

By James Cuthbertson

# Prep Chatter



Olympic center Elliot Dunlap is finally rounding into form. He showed great skills inside in the Trojan 66-63 loss at North Mecklenburg.

With his outstanding play, the team rebounded from a 41-25 halftime deficit.

At 6-5 and 200 pounds, Dunlap is still growing and could be a dominant force in the Southwestern 4A conference during tournament time.

He scored 15 points and 9 rebounds in the game.

Carol Raley and John White are two West Mecklenburg Indians who are on the warpath.

White is 6'5" and weighs 190. Only a junior, he is averaging 12.1 points per game while shooting 100 of 203 for 49.3 percent from the field and 30 of 50 for 60 percent from the line.

He has pulled down an average of 10 rebounds per game. Raley is a 6'3", 230 pound center who is playing high school basketball for the first time.

The senior is averaging 10 rebounds per game and 14.6 points.

He has hit 114 of 229 from the field for 49 percent and 49 of 101 from the line for 48.5 percent.

He is reportedly interested in Livingstone College or North Carolina Central.

### SOUTHWESTERN 4A Rankings

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

Southwestern 4A Girls:  
1. North Mecklenburg, 2. East Mecklenburg, 3. Olympic, 4. South Mecklenburg, 5. Harding, 6. West Mecklenburg, 7. Independence, 8. Myers Park, 9. West Charlotte, 10. Garinger.

Private Schools (Boys):  
1. Latin, 2. Country Day, 3. Providence Day, 4. Catholic, 5. Christian

Private Schools (Girls):  
1. Latin, 2. Catholic, 3. Country Day, 4. Providence Day, 5. Northside

### ELEGANT EIGHTEEN SCORERS:

Byron Dinkins, East, 23.69; Dee Pritchett, Myers Park, 20.315; Antonio Howard, Olympic, 19.65; Roman Phifer, South, 18.368; Milton Moore, West, 18.0; Todd Holden, North, 16.42; Donald Simmons, Olympic, 16.4; Letura Stitt, North, 15.89; James Elmore, Garinger, 15.15; Willie Walker, Garinger, 14.63; Julio Morrison, Independence, 14.5; Carol Raley, West, 14.4; Pervis Thomas, Garinger, 13.788; Lonnie Tucker, Harding, 13.63; Ronald Downer, Independence, 12.9; Kevin Reid, West Charlotte, 12.4; Terry Massey, Myers Park, 11.8; and John White, West Mecklenburg, 11.6.

Congratulations to Ranson. The boys finished in first place in the Northern Division with a 14-0 record. They are coached by Gosnell White. Outstanding players are Kenneth Wylie, and Dale Rainey.

### ALL COUNTY DEFENSIVE TEAM:

Damon Rawlinson, South; Kevin Reid, West Charlotte; Paul Grier, Myers Park; Letura Stitt, North Mecklenburg; Roman Phifer, South Mecklenburg; J.D. Caulhen, Harding; Lamar Simonds, Olympic; Antonio Howard, Olympic; Darryl Williams, North Mecklenburg; Dee Pritchett, Myers Park.

### ALL COUNTY ACADEMIC TEAM

Antonio Howard, Olympic; Dee Pritchett, Myers Park; Roman Phifer, South Mecklenburg; Lonnie Tucker, Harding.

Reggie Clark, a standout on Providence Day's football team, is a standout on Providence Day's basketball team.

He starts and has averaged 10 points per game. His best game was against Latin early in the season when he scored 31 points.

He is looking forward to the CISAA tournament.

The Southwestern 4A Girls tournament will begin on Monday February 25 at the sites of the number one and the number two team. Two games will be played at each site with 4 vs. 5, 1 vs. 8, 3 vs. 6 and 2 vs. 7. Numbers 4, 5, 1, 8 will be at the home floor of the number one seated team. Numbers 3, 6, 2, and 7 will be at the site of the number two seeded team.

The winners will advance to UNCC on Friday March 1 to play at 7 p.m. (the winner of 4-5 vs. 1-8) and 3 p.m. (the winner of 3-6 vs. the winner of 2-7).

The boy's tournament will begin on Tuesday February 26 with all games starting at 8 p.m.

The number one seeded team will host the number 8 with 5 at 4, 7 at 2 and 6 at 3.

The winners of the 1-8, 4-5 games will play Friday March 1 at 9 p.m. at UNCC.

The winners of the 2-7, 3-6 games will play at 5 p.m. on March 1st.

The championship games for the girls will be at 7 p.m. at UNCC on March 2nd.

The boys will play at 8:30 for the championship on March 2nd.

### TOURNAMENT WINNERS:

I am going out on a limb but here are my predictions for the girls and boys tournament:

TOURNAMENT WINNER (GIRLS): NORTH MECKLENBURG

TOURNAMENT WINNER (BOYS): NORTH MECKLENBURG

DARKHORSE (BOYS): OLYMPIC

DARKHORSE (GIRL): OLYMPIC

The tournament will cost \$2 for adults and students. A sellout is expected.

The winners advance to state competition the following week.

## James Tucker Believes Harding Will Be Ready At Tourney Time

By James Cuthbertson  
Post Sports Writer

Harding High has had its ups and downs this season, but one thing is for sure, the talent is still there.

This week's Charlotte Post "Basketball Player of the Week," James Lonnie Tucker, believes the Rams are ready to get up for the tournament.

"We'll be up for the tournament," he said. "We will have to begin to jell, to play harder and to key our defenses to stop the other team."

"We played great defense at North," he added, "in stopping the

### SCSC Bulldogs

#### Open Spring Drills

Orangeburg - South Carolina State, which slipped to 4-6-1 last season after 10 straight winning campaigns, will begin preparations for the 1985 football season Monday when the Bulldogs open spring drills. The workouts will be held daily at 4:15 p.m.

Coach Bill Davis, who suffered his first losing season as a head coach, said the staff and players were anxious to get started. "We are ready to go," Davis said. "There are several areas where we need to patch some holes."

Davis said the team's biggest loss was in the secondary where All-Conference defensive back Larry Nesmith will not return. He added that the staff would also be concentrating on strengthening the Bulldog defensive and offensive lines.

The State drills will culminate with the Bulldogs' annual Garnet and Blue game March 14 at Bulldog Stadium.

### Free Help With Tax Return Available For The Elderly

Greensboro - North Carolina taxpayers 60 years of age or older can have their Federal and state income tax returns prepared free of charge, the Internal Revenue Service says.

Through a program called Tax Counseling for the Elderly (TCE), sponsored by the Internal Revenue Service, specially trained persons assist senior citizens prepare 1040-EZ, 1040-A, and simple 1040 returns with such schedules as A & B, R & RP, and 1040-ES estimated tax.

Assistance sites are set up in communities throughout the state. Individuals who need help should bring their 1985 tax package they received in the mail, their wage and earnings statements (W-2s); statements for recipients of periodic annuities, pensions retirement pay or IRA payments; interest on dividends statements; and other relevant information on income and expenses. Recipients of Social Security benefits in 1984 should also bring in the 1099 form received from the Social Security Administration as benefits could be partially taxable for 1984, the IRS said.

Taxpayer should call the IRS toll-free number 1-800-424-1040 for information concerning the TCE sit nearest them.

### Black Heritage

#### Month Celebration Continues

During the month of February Friendship Missionary Baptist Church will sponsor the Afro-American Family Historical Strengths for the New Century. Rev. Clifford James, host pastor.

Events will occur at the church located at 3301 Beatties Ford Rd. This evening Thursday at 5:30 p.m. a Self Awareness and Black Struggle (tutorial and Bible Study will be conducted at the church.

On Friday 22 at 7:30 p.m. Carole Ricks will speak on "Strengthening the Black Family for the New Century" during a health fair and seminar.

Saturday, February 23, at 2 p.m. the topic continues as James Ross joins Mrs. Ricks during the seminar.

On Sunday at 4 p.m. Dr. C. Eric Lincoln will be the guest speaker with the topic "The Role of the Black Church for the New Century."

Various programs will be held the final week of February as well, ending with workshops on Thursday, February 28, at 5:30 p.m. entitled "Education for the New Century."

Bertha Maxwell is chairperson of the committee of the Afro-American Family Historical Strength for the New Century. The public is cordially invited to each event. For more information contact Phyllis Caldwell at 282-0281.



Vikings earlier in the season in an upset."

"To win the North game, we played a tough man-to-man defense and really worked hard together as a team," he added. "We have a lot of talent and we can win if we put our minds to it."

Davidson, Brown, Princeton, San Jose State and Villanova are a few of the universities who are seeking the services of this 6-4 193 pounder.

He played sparingly last year because he broke his nose, but during his sophomore year people realized that he would be a good prospect. He averaged 16 points per game for a team that finished fourth in the city.

"My strengths are my outside and my defensive rebounding," he said. He hit 18 as Harding beat the Wildcats by 68-66 count at Garinger.

To win the Southwestern 4A, Tucker believes the Rams will have to play with a high intensity.

"We can do it if we work together," he said. "We could go back to the state tournament."

Tucker is averaging 13.4 points and eight rebounds per game.

He has been over the 20 point mark three times scoring 21 in an 84-80 win over Gaffney, 28 in an 86-63 win over Gaffney and 26 in a 66-65 win over South Mecklenburg.

He is tough.

In his spare time he participates in Kappa Alpha Psi Fraternity's Beutillion Militaire.



James Lonnie Tucker  
... "Player of the Week"

## Breaking The Inactivity Habit

By Colleen Dwyer  
Exercise Physiologist  
Special To The Post

The most basic fitness challenge is to break the inactivity habit. Habitual inactivity is the prime reason why a lack of fitness is so common.

The reason for it is quite easy to understand. Thanks to high technology and labor saving devices, we've become unaccustomed to being active. Cars and buses take us from place to place. Elevators and escalators do the climbing for us. The list goes on. But the end result is a sedentary society where inactivity is much more than an occasional pastime. It has become a way of life.

Realistically speaking, you'll find that breaking the habit of inactivity is very much a part of the fitness process. It will take some conscious thought, determination and commitment.

There will undoubtedly be occasions when inactivity comes between you and your fitness schedule. It might happen right at the start - or even before you start. The reasons you give yourself for putting off your first exercise session, for example, are usually nothing more than the inactivity habit exerting its hold on you. Once you do get going, you may find it difficult to stick with your program. The very things that hold you back or stop your program in its tracks are the continuing influence of the inactivity habit.

Don't let these problems get you down. Don't let them lead your

program into a dead end. Recognize these hurdles and detours for what they are. Inactivity happens to be one bad habit that you can get rid of, not by avoiding a particular action, but by taking one - positive lifestyle behavior change.

Each time you are physically active, you put a little more distance between yourself and inactivity. The inactivity habit becomes a part of the past. Regular exercise and activity take over and become the "new" habit.

Being active becomes as natural and as easy as brushing your teeth

or washing your hair. And the numerous benefits of regular exercise are yours to enjoy.

Some suggestions for achieving your more active and enjoyable lifestyle include regular brisk walks, taking the stairs instead of the elevator, swimming, bicycling, jogging, and vigorous calisthenics. NOTE: (Persons over 40 years old or those who have reasons to suspect underlying illness should consult a physician before beginning an exercise program. At any time symptoms arise during or after exercise, a physician should be consulted.)

### WHERE THEY PLAY

SOUTHWESTERN 4A  
Friday, February 22

Southwestern 4A Conference  
Tournament

East at South  
Myers Park at Garinger  
Independence at Harding  
West at North  
Olympic at West Charlotte

February 27 - March 2 at UNCC

### COLLEGE

Saturday February 23

Monday, February 25

Western Kentucky at UNCC  
Norfolk at Elizabeth City State  
Johnson C. Smith at Fayetteville State  
Shaw at North Carolina Central  
Livingstone at Winston-Salem State

Tuesday, February 26

February 27 - March 2  
CIAA at Norfolk Scope

March 1-3

Sun Belt at Hampton, Virginia

## What Are Your Suggestions For Community Development Funds

The City of Charlotte will receive a Community Development Block Grant of \$4,064,000 July 1 of this year for the Community Development Program. In addition all applicable program income generated by the Community Development Program will be expended. The Community Development Block Grant is a major source of money made available by the federal government to assist local communities in achieving the primary objectives of developing and maintaining decent housing and expanding economic opportunities, principally and primarily to benefit persons of low and moderate income.

Community Development funds may be used for the following types of activities in those instances where other program requirements are met:

- Acquisition of property for rehabilitation, preservation, clearance, or other public purpose.
- Public improvements/facilities including: parks and playgrounds; street improvements, including curbs and gutters and sidewalks.
- Rehabilitation of buildings and improvements including assistance to privately owned residential and non-residential properties; public or private entity owned or acquired properties for use or resale in the provision of housing; public housing modernization.

- Economic development including the acquisition of property for economic development; assistance to neighborhood based non-profit organizations, local development corporations, and small business investment companies under certain circumstances to carry out neighborhood revitalization and economic development activities.
- Public services including those concerned with health, education and employment.

The above are examples of eligible activities and do not constitute a complete list of all the criteria for qualification as eligible under the Community Development Program.

Citizens are encouraged to submit proposals on community development and housing needs for the City. These may be presented in March at a formal public hearing or mailed to Mr. J.W. Wallon, Director, Community Development Department, 301 South McDowell Street, Suite 510, Cameron-Brown Building, Charlotte, North Carolina 28204.

If additional information is needed, please contact:  
Ms. Hattie B. Ardrey  
Community Development Department  
301 South McDowell Street, Suite 510  
Charlotte, North Carolina 28204  
Phone: (704) 336-2016