

SPORTS

West Hoke had exciting soccer week

By HAL NUNN
Sports writer

Last week was exciting for West Hoke Middle soccer. Both the girls and boys team achieved victories against Sycamore Lane, but were not so fortunate against Hamlet later in the week.

In the first girls' game, Jessica Hendrix scored all four goals to lead West Hoke to the win against Sycamore Lane 4-0. Jamie Stark (West Hoke goalie) kept her scoreless streak in tact against Sycamore Lane including stopping one penalty kick. Coach James Horwath said, "the girls played solid defense which rarely allowed opponents in the box, our midfielders played outstanding setting up Jessica for all of her goals." When the girls played Hamlet they ran into one of the toughest defenses in the league. Michelle Nolte scored West Hoke's only goal, which was not enough to hold off Hamlet in the 2-1 loss.

The boys defeated Sycamore Lane 4-0 as well. Yamil Arce had two goals with Jesus Guerrero and Jake Johnson scoring one apiece. Justin Craig had three saves in the game at goalie.

Coach James Horwath said, "I think the team is starting to gel, the shots we took on goal were quality shots. I am proud of the way they have improved."

In the game against Hamlet the West Hoke boys tied Hamlet 3-3. Joshua Wright, Jesus Guerrero and Carlos Bonfil each had one goal.



Top photo, Michelle Nolte controls the ball in the game against Hamlet week. Michelle scored the only goal in the game for West Hoke. Bottom, West Hoke goalie Jamie Stark gets ready to attempt a stop by Hamlet. The home team lost 2-1 in that game.

Bucks blow out Westover

By HAL NUNN
Sports writer

The Hoke High Varsity Bucks baseball team came away with a big win over Westover last Tuesday night in a 10-0 rout in five innings. Matt Jacobs and James Harris combined for the shutout with Jacobs pitching four innings registering a strikeout per inning and Harris getting one strikeout in one inning.

"The team played great defense with no errors," said Coach Gary Brigman of the win. Left fielder Brian Stephens went 2 for 3 with a 3 run homerun in the fourth inning. Javon

Johnson went 3 for 3 with 3 RBI's and CJ Gaddis went 2 for 3 with a double and 1 RBI.

In the Friday night game against Pinecrest, the Bucks couldn't catch a cold on the ball field. With 6 errors in the game the Bucks allowed enough unearned runs to let Pinecrest run away with the win 10-4.

"We played sloppy defense in this game. I'm not sure if it was the lights on the field or the drizzle of the rain that caused us to play so sloppy," Coach Brigman said. The one highlight of the game was Danna Goins hitting 2 for 2 with one double. The Varsity Bucks play away this Friday

night against Scotland County at 7 p.m.

Hitting clinic

The Hoke County Bucks announce that on April 12, 2003 the coaches and players are conducting a "hitting clinic" from 9 a.m. to 1 p.m. This clinic is open to kids from ages 6-12. The cost is \$10 per kid and the money raised will support the Varsity Baseball team.

"We like to work with the kids in the county and help out in any way we can," Coach Brigman said.

For more information on the clinic, contact Coach Brigman at 875-2156 ext. 6427.

Boys of summer back in swing

By HAL NUNN
Sports writer

The Hoke County Parks and Recreation Department has kicked off the initial part of the baseball season.

Parks & Rec Director Elgin Blue has been working hard to get the fields, equipment and coaches ready for the upcoming season. Last Tues-

day and Thursday night all kids ages 9 through 12 were put on the field for the first time this year. Coaches from the Dixie AAA and Dixie Major leagues had notepads and pencils in hand watching each and every ballplayer.

Players went through hitting, fielding and running bases while the coaches scanned the group. The draft was held

immediately after the workout and all players were assigned to a team.

Other levels that the Parks and Recreation department offer are T-Ball ages 4-6, Coach Pitch ages 7-9, Babe Ruth 13-15, Ponytail (girls) 10-12, Belles (girls) 12-15 and Debs (girls) 16-18.

For more information, contact Parks & Rec at 875-4035.



Hoke County Parks and Recreation Director Elgin Blue talks with players and parents during the Dixie Major Baseball League draft.

Law vs. lesson basketball challenge

Proceeds from April 3 game go to Special Olympics

By HAL NUNN
Sports writer

Come out and support the basketball challenge fundraiser for Special Olympics on Thursday, April 3 at 7 p.m.

The Hoke County Sheriff's depu-

ties vs. Hoke County High School teachers and coaches basketball game will be held at the high school gymnasium this week.

All money raised for this game will be donated to the North Carolina Special Olympics. Tickets are \$5 per person and you can contact The Hoke

County Sheriff Department at 875-5111 or Hoke County High School at 875-2156 ext. 6407 for more information.

Come on out and support the athletes who are volunteering their time and more importantly their efforts for Special Olympics.

Spring break street jam and basketball tourney

Center Grove Missionary Baptist Church is holding a spring break three-on-three basketball tournament and slam-dunk contest on Friday, April 18. Trophies will be awarded for first, second and third place; individuals' medals are gold, silver and bronze. Cost is \$5 per player and tip-off is at 10:30 a.m.

For more information, contact Crystal Buie at (910) 843-5718; MSG McPhaul at (910) 583-8218; or Brother Derrick at (910) 843-4922.

Home sports this week

Hoke High

- Apr. 01, Varsity Baseball vs. Douglas Byrd, 7 p.m.
- Apr. 01, JV Softball vs. Douglas Byrd, 7 p.m.
- Apr. 01, Men Tennis vs. Seventy-First, 4:30 p.m.
- Apr. 02, Women Soccer vs. Richmond, 6 p.m.
- Apr. 03, 9th Grade Baseball vs. Pinecrest, 4 p.m.
- Apr. 04, Varsity Softball vs. Scotland, 4 p.m.
- Apr. 04, JV Baseball vs. Scotland, 4 p.m.

East Hoke

- Apr. 07, Baseball vs. Carver, 4 p.m.
- Apr. 07, Softball vs. Carver, 4 p.m.
- Apr. 03, Girls Soccer vs. Rohanen, 2:45 p.m.
- Apr. 03, Boys Soccer vs. Rohanen, Following Girls

West Hoke

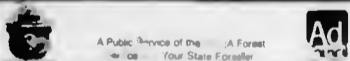
- Apr. 01, Girls Soccer vs. Rohanen, 3:30 p.m.
- Apr. 01, Boys Soccer vs. Rohanen, Following Girls



MATCH POINT

Always keep a shovel rake and water nearby when burning debris.

REMEMBER, ONLY YOU CAN PREVENT FOREST FIRES.



Pinehill Volunteer Fire Department Annual Bill Heath Barbecue

Saturday, April 12, 2003
11:00 a.m. - 5:00 p.m.

Corner of Ashmont & Calloway Road
Quewhiffle Township

\$5.00 per plate
Pork or Chicken

CHIROPRACTIC OUTLOOK

Dr. Tony Santangelo
Chiropractic Physician



RUNNING CAN CURB OSTEOPOROSIS

An article in *Runner's World* magazine, "Bone Density in Female Runners," reveals that running can be beneficial in curbing osteoporosis, or bone deterioration. The study followed 192 female runners to evaluate running and its relation to osteoporosis. Ninety-two percent of the participants tested at or above normal bone mineral density values.

Doctors of Chiropractic, long known for their osteoporosis expertise, welcome these results as a way to prevent this debilitating disease. They caution, however, that you should get a chiropractic exam before beginning to run. Starting this routine with spinal subluxations can increase abnormal joint function in the spine, pelvis, hips or feet. This can cause pain, muscle spasms and joint inflammation, all of which could further lead to tendinitis, sciatica, backaches and neck pain.

The chiropractor will also look at your foot and ankle biomechanics, gait/stride, muscle flexibility and posture. If you want to prevent injuries and build up your performance, a chiropractic evaluation will definitely be a step in the right direction.

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