

sports



GIVING POINTERS—Mickey Mouse gives Chicago Bulls star Michael Jordan a few pointers on the new Osprey ridge Golf Course at Walt Disney World resort. Jordan was getting into the swing of things before the NBA All-Star game weekend activities.

Best Special Olympic Basketball Players Hold Tournament In City

More than 600 of the best Special Olympics basketball players from across the state will converge on Raleigh Feb. 28 for three days of competition in the 1992 North Carolina Special Olympics Basketball Tournament.

NCCU Eagles Aim For Defense In Recruiting Plan

N.C. Central did bang-up business in the Charlotte area during the high-school recruiting season, signing seven football players in the first stage of the chase for athletes.

Included in that group is a couple of Charlotte Post All-Stars, wide receiver Nikki Brannon of West Charlotte and Tevin Boggan, a West Mecklenburg linebacker.

Central, a member of the CIAA, went for defense, signing three linebackers, a defensive back and two linemen. The Eagles went for some offensive help as well, signing Antoine Calloway of South Mecklenburg and Brannon, one of the best wide receivers in the area. He helped West Charlotte to the N.C. AAAA championship last season.

The Eagles signed:

•Greg Hill, a 6'1", 232-pound linebacker from Providence Day.

•Robert Hood, a 6'0", 200-pound defensive back from Providence High.

•Henry Bridges, a 6'1", 240-pound lineman from Providence High.

•Brannon, a 5'11", 160-pound wide receiver from West Charlotte.

•Calloway, a 6'2", 190-pound wide receiver from South Mecklenburg.

•Michael Lattimore, a 6'4", 240-pound defensive lineman from Shelby High.

•Bottan, a 6'2", 195-pound linebacker from West Mecklenburg.

•John Leake, a 6'2", 190-pound linebacker from West Mecklenburg.

•William Gregory, a 6'3", 270-pound lineman from Kenan High in Columbia, S.C.

N.C. A&T landed one of the state's premier linemen in Harding's James Lowery. The Aggies, who had one of the better defensive fronts in Division I-AA last year, beat out a host of schools for Lowery's services. He was named to the Post's all-star team on offense and defense, the only player so honored.

Johnson C. Smith could have a new coach by the end of the week.

The school's search committee narrowed its list to four last week, and Smith President Robert Albright could make a decision by week's end. Each finalist interviewed on campus earlier this week, with three to be recommended by athletic director Horace Small to Albright for consideration.

Competition will be held in individual skills, lead-up team and team competition.

Individual skills competition will involve 115 athletes competing in events such as field goal shooting, speed passing, dribbling and rebounding. The scores from each skill test will determine the athlete's total score.

Five lead-up teams will compete in a modified half-court basketball competition for athletes not yet ready for full-court team competition. Team competition involves full-court competition and will feature 40 teams.

Thirty-three of the 40 participating teams competed in one of four preliminary tournaments on Dec. 14 in Elizabeth City, Jacksonville and Hickory and on Feb. 15 in High Point. All 40 teams will compete in screening games on Feb. 28 during the first day of the NCSO Basketball Tournament at N.C. State University.

NCSO Competition Director Julie Trotter anticipates that the 1992 tourney will be made up of six high-school/senior and two junior divisions based on basketball ability, age and gender.

North Carolina Special Olympics offers year-round athletic training and sports competition for more than 21,000 athletes with mental retardation. Through a statewide volunteer network of thousands of coaches, sports officials, local program committee members and event organizers, NCSO offers competition in 18 sports in Olympic-type sports on the local and state levels.

Take care of yourself First aid care

Hunters, fishermen and campers know that nothing can cut short a trip to the outdoors like an injury. A simple sprain or second degree burn could be enough to send everyone packing. But, thanks to recent advances in first aid care, outings do not need to be hampered by minor injuries.

Most of the common injuries sustained by outdoorsmen, ranging from slight sprains to cuts, scrapes and minor burns, do not require professional medical attention. They do, however, call for proper first aid. While old fashioned first aid kits may contain some of the proper equipment to treat such injuries, they are often bulky and inconvenient to pack when space is tight.

Hospice Residents Cheer "Magic" Johnson During All-Star Special

LOS ANGELES, Calif. (AP)—As Earvin "Magic" Johnson sped toward the basket at the NBA All-Star Game, the lunchroom at the Chris Brownlie Hospice Feb. 9 broke into applause and cheers.

"All the way. All the way," a staff member said, and all the way Johnson went, dropping the ball in the basket for a smooth layup and drawing a loud, "Woooooo" from people watching the game on a big-screen television.

The All-Star Game held special meaning for people at the Brownlie Hospice, a residential care facility for men and women in the advanced stages of AIDS who have been given six months to live.

A half-dozen residents feeling well enough to come downstairs watched the game on television and cheered for Johnson, a former Los Angeles Lakers star who has announced he's infected with the AIDS virus.

"He's one hell of a man," said Melissa Brown, 27, of Monterey, sitting on a couch with a dish of ice cream in her lap as the game broke for a commercial. "He's sort of like me. He doesn't give up. The tires fell off and he's still driving on the axles."

Ms. Brown, a hospice resident for five months, found out she was infected with the human immunodeficiency virus in 1986 and started feeling the symptoms of a flu associ-

ated with AIDS three years later.

She called Johnson an inspiration.

"He shows you that you have to live each and every day to the fullest," she said. "Each day is blessed."

Her praise of Johnson echoed across Los Angeles, especially by those who work for organizations serving people with AIDS and HIV.

"I found it very exciting and very emotional," said Anthony Spravue, spokesman for AIDS Project Los Angeles. "The message that this sends is that people with HIV should not be ostracized, they should not be shuffled away. They're around us, and they're part of our society and we should welcome them."

At the non-profit Brownlie Hospice, tucked off the side of a street near Dodger Stadium, the All-Star Game started at the same time lunch was being served.

The eating area and adjacent television room are light and comfortable, decorated with two blue couches and framed prints. Paper Valentine's Day hearts hung by ribbons from the ceiling and walls.

The hospice, which has 18 men and four women, helps people cope with dying and helps the living cope and lose. Residents generally take only pain medication, their disease having progressed so far.

"They have agreed to come here to

die," said Jennifer Gaeta, the hospice's executive director.

During the game, most residents stayed in their beds and many of those who came downstairs watched only the first few minutes after the tipoff.

One man sat quietly at the end of a couch through the first quarter, then went back to his room.

Others clapped at good plays, not just for Johnson but for other players.

But when Johnson scored on another layup, the reaction was the loudest.

"That's the way you do it," Joseph Walker, wearing a blue terrycloth bathrobe, said from a lunch table.

A former dancer and singer, Walker, 32, of Los Angeles quietly sang the last few words of the National Anthem as it was performed before the game by Michael Bolton.

Walker found out he had the AIDS virus six years ago, but refused to let it stop him. He went on to appear in the roller-skating spectacle "Starlight Express" when it toured through Germany.

In March of last year, Walker could skate no more and quit the tour.

He has been at the hospice for two weeks.

"I think Johnson should continue to play," said Walker, "until his body tells him he can't."

Legal Entanglements Drain Tyson's Wealth

WASHINGTON, D.C. (AP)—Much of the estimated \$100 million Mike Tyson earned as a fighter has been drained by legal entanglements, aides and extravagance, the Washington Post reported recently.

Tyson, the youngest man ever to win the heavyweight title, commanded big money for television rights and product endorsements as well as huge purses. He has a 30,000-square-foot Ohio mansion, a multimillion-dollar jewelry collection and 30 telephone-equipped cars to show for it.

But Tyson said his net worth was less than \$15 million last year. Sources told the Post that since then, he has spent an estimated \$5 million on legal fees and luxury spending.

"I spent a lot," Tyson said in a deposition last year. "I got a lot of goodies."

The Post quoted sources saying that Tyson will pay Williams and Connolly, a Washington-based law firm, about \$2 million for defending him against the rape charge on which he was convicted in Indianapolis. But even before that, according to Tyson's adviser, Don King, the fighter paid "several million dollars" to defend himself against lawsuits alleging libel, breach of contract and sexual assault.

Tyson lost at least \$15 million last fall when an injury forced him to

withdraw from a fight against champion Evander Holyfield.

He has continued to spend freely, paying \$50,000 over four years to a hypnotist, according to King, building a movie theater at his estate and buying luxury cars for himself and his friends.

In a lawsuit pending in U.S. District Court in New York, Tyson claims his former manager, Bill Cayton, and his former partner, Jimmy Jacobs, defrauded him of more than \$1 million.

Cayton denies the charges. Jacobs died in March 1988, four months before Tyson turned his career over to King.

King told the Post he received 33.3 percent of Tyson's boxing revenues.

St. Aug's Wins CIAA Indoor Track Honors

RICHMOND, Va.—St. Augustine's College continued its dominance by winning the men's title at the CIAA Indoor Track and Field Championships at the Arthur Ashe Center.

The Falcons easily outdistanced second-place Norfolk State, 121 1/2 to 99. Keith Holley, last year's indoor national champion in the triple jump, led the charge. He won the long jump and triple jump. Shaw was eighth.

HIGH PERFORMANCE NUTRITION tips

Professional Athletic Trainers Say Sports Beverages Give Athletes A Competitive Edge

Athletic trainers in professional sports overwhelmingly recommend replacement of fluids to prevent dehydration, and a properly formulated sports drink to improve athletic performance, according to results from a recent nationwide survey.

All athletic trainers in professional football, baseball, basketball and hockey agreed that drinking fluids is essential to prevent dehydration. Water (mentioned by 98 percent of the trainers) and Gatorade® Thirst Quencher (mentioned by 95 percent of the trainers) were the most frequently recommended fluid replacement beverages. More than four in five trainers said it is "extremely important" to consume fluids before and during exercise to maintain optimum athletic performance.

"We know from first-hand experience with some of the best athletes in the world that fluid replacement is a top priority," said Dean Kleinschmidt, head trainer for the New Orleans Saints and president of the Professional Football Athletic Trainers Society.

"It is especially crucial to replace fluids during hot weather or in hot environments when players are perspiring and losing body fluids at amazing rates," Kleinschmidt added. Kleinschmidt was one of 169 athletic trainers surveyed who belong to the Professional Baseball Athletic Trainers Society, National Basketball Train-

ers Association, Professional Football Athletic Trainers Society and Professional Hockey Athletic Trainers Society. The survey was conducted by an independent research firm and funded by The Gatorade Company.

Athletic trainers are nationally-certified health care professionals who are primarily responsible for injury prevention and rehabilitation among athletes.

Dehydration occurs when the body loses more fluids than are replaced. As fluid levels are depleted, the body's ability to transport blood and energy-providing carbohydrates to working muscles is inhibited, which typically results in a decline of athletic performance. Ninety-six percent of the athletic trainers surveyed said properly formulated sports drinks can prevent dehydration and improve the body's ability to perform.

Experts note that the overall effectiveness of sports beverages is measured by four factors: its ability to replace fluids rapidly; provide energy for working muscles; taste good to encourage frequent consumption; and help maintain essential fluid balances in the body.

"It's important to remember that you can become dehydrated after as little as 30 minutes of work or exercise," said Robert Murray, Ph.D., director of the Gatorade Exercise Physiology Laboratory in Barrington, Ill.

Murray noted other red flags to keep in mind. "Ingesting carbonated beverages during exercise may cause gastrointestinal distress," he explained. "And caffeine, which is a diuretic may actually promote fluid loss, so it should be avoided."

Independent research indicates that sports drinks like Gatorade, which contain six percent carbohydrate in the form of sucrose and glucose, are absorbed into the body through the small intestine more effectively than water. Carbohydrate is vital since it supplies an added source of energy to working muscles, while minerals, including sodium and potassium, are placed in sports drinks to facilitate fluid absorption and encourage consumption.

Research also confirms that Gatorade is absorbed much faster than beverages which contain concentrations greater than 10 percent carbohydrate, such as soda and fruit juice.

Sixty-nine percent of athletic trainers surveyed agreed that it is extremely important that a sports drink supply energy and electrolytes (salts). More than half said sports drinks should be non-carbonated, while 46 percent felt the drinks should be non-caffeinated.

Gatorade is made by The Gatorade Company, a subsidiary of Stokely-Van Camp, Inc. Stokely-Van Camp is a subsidiary of The Quaker Oats Company.



STRONG REBOUNDER—Anthony Beedie, No. 55, a 6'9" 260 pound Junior-center from Jos Nigeria grabbed 10 rebounds and scored 9 points here Thursday night to help Saint Augustine's to a 79-75 CIAA victory over St. Paul's. The Falcons improved to (3-9 Southern Division, 12-14 overall) going into Wednesday's opening round of the CIAA Basketball Tournament in Richmond, Virginia. (Photo by James Giles)