Lady Bears get blue-chipper

Morgan State track coach Leonard Braxton has announced the signing of one of the top female prep quarter-miles to Morgan State's record breaking women's mile relay team.

Cynthia Coiquitt from William Penn High School in Philadelphia, Pa., has signed a letter of intent to attend Morgan in the fall.

Ms. Coiquitt was chosen as the outstanding female athlete at the Penn Relays in April running a 2:06.6 on Penn's two-mile relay team which set a national high school record.

She also ran on Penn's mile relay team running a 54.2 second leg.

With the graduation of nationally ranked quarter-milers Yvette Johnson and Paula and Paulette Clayton, coach Braxton said he's happy to add Cynthia to his Lady Bears' unit.

The young Pennsylvanian will probably join Roberta Bells, Tanya Bryant and Rhonda Yancy in another contending Morgan four-some.

Balto. Eagles concentrate on protecting Joe Gilliam

When Santa Claus laid six Pittsburgh Steeler quarterback Joe Gilliam on Baltimore Eagle's head coach Don Warthen's doorstep it was time for Warthen to look for some bodyguards for his star.

Offensive line coach Mike Maher has been working with a veteran group that has been bolstered by promising newcomers. Bill Mullinix returns for his sixth season at center, Norm Meyers, Sam High, and Gregg Boller are all first-year candidates at the center position.

The guard slots included Bob Kuczinski, the last of the original Eagles, back for his 10th season as a Big Red Bird, Pete Bush is back for his eighth season, and Ben Lazaro returns for his second year, after spending 1978 with the Chambersburg (Pa.) Cardinals. Brian Murphy and Bart Boucher are the new guard candidates.

It will be the 11th season for tackle Glenn Jacobs who started for the Eagles as a linebacker in 1968, while Harry Lillardo is in his third term as a tackle. Keith O'Neal is the other tackle contender.

"This is the largest group of offensive linemen we have ever had," Maher said, "both in terms of quality and quantity. Lazaro is a real go-to prospect, and some of the others are not far behind him in terms of technique."

The offensive line averages 6-3 and 242 pounds. Maher will coach the offensive line at Johns Hopkins in the fall.

CORNERING NUMBER 1 — The six youngsters shown with NBA commissioner Larry O'Brien (center) had one thing in common Monday. All were first-round selections in the pro league draft. They are, left to right: Calvin Natt, N.E. Louisiana State, picked by the Nets; Sidney Moncrief, Arkansas, by the Bucks; Bill Cartwright, San Francisco, by the Knicks; Earvin "Magic" Johnson, Michigan State, by the Lakers; Greg Kelser, Michigan State, by the Pistons, and David Greenwood, UCLA, by the Bulls.

Youngsters to vie for Jaycee trip

The Maryland Jaycees will be holding their first annual Junior Athletic Championship Program for local winners from 12 Maryland communities July 14, at Essex Community College.

The community team scoring the most points in the Jaycees state competition will be flown, all expenses paid, to compete in an ational Junior Athletic program July 26-29, in Tulsa Okla.

Three boys and three girls ages 8-16 from Bowie, Upper Potomac, Towson, Laurel, Pasadena, Arnold, Elkridge, Catonsville, North East, Severna Park, Columbia, and Frostburg will be competing in the broad jump; two dashes, softball throw, agility run, and a team relay to determine the state winner that will compete against other state winners in the national competition.

Joe Gilliam bodyguards sought

Area figures in blue-chip cage festival

COLORADO SPRINGS — The men's basketball lineup for the USOC National Sports Festival II represents a recruiter's paradise, past and present. It's a cross-section of the finest prep seniors from this past season, and a truckload of young collegiate talent from this past campaign.

The basketball competition will take place at Coronado High School, which has a seating capacity of 2,200, until the championship round. Both the men's and women's title games will be played Aug. 1 in the 6,700-seat United States Air Force Academy Fieldhouse.

Five players with AFRO-area connections are listed on the East team for the competitions. And the head coach of the West team is a native of Washington (D.C.).

Baltimorean Quintin Dailey of Gibbons High School and winner of the Sam Lacy Scholarship Award, is one of three scholastic seniors chosen for the East squad. The others are Richard Tucker, Overbrook High, Philadelphia; Michael Kelly, Malcolm X High, Newark, and Mark West, Petersburg (Va.) High.

College freshman Eric Floyd was chosen from the Georgetown (D.C.) five.

Coaching the West squad is George Raveling, head coach at Washington State University.

Jim Palmer's back and the Birds still have him

If anyone was hoping for a respite from Baltimore's steamroller act in the East Division race, let him digest this tidbit: the Orioles now have Jim Palmer back.

"He looked like himself," Baltimore manager Earl Weaver said Wednesday night after the veteran right - hander dealt the Cleveland Indians their 10th straight defeat, 8 - 1.

"He's healthy and when he has no pain it puts him in a good frame of mind. And his complete game means as much as the win to us because of the double - header coming up Friday against Toronto."

Palmer, the winner of 222 games in his career, has started just three games this month because of tendinitis. The Orioles still have managed to play 27 games over .500 and lead the division by four games over second-place Boston.

Now that they have their long-time ace back, they could turn the race into a very unfair table game.

"I'm happy I won and managed to contribute," said Palmer. "I had a good curve and an excellent change-up late in the game and a good fastball sometimes. I still have windup problems but that's from inactivity."

It seems somewhat obvious that Jim has come to the realization that he should shape up and, "rejoin" the team.

Ken Singleton the silent slugger

It has been winning steadily while he has seen limited action in his latest beef about being underpaid and over - used during injuries — real or imagined.

At the other end of the bench, however, is another young man who neither complains of aches nor fights management.

He is Ken Singleton, who battled arm miseries throughout 1978 without a noticeable slack in production.

The quiet, strapping right fielder leads the regulars in batting average, in home runs and in runs batted in. And in each of the prior eight games to Thursday, he had knocked in at least one run.

Following tonight's (Friday) doubleheader and Saturday (night) and Sunday games with Toronto, the O's take off on a 12 - game trip that will leave 33rd street empty until after the July 17 All - Star break.

The jaunt covers three games, commencing Monday, in Texas, three in Anaheim, three in Oakland, and three in Seattle.

Weaver, Palmer, Singleton and Co., bring the Angels with them when they return July ... SAM LACY.

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Ed Waters rally wins

By Samuel Davis

The Ed Waters Track Club battled back from a 19-point deficit and scored 53 to surpass front runner New Carrollton in the finals of the Junior Municipal track and field games.

After Friday's events, New Carrollton led all teams with 60 points, followed by Ed Waters with 41.

The remaining events, which were the 440 yard-relay and 880-yard medley relay for both girls and boys in all age categories were run on Monday.

New Carrollton failed to show for any of the heats, therefore Ed Waters had the best chance to win. And they didn't waste it.

In the 440 yard relay for girls, the 9-11 year old squad took second place while the 12-13 year olds won its heat.

In the boys 440 yard relay the team won first place in the 9-11 and 12-13 year old ranks.

The 14-15 year old 880 yard medley team finished second to the Baltimore Suns for Ed Waters other points, all totalling 93.

Finishing third behind New Carrollton was Carolyne County with 43, followed by Gaudlee, Lake Street 29, and Walbrook Junction, Baltimore Suns 28.

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Baltimore Gas and Electric Co.

Baltimore Gas and Electric Company will pay a total of $1,000 as a reward for information leading to the arrest and conviction of the person who assaulted and robbed its employee about 8:30 A.M. on Thursday, June 21, 1979, in the alley behind the 2500 block Druid Park Drive, Baltimore City.

The Company will not disclose the name of any person or persons furnishing such information to it.

Anyone having such information should call 234-5411.

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ANNAPOLIS — 2002 WEST ST. — 269-5019 — Daily 8 A.M. 5 P.M. Sat. 8 A.M. 5 P.M.
WESTMINSTER — HOWARD M. OF CARROLL CO. — 876-2200 — Daily 8 A.M. 6:30 P.M. Sat. 8 A.M. 5 P.M. Mon. 8 A.M.

BNBL inducts 6 in Hall of Fame

Samuel Davis

The Baltimore Neighborhood Basketball League inducted six new members into its Hall of Fame on Wednesday afternoon at Hopkins Plaza.

Joining such illustrious names as Marvin Webster, Skip Wise, and Larry Gibson were Dudley Bradley, his brother Charles "Tub" Bradley, Pete Budko, Larry Harrison Jr., Ernest Graham and Bill Bernard.

Bradley, who graduated from North Carolina this year, was picked by the Indiana Pacers in the first round of the National Basketball Association draft on Monday. He and his brother Charles played BNBL ball for Cub Hill.

Budko, now attending North Carolina, played for Blakefieldens.

Harrison, starting center for Wake Forest, also played for Cub Hill.

They also represented Lafayette at one time.

Graham, a graduate of Dunbar, now starting at guard for Maryland, played for Madison in his earlier days. He now plays unlimited for Cecil.

Though none of the inductees was present, their awards were presented to relatives and coaches representing them.

After the ceremonies, an exhibition game was played featuring the 15- and under squads for Cub Hill and Madison.

Performing before a very large lunch crowd, both teams responded well.

But Eddie Johnson's 13 points for Madison, including a slam dunk, was an extra boost for his club as it triumped 39 - 36.

CCB cage star Joe Miller invited to World Games trials

Joe Miller

CCB's Joe Miller, first team N.J.C.A.A. basketball All-American, is one of four junior college players in the Nation to be inviting to the World University Games camp in Colorado Springs, Aug. 15-20.

Twenty-five players nationwide have been invited. Twelve of the 25, chosen for the final squad, will compete in Mexico City at the World University Games in late August-early September.

Miller, 6-6 and 210 pounds, graduated from Patterson Park High, where he earned a total of nine varsity letters in basketball, football and lacrosse.

A member of the Community College of Baltimore's 1979 graduating class, Miller was named to the first team All-Region 28 and was co-winner of CCB's most valuable player award.

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FITNESS FIXING

Fitness Fixing

This continues the series of physical fitness tips provided by AFRO readers by the Maryland Commission on Physical Fitness:

Leg Muscle Fidelity

Can you right now lean over and touch your toes without bending your knees? In America, 50 percent of the people can't, so don't be distrubed.

Proper leg muscle elasticity can help avoid back pain, leg cramping, and painful muscle pulls. Here is a simple test to evaluate your leg muscle flexibility.

Sit on the floor, and while keeping the legs together, and straight, reach out and touch the toes. Hold this position for at least 10 seconds to allow the leg and back muscles to stretch out.

Do you find yourself unable to reach out far enough to touch the toes without feeling a pull in the legs and back?

Then what you need to work on is a couple exercises for proper stretching of these muscles to minimize the chance of injury do to over use. Here are a few simple exercises to practice.

Back Flexibility

SPRINTERS HURDLE: Sit on the floor with one leg extended straight out (knee straight) and the other leg bent at the knee with the foot alongside you hip. Slowly stretch, (do not bounce) to attempt to touch your chin to your knee of the extended leg.

Stretch outs far as you can and hold for at least five seconds. Now very slowly, lean back until your back touches the floor.

This will stretch the muscles in the front part of the bent leg. Do this very carefully as if done too forcefully, a pull can take place.

After you've stretched one leg, switch legs and do the same to the other. Attempt to perform this exercise at least two times a day to obtain the best results.

WING STRETCHES: Sit on the floor and bend both knees out, placing the bootoms of the both feet together. Reach out with the hands and slowly pull the feet in towards you.

Lean foreward and with the hand on the feet try to pull your head to your feet. Do not bounce, but instead slowly pull, and hold.

Do this exercise 2-3 times a day for a least five minutes to obtain best results.

TOE AND HEEL WALK: For one minute intervals, walk around the room strictly on your goes. Relaxx, then try it again using only your heels this time. This exercise helps to stretch out the calf and hamstring muscles of the leg.

BITS O' BRIEFS

A Young bounce

Jimmy Young, attempting to bounce back into contention for the heavyweight title, stopped Young Wendell Bailey of Baltimore at 2:57 of the third round Friday night at Madison Square Garden.

Young, a former top contender whose career was sidetracked after back - to - back losses to Ossie Ocasio, came in looking out of shape at 233 pounds, 20 pounds over his normal fighting weight. Bailey, winner of 13 of his 14 previous fights, staggered Young with a long right in the first round, but the Philadelphia fighter survived the round and took control.

Eyes not needed

It was with some trepidation on the part of his owner, and a lot on the part of his trainer, that Coastal even went to the post in the recent Belmont stakes.

Since he hadn't been originally nominated for the Triple Crown events, owner William Haggin Perry had to pay a supplemental fee of $20,000 to get the colt to the starting line for the enormous task of beating Spectacular Bid.

Howard, Grambling join others to create new 10-team league

Howard University and its three fellow survivors of the Mid-Eastern Athletic Conference will henceforth be doing battle with the likes of Grambling, Alcorn, Florida A and M, etc.

That was the decision reached upon "in principle" at a meeting Tuesday which explored a possible merger of the MEAC and the Southwestern Athletic Conference at Hollywood, Fla.

The MEAC collapsed this winter when Howard along with Delaware State, North Carolina A and T and South Carolina State elected to move into the Division I classification of the National Collegiate Athletic Association.

The other three — Morgan, North Carolina Central and University of Maryland, Eastern Shore — declined to follow because they felt they could not meet the Division I eligibility requirements.

Since the split, N.C. Central has rejoined the Central Intercollegiate Athletic Association (CIAA) and Morgan and UMES have accepted the fate of operating as independents.

MEAC commissioner Ken Free, who spearheaded the 4-team defection from Division II, made the announcement of the proposed new alignment.

He said the new conference would compete in all sports, "with the major emphasis on NCAA Division I in basketball and Division IAA in football."

Florida A and M, which has been a member of the Southern Intercollegiate Athletic Conference, last year won the national football championship in Division IAA.

During the one-day meeting at Hollywood's Diplomat Hotel, Free said, "A committee was appointed for a future meeting to further define and institute procedures related to the proposed new conference. Following this, plans will be submitted to the president and chancellors of the member institutions for their consideration."

The four MEAC schools were joined by the Hollywood conference by representatives from five SWAC institutions.

In addition to Grambling and Alcorn, Jackson State, Mississippi Valley and Texas Southern were represented.

Florida A and M, longtime SIAC members, also had a delegate on hand.

Willie Stargell, Pete Rose contribute to O's wives' Children's Hospital auction

Baseball superstars Yogi Berra, Bert Campaneris, Steve Garvey, Pete Rose, "Catfish" Hunter and Willie Stargell are among those donating their autographed gloves, bats, balls and other baseball mementos to the wives of the Baltimore Orioles—all to benefit The Johns Hopkins Children's Center.

Tickets to the sports auction, picnic and the Toronto Blue Jays game on Saturday, June 30 can be purchased through the Orioles' wives' office at the Children's Center at (301) 955-6768. The auction and picnic begin at 4 p.m.; game times is 7:05 p.m.

Other items to be auctioned off will include some for the less sports-minded, including a quilt made by the wives and a rug made by the young patients at the Children's Center.

While bidding on the items, participants will be treated to Dixeland band music and a picnic in the ballpark with the Orioles, their wives, and local celebrities.

Willie Stargell his glove available

The wives, whose annual benefit for the Children's Center has become a Baltimore summertime tradition, are selling tickets for the picnic, auction and game or for the game alone—to help the Children's Center build a new intensive care unit for sick newborns, expanded rooming-in facilities for parents, a pediatric component for the new Heart Center, and more isolation facilities to protect vulnerable children from infection.

To benefit the Children's Center, tickets must be purchased through the Orioles' wives' office, or from seven Equitable Trust locations: 7500 Baltimore National Pike, Cross Keys, Reisterstown Road Plaza, Benfield & Jumpers Hole Road, Golden Ring Mall, Towson Plaza, or Charles Center.

Youth clinic on at Morgan

The National Youth Sports Program, area version, got underway Monday at Morgan State University.

The program, now in its 10th consecutive year on the Hillen Road Campus is open to boys and girls aged 10-18.

Free breakfasts and hot lunches are served to the participants. The program operated from 8 a.m. to 2 p.m.

Monday through Friday.

Mondaysters interested competitions find the opportunity to participate useful.

Further information pertaining to the program is available at Morgan, 444-3050.

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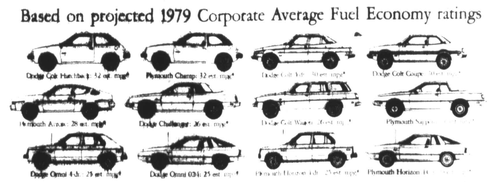

According to the 1979 EPA Gas Mileage Guide, Chrysler has more gas models rated at 25 est. mpg and higher than GM or Ford. (Models counted by make and body type.) Chrysler has 12. GM has 4. Ford has 1.

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Chrysler has 12 models that top every one of GM's new "X" cars.

Chrysler has 5 models that top the gas engine VW Rabbit.

Chrysler has 12 models that top Toyota Celica.

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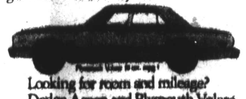

Looking for room and mileage? Dodge Aspen and Plymouth Volare with slant 6-cylinder engine and optional automatic transmission got better mileage (18 est. mpg*) than comparably equipped Granada or Monarch.

Chrysler LeBaron and Dodge Diplomat with optional V-8 and optional automatic transmission got better mileage (16 est. mpg*) than Ford T-Bird and Mercury Cougar XR-7.

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