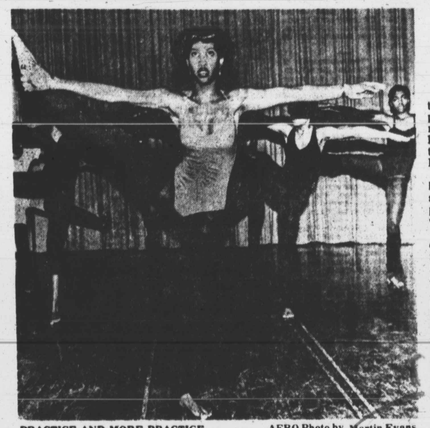
Scholastic Sports Scene

The AFRO checks out Eastern High's athletes



PRACTICE AND MORE PRACTICE — Antionette Booker leads Eastern's dance club in a tune-up, and looks forward to Sunday's dance symposium, to be held at Lake Clifton.

AFRO Photo by Martin Evans

Eastern women soar over Knights, 58-37

"We're going to skunk them" was the boastful prediction of Knight reserve guard Angie Dukes the day before their meeting with Eastern last Thursday.

"The score is going to be ninty-three to two," she teased. Her prediction proved to be well founded.

City College High continued its "gentle rivalry" with Eastern last Friday, coming away 58-37 winners.

"I would say it is a friendly rivalry, but each team goes out and tries to win," City College coach Sue Young said of the ongoing competitiveness which exists between the schools perched atop neighboring hills in East Baltimore.

Thursdays game began slowly and loosely, as both teams had trouble hanging on to the ball. Turnovers dominated first quarter play and the Knights only managed an 8-4 lead.

City gelled first, however, and they pulled away in the second period. Kim Jefferson, who scored half her team's first quarter points, added six more in the second and the Knights spurted to a 32-14 half time lead.

The two teams played fairly evenly throughout the second half. Eastern's Karen Harvey, who has been working at getting her shots off quicker with less dribbling, threw in nine third quarter points. Her effort was wasted though, and the game proved out of reach.

The physical proximity of the two schools made for an evenly divided crowd. Cries of "lets go Eagles" were matched with shouts of "come on Knights."

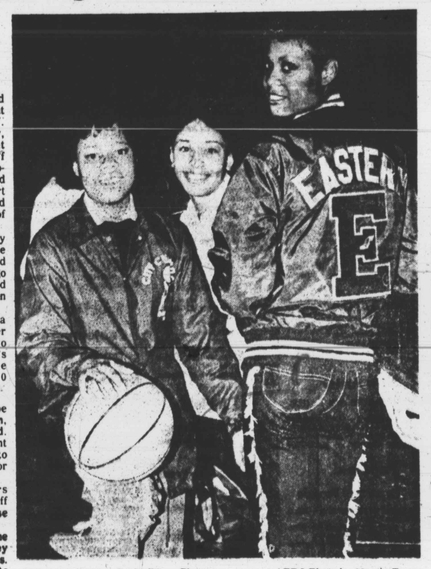
Eastern is in a rebuilding year after having lost all but two starters from last year's squad, and have managed but a 2-10 record.

"Next year should be better," Mabel Wilson, the Eagles coach said. She expects to have eight of her players return to varsity competition for the 1982-83 season.

The Eastrn players seem to take their off year with a mature sense of patience.

"We just play for the fun of it," Karen Harvey said after the loss. Mrs. Wilson says if we want to win we have to do our best."

That is what winning is all about.



BALL-HAWKING EAGLES — These three young women, Karen Harvey, Caroline Gibson and Connie Watson take to the courts for Eastern High. Karen lit up 15 points, including nine

AFRO Photo by Martin Evans

in the third quarter, but it was not enough to overcome visiting City, which took a 58-37 victory last Tuesday.

City High school studenzs receive no credit for dancing, but do it "for the experience."

Eastern's dancers toe-up for city symposium

Antionette Booker, a stunning young woman with a compact, athletic build, has been dancing "since the third grade," and is the most experienced performer on Eastern's dance club.

"I love it,"

Latshaw Thomas, a freshman, danced in the fourth and fifth grades, and began again in the ninth.

"I just wanted to dance."

Young women such as Latshaw and Antionette will gather from the corners of Baltimore Sunday afternoon, converging on Lake Clifton's auditorium on the Eastside campus at 2:00 pm to participate in a dance symposium titled "A Calendar Spectrum through Dance."

Using skills honed by months of practices, schools dance to themes derived from dates in the calendar. Dunbar High will choreograph Martin Luther King's birthday, and Patterson will dance to a Christmas eve theme.

Dancers are athletes in every sense of the word. Stamina and flexibility are essential to their art, and the women have worked hard to polish their performing skills. They are looking forward to their moment in the sun.

"We'd like a packed house," Eastern's coach Joan Stukes exclaimed, beaming with enthusiasm.

Lenore Dawson also is looking forward to the symposium and to continuing her experience because she likes "all kinds of dancing."

"I plan to come out again next year," she said.

Eastern boys sunk by foul shots

"If we win seven in a row we are in the playoffs," Eastern's coach Don Wade said. "If we lose one of the seven we are out of it."

Wades voice was grim. And ugly. And bitter.

Eastern lost a tough one at Gilman Wednesday afternoon, seriously threatening their playoff chances. But Wade was furious at the officials, not his team.

The men in the zebra shirts sent Gilman to the charity line for 39 foul shots, while only granting eight to the visiting Eagles. Gilman converted on 23 of them, more than making the margin in the 73-61 victory.

Wade was incredulous.

"There is no way they can play man-to-man for almost the whole game without giving up more than eight foul shots," he fumed. "We didn't shoot one-and-one all game!"

Wade said his teams have always had problems with the officiating when playing at certain schools. He mentioned Gilman and St. Paul.

"The officials are buddy-buddy with the coaches," he continued, storming. "They are just trying to protect their little white boys."

Gilman is a private school with a high tuition and a largely white student body and team.

Before their last game Eastern was 5-2 overall with a 2-1 conference record, and were going well in their first year of varsity play. Some of the players even had begun to mention the word "championship."

But championships have a way of slipping away from even the best of teams, as the Eagles avian neighbors across 33rd St. can attest.

Indeed, their early success may have been a mixed blessing. The team has come to rely on a run-and-gun offense, an addiction which frequently proves fatal when confronted by good teams, which pounce on mistakes.

Even during their practice Monday they were guilty of turnocvers on the simplest of plays, and layups frequently rolled off the rim. The team evidenced a lack of concentration on the basics.

"The hardest thing to do is to get the guys to mesh together," Wade said in his West Virginia drawl, as he stood frowning on the sidelines.

EASTERN'S CHANCES DIMMED — Eastern's hopes for post-season play were dealt a serious blow Wednesday as they came out on the short end of a 73-61 score, falling to Gilman. It was a low blow, some said. Host Gilman enjoyed a wide edge in trips to the foul line, 39-8. Teammates Tony Cottrell, Tim Parsons, Daren Green and Melvin Horsey face an uphill battle, but can play themselves into the post-season with a 7-0 record down the stretch.

AFRO Photo by Martin Evans

Ailing athletes focus of sports medicine

"I went up for a rebound and when I came down I just fell," the tall, attractive young woman said. "It felt like it was broken."

Connie Watson, a center for the Eastern High School girls basketball team, pulled a hamstring muscle in her long left leg while playing in a game against Carver two weeks ago, putting her out of action for at least three weeks and introducing her to the world of sports medicine.

Although this area of medicine has been around since the 1960s when professional athletics joined big money with big sports, the recent general interest in physical fitness has attracted medical attention to the problems faced by amateur athletes at all levels, including those involved in scholastic activities.

"It's tough to tell if you've sprained an ankle, or have torn a ligament or chipped a bone," Niel MacDonald said as he sat on a knee exercising machine, one of an impressive array of equipment which furnished the clinic room.

"Lasting pain isn't normal and should be checked out," he said in a professorial tone.

MacDonald is a physical therapist at the sports medicine clinic at Union Memorial Hospital, on University Parkway in E. Baltimore. The clinic is involved in counseling the physical education departments of the city's schools in ways of avoiding sports-related injuries.

In general, there are two types of injuries faced by athletes; trauma-related and overuse injuries.

Trauma-related injuries are created suddenly, caused by a blow or a twist, or other mishap.

Overuse injuries are created over a peroid of time, and preventable factors, such as inadequate overall conditioning, poor daily preparation and taking too much activity too soon contribute to their occurence.

"We can eliminate the overuse problems," MacDonald said.

Actually, proper conditioning and good prepatory habits play a large role in the avoidance of both types of injuries.

n If the body is kept in condition through regular activity, it has the chance to develop strength where needed and is harder to "suprise" with a sudden pulse of activity. Many overuse injuries occur upon returning to strenuous activity after a period of relative idleness.

Since joints are supported by the muscles, evenly-developed strength also makes the joints less vulnerable to certain trauma-related injuries such as twists and hyper-extensions.

MacDonald recommends all stay in shape in and out of season with a program combing strenuous activities that strengthen the muscles and circulatory system, such as swimming and basketball, with stretching exercises to keep the muscles flexible.

Connie Watson has taken advantage of some of the techniques developed in sports medicine programs like the one at Union Memorial.

"I get treatments three times a week, and exercise it," she said recently.

Cage Polls

BOYS	
1. Calvert Hall	20-0
2. Dunbar	17-0
3. Annapolis	13-0
4. Lake Clifton	10-4
5. Cardinal Gibbons	20-3
6. Walbrook	13-5
7. Andover	11-3
8. Aberdeen	9-2
9. Mount St. Joseph	10-4
10. Woodlawn	11-3
GIRLS	
1. Towson Catholic	24-1
2. Walbrook	10-1
3. Old Mill	14-0
4. Mount Hebron	13-2
5. Archbishop Keough	6-3
6. Brooklyn Park	10-1
7. Western	9-0
8. Fallston	11-1
9. Andover	8-3
10. Dulaney	9-1

Basketball Rec League Meeting

The Organizational Meeting for the Baltimore City Bureau of Recreation will be held at Memorial Stadium in the "Bird Feed Room" on the following dates and times: 12 and under, Monday, Feb. 8 at 7 pm; 14 and under, Monday Feb. 8 at 8 pm; 16 and under, Tuesday, Feb. 9 at 7 pm; 19 and under, Tuesday, Feb. 9 at 8 pm; unlimited, Tuesday, Feb. 9 at 9pm.

Additional information can be obtained by calling 396-1537.

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The school is located at 9505 Harford Road, Baltimore, Maryland, 21234. For information, call 882-5080, from 8:00 A.M. to 4:00 P.M., Monday thru Friday.

33,500 bowlers arrive for Bowling Congress

More than 3,000 bowlers from across the nation and several countries will grace the City of Baltimore between Feb. 6 and May ay to attend the American Bowling Congress.

Bob Ferguson, president of the 22,500-member Greater Baltimore Bowling Association, told the AFRO the bowlers, all of whom are men, are coming from almost all of the nation's 50 states plus Puerto Rico, Japan and Canada.

The congress and its attending bowlers will have a ?? ?? welcomed economic impact on the city, he said.

.s??d ?-

A bowler for about 20 years, Ferguson is the assistant director of Relocation Operations for the city. He said 40 new bowling lanes have been built by local carpenters and mechanics to accomodate the influx of bowling enthusiasts.

Bob Ferguson

Constructed at the Civic Center, the lanes were completed in three weeks, he said. The event begins noon Saturday and the official opening of the extravaganza will be at 8 p.m. the same night.

A successful bidding process, due in part by the support of Mayor William Schaefer and Wayne Chappel, Convention Bureau chief, was responsible for the American Bowling Congress choosing Baltimore as its 1982 location, Ferguson said.

Congress official, Bill Brooks, moved to Baltimore last June and will live here until its end in May. After a two or three week rest, Brooks will move on to Niagra Falls, N.Y. to prepare for the 1983 Congress, Ferguson said.

Some of his duties as president of the Baltimore organization will be to give a welcoming address, man a welcome-information booth, aid bowlers in getting around the city and to insure their successful travel to and from various events sites, he said.

A member of the Greater Baltimore Bowling Association 19 years, Ferguson said he has served in every post the organization has to offer.

Some of his past duties included being lane representative, house director, district vice president, executive vice president and finally president, four years ago.

This is his second two-year term as president, Ferguson said.

TRYING OUT THE NEW LANES — A lone lady bowler, Janet Miller, practices her skills on one of 40 new bowling lanes at the Convention Center, that were built specially for the American Bowling Congress. Five years in the planning, the Congress will award more than $1.3 million in prize money to the most proficient bowlers who grace the lanes.

(AFRO photo by Roman Hankewycz)

Dr. Joseph B. Mason, 95, was a most unusual man

By Bettye Moss

Dr. Joseph Broadus Mason was an unusual, gentleman. He made a great impact on many Baltimoreans.

He died last week at the age of 95 at his home in Atlantic City. Memorial services were held Feb. 6 at Union Baptist Church, where he was a lifetime member.

He willed his body to science, through Rutgers University.

How as Dr. Mason unique?

First of all - for over 50 years - until his retirement in 1972 — he was a chiropodist, (foot doctor), with offices in downtown Baltimore, first on Liberty St., and later at 202 W. Clay St.

He set up practice shortly after finishing Howard Academy, now Howard University, in Washington, where he played football and sang on the choir.

Foot powder

But he did not confine himsel to simply treating feet. He made his own foot oils and powders, among them one he called, "Dr. Mason's Idrosene Foot Powder."

His ability to provide care for his patients - with special powders - attracted a large clientele, including VIPs and public officials. He made and sold special shoes and arch supports for customers.

He was unusual because he was an early proponent of health foods. AFRO files show that he opened his own special food store in the 30's, selling mayonnaise and wheat bread he made.

Daughter, Ruth, (now Mrs. James T. Dorsey), recalled this week how she and her sisters helped their dad measure and stitch the orthopedic shoes, and how they took special courses in physical therapy as he did.

In addition, the Mason daughters also operated a beauty shop in the Clay St. building near dad's office.

Health foods

Dr. Mason was unusual because he did what he thought was best in the interest of health for himself and others.

When the Mason girls were growing up with us in high school, he sold the house where they lived at 305 Pressman St., in west Baltimore, and bought a farm in Randallstown on the site now known as the Randallwood Development.

There, he raised the health foods which were his regular diet all his life. In a 1937 interview with this newspaper's Art Carter, he said he eat potassium salad and nuts — mixtureof carrots, spinach, celery and parsley — with the raw nuts on the side.

Tea, coffee, alcoholic beverages and sodas were on his forbidden list. He never smoked. For fluids he relied on fruit and vegetable juices.

Until he was run over by a car a year ago, he was never sick a day in his life, a daughter recalls.

For recreation, he enjoyed contract bridge. At one time, he was president of the Nicholson Card Club, an old Baltimore group.

Dr. Mason was unusual, also, because he was about the business of walking and keeping trim years ago. It was his routine to walk to his office to take regular exercise.

In Marathons

Annually, he participated in the Health Week Marathon sponsored by the Baltimore Urban League.

In one AFRO clipping, then Urban League director, the late Edward A. Lewis, had sought to discourage his participation because he was past 50.

He remained in the race in 1939, finishing last in a field of 15 starters, and continued to participate each year.

Dr. Mason was unusual because he stuck to his beliefs. Another AFRO file shows him seated at an Urban League banquet, eating the dinner he brought - grapefruit, lettuce, carrots, spinach and celery, and dates for dessert!!

He was independent and supportive of causes for advancement of his community.

For freedom

A March 1964 AFRO file photo shows him marching — in shorts, jacket, and bow - tie in a drive for human dignity for Baltimore. Signs showed marchers with wife who survives. Lower left, eating his hand-prepared vegetable dinner at a Tab Baltimore Urban League banquet in the 40s. Right, 1939 photo of him running in the Baltimore Health Week Marathon. He ran entire route at age 53.

UNUSUAL MAN — Dr. Joseph B. Mason, famed Baltimore foot doctor, health food expert, dead this week at the age of 95, is shown in AFRO file photos. Top, he is pictured walking in demonstration for human dignity in Baltimore in 1964,

closed to blacks. And, if you knew the Mason girls, you stood a chance of getting in at reduced rates when you accompanied them.

Relatives report that in his later years, Dr. Mason helped provide meaningful help to relatives who had health problems - like a grandson who is a double amputee Vietnam veteran, and another grandson, whose childhood illness restricts his activities.

Eugene S. Roberts, the Social Security employee, and Norman V. A. Reaves, the city councilman, are living proof of Grandpop's encouragement.

Dr. Mason's first wife - Mrs. Sara Boling Mason, died in 1942. He is survived by his second wife, the former Marie Burndt.

Other daughters, in addition to Mrs. Dorsey mentioned above, are Dr. Lucy M. Jones, a Baltimore chiropodist; and Mrs. Margaret M. Klain, and Mrs. Sara Hutchins of N.Y. Seven grand, and 27 great- grandchildren also survive.

Derland Park, an amusement place located in Westport.

It was a popular recreational area, because in those days similar rec places were

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