered at Central Piedmont Community College in May and June.

Series 6 (Investment Company Production Contract Series) and 63 (Uniform Securities Agent State Law) review courses will be May 18-20 and June 8-10. Classes will meet from 2-10 p.m. Friday and 9 a.m. to 6 p.m. Saturday and Sunday.

Students may register at 1:15 p.m. the first day of classes in the Registration Center in Garringer Building. Registration fee is \$8.50 per course, plus a \$1 activity fee to be paid once per quarter.

For additional information, call 373-6560.

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