# School Sports Scene

## Star prep harriers shine in final showdown

STRAINING FOR THE TAPE — With arms and legs pumping, a tired crew of harriers from around the city compete in the MSA individual cross country meets, held last week at Herring Run.

AFRO Photo by Mark Gall

### And the winner was...

LONE SURVIVOR — As this picture graphically illustrates, only one man wins in individual competition. The strongest survivor in this case turned out to be Mervo's Ricky Meekins.

Ricky Meekins

"I won because I ran my race and paced myself to win," said Mervo's Ricky Meekins, who took first place honors last week in the Maryland Scholastic Association individual cross-country championships at Herring Run.

Finishing with a time of 16:31, Meekins beat favorite Steve Levin of Gilman by 6 seconds. Levin, a senior and the top runner at Gilman for the past three years, was favored because of his unbeaten record in MSA competition. His recent performance at the Hereford International was an added reason to expect great things from him.

From the start of the 3.1 mile race it was Levin and Meekins leading the pack, step for step, until the last 150 yards. When Meekins surged ahead of his ace opponent.

Coach Fred Hendricks of Mervo believes that Meekins is a natural and knows when to make the right move.

"Ricky has had a super year and has improved greatly," Hendricks said. "He has a strong kick and is always in the race."

Hendricks said that the star runner made him nervous only once during the race, and that was at the end when he was jumping with joy, the last 25 yards.

"I was afraid that he was going to trip and fall and lose the race," smiled the coach.

Overall, the Mervo team finished with a 4-2 season record, and Hendricks expects his team to be in the top again with runners like Steve Williams, Kirk Washington, Paul Brown, Mike Casley, Floyd Simmons, Jerry Harris and, of course, Ricky Meekins.

TOUGH WILDCATS — This squad of runners ran over their "B" conference competitors as they captured that division's cross - country championship. They include, (L to R); kneeling — Eric Stewart, George Turner, Thomas Battle. Standing — Coach Larry Brown, William Stokes, Johnny Clinton, Daniel Mellerson, Glenn Redd, and Antonio Carter. Missing from the photo are Desmond Taylor, John Hawkins and Michael Lee.

AFRO Photo by Mark Gall

### Carver J.V.'s take "A" championships

Carver's junior varsity cross country team scored a double victory beating powerhouse St. Joe, 31-34, for the "A" Conference junior varsity title and by pulling a first - place spot in the overall team scores for the MSA individual meet at Herring Run, led by Allen Washington, who placed second.

After racing to four consecutive "B" titles and maintaining a 42 - 0 record during those four years, Bear coach Walter Cole expected a tough time as they were moved up to the "A" conference.

"Our hardest races were against Gilman, whose varsity team took the "A" championship and against Poly who we beat for the first time in the school's cross country history," stated Cole.

"In moving up, I chanced our training program, adding more distance and hill running in Druid Hill Park, our training ground."

The backbone of the team, made up of tenth graders and first-time runners, was co-captain Duane Davis, aided by William Fisher. Both David an Fisher finished in the top three in most of the team meets this year to help the Bears keep a 6-0 record.

Coach Cole, who led championship teams at Dunbar in the 1960's, hopes to lead Carver to its first varsity "A" championship in 1981.

Cole and his runners know it can be done.

CROSS - COUNTRY KINGS — The victorious "A" conference cross - country team of (Jayvee) pose for a rare shot of them standing still. They include, Standing (L to R): Duane Davis, (co - captain); Anthony Garden, William Fisher, (co - captain)· Vincent Delaney, Kneeling — Manager L. Ga'i, Richard Carter, Vincent Brandon, Reginald Robertson, Kendall Blackston, Bryant Fitzhugh, Allen Washington, Norman Briscoe, and coach Walter Cole.

AFRO Photo by Mark Gall

GRID CRUNCH COMING? — Southwestern's No. 41, Todd Sherrill, prepares to meet the crunching tackle of Northwestern's No. 80. Despite Southwestern's homecoming day loss to the Wildcats, Sherril was named the outstanding player in the game.

AFRO Photo by Mark Gall

### Junior mustangs make it four in a row

By Mark Gall
AFRO Staff Writer

Outscoring their opponents 218-26 this year, and finishing out the year with a 9-0 record, Mervo's junior varsity team managed to win the MSA "B" title this year with relative ease.

The win gives the Mervo junior varsity its fourth consecutive championship year, with the team coming in as champions or co-champions.

"The secret to the program is having excellent kids who want to play football," Coach Elmira Dizer told the AFRO. Dizer, who has headed the team for the past five years, said that "some kids have the attitude that if they can't play varsity, they don't want to play," but stressed that that attitude was self-defeating and was not a part of the Mervo team.

Dizer pointed out that few if any players on the junior varsity level have ever played football before, and that it takes some time to work with them and groom them for future varsity work. Only four of his 42 players came to the team with any prior experience.

"I had played during each game."

"But," Dizer added, "everyone also helped carry water, and bring team benches out on the field for the visiting team as well."

Dizer said that not even the manager was elevated to a position too lofty: he had to keep track of the balls and statistics.

Assisting Dizer was Dwight Evans, a math teacher at Mervo who never played football but who wrestled while at Douglass and at Morgan State.

"I believe that our two quarterbacks, Troy Franklin and Pathloris Prioaleau did a good job this season as well as the whole team," said a pleased Dizer.

### A fan gives tribute...

During the recent "Push for Excellence" contest at Northwestern, students were required to write essays on "Wildcat spirit."

Out of all of the entries submitted, 10 were finally chosen as the most promising examples, and manager of the school soccer team. Marguerite Bellamy, submitted this poem which earned top mention.

**Empty,**
soft and peaceful with the orange casting out creating an air of serenity.

The morning chill forces you to shiver as you creep across in the fetus position, aware that if you let go, cold will crawl unto you.

The day has come, alas and you are able to let yourself go,
For it's time to play.

They run, flip, and jump with their blue and white outfits like masters of the fields.

The moment of determination has come for all bones and muscles are ready. All bodies are erect and eyes are piercing the opposite team.

Shrieeeeek! Shrieeeek! Masculine figures howlering, striving, thinking, and to add to their spirit, the manager and onlookers scream, "Go, wildcats! Go wild . . ."

Smiling faces melt like iron in flame for time has rewarded them, but tired them.
Sweat rolls down their bodies as they struggle to be winners.

Shrieeeek! Shrieeeek! Hallelujah!
They're the champions.
They represent strength, power and glory
For they are the team of Northwestern.

They are my inspiration and to our school they define our school motto with proudness and excellence.

They are the wildcats!

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# OPPORTUNITIES

The Afro American
WEEK OF NOVEMBER 22, 1980

## Focus on nursing as a career

### 250,000 nurses will be needed

WHILE STUDENT nurses at Bon Secours Hospital in Baltimore, Mrs. Marie Dixon and Miss Marietta McCormick, practice blood pressure taking methods.

According to the American Hospital Association, there is an urgent need in the United States for 250,000 additional nurses who are professionally prepared to meet the challenge of providing competent nursing care.

These qualified professional nurses are needed by 1985 in order to maintain the present quality of health care in this country. This is a 25 percent increase.

At The Union Memorial Hospital School of Nursing, men and women are being prepared to help meet this need in a 32-month diploma program.

The Union Memorial School of Nursing has established traditions of high educational standards and has provided leadership in meeting the nursing care needs in the Baltimore community since 1980.

A valuable component of the nursing program at Union Memorial is the integration of text book theory with nursing action.

Education becomes more meaningful as academic instruction, including college courses, is blended with extensive clinical experience at Union Memorial Hospital, Johns Hopkins Hospital, other area hospitals and health care agencies.

One measure of achievement for UMH nursing graduates occurs after graduation.

They, along with all nursing graduates, are required to take the licensure examination to qualify as registered nurses. Diploma graduates achieve the highest mean scores on four of five tests administered according to the American Journal of Nursing.

The Union Memorial Hospital School of Nursing graduates ranked among the best in the Maryland on state licensing examination in 1979.

Another measure of achievement is the highly positive evaluations of UMH nursing graduates by hospital administrators.

At The Union Memorial Hospital School of Nursing, men "Learning to be one of the best" is more than a theme, it is a goal to strive toward.

The student body, comprised of students of varying ages and backgrounds, finds it is never too late to start a new career or change careers in mid-stream.

The nursing profession needs bright capable people who receive personal fulfillment from caring for those who cannot care for themselves and who are willing to work hard for goals which include a professional career with status, mobility and opportunity.

If you think you can meet the challenge of nursing in the 80s, call The Union Memorial Hospital School of Nursing at 235-7200, Extension 2647, for further information and an application form.

Admission requirements include high school diploma or G.E.D., S.A.T. or A.C.T. Test and pre-nursing aptitude test administered at Union Memorial.

A high school background in algebra, biology and chemistry is recommended.