The Register, 1983-11-15

North Carolina Agricultural and Technical State University

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Political area has not seen the last of Johnson

“I have no remorse from the outcome of the elections,” he said. “I feel good, but I would feel better if I had won.”

Johnson said it was important to get Blacks on the agenda for the mayoral candidacy, even if he did not win.

“We had never been considered before. Now we can no longer be swept under the rug. We will now get some consideration; minorities can be elected,” he said.

He said low voter turnout and financial problems contributed to his loss in the race for mayor.

“Unless I received 70 percent of the Black vote I knew I would not win,” he said. “Only 29 percent of the registered voters turned out.”

Johnson said he spent Johnson, page 2

Tom Gilmore

Gubernatorial candidate speaks

MICHAEL THOMPSON
Managing Editor
North Carolina gubernatorial candidate Tom Gilmore stressed how “you can make a difference” as he spoke at the Young People’s Democratic Club meeting Monday night in Memorial Student Union.

“It’s time to set personal goals for the state. Today’s decisions are best determined by goals of tomorrow,” he said.

He asked members of the audience a series of questions pertaining to state problems and urged them to devise solutions.

“Why do we have the lowest industrial wages in the nation? Why do we have 500,000 adults in North Carolina who can’t read or write at basic elementary levels? Why do we have the highest infant mortality rate? The sixth

Leak and Pinnix
Players turn professional

By GINA E.E. DAVIS
Associate News Editor
Two members of the Richard B. Harrison Players have left A&T’s stage to perform professionally for John Amos Productions, according to Dr. G.C. Flowers, II, director of the Theater Department.

Junious Leak, who received the best actor award for his portrayal of Reuben in Zooman and the Sign, and Arnold Pinnix, who received the best supporting actor award as Gellow in Purlie, in the first Paul Robeson Academy Awards, were chosen by the Atlanta-based company to perform in Emperor Jones.

John Amos, who portrayed the father “James” of the Evans family on “Good Times,” which is now syndicated, will take the lead role. Pinnix will understudy Amos, learning his lines in case Amos cannot perform.

Leak will perform as the witch doctor.

Flowers said Cornel Majjeska, a representative of John Amos Productions, was looking for actors. Majjeska was told to get in touch with Flowers.

Flowers invited Majjeska to come and see Ceremonies in Dark Old Men. He saw the play on opening night.

On the final night, Majjeska had contracts and tickets for Leak and Pinnix for Mississipi.

When they arrived in Meridian, Miss., John Amos Productions provided them with cars and living quarters.

During their 26-week tour, they will earn between $350 to $600 per week. Sometimes after Thanksgiving they will be performing in Norfolk, Va. Flowers said he will go to see them.

Pinnix is on call back for Bojangles by Sammi Art Williams, but a contract has not been signed, Flowers said. After this tour, they have a chance to work with James Earl Jones.

“Many actors have no experience in their own state,” Flowers said. “Many actors have no experience in their own state.”

Flowers said people are calling his department looking for actors, theater managers, technical directors and all other facets of the theater.

Many of these opportunities are a result of the theater crew going to the Kennedy Center for Zooman and the Sign by Charles Fuller.

Flowers said people are beginning to realize that A&T’s theater department is comparable to other schools.

Since going to the Kennedy Center, the theater department has increased from nine students to 33 students and there is a new program that offers a master’s of arts in Afro literature with a concentration in theater.

The Aggie mascot amuses Aggies throughout the football game Saturday. See other photos of the classic on page 7. (photo by Phil Powell).
How has high tech affected Blacks?

Corporations and politicians alike have been feeding us a heavy dose of "high technology palliative" in recent years. Many leading Democrats, including neo-liberals like Massachusetts Senator Paul Tsongas and presidential aspirant Gary Hart, have claimed that the rapid expansion of high technological firms would resolve many of America's long-term economic problems. But let's try to violate the political rhetoric from the harsh realities.

How has the high technology and computer boom affected Black workers? Labor force statistics indicate, first, that most Blacks perform at low-skilled positions in high-tech firms. Blacks are almost never hired as managers, but as low level operatives and clerical workers in such companies.

Second, racial and sexual segregation is already an organic part of high tech manufacture. Today, whites comprise over 96 percent of all professional and managerial positions in high tech-related firms, such as insurance, computer, and banking. Women and nonwhites total over 90 percent of the operatives and clerical workers in these companies. Despite industry claims that high tech could generate a huge demand for skilled workers, most political economists predict that high tech will create only 900,000 new jobs over the next ten years. And, because the vast majority of these new positions will be clericals and operatives, Blacks and Hispanics now entering the field won't benefit materially.

Third, high technology is rapidly eliminating thousands of jobs every year which were "traditionally" the employment sectors of Black, Hispanic and women workers. Several hundred thousand Black women are currently employed as bank tellers, clericals, keypunch operators, stenographers, etc. Employment in these vocations will drop by at least one-fifth during the next 10-15 years due to the expanded use of computers. Two disturbing illustrations of this dynamic can be cited. One major New York bank recently issued a statement telling depositors below a certain amount that they would not be permitted to see a teller for normal transactions. Instead, customers would transact their business via a bank card machine. This move means that the number of tellers could conceivably be reduced. Since 1970, furthermore, the number of telephone operators has been cut 30 percent, primarily because of the use of computers. Corporate technology promises to slash more jobs in the future.

According to social historian Amy Dru Stanley, "Computers and automated data processors have fragmented and simplified clerical and service work, multiplying the number of low-wage positions."

Secretaries, cashiers, bookkeepers and other low income white collar employees will be affected.

Fourth, American banks have been largely responsible for subsidizing the high tech explosion abroad, which in turn has undermined U.S. jobs. Between 1960 and 1983, for instance, the sale of foreign made steel in the U.S. has expanded from 4 percent to 23 percent. Why? Examine the behavior of ten major banks - Citibank, Chemical Bank, Continental Illinois, Mellon, First Chicago, Wells Fargo, Western Bankcorps, Security Pacific, J.P. Morgan, and Rainier Bankcorps. The pension funds of U.S. Steel and Bethlehem Steel had, as of the late 1970s, a total of $133 million invested in the stock of these ten banks. Using the same deposits, plus those of other American workers, these banks loaned Japanese steel companies more than one billion, 165 million dollars. Japanese steel firms have taken U.S. workers' capital to develop high tech steel production, which in turn displaces the same steelworkers!

The aggressive export of high tech-oriented production facilities by U.S.-based multinationals, combined with the suppression of foreign workers' wages, has sent hundreds of thousands of Americans to unemployment lines. Small wonder that the percentage of foreign made electrical components in the past 23 years has soared from 1 percent to 26 percent; the percentage of consumer electronics, 6 percent to 95 percent; and the percentage of calculators, 5 percent to 45 percent.

High technology could be used to serve the interests of the labor movement, rather than the destructive prerogatives of the banks and the corporations. Technological advances must serve the public policy goal of a full employment at home, combined with the implementation of more effective affirmative action guarantees which advance the interests of Blacks, Latinos and women.

Dr. Manning Marable teaches political sociology at Colgate University. "From Grassroots" appears in 140 newspapers internationally.
Student unhappy with elimination process

The day of our departure, I paid mine, not anticipating that I was going to be eliminated on the eleventh hour before the trip. Strangely enough, no one seemed to know about the exact time of departure among the students, except that we were told to be in the department at 8:00 a.m. on Tuesday, November 8.

On Monday, November 7, I informed some of my instructors that I would not attend classes on November 8 because I would be on that trip and I guess that that was what all the participants did prior to the trip.

At 8:00 on Tuesday (the day of our departure) all those who were going assembled in the department ready to leave. The spirit was high and positive. Can you believe it? We sat there impatiently until it was about 10:00 a.m. not knowing exactly when we would leave. Other students already wished that they had attended the first two classes of the day, say from 8:00-10:00 a.m. had they known that there was going to be such a delay of the trip.

All of a sudden we were asked to go to the car by the organizer. When we got to it, we loaded our baggage. There were 11 people including the organizer of this trip (Dr. Purcell). But, alas! The car could only take nine people. Then the trouble began as to who should not be on the trip and what criterion should be used for elimination. While we were wondering why on earth the organizers chose a small vehicle when they knew the number on the list, Dr. Purcell disappeared from us.

When he returned he came with Dr. Bell, the chairman of the Agricultural Education Department and my advisor on academic affairs. After we had been told to unload the car because not all the baggage could be loaded, then murmur and commotion began. No one seemed ready to accept to remain behind on this trip for which they were prepared at that point. I was as sure as death that I was going. To my surprise, I became one of the victims of the last-minute elimination. If this was a trip to hell, I could have been very happy to remain, but that was not the case. I was told by my advisor that I was eliminated because I was the one to pay the refundable $5.00 deposit.

The other guys who suffered the same embarrassment and humiliation was given the same explanation for being eliminated. I just could not believe my ears.

What I did not understand and I still do not understand about the standard of elimination is the fact that I was number seven on that list of the refundable deposit. Yet out of ten students, number seven to pay the deposit was said to be the last on the list. Even an illiterate person would never have made such a mistake, that number seven was either eight, nine or ten. There was no such a provision also when we paid our deposits. If Mrs. Grandy, the secretary of the Agricultural Education Department, could tell the truth, she can back me up on this fact since I paid my deposit to her as she was responsible for the list.

While I agree that under such circumstances where only eight out of ten could be accommodated in the car, two were to suffer the agony of elimination, I categorically object to the last minute elimination. To spend a sleepless night preparing for the trip and only to reap elimination and miss two classes was disgusting and disappointing to say the least. This should never happen again to anyone.

I maintain that this trip could have been organized better and there would have been no lamentation. If we were told at least a day or two before the trip that there was no room for me, I could have accepted it in good spirit and I would not have missed any classes. Indeed we were taken for granted.

Those of you who might wish to join this trip next year, beware that you do not become victimized in the last minute. It is an unbearable situation to be in.

As a conclusion to this article I would like to dedicate Zeigler’s words to the readers: “The Christian idealist believes that coaches should fulfill the moral and ethical demands of their calling by setting a good example for their charges to emulate. The athlete therefore, should strive for the same perfection we seek on our athletic teams in his or her individual life.”

If as an instructor in the classroom, I preach that coaches should organize their future educational trips well, it would be paradoxical for me not to organize such trips well myself. Moreover, it would be difficult for my students to act according to such a gospel.

SALINE RANQ A BOX 1781 ALEX HALEY HALL

THE NATIONAL SOCIETY OF PERSHING RIFLES will hold an interest meeting on Wednesday, Nov. 16 at 8 p.m. in Room 214 of the Memorial Student Union.

TAU ALPHA TAU, ENGINEERING HONOR SOCIETY will be having a general body meeting on November 17 at 7:00 p.m. in Cherry Hall, Room 308.

Details about fall inductions will be discussed. Please attend.

THE HALIFAX-NORTHAMPTON AGGIE CLUB membership drive ends Thursday, Nov. 17. A meeting will be held in Room 214 of the Memorial Student Union at 8 p.m. Fees may be paid at the meeting. The annual alumni dance tickets will be discussed.

THE BUSINESS ADMINISTRATION ASSOCIATION -IN CONJUNCTION WITH- MODEL UNIQUE INC. will be holding a Fashion Show-the theme: The Executive Showing on November 18 at 8:00 p.m. in the Student Union Ballroom.

Tickets in advance will be 75 cents.

Great American Smokeout
Take a day off from smoking • Nov. 17, 1983

Smoking is a bad habit that can kill you! Stop smoking today! Save your own life! For loose-leaf cigarette smokers, use the list below to get rid of the unhealthy habit. All of these substances are hazardous to your health.焚烧

POLLUTION CHECK CANCER CARBON MONOXIDE DRAG TASTE ASHTRAY STOP HOT LUNG QUIT BURN

HAZARDOUS BAZING HAGMAN A DAY PACK COLD TURKEY TAR OXYGEN SMOKOUT KISS NICOTINE PUFF GAS

TAKE A DAY OFF...

The annual observance of the Great American Smokeout is Thursday. Yes, that dreadful day has come around again this soon.

Now, how many smokers will really consider calling it quits for a day or for good. In 1982, just over 19 million American smokers attempted to give up cigarettes on Smokeout Day.

This is a serious question that all smokers should ask themselves not only Thursday but everyday they cough and it hurts or everytime a friend walks away because of the smoker’s bad breath.

If smoking is so terrible, why does everyone do it, or at least try in at one point in their lives.

Perhaps, it is because smokers can not see the harmful effects right away and think that the damages are only long-range.

The smoker’s concept is: “well, first I have to smoke two packs a week, then one pack a week, then one pack a day before cigarette smoking will harm me.

Everyone seems to take smoking as a personal problem. But smoking affects everyone and all environment.

When it comes to smoking, people are very defensive about their reasons for smoking. This attitude is fine in the privacy of one’s own room or home, but not in public facilities.

Consideration must be given to public facilities such as transportation terminals, libraries, dining areas or nightclubs.

Ever gone out eating or dancing and when you returned you had to send your entire wardrobe to the cleaner because of someone else’s smoke. Or have you ever asked for a waitress to direct to the exit because the exit sign could not be seen because of smoke.

Every non-smoker has his/her petty points about smoking, so smokers take heed to the non-smokers request at least in public, whether there is a sign up or not.

It is not only your life you have to think about.

THE LEAD COLUMN ON THE OPINION PAGE IS WRITTEN BY THE EDITOR IN CHIEF OF THE A&T REGISTER. IT DOES NOT CARRY A BYLINE. NONE OF THE COLUMNS ON THIS PAGE NECESSARILY REFLECTS THE OPINION OF THE STAFF.

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We are the most important

The following editorial is a reprint from Augustine’s College in Raleigh

The college administration is always quick to point out that the student body is the most important part of this institution and that the college exists for the students. Students are just as apt to claim that the proceeding statement is just a nice “catch phrase” which sounds good.

The truth is that many students feel powerless when dealing with the administration, and some have difficulty in perceiving themselves as part of the most important component of the college community. As a group, the student body has failed both to recognize that it has extensive powers and to use those powers when confronting the college administration.

The situation can be resolved in a simply enough fashion. We have to start believing for ourselves what the administration has been telling us for years-that we are the most important part of the institution. Only then will we be able to start thinking in terms of what is best for the student body instead of what pleases the administration. It is amazing how student proposals get lost when students begin to consider whether the suggestions will have the benefit of the administration’s liking or not.

Student leaders should use their membership on all committees to learn what the administration is doing and to present the concerns of the student body.

The important consideration here is that the student government leaders must, as far as possible, have the assurance and the full support of the student body. Students cannot afford the luxury of not becoming involved in the whole development process of the university and the student government leaders will only be fooling themselves if they think a few selected individuals alone can make the appropriate demands of the administration.

Just for the record

By MICHAEL THOMPSON

If there is one thing the A&T Register staff can do without, it’s got to be phone calls from persons who think they are calling the registration and records office (particularly on Tuesday and Friday mornings and afternoons during production) from individuals requesting copies of their transcripts and other information about college credits.

Many times they want staff members to forward their calls to the registration and records office, as opposed to being satisfied by obtaining the correct phone number.

These persons fail to realize the staff members are, above all, responsible for producing newspapers, which have deadlines to meet, not forwarding calls.

Therefore, you should not get upset if you are instructed to call 379-7595, or even if you are calling long distance.

After all, the staff is not at fault, and the newspaper will not be completed any earlier if interruptions persist.

You may consider this action most unhelpful, but you can’t always think of yourself either. There are two sides to the story.

This issue may not apply to today’s students, but there are former students who can appreciate this editorial, if they subscribe (or have access) to the school newspaper.

Remember, if you want registration and records, dial 379-7595. You, as well as the newspaper staff, will be much better off.
On Nov. 17th, adopt a friend who smokes.

Help a friend get through the day without a cigarette. They might just quit forever. And that’s important. Because good friends are hard to find. And even tougher to lose.

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Paula Larke will perform

By JOHN ZELLARS JR.
Special to the Register

Each year in November, F.D. Bluford Library celebrates Children’s Book Week. Children’s Book Week is set aside to promote the interest of young people reading good books.

The Children’s Book Council in New York City formulates the plans and procedures for observing Book Week. Annually close to eight million pieces of printed materials including more than 60,000 posters are issued to promote this celebration.

Here at A&T the library will be sponsoring children from the Child Development Laboratory as well as those children in the community. The library will have on display in all departments including the Art Gallery, books, bulletin boards and posters.

On November 17, from 3:30-4:30 in the library will be sponsoring Paula Larke a visiting artist from Guilford Technical Community College. She is a dramatist, theatrical director, storyteller, poet, song writer and the Workshop leader.

Children Book Week will be held at F.D. Bluford Library and it is open to the general public.

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This is the first part of a three-part series looking at the transitions of a former National Football League star, a former college coach, and now a quarterback in the United States Football league.

Elizabeth City State University, a school of less than 2,000 students, sits on the northeastern border of North Carolina. The University doesn’t have the academic reputation of Duke or the athletic prowess of UNC-Chapel Hill, but students there are a proud bunch of folk anyhow.

They’ve had a few athletic stars, if your memory banks can recall ex-NBA star Mike Gale and ex-NFL star Doug Pugh. Oh yeah, almost forgot Johnnie Walton. He’s the hometown product who quarterbacked his way into Viking record books. But Johnnie never got that break that most Black quarterbacks need to make it in the NFL. So he played most of his career with the Los Angeles Rams and Philadelphia Eagles as a substitute.

One memorable moment in Johnnie’s life, he said recently, was a televised ABC Monday night game when the starting signal-caller was injured and he was called on to pull his team out of the grasp of sure defeat.

However, that proved not to be the break; it was back to watching from the sidelines in November 1970. Johnnie Walton never got that break he deserved. So he moved home accepting the head coaching duties at ECSU, when what seemed like it was sent from the clear, blue sky, came the United States Football League.

Johnnie said he didn’t know what to think at first. But one thing he knew was that he always wanted to be a coach on a professional team, something that had eluded him for 12 years since college.

Decision time. Johnnie had come home and had made his alma mater, a football wasteland since his playing days, a contender in the Central Intercollegiate Athletic Association. Recruitment was on the upswing and the Vikings were now playing in a fairly new athletic complex. His first year there his team finished 8-2 (6-1 in CIAA).

Johnnie’s approach to coaching was different from that of coaches before him at ECSU. He understands how important it is for a player to help out the team in order to feel needed.

“My philosophy was one I formulated,” Johnnie said. “After watching from the sidelines most of my career, I know it’s frustrating not getting to play. I went through it for years. So I tried to allow as many guys to play as possible. But there are certain positions you have to stay away from a lot of substituting. But I gave kids an opportunity to play. But a lot of people don’t know you learn quite a bit from just watching.”

One painstaking task for him while coaching at ECSU was attempting to sign to-caliber athletes.

“Other schools had more to offer them, I just had the truth to offer,” he said. “I’d offer them a good education and tell them they would graduate. A lot of parents worry how their son will fare when his playing days are over. Some will finish playing football but will be two years away from a degree. At Black schools, that seldom happens.”

Coach welcomes competition

By TIMOTHY LITTLE
Staff Writer

A&T men’s basketball team is presently preparing for the upcoming season.

Six of the team players graduated, but head basketball coach Donald Corbett recruited four freshmen and a junior college transfer to fill the voids

New player to the team are Mitch Brawsell, a 6’4” junior college transfer from Merced Jr. College in California; freshmen George Calé, 6’6” from Middletown, Delaware; James Davenport, 6’6” from Atlanta, Georgia; Zachery Hooks, 6’8” from Elmton, New York and Claude Williams, 6’6” from Rochester, New York.

Assistant Coach Tim Abney is positive about the new comers.

“I think highly of them,” Abney said, “I feel very strongly that in time they will contribute great to the program.”

Along with the newcomers, the team still has the following veterans: Daryl Battle, Warren Berry, Joe Binion, Brian Booker, Eric Boyd, Gardner Cowell, Mark Gaither, who red-shirted last season; James Horace, was out last season because of injuries; and Duane Williams.

The team has a man for every position, but since Juan Lanauze left the team there is no one to fill that vacant position.

“We were thinking about putting Binion at the vacant position,” Abney said, “But he is more comfortable at the forward position.”

Abney said the post position is still open. “It is hard to speculate who will get that opening.”

There are three players the coaches have in mind for the open post position. They are Gaither, Davenport, and Hooks.

“It is a toss up of those three. I’m not sure which one of the players will get it,” said Abney.

During practice, the team works on shooting and passing the ball thoroughly. “We’re trying to alleviate those problems, along with fouling and turnover,” said Abney, “I know that we won’t be perfect, but we are trying.”

There is one player who hardly make mistakes, Eric Boyd. He is considered to be the team leader, Abney said. The coach said that Boyd works hard for himself and others. “He is a dedicated ball player,” said Coach Abney. “He is doing a tremendous job of helping the new players.”

The team looks up to him.”

Abney and Corbett are negotiating with the schedule. Right now they are trying to set up a game with an African basketball club by the name of Dakar from Senegal for Nov. 23. After that game, the team will open up the season with the University of Michigan on Nov. 28.

Aggies prepare for season

By TIMOTHY LITTLE
Staff Writer

A promising, energetic wrestling called Coach Melvin Pinckney’s attention at the Barber-Scotia Takedown Tourney last Saturday.

Glover Ford, a new addition to the team, impressed Coach Pinckney with his well executed moves. Pinckney explained that although Ford never wrestled in his life, he did a terrific job. “This guy almost beat a top contender,” Pinckney said, “I am very pleased with his action. I think that he shall do very well in the season.”

With the lack of calmness and concentration, the team gave a mediocre performance said Pinckney. Pinckney interpreted that calmness and concentration as the key factors to having a successful match. From what Pinckney saw, there was little of those factors in the tournament.

Pinckney said the team did not perform to his expectation because some of the wrestlers were not familiar with the moves.

“Now that they know the moves, it will contribute to their wrestling savvy.”

“These three fellows did very well on their moves,” said Pinckney. “They were very aggressive, concentrated heavily, and stayed calm throughout the tourney” he said.

The team will be travelling to Winston-Salem for another tournament. They will be...

...“the better the competitors are the tougher we will be.”
TELOCA, THE STUDENT NURSE’S ORGANIZATION will be sponsoring a food drive on Nov. 14-21 at 9:00 a.m.-4:30 p.m. in Noble Hall.

This Thanksgiving Food Drive is to help a needy family in the community. Please help by bringing your donations to Noble Hall. Aggies, think of others this Thanksgiving.

A&T and NCCU break even 13-13

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Facts you should know if you smoke

Who smokes? In general, men with college educations, white-collar occupations and high-income levels are less likely to smoke than high school graduates, blue collar workers and men with low incomes. However, women who work are more likely to smoke than housewives and women in households with low family incomes.

Blacks are lighter smokers than whites. Eighty-two percent of Black smokers go through a pack or less a day, compared to 66 percent of whites. Thirty-four percent of white smokers, though, consume more than one pack of cigarettes per day, compared to 18 percent of all Black smokers.

Cigarettes are the cause of more than one-third of all fires. In 1981, cigarettes ignited over 63,000 homes, killed over 2,000 people, injured 4,000 and caused $303 million in property damage. Nearly 18 percent of fires in one- and two-family dwellings are related to smoking.

The trend to nonsmokers' discounts on life insurance—over 325 companies today offer cut rates on annual premiums—has extended to other forms of insurance. Nonsmokers often can expect to pay less for disability insurance, automobile accident policies and homeowners' policies.

An airline serving the Southwest, Muse Airlines, is the first to ban smoking on all flights. The regional carrier also has linked up with a car rental service which guarantees nonsmokers cars untainted by tobacco smoke.

Increasingly, hotels and motels around the country have created smoke-free rooms, wings, and floors for nonsmokers. In 1982, the first motel for nonsmokers opened in Dallas, Texas. Guests checking into the Non-Smokers Inn must sign an agreement not to smoke or to permit others to smoke, upon penalty of a $100 cleaning charge and an immediate departure.

More than half of present smokers would like to see smoking allowed in fewer places than it is now, despite the fact that there are more and more restrictions on places where people are allowed to smoke.

Quitting tips for GAS Day

Throw out all cigarettes by breaking them in half and weting them down. Clean out all ashtrays in your home, office, or car and put them away. Discard matches; hide lighters.

When the urge to smoke hits, take a deep breath. Hold it for ten seconds, then release it slowly. Taking deep, rhythmic breaths is similar to smoking only you'll inhale clean air, not poisonous gases.

Exercise to help relieve tension. Climb stairs rather than take the elevator; park the car a block or two from your destination and walk the rest of the way. At home, practice touching your toes, jog in place, do jumping jacks.

When tempted to reach for a cigarette, think of a negative image about smoking. Select your worst memory connected with the habit, the time you burned a hole in your suit or when you were left completely breathless running for a bus that pulled away. Imagine this experience for 15 seconds whenever an urge occurs.

Reward yourself with oral substitutes in the same way you may have used cigarettes. Good examples: sugarless gum, lemon drops, pumpkin or sunflower seeds, apple slices, carrot sticks, unbuttered popcorn.

Eat three meals. This maintains constant blood sugar levels, thus preventing urges to smoke. Avoid sugar-laden foods and spicy items that can trigger a desire for cigarettes.

Cleanse your body of nicotine. Drink liquids—lots of them. Water (6-8 glasses), herbal teas, fruit juices, and caffeine-free soft drinks all fit the bill. Pass up coffee, caffeinated soft drinks and alcohol, as they can increase your urge to smoke.

Keep your hands and mind busy. Work on a crossword puzzle, knit a sweater, balance your checkbook, fix something around the house, shampoo the dog or go to the library to study.

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