SURGEON GENERAL'S WARNING: Smoking By Pregnant Women May Result in Fetal Injury, Premature Birth, And Low Birth Weight.

16 mg. "tar", 1.1 mg. nicotine av. per cigarette, FTC Report Feb. '85.

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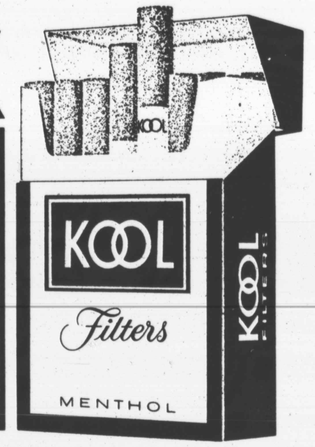

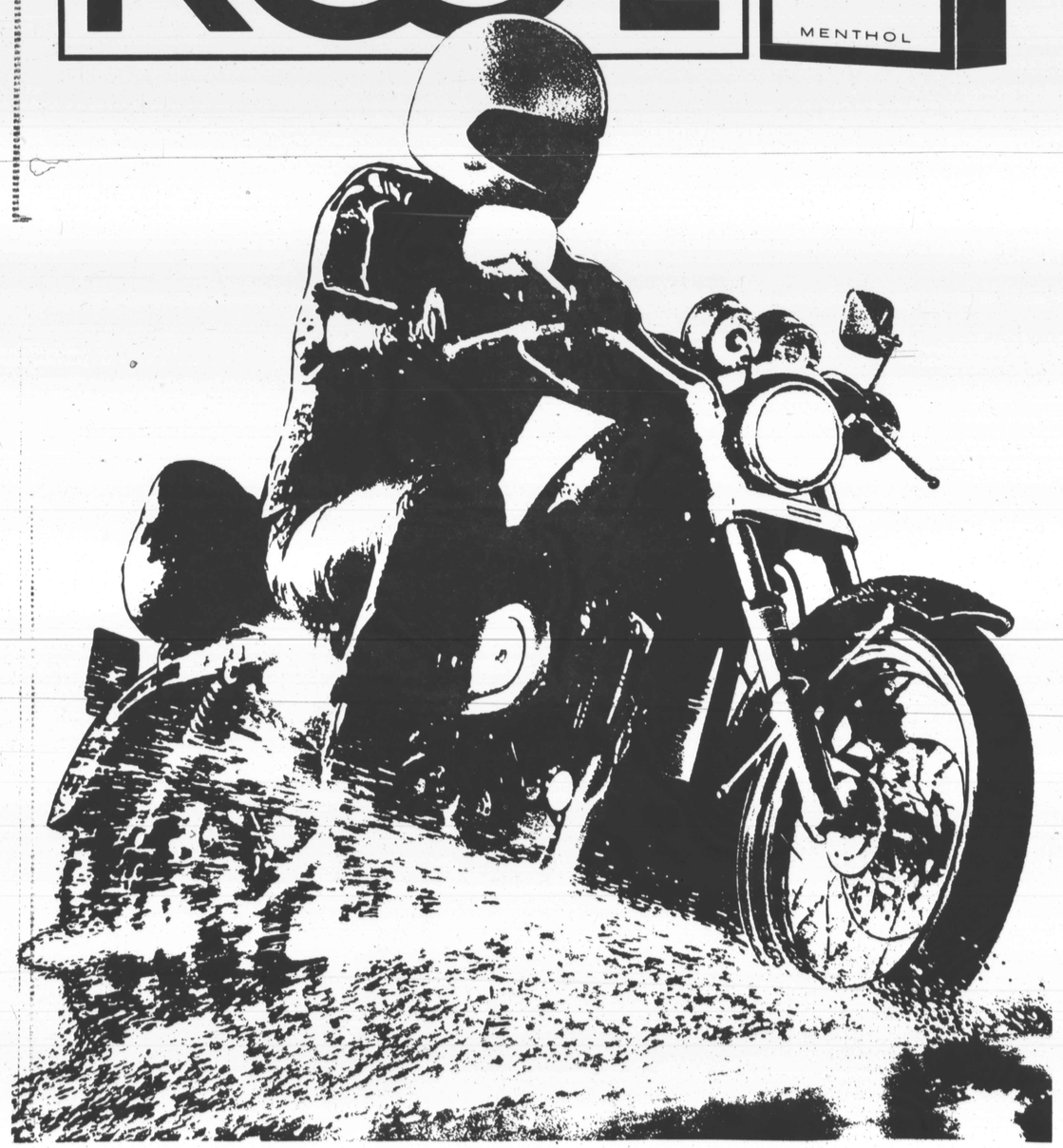

Mervo captures Carver Relays team crown; Poly tops Western

In one of the best Carver Relays ever, Mervo, always known for its distance skill, showed tremendous sprint strength by finishing a close second in the 400 meters sprint medley, and 1600 meters relays to capture its second team trophy in five years, last weekend.

The Mervo unit also broke the distance medley record with a tremendous anchor 1600-meter leg by Eric Scott while Southern broke the 400 meter record established by Walbrook in 1981.

— —

In the girls' division, Poly pulled off the upset of the decade dethroning powerful Western, the winner over the last five years.

The Poly girls won every relay except the distance medley where they pushed Western to a new meet record of 14:27.

Carver's young women also showed potential in the sprints and middle distances, taking three third places.

The field team, moreover, virtually demolished the competition in the shotput and discus.

Yolanda Mitchell and Veronica Perkins were outstanding in the Carver effort.

— — —

Varsity team scores were: Mervo 94, Carver 64, Forest Park 38, Southern 31, City 24, Douglass 24, Edmondson 15, Lake Clifton 13, and Dunbar 3.

Girls' teams finished: Poly 64, Western 44, Carver 40, Dunbar 20, Eastern 20, Mervo 19, Walbrook 17, Lake Clifton 14, and Douglass 6

HACKERS' CORNER by Don Haskins

The types of balls commonly used were discussed in last week's Corner. Today, let's look at club availability.

The most important aspect of the golf club is the shaft. The golf shaft is made of numerous steel alloys and Graphite.

Steel shaft

The steel shaft is marketed in Whippy, Regular, Stiff, and Extra Stiff flexes in addition to a myriad of variations being made possible by simply adjusting the length of the shaft and the depth at which the shaft is inserted into the head of the club.

The "Whippy" of "A" shaft is noted by its pliable shaft, one that has the effect of providing a "kicking momentum" to the club as it enters the hitting area with a minimum of effort required.

The "Regular" shaft is a firmer action with the flex point closer to the clubhead and is suitable for the greater majority of players below the "A" flight category.

The "Stiff" shaft provides no aid to the golfer in the acceleration of the club and should be used by only players agile and demanding enough to appreciate and maximize the inherent control and feel possessed by the shaft.

The "Extra Stiff" shaft is suitable for only the strongest and most discerning player and is by far the most difficult of the shafts to swing and control.

Graphite shaft

The "Graphite" shaft is a man made fiber which has grown in stature because of its reputed overall lightness and strength and carries a fairly healthy price tag as compared to metal alloys. Graphite shafts are available in all gradations of shaft flex and an investment into its purchase should be founded on knowledge not whim.

Golfers, in far more cases than is reasonable or logical, play a given shaft- a stiff shaft in most cases- because they find it flattering to the ego despite the less than satisfying result of hitting the ball inconsistently. These same golfers are purchasing clubs every year in search of the magic formula when, in fact, the answer is quite simple; they are using the wrong shaft.

Recommendations

Seniors are susceptible to loosing length and strength in their turns away from the ball due to declining muscle suppleness and should utilize the "kick giving" qualities of a regular shaft.

Golfers prone to persistent hooking, who are confident the problem is not faulty alignment or grip, should seriously consider employing a stronger- stiffer shafted club.

Beginning female and junior golfers should use the "whippy" shaft since they have not learned the coordinated movements of the feet, hands and body. This shaft is an excellent training aid in that it can be utilized by both sexes in fostering club head awareness and control.

MEAC tourney opens with Bison favored

GREENSBORO, NC — Many players who starred at Greensboro and surrounding high schools will be performing during the 1986 Mid-Eastern Athletic Conference baseball championship scheduled for this weekend at Fairchild Stadium in Burlington, NC, 20 miles north of Greensboro.

Chuck Hinton
Howard baseball coach

But major attention will be given the Howard University nine under former major league star Chuck Hinton.

The Bison's James Baynes, who played high school ball at Grimsley High here, is currently batting a lofty .350.

In nine MEAC tournament games, Baynes has batted .324 (12-37), with four home runs and 15 runs batted in. He played shortstop last season, but is covering first base defensively this year.

Brent McCoy, who now lives in Greensboro, but played ball in Teaneck, NJ, has taken over at short stop for the Bison.

Moreover, two of the best hitters in the MEAC this year are Howard players Gary Hayles, batting a hot .454 average; and catcher Erik Nelson, who has a .408 average with six home runs.

* * *

The host A&T Aggies also have a D.C. connection in Tyrone Gorham who played at Dunbar.

Bethune-Cookman College is the defending MEAC champion. Other participating MEAC members include: Coppin State, Delaware State, Maryland Eastern Shore, Morgan State, and NC A&T.

The championship will be played on Saturday.

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SPORTS AFRO

MD benefit golf outing set Monday

The Supreme Forest of the Tall Cedars of Lebanon will host a day of golf at the Mt. Pleasant Golf Course on Monday with all proceeds going to research for the Muscular Dystrophy Association.

In appealing for community support, the order presents this format:

1 — Golf Outing PARTICIPANT: As a participant in the "First Annual Golf Outing" $50 registration fee will include: green fees, golf cart, snacks and soda, awards, door prizes, and lunch. We can't guarantee a great score but we can guarantee a great time.

2 — Golf Outing PATRON: Become a patron of the day's activities by purchasing an advertisement in the Golf Outing Program. ($100 = full page, $50 = half page, $25 = quarter page)

3 — Golf Outing SPONSOR: For a $25 donation you, your business, or your employer can sponsor a tee or green. Your name will be appropriately displayed by the tee or green of your choice.

4 — Golf Outing CONTRIBUTOR: Everybody is a winner when they help MDA. You can help make the day's events a memorial time for all by donating an item to be used as a door prize.

All donations to MDA are tax deductible.

Week in boxing

April 11 at Melbourne, Australia — Barry Michaels vs. Lester Ellis, 15, IBF Junior lightweight title.

April 11 at Las Vegas, Nev. — Fred Pendleton vs. Shelton LeBlanc, 10, lightweights.

April 12 at Long Beach, N.Y. — Mark Breland vs. Darryl Anthony, 10, welterweights.

SOMETHING SPECIAL — "To win this tournament means a lot for any golfer, but for a black to win it would be something very special." That was the sentiment of Jim Thorpe as he — along with Calvin Peete — prepared for Thursday tee-off in the Masters at Augusta, Ga.

Lenny Moore sets workshop to warn on alcohol, drugs

Lenny Moore, former star Colt running back, Teen Advocate and Special Projects Coordinator for the Maryland Juvenile Services Administration will conduct a workshop on issues for the athlete at the second annual Maryland State Alcohol and Drug Abuse Prevention Conference, Saturday at the BWI Holiday Inn, Linthicum.

The workshop will delve into the problem of drugs in sports, which has become a social, as well as an industry issue. Joining Moore to conduct the workshop will be former college All Star Lance Williams.

* * *

"WE ARE THE WORLD: Prevention Challenges For The Future" is the theme for the statewide conference. Other scheduled workshops will focus on such topics as drinking and driving; prevention on college campuses; children of alcoholics; and stress management techniques for youth and adults.

The Alcohol and Drug Abuse Prevention Office of the Maryland Department of Health and Mental Hygiene will sponsor this second annual conference.

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