

To Football Schedule

A&T Adds Appalachian State, Western Kentucky

Greensboro - In an effort to upgrade its football schedule, North Carolina A&T has signed contracts to play Appalachian State and Western Kentucky, Athletic Director Orby Moss Jr. has announced.

A&T will play at Appalachian State on November 22, 1988. The contract with Appalachian State is a

one year agreement, but Moss believes it is the first step toward a long-lasting relationship.

A&T has signed to play two games with Western Kentucky. The two schools will host games in alternating years, the first when Western Kentucky visits A&T on November 2, 1987. A&T will play at Western Kentucky on November 19, 1988.

"These games represent initial steps to upgrade our football schedule," Moss said. "The game with Appalachian State will help foster competition among our constituents in the University of North Carolina system and undoubtedly will help reduce travel costs and other expenditures."

"We are hoping that this game will start a long-standing relationship with Appalachian State."

A&T will play a 10-game schedule this season, highlighted by homecoming against Elizabeth City on October 6. A&T and Elizabeth City will be playing for the first time since 1974.

Also on the schedule is a game at Southern University on November 3. It will be the second meeting between the two schools. Southern won the initial contest 21-6 in 1970.

A&T opens the 1984 season hosting Winston-Salem State on September 8, and is a member of the Mid-Eastern Athletic Conference.

BATCH

Nips Greenville Aces, 22-20

The BATCH Racquet Association Traveling All-Stars nipped the Aces of Greenville, S.C., 22-20 in the Palmetta State City.

Winning men's singles for the Traveling All-Stars were Chuck Whitley, Eric Abrams, Stan Law, Frenzo Burton, Drew Berry, Calvin Davis, James Brewer, and Robert Reeves.

Ladies' singles winners were Brenda Styles, Ratree Smith, and Wildred Mack.

Junior singles winners were Brian Watt, Jason Watt, Devon Berry, and Erika Gantt.

Men's doubles winners for BATCH were the teams of Stan Law-Chuck Whitley, Eric Abrams-Calvin Davis, Frenzo Burton-Robert Reeves, Eric Law-Crawford Walker, James Brewer-Delano Rackard.

Brenda Styles and Ratree Smith won a women's doubles match for the locals.

Junior doubles winners were Briann Watt and Devon Berry.

Life Underwriter

Courses for life underwriters and chartered financial consultants begin August 27 and continue through December 17 at Central Piedmont Community College.

Each course costs \$12.75 plus a \$1 activity fee to be paid once per quarter.

Students may register by mail, during summer registration June 11-14, by telephoning 373-6495 June 11-13, or in the first class.

To find out the meeting time for the particular class you are interested in or for other information, call 373-6500.

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Jennifer Payne's trek to New York will go down in history as a supreme feat. From Charlotte to New York - 550 miles - Mrs. Payne ran in an effort to raise money for Sickle Cell Anemia research. Above, her three children receive airplane tickets from Pepsi-Cola and Eastern Airlines to meet their mother

and father in N.Y. (l-r) William Payne, Renee Payne, and Warren Payne accept the airline tickets from Pepsi-Cola Sales Representative Barbara Burelson and Peggy Beckwith, Executive Director of the local association of Sickle Cell Anemia. (Photo By Calvin Ferguson of Cal-Cu Photography)

High Blood Pressure:

A Serious Health Threat

By Ernest B. Messer
Special To The Post

The month of May is Older Americans Month and National High Blood Pressure Month in North Carolina. This is very appropriate because of the great incidence of high blood pressure among old-

PACE To Open

Warehouse Here

PACE Membership Warehouse, Inc. will open its no-frills, cash-and-carry Charlotte-based warehouse in October, according to a recent announcement by the president, Henry Haimsohn.

The warehouse will serve wholesale and group members in the Charlotte region. Wholesale members are those who purchase goods for resale or for their businesses. Group members include those people who are employed by the government, airlines, railroad, financial institutions, and utilities firms, as well as members of participating credit unions.

Wholesale members pay a \$25 annual membership fee. Group members aren't required to pay a membership fee; however, they are charged five percent over PACE's wholesale prices. The 100,000 square-foot warehouse will be located at 5627 South Blvd.

er adults. People with high blood pressure who are over the age of 45 have a much higher risk of congestive heart failure, or of suffering a stroke than people with normal blood pressure.

High blood pressure is often called the silent killer because there may be no symptoms or warning signs. The truth is that many people with high blood pressure feel healthy, and the only way to be sure is to have your blood pressure checked regularly.

High blood pressure is twice as common among people who are overweight. In addition, the sodium content in salt seems to contribute to high blood pressure. Some people can help control their blood pressure by losing weight and keeping it off, as well as reducing the amount of salt they eat. Health professionals recommend eating less and exercising more as the most effective methods of losing weight. Eating smaller portions at meals will help reduce the number of calories consumed.

It's also important to make permanent long-term changes in your eating habits. This includes the way food is seasoned. Salt is used in many prepared and packaged foods as a preservative and

flavor enhancer. Restaurant foods, especially fast foods, are often high in sodium. Many medications, particularly antacids, cough medicine, and laxatives are also high in sodium.

Salt is an acquired taste that is very habit forming. To eliminate salt as a seasoning try using lemon juice, fresh and dried herbs, and spices like curry powder, celery seed, pepper, or paprika as a substitute.

Nutritionists recommend eating fresh meats, fruits, and vegetables, and avoiding salty snacks. Good eating habits are as necessary in controlling blood pressure as medication.

Remember, high blood pressure has no cure but it can be controlled. Have your blood pressure checked regularly. This can be done at county health departments and senior centers across the state. If you have a high blood pressure problem see a doctor to keep it under medical control.

Tyrone Scott Sets Record In High Jump Competition

By James Cuthbertson
Post Sports Writer
This week's "Spring Sports Player of the Week" is an exciting trackster from East Mecklenburg High School.

Tyrone Scott, a senior at East, set a school record in the high jump competition at the Metrolina Relays on his home field by jumping 6'8".

That is the best mark in the city this season and a good mark for further successful competition at the regional and state meets coming up.

Tyrone also runs the 1600 meter relay with Cherod Webber and Eric Landis alternating on the first leg, Greg McCollum on the third leg and Gerald Platt on the fourth leg.

They finished first in the conference meet with a new conference record of 3:21.7.

"We worked hard for that title," Tyrone said. "We lost to Independence at the city meet and were determined to beat them at the conference."

Second statewide behind Greensboro Grimsley, they beat them at the Queen City Relays at Myers Park in an exciting moment for Scott.

"We hope to get to state competition so that we can run them again," he said. Scott hopes to major in computer science at North Carolina State.

Scott won the sectionals and the right to advance to the regionals at Myers Park with a jump of 6'6". Other Southwestern 4A athletes advancing to the regionals at Myers Park are Independence's Elton Bailey in the shotput, West Mecklenburg's Mark Drag in the shotput, Vincent White of South Mecklenburg, Alvin Blakeney of Harding and Thomas Cunningham of South Mecklenburg in the long jump; Donnell Walton of South Mecklenburg, Haywood Workman of Myers Park and Aaron Hoover of Independence in the long

jump; Torrence Casey of Myers Park, Kip White of South Mecklenburg, Dennis McLeod of South Mecklenburg and Jay Deaver of South Mecklenburg in the discus; Michael Jones and Richard Moore of Garinger in the high jump; Rob Williamson of North Mecklenburg, Guy Early of West Mecklenburg and Larry Canipe of South Mecklenburg in the pole vault.

Darrell Clark and Haywood Workman of Myers Park advance in the 110 hurdles.

Donald Colson of North Mecklenburg and Greg McCollum of East Mecklenburg advance in the 100.

The following relay teams advance: Independence 800, North 800, East 1600, South 1600, Garinger 1600, Myers Park 1600, Independence 400, South 400, Garinger 400 and Myers Park 400.

In the 1600 run Thayne

Harmon, Eric Landis, James Coleman and Carter Woolen of Myers Park advance.

Greg McCollum of East, Clive Burger of South advance in the 400 run.

Teddy Pauling of Independence set a meet record of 37.9 to advance in the 300 hurdles with Haywood Workman of Myers Park, and James Miller of Garinger.

Harold Simpson of Independence, Greg McCollum of East and Terry McDaniel of Garinger advance in the 200.

Advancing in the 3200 run are Brian Payne of East and Charlie Black of Myers Park.

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