

# Chad Cathcart Is Two Belts Away From Becoming A Qualified Expert

By Loretta Manago  
Post Managing Editor

Donning a bright purple belt around the mid section of his karate outfit, Chad Cathcart is two belts away from becoming a qualified expert in karate. Maybe that doesn't sound like much, but Chad is only a fifth grader.

He has been involved in karate for the past four years, amassing a number of trophies and honors, his latest being an honorable mention ribbon for doing kata and form, a plaque for second place in fights and a second place trophy for general competition.

In two weeks Chad will be performing to earn his red belt, but this step is just a series of steps toward the one thing he wants most and that's a black belt. Earning his black belt will require that Chad know certain techniques and he must undergo testing. Once those measures are taken Chad will be a qualified expert.

His karate instructor, Magic Johnson, owner of Magic Johnson and Rogers American Karate Studios, has no doubt that Chad will be a black belt. As a matter of fact, he is very confident about what Chad can do.

"Chad is an exceptional student. He is a hard worker and he shows great potential and promise," commented Johnson. According to Johnson only one out of every 1,000 karate students get their black belt and the percentages are even higher for children. "To be a child, where Chad is now in karate is really extraordinary," explained Johnson.

If there seems to be a fondness of teacher and student surfacing, then the feeling is mutual. Chad cites Johnson as one of the persons who has inspired him to continue in the sport, along with his family. "He's always there to give me personal instruction," said Chad.

Aside from being able to protect himself, Chad is learning that karate is helping him in school work as well. "Since I've been involved in karate I've developed more concentration and self-discipline," remarked Chad.

Self-protection and a higher level of concentration are just a few of the immediate rewards Chad has got-



Chad Cathcart  
.....Displays trophy and plaque

ten from participating in the sport; on a longer range Chad one day sees himself as an owner of a karate school.

He admits that what he likes best about karate is going to tournaments, visiting other places, and meeting other challengers.

And although he wouldn't want it known to everyone, Chad's also glad

that his parents, Leander and Dyotha, encouraged him to try karate. "They tell me to keep on and they always tell me that one day my knowing karate would help me out."

From the exposure, Chad has received from the media, "PM Magazine," "Carolina Camera," and "Forum," relating to his karate exploits, Chad is finding our just how correct his parents were.

## Reducing The Risk Of Cancer

Special To The Post

Raleigh - An estimated 22,500 North Carolinians will get cancer this year, but more than half of them will survive because of early detection and treatment, according to Dr. George Stoodt, chief of the Adult Health Services Station in the N.C. Division of Health Services Cancer Program.

"Through there is still no cure for cancer, more people are surviving because of early detection and advances in medical science," Dr. Stoodt said. "People are also reducing their risks of getting cancer by living healthier lives."

She said that cancer is the uncontrolled growth and spread of abnormal cells in the body. It is always malignant.

An estimated 462,000 Americans will die of cancer this year. Nearly one-third of these people might have been saved through earlier diagnosis and treatment.

Stoodt said that knowing the seven warning signs for cancer is one of the most important steps in the early detection of cancer. The warning signs are:

- a change of bowel or bladder habits; a sore that does not heal; unusual bleeding or discharge; a thickening or lump in the breast or elsewhere; indigestion or difficulty in swallowing; obvious change in a wart or mole; and a nagging cough or hoarseness.

She warned that anyone who has any of these signs should contact their physicians as soon as possible.

Stoodt also noted that many people can reduce their chance of getting cancer by reducing some of the risks associated with it.

"We know that some cancers, such as lung cancer caused by cigarette smoking and skin cancer caused by overexposure to the sun, can be prevented," she said. Other

risks factors include: a family history of cancer, previous cancer in some other part of the body, high fat-low fiber diets, obesity, and overexposure to the few cancer-causing industrial chemicals."

"There are some risk factors such as family history over which individuals have no control," Stoodt pointed out. "But there are some steps people can take to reduce the risks."

She recommended the following steps to reduce the risk of cancer: avoid smoking; eat foods high in fiber such as whole grain breads, fresh fruits and vegetables; avoid overexposure to the sun; avoid excessive exposure to X-rays; avoid excessive drinking of alcoholic beverages.

"People who follow these guidelines not only reduce their risks of getting cancer," Stoodt said, "but they're also reducing their chances of getting other diseases and chronic illnesses."

## Gov. Martin Proclaims Crime Prevention Month

Raleigh - Governor Martin has proclaimed October as Crime Prevention Month in North Carolina. In the proclamation, Martin commended the many volunteers involved in crime prevention programs in their communities.

Governor Martin praised the success of ongoing programs such as Community Watch, Crime Stoppers, Ham Watch, Athletes Against Crime, Think Smart, Safety Haven and Block Parents. He also praised new programs with innovative solutions to problems in our homes and with our families. Two programs coordinated by the Governor's Commission on Child Victimization are the Child Safety Identification Program and the Child Safety Poster Project.

During October, posters will be distributed statewide to children in kindergarten through the sixth grade. Ten tips on each of four safety topics are colorfully displayed. The topics are child safety, abduction prevention, substance abuse and vandalism. Teachers are encouraged to involve their students in projects and activities to promote child safety.

Child safety packets will also be given to students through the Child

Safety Identification Program. These packets will contain FBI fingerprint cards, child ID cards and child safety brochures. The purpose of the program is to properly identify children using standard police methods and to provide parents with important safety information.

Information is available from the Crime Prevention Division of the Department of Crime Control and Public Safety.

## UNCC Enrollment Up

Fall enrollment at the University of North Carolina at Charlotte grew somewhat more than expected to a new high of 10,842. This is a 3.7 percent increase over last fall's 10,459 figure.

The graduate portion of the enrollment grew at an even faster rate, 11.1 percent to 1,487, up from last year's 1,339.

University officials were pleased to note that special efforts to recruit black students resulted in an increase of their representation among the enrollment to 8.9 percent from last year's 8.6 percent. The total number is now 961.

The freshman class grew to 1,447 from 1,367 for an increase of 5.9 percent and new transfer students increased by 6.8 percent to 1,293 from 1,211.

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## Beauty Talk

by Jean Ford

### FOLLOW THE SCENT TREND

Because our fragrance says so much for us and about us, we want to select those that keep our image both current and stylish. Knowing the latest trends can guide us in choosing the right ones.

This winter, one of the most important trends is the preference for sumptuous, Oriental-inspired fragrances, which has been spurred by the rich elegance of fashions. These can be heady and intriguing fragrances. Often, though, they are too overstated to wear comfortably for daytime activities. But there are alternatives.

A "semi-Oriental" scent can be as opulent without being overbearing. Avon's new Imari fragrance, for example, offers the best of two worlds, balancing Eastern beauty and mystery with sophisticated floral of European identity.

Reflective of the opulent reds, purples and jet blacks of an Oriental fantasy, Imari is in complete step with the direction fashion is taking this fall—rich in color, and unmistakably luxurious in its scent.

Imari's exquisite burgundy flask is inspired by the high-gloss lacquered boxes of the Far East, and makes an elegant, refined gift. "It fits a woman's dreams," says Joyce Roché, Avon Fragrance Marketing Director. "Very sensual, elegant, modern, and fashion-conscious—for the woman who recognizes high-quality."

Only your Avon Representative can bring you Imari. If you don't have one, call 800-858-8000.

Ms. Ford is Beauty & Public Relations Manager, Special Markets for Avon Products, Inc.

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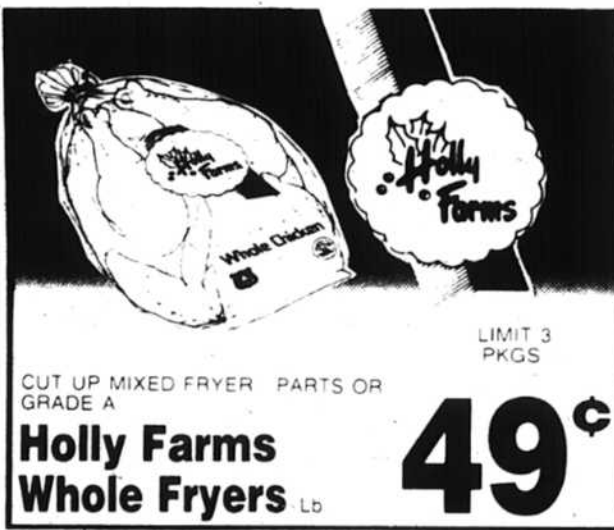
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