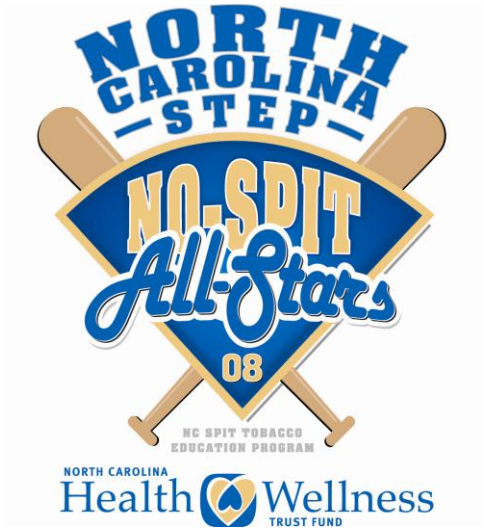


N.C. STEP "No Spit" All-Stars
2008-2010

Since 2008, the N.C. STEP "No Spit" All-Stars campaign has generated 6,060,952 web visits and recorded 219,897 votes.

BlueRidgeNow.com
Times-News Online

Friday Picks: Saluting the "No Spit" campaign

By Dean Hensley
Times-News Staff Writer
August 26, 2010

My favorite sport growing up was baseball, and when I played I was exposed to many things.

One thing that caught my curiosity was when I was a pitcher for the 14-year-old all-stars. I was having a bad game. In the dugout one of my teammates pulled out a can of Copenhagen from his pocket and said, "Here, try this. It will calm you down.

I put a little pinch in my mouth like he said to do, and it burned. He was right though. It did have a calming effect. Then one inning, a batter lined a shot right at me. It hit off my leg, and I was fine, but I swallowed the tobacco.

The next day I was sick, but I still wanted more.

For the next 20 years, I did spit tobacco. Then in the winter of 2007, I got a wake-up call. Months before NASCAR driver Bobby Hamilton announced that they had found a tumor in his mouth after he had a tooth pulled. In January 2007, he died of cancer.

I had to quit, but it was hard. I tried cold turkey, and it didn't work. Then I tried tea leaves, and they worked. They tasted horrible. I dipped them for just five days and by the fifth day, I didn't want anything like that in my mouth again.

It's been almost four years, and I still haven't dipped a bit.

Which brings me to you purpose of this column: To salute the N.C. STEP "No Spit" All-Star campaign. It is a program that has players pledge not to use spit tobacco, and each week it honors a player of the week.

One of the nominees this week is Polk County's Andre Overholt, who had 140 yards of total offense and two touchdowns in the Wolverines' 20-14 win over Tuscola. He'd be my pick.

TSF Radio Network
N.C. STEP "No Spit" All-Star Campaigns
Executive Summary

Overview
Since 2008, "The Sports Flash" Radio Network, the North Carolina Spit Tobacco Education Program (N.C. STEP), and the North Carolina Health Wellness Trust Fund have teamed up to honor the best high school baseball and football players in the state who have pledged not to use spit tobacco.

Target Audience
The N.C. STEP "No Spit" All-Star campaigns target high school students, their peers, parents, and coaches with a message about the harmful effects of spit tobacco.

Spit tobacco usage among NC's high school-aged males: 14.1-percent
The Campaign for Tobacco Free Kids indicates that 14.1-percent of North Carolina's male high school students use spit tobacco, which is higher than the national average of 13.4-percent.

Making a commitment to positive behavior with "The Pledge"
To be eligible for the N.C. STEP "No Spit" All-Star of the Week, each nominee signs a pledge not to use spit or smokeless tobacco – on or off the field!

Logo Development
TSF Radio Network worked with N.C. STEP to design a logo that became the identity of both campaigns, the logos are used in all campaign-related materials.

Direct Mail
High school coaches and athletic directors across North Carolina receive an information packet about the campaign, including the "No Spit" pledge and information about the dangers of spit tobacco.

Radio commercials air each week on TSF Radio Network's North Carolina affiliates
TSF Radio Network produced two, 60-second commercials, discouraging the use of spit tobacco that air on our 31 network affiliates in North Carolina, reaching more than 506,000 listeners each week.

Earned media coverage in the state's largest daily newspapers
The statewide media remained constantly updated with press releases that kept the statewide media updated on the campaign, earning free media exposure each week, including coverage in the Charlotte Observer, Asheville Citizen-Times, Fayetteville Observer, and many other publications.

Weekly voting for the N.C. STEP "No Spit" All-Stars of the Week
Each week, TSF Radio Network accepts nominations from the media, coaches, and athletic directors throughout the state for the N.C. STEP "No Spit" All-Stars of the Week. Fans from across the state vote online at www.TheSportsFlash.com for the weekly winner.

Since 2008, the N.C. STEP "No Spit" All-Stars web site has recorded 6,060,952 visits, 219,897 votes
During the campaign, fans flock to the "No Spit" web site at www.TheSportsFlash.com, where they can vote for the weekly winner and learn more about the dangers of spit tobacco.

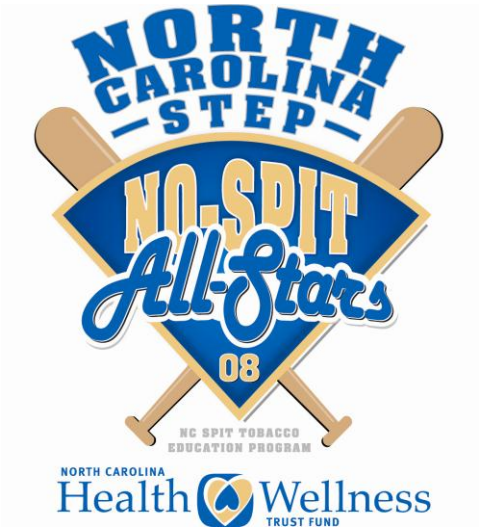
Additional information available at the web site
At www.TheSportsFlash.com, fans find additional information about the dangers of spit tobacco, the "No Spit" pledge, and information about the weekly nominees and winners.

E-mail Marketing
Each week, TSF Radio Network remained in contact with coaches, athletic directors, and parents about the "No Spit" campaign, keeping all interested parties updated on the latest campaign developments.

Unique award presented to the N.C. STEP "No Spit" All-Star of the Year
TSF Radio Network has commissioned Jostens, Inc. to design a unique, championship-quality ring that is presented to the N.C. STEP "No Spit" All-Star of the Year.

Presentation Ceremonies for the All-Stars of the Year
A presentation ceremony is held to honor the N.C. STEP All-Stars of the Year. TSF Radio Network schedules presentation ceremonies at a significant event in the winner's community.

N.C. STEP "No Spit" All-Stars: Engaging, energizing the target audience
As an educational tool, the N.C. STEP "No Spit" All-Stars campaign has been successful in engaging and energizing the target audience while creating real-life, tobacco-free role models in each community.



N.C. Spit Tobacco Education Program
"No Spit" All-Stars – 2008-2010

Overview

Since 2008, the North Carolina Spit Tobacco Education Program (N.C. STEP), the North Carolina Health Wellness Trust Fund, and "The Sports Flash" (TSF) Radio Network have partnered to honor the best student-athletes in the state who have pledged not to use spit/smokeless tobacco – on or off the field! Each year, the campaign has focused on a fall campaign for football and a spring campaign for baseball.

The N.C. STEP "No Spit" All-Star campaign is designed to educate young people throughout North Carolina about the dangers of spit tobacco and reinforce the healthy, lifestyle choice not to use tobacco products, especially spit tobacco.

Why North Carolina needs a "No Spit" All-Star campaign?

The Campaign for Tobacco Free Kids indicates that 14.1-percent of North Carolina's male high school students use smokeless or spit tobacco. The national average of high school students who use spit tobacco is 13.4-percent.

In the Oral Health America 2006 Spit Tobacco Report Card, the nation received a "D" for the use of spit tobacco. That means between 12 to 20-percent of all high school males in the country have used spit tobacco in the last 30 days.

For decades, tobacco companies have had a monopoly on defining what it means to use tobacco, glamorizing the use of these deadly products. When big-league athletes are seen on TV using spit tobacco, it sends the wrong message to young kids.

In baseball, the use of spit tobacco is part of the sport's culture, making high school baseball player a particularly at-risk group for the use of spit tobacco, especially when the coaches and parents are also using spit tobacco products.

The N.C. STEP "No Spit" All-Stars campaign is designed to demonstrate to young people that tobacco use is not a prerequisite for success in sports.

The "No Spit" Pledge

In essence, without the pledge, the N.C. STEP "No Spit" All-Star campaign is just another player of the week award. With the "No Spit" pledge, we are affirming an individual choice to engage in

a healthy behavior (not using spit tobacco) and honoring that individual choice (weekly all-star honor) as an example to others.

As a condition of eligibility, each player must sign a pledge not to use spit or smokeless tobacco – on or off the field! Like most associations in the country, the North Carolina High School Athletic Association prohibits the use of spit tobacco during games. Yet, a rule that prohibits the use of smokeless or spit tobacco on the field does not necessarily guarantee that players don't use spit tobacco during practice, without the knowledge of the coach, or when a player in not engaged in team activities. There is also no guarantee that the coaching staff does not condone the behavior as long as they players do not use during games, or keep the use hidden from others.

The "No Spit" pledge is specifically designed for each player to make a commitment not to use spit tobacco on or off the field. From our experience, this is a powerful statement, one that a player is not likely to make if they use spit tobacco.

The N.C. STEP "No Spit" All-Star pledge is an opportunity for a coach to engage the player in a meaningful discussion about the dangers of spit tobacco. At times, a coach would approach a player whom they were interested in nominating for the weekly award, only to learn that the player did use spit tobacco, after all. At that time, using the materials that we have provided, the coach can influence the young person to quit the use of spit tobacco.

The pledge not to use spit tobacco – on or off the field – is what makes the N.C. STEP "No Spit" All-Star campaign so unique. The players honored each week are the best baseball players in the state who have pledged not to use spit tobacco, setting the example for others in the state, especially young players. For the younger kids in the community, the high school student-athlete is the local hero and a true role model for their behavior.

We also created additional pledges to involve coaches and parents. This is a further extension of the campaign that enables coaches and parents to set a good example for others. In addition, it creates an opportunity for young people to talk to adults about the dangers of spit tobacco while encouraging them to quit by signing the pledge.

Each high school baseball coach and athletic director in North Carolina received the N.C. STEP "No Spit" All-Star pledge via e-mail and in the direct mail package. TSF Radio Network also made the pledge available for download at the N.C. STEP "No Spit" page on our web site, www.TheSportsFlash.com.

As the awareness of the campaign continued to grow week-by-week, TSF Radio Network received more and more unsolicited N.C. STEP "No Spit" pledges from players, coaches, parents, and the media.

The "No Spit" Pledge

I, _____play baseball for _____ and I pledge not to smoke or use smokeless tobacco on or off the baseball field. Tobacco use is bad for my health and does not make me a good role model. I understand that tobacco contains more than 28 agents known to cause cancer. These cancer-causing agents are in the following:

- cigarettes and cigars;
- cigarette and cigar smoke;
- and all forms of smokeless tobacco, including:
  - spit;
  - snuff;
  - and chew.

I understand that in the short term, using tobacco will adversely affect

- my ability to run fast;
- the quality of effort I can make toward playing the game;
- how I smell as well as my ability to taste and smell;
- and will stain my teeth and fingers.

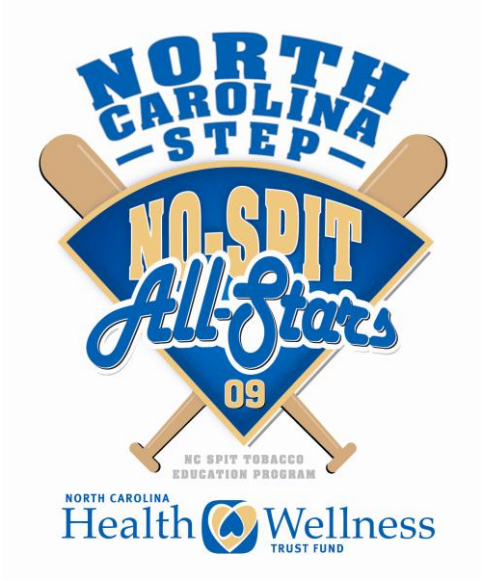
Name (Please Print)_____

Signature:_____

Contact (Phone & E-mail)_____

Parent's Contact (Phone & E-Mail)_____

FAX the signed pledge to (517) 655-1761, e-mail to NCnoSpitAllStars@thesportsflash.com, or mail to TSF Radio Network, 1516 Lytell Johne's Path, Williamston, MI 48895.



"The Pledge" – Coach

I _____, affirm to live a "tobacco free" lifestyle. As a coach, I have a responsibility to set a good example for my student-athletes. I understand that tobacco contains many substances known to cause cancer, heart disease, gum disease, and death. These harmful agents are in cigarettes; cigars; cigarette and cigar smoke; and all forms of smokeless or spit tobacco, including snuff and chew.

I pledge to educate my student-athletes on the dangers of spit or smokeless tobacco, understanding that smokeless does not mean harmless and that spit tobacco can be just as harmful to me as smoking cigarettes or cigars. I will actively engage my student-athletes in a meaningful discussion about the dangers of spit or smokeless tobacco.

I will not tolerate the use spit or smokeless tobacco or any tobacco products by the student-athletes under my supervision. I have established team rules that prohibit the use of these deadly products. I will encourage my student-athletes to live a healthy, tobacco-free lifestyle that that will make a difference in their lives and the lives of others. For those who are using spit or smokeless tobacco, I will offer support and encouragement to make the choice to life without tobacco.

Name (Please Print) _____

Signature: _____

Contact (Phone & E-mail) _____

Parent's Contact (Phone & E-Mail) _____

FAX the signed pledge to (517) 655-1761, e-mail to NCnoSpitAllStars@thesportsflash.com, or mail to TSF Radio Network, 1516 Lytell Johne's Path, Williamston, MI 48895.

NCSTEP
North Carolina Spit Tobacco Education Program

the Sports Flash
RADIO NETWORK
Your Teams. Your Scores.

T R U
TOBACCO REALITY UNFILTERED
REALITYUNFILTERED.COM

"The Pledge" – Parents

I _____, affirm that I choose to live without tobacco. As a parent, I am taking responsibility for my health and setting a good example for my children. I understand that spit or smokeless tobacco is bad for my health. I understand that tobacco contains many substances known to cause cancer, heart disease, gum disease, and death. These harmful agents are in cigarettes; cigars; cigarette and cigar smoke; and smokeless or spit tobacco, including snuff and chew.

I pledge to educate my children on the dangers of spit or smokeless tobacco, understanding that smokeless does not mean harmless and that spit tobacco can be just as harmful to me as smoking cigarettes or cigars.

I will encourage my family to live a healthy, tobacco-free lifestyle that that will make a difference in my life and the lives of my children and grandchildren. For those who are using spit or smokeless tobacco, I will offer support and encouragement they need to live without tobacco.

Name (Please Print) _____

Signature: _____

Contact (Phone & E-mail) _____

FAX the signed pledge to (517) 655-1761.

Launching of the campaign

Each year, TSF Radio Network launches the campaign with the distribution of a press release to the statewide media, high school athletic directors, and coaches a month before the start of the respective season, informing them about the start of the campaign. At that time, we also send the direct mail to coaches and athletic directors.

Direct Mail

TSF Radio Network distributed a packet of information to high school coaches and athletic directors throughout the state. Each packet includes an introductory letter, a pledge, and information about the dangers of spit tobacco. The package includes everything that the coach needs to participate in the program, including pledges and information about the dangers of spit tobacco. Each coach is equipped with the tools they need to engage in a meaningful discussion about the dangers of spit tobacco with their student-athletes.

Month, Day, Year

School
Attn:
Address
City, State, Zip

Dear,

I am writing to introduce you to the North Carolina Spit Tobacco Education Program (STE) "No Spit" All-Star campaign presented by the North Carolina Health & Wellness Trust Fund. Each week, during the high school baseball season, we will honor the best high school baseball players in the state who have pledged not to use smokeless tobacco. We encourage your participation in this critical educational campaign, which will begin the week of March 3.

Enclosed you will find the additional information about the dangers of smokeless tobacco and the resources that you need to help discourage the use of spit tobacco. Also, you'll find the South Carolina "No Spit" All-Star pledge that each player must sign to be eligible for the weekly and annual award.

In the Oral Health America 2007 Spit Tobacco Report Card, the nation received a "D" for the use of spit tobacco. That means 12 to 20-percent of all high school males have used spit tobacco in the last 30 days. Our goal is to increase awareness of the dangers of using smokeless tobacco among a target audience that disproportionately uses these dangerous products – high school baseball players!

Every day, more communities across North Carolina and the nation are using sports to help kids and teens say "no" to tobacco and "yes" to better health. As a coach, you are well aware that your players look up to you. This is an opportunity for you to use your influence to teach them about the dangers of tobacco and how it affects their performance on the field.

For young people, seeing a star baseball player on the field, even at the high school level, can make a strong impression and influence behavior. But thankfully, more professional players are turning their backs on unhealthy tobacco products and choosing instead to influence children and teens in a positive way.

Many stars are making the healthy decision to live tobacco-free, including Atlanta Braves John Smoltz and Javy Lopez, and New York Yankees superstar Derek Jeter are encouraging young people to stay away from spit tobacco.

Several government and private agencies are working with local tobacco control and dental communities to teach youth, parents, teachers, coaches, and athletes that spit tobacco is not a safe alternative to smoking, and it has no place is sports.

By understanding the factors that place youth at risk for using tobacco, you can develop effective tactics for discouraging them from ever trying tobacco products. Here are some of the risk factors found for smoking among teenagers:

- having friends who smoke;
- having parents or an older sibling who smokes;
- having parents who are not involved in their lives;
- believing that tobacco use is normal;
- believing that tobacco use somehow benefits them;
- having easy access to tobacco products;
- being exposed to cigarette ads and promotions;
- having a low self-image;
- being unable to refuse offers to use tobacco; and
- coming from a family with low socioeconomic status.

We welcome your participation in this campaign. If you have any questions about the campaign or the dangers of spit tobacco, please just give us a call.

Thanks for your time,

Michael J. Sinnott
TSF Radio Network
(517) 927-4570

Paul Turner
Director, NC Spit Tobacco Education Program
(828) 648-1211

August 5, 2008

I am writing to introduce you to the North Carolina Spit Tobacco Education Program (N.C. STEP) "No Spit" Football All-Star campaign presented by the North Carolina Health & Wellness Trust Fund. The campaign honors the best high school football players who have pledged not to use spit tobacco.

During each week of the regular season, we will accept up to ten nominations for the "No Spit" All-Star of the Week, which will be determined by a vote of fans from across the state. To nominate a player for the weekly award, please have your nominee sign the enclosed "No Spit" pledge and send along his weekly or cumulative stats. "The Sports Flash" (TSF) Radio Network's Mike Sinnott manages the campaign, and can be reached via phone (517-927-4570), fax (517-655-1761), or e-mail (TheSportsFlash@aol.com).

According for the Campaign for Tobacco Free Kids, more than 14-percent of all male high school students use spit tobacco. The goal of this campaign is to increase awareness of the dangers of using spit tobacco, reinforcing the fact that smokeless does not mean harmless.

Every day, more communities across North Carolina and the nation are using sports to help kids and teens say "no" to tobacco and "yes" to better health. As a coach, you are well aware that your players look up to you. This is an opportunity for you to use your influence to teach them about the dangers of spit tobacco and how it affects their performance on the field. Here are some of the risk factors found for smoking among teenagers:

- having friends, parents, or older sibling who uses spit tobacco;
- having parents who are not involved in their lives;
- believing that tobacco use is normal and somehow benefits them;
- having easy access to tobacco products;
- being exposed to cigarette ads and promotions;
- having a low self-image;
- being unable to refuse offers to use tobacco; and
- coming from a family with low socioeconomic status.

We welcome your participation in this campaign. If you have any questions about the campaign or the dangers of spit tobacco, please just give us a call.

Thanks for your time,

Michael J. Sinnott
TSF Radio Network
(517) 927-4570

Paul Turner
Director, NC Spit Tobacco Education Program
(828) 648-1211

E-mail

Each week, TSF Radio Network communicates via e-mail with high school coaches and athletic directors throughout the state. We solicit nominations each week, send reminders for the nomination deadline, press releases for the weekly nominees, and press releases announcing the winner of each award.

Fans could also use e-mail to vote for the weekly winner or ask questions about the campaign. We respond to each e-mail that we receive during the campaign, thanking the individual for the vote, reminding them of the voting deadline, and directing them to a link where they can learn more about the dangers of spit tobacco. Here's the copy of the e-mail response that we sent to each vote that we received during the campaign:

> ***Thanks for voting for the N.C. STEP "No Spit" All-Star of the Week! The campaign honors the best high school football players in the state who have pledged not to use spit tobacco. Voting ends at 8:00 P.M. EDT on Thursday. The winner will be announced on Friday.***
>
> ***Smokeless does not mean harmless, and tobacco products have 28 agents known to cause cancer. These cancer-causing agents are found in: cigarettes and cigars; cigarette and cigar smoke; and all forms of spit or smokeless tobacco. For more information about the dangers of spit tobacco, go online to the following web site: http://www.cdc.gov/tobacco/data_statistics/fact_sheets/smokeless/smokeless_facts/index.htm***
>
> ***If you have any questions, just send us an e-mail at NCnoSpitAllStars@thesportsflash.com.***
>
> ***Thanks for your participation! Good luck!***

Telephone Contact

Each week, TSF Radio Network initiated phone contact with the high school coach of each nominee, talking with many coaches on numerous occasions throughout the season. For us, the phone contact was important to establish a rapport with the coach and answer any additional questions about the campaign and the dangers of spit tobacco. We also made an effort to contact the coaches of the state's top high school baseball programs, to further discuss the campaign with those influential coaches.

Weekly Nomination Process

The deadline for the weekly nominations was noon on Monday. Later that evening, TSF Radio Network distributed a statewide press release to the media, coaches, and athletic directors, announcing the weekly nominees. Starting that evening until 8:00 P.M. on Thursday night, fans could vote for the weekly winner at the N.C. STEP page on our web site, www.TheSportsFlash.com. Here's the copy of our e-mail that solicits nominees:

> ***The Sports Flash" (TSF) Radio Network is now accepting nominations for the N.C. STEP "No Spit" All-Star of the Week. The campaign honors the best high school football players in the state who have pledged not to use spit tobacco. To be eligible, each nominee must sign the "No Spit" pledge, which is attached to this e-mail or you can download it from our web site at www.TheSportsFlash.com. That can be faxed back to me at (517) 655-1761.***
>
> ***In addition to the signed pledge, we need the following information for each nominee:***
>
> ***Name:***
> ***School:***
> ***Game Stats:***
> ***Final Score (W/L):***
> ***Opponent:***
> ***Any Additional Info: (college choice, etc)***
>
> ***We welcome your nominations until Monday at noon. If you have any questions, please feel free to contact me at anytime.***
>
> ***Thanks for your participation,***
>
> ***N.C. STEP "No Spit" All-Stars***

As the campaign starts to gain momentum, baseball coaches, players, parents and the media started to take ownership of the campaign. When that happened, TSF Radio Network started to receive many unsolicited inquiries and nominations each week for the N.C. STEP "No Spit" All-

Star of the Week. At the beginning of the campaign, TSF Radio Network identified potential nominees and contacted their coaches to discuss if the player would be eligible for the award. By the middle of the season, the campaign essentially ran itself as we received many unsolicited nominations from fans, coaches, players, and media members from across the state.

N.C. STEP "No Spit" All-Stars Web Site

TSF Radio Network created a web site where high school baseball fans could visit to learn more about the N.C. STEP "No Spit" All-Stars campaign. At www.TheSportsFlash.com, visitors could:

- vote for the weekly winner via the popup window or via e-mail;
- download the N.C. STEP "No Spit" All-Star pledge;
- request more information about the campaign via e-mail; and
- click-through to a web-site where visitors would find more info about spit tobacco.

Throughout the high school baseball season, www.TheSportsFlash.com became a destination for high school baseball fans from across the state, engaging an audience of not only players, but their peers, parents, and coaches.

Web Traffic: 6,060,952 unique visitors since 2008

Since the launch of the first-ever N.C. STEP "No Spit" All-Star campaign in March 2008, the "No Spit" All-Stars web site has generated 6.060,952 visits.

Year	***Campaign***	***Dates***	***Web Visits***	***Votes***
2008	Baseball	March – June	346,929	8,178
	Football	August – December	1,438,621	51,785
2009	Baseball	March-June	490,143	22,272
	Football	August – December	1,325,083	42,090
2010	Baseball	March – June	319,093	22,074
	Football	August – December	2,141,083	73,498
		TOTAL	***6,060,952***	***219,897***

Interactive Voting: 219,897 votes recorded since 2008

The campaign empowers fans to vote for the weekly winner and the annual winner of the N.C. STEP "No Spit" All-Star campaign. The interactive voting is critical for the success of this campaign, as fans, students, players, coaches, and parents visit the web site to vote, where they'll also find more information about the dangers of smokeless tobacco. The interactive voting drove significant web traffic to the N.C. STEP "No Spit" All-Star web site during the campaign.

42,833 faxed votes for N.C. STEP "No Spit" All-Star of the Year Finalists

Fans can vote via a pop-up window on our web site, which enables one IP address to register a vote every 24 hours. Fans can also e-mail a vote for their favorite players. In addition, with the 2009 N.C. STEP "No Spit" All-Stars campaign for baseball, fans were allowed to fax signatures in support of their choice for the N.C. STEP "No Spit" All-Star of the Year. The response was overwhelming. We received 42,833 faxed votes for the N.C. STEP "No Spit" Baseball All-Star of the Year.

With the inclusion of faxed votes, the fans really took ownership of the campaign and expanded the reach of our message in each community. Without prompting, visitors pulled the campaign logo off of the site and created a voting sheet for members of the community to sign in support of a particular finalist. We received faxed votes from elementary schools, middle schools, government offices, and businesses throughout each community The fax voting demonstrates how the campaign reaches beyond the high school and into the community, especially to a critical group of younger students who look up to these hometown heroes.

Winterfield Elementary School

3100 Winterfield Place
Charlotte, NC 28205
Phone - 980-343-6400 Fax - 980-343-6493

Date 5/19/09

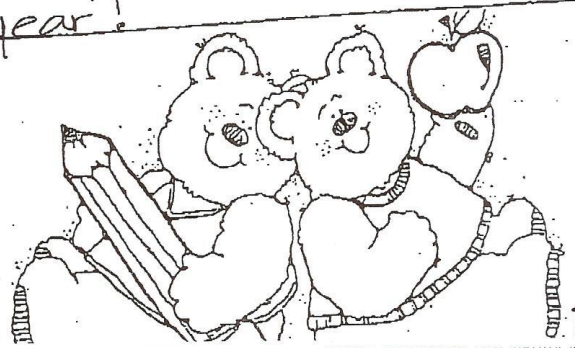
To: Sports Flash

Sender: Jessica Huffman

Fax #: 517 655 1761

# of pgs. (including cover) 2

Notes We are voting for Jared Fortune for the "No Spit" All Star of the year!



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NC STEP "NO SPIT" ALL STAR OF THE YEAR

Votes for South Lenoir's Logan Deaver

1. Patsy Gillette
2. Stephanie Gillette
3. Leah B. Falkowski
4. Jack Monroe
5. Amy Etson
6. [illegible]
7. Tevin Hamilton
8. Brad Hunter
9. Emma Hunter
10. Derek Hunter
11. Michelle Dawson
12. Nick Hunter
13. Andrea Puplin
14. Kelsey Sandlin
15. Harlee Stanley
16. Alexis Golden
17. Logan Deaver
18. Misha Thomas
19. Shaquanda Campbell
20. Cadie Tilghman
21. Victoria Ivey
22. Steven Linder
23. Tyler Locke
24. Austin Carroll
25. Austin Howard
26. [illegible]
27. Mommy Birth
28. Andrew Beamon
29. Mere
30. Katelyn Whaley
31. Meagen Manning
32. Alexis Pridgen
33. Kaci Taylor
34. Brandon Hooper
35. Kyle Chestnutt
36. Tyler Pate
37. Stacy Rodgers
38. Kasey Lee
39. Sarah Gooding
40. Chelsea Plaq
41. Christian Lassiter
42. Perry Witherspoon
43. Jeffer Reed
44. Ofelia Villagran
45. Nicole Faye
46. Kinsey Grissom
47. Stephen Gillette
48. Jackie Johnson
49. Casey Heath
50. Courtney Smith

Vote for Jared Fortune for the "No Spit" All Star of the year!

1. Sharon Irons
2. Rebecca Soltes
3. Rawl Paisard
4. Jasmine brown
5. Jordan Morris
6. Alexandra Cruz
7. Alma Romero
8. Donyell Truesdale
9. Jance Robinson
10. Charlie Garcia
11. Cassandra Mendez
12. Erica Hobbs
13. Tiffany Hopkins
14. Jaune Kaklamanos
15. Courtney Hollenbeck
17. Tanya Pitts
18. Sonia Alcalá
19. Justin Davis
20. Jaela Agee
21. Eusebio Arcovendas
22. Monica Montaza
23. Jovani Tapia
24. Jessica Huffman
25. Crystal Edwards
26. Oswaldo Hernandez
27. Ronnie Mendoza
28. Kjerra gregory
29. Lesli Hernandez
30. Shandrea Halmond
31. Daisy L Cruz
32. Callie Huffman
22 Mike Causey

05-19-2008 14:11 FROM-WINTERFIELD ELEMENTARY SCHOOL 9803436493 T-740 P.002/002 F-929

(17)

All star-No spit

Rai Robinson

581 Molly Shotts
582 Dalton Haney
583 Brianna S. Marcellino
584 Dylan Revels
585 Hunter Presnell
586 Logan Watkins
587 Mary Asgari
588 Chad Callahan
589 Will Clay
590 Isaiah Cole
591 Tionja Crumpton
592 Deja Black
593 Joshua Moore Dionte Byers

594 Nick Butler
595 Logan Smith
596 Jarrett Fine
597 Candy Elwell
598 Garrett London
599 Austin Pearson
600 Monica Petty
601 Kane Hagsed
602 Austin Foshee
603 Nicole Bridges
604 Carman Bowles
605 [redacted] Jazmene Stevenson

606 Jonathan Clark
607 Rodney Stevens
608 James Conway
609 Jessica Smith
610 [illegible]
611 Michael Coleman
612 Devin Heath
613 Ashton Treece
614 Glenn Lewis
615 Brittany Mason
616 Brittany Keeter
617 Amber Messer
618 Paige Sills
619 John Bridges
620 Johnathan Watson

Radio Advertising

TSF Radio Network provided radio advertising to support this campaign on our 31 network affiliates throughout North Carolina, reaching a listening audience of more than 506,000 listeners each week. The radio advertising campaign include (2) sixty-second commercials that informed our listeners of the dangers of spit tobacco. In addition, TSF Radio Network aired the N.C. STEP "No Spit" All-Star of the Week feature that highlighted each week's nominees and the weekly winner. TSF Radio Network aired the feature in a rotation with the commercials and updated it each Monday (nominees) and Thursday (weekly winner).

N.C. STEP "No Spit" All-Stars Radio Network		
WBHN-AM	Bryson City	Oldies
WGNC-AM	Gastonia	Oldies
WOHS-AM	Shelby	Oldies
WLHC-FM	Sanford	Oldies
WEEB-AM	Southern Pines	News/Talk
WJRM-AM	Troy	Religious Talk
WLXN-AM	Lexington	News/Talk
WLON-AM	Lincolnton	News/Talk
WCSL-AM	Cherryville	News/Talk
WCOK-AM	Sparta	Country
WTXY-AM	Whiteville	News/Talk
WADA-AM	Shelby	Country
WGHB-AM	Greenville	News/Talk/Sports
WDLX-AM	Washington	News/Talk/Sports
WKXU-FM	Louisburg	Country
WYRN-AM	Louisburg	Country
WELS-FM	Kinston	Gospel
WELS-AM	Kinston	Gospel
WKRK-AM	Murphy	Country
WTKF-FM	Morehead City	Talk
WJNC-AM	Jacksonville	Talk
WCIE-AM	Fayetteville	Sports
WZNN-AM	Asheville	News/Talk/Sports
WLTT-FM	Wilmington	News/Talk
WWTB-FM	Wilmington	News/Talk
WJSG-FM	Rockingham	Christian
WWWC-AM	North Wilkesboro	Gospel
WLNC-AM	Laurinburg	News/Talk
WRSC-AM	Fair Bluff	Gospel
WSAT-AM	Salisbury	Nostalgia
WVCB-AM	Shallote	Gospel

Earned Media

Each week, TSF Radio Network distributed press releases to our statewide media list of radio and televisions stations, newspapers, and Internet news organizations to promote the N.C. STEP "No Spit" All-Star campaign. TSF Radio Network consistently updated the statewide media on the progress of the N.C. STEP "No Spit" All-Star campaign, increasing awareness of the program by earning "free" media coverage.

In addition, TSF Radio Network anchors included information about the weekly nominees and winners on our daily "Sports Flash" reports on our network affiliates throughout North Carolina.

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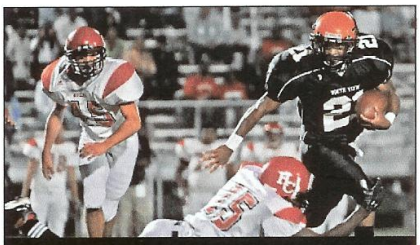


Vote for locals
Booker, Williams up for 'No Spit' awards

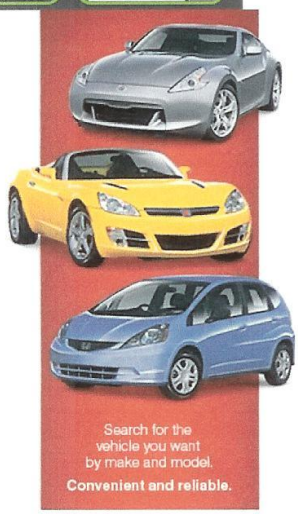
1 2 3 4 5 6 7 8

Episode 5 of 'Earl of Friday Nights' up and running
The fifth episode of our weekly high school football show, The Earl of Friday Nights, is available now! Watch it here.

What was the biggest surprise of Week 4?

- Pine Forest loses its first game — 3
- Gray's Creek wins on final play INT return — 9

Vote



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Fan Cams - Click for more

9/11/2009 -- Week 4 Fan Cam @ Westover vs. Pine Forest. Check to see if you were spotted!

9/11/2009 -- Week 4 Fan Cam @ Southern Lee vs. Seventy-First. Check to see if you were spotted!

9/4/2009 -- Week 3 Fan Cam @ E.E. Smith vs. Westover. Check to see if you were spotted!

Friday night game photos - Click for more

9/11/2009 -- Observer photos of the Southern Lee vs. Seventy-First high school football game.

9/11/2009 -- Observer photos of the Westover vs. Pine Forest high school football game.

9/4/2009 -- E.E. Smith vs. Westover high school football game September 4, 2009.

Other sports galleries - Click for more

9/12/2009 -- Football and soccer action from Hope Mills on Saturday, Sept. 12.

9/5/2009 -- The Fan Cam at Methodist University vs. Campbell University football.

9/5/2009 -- Methodist University vs Campbell University football game photos.

LATEST ARTICLES

- Episode 5 of 'Earl of Friday Nights' up and running
- South Columbus standout drawing attention
- Booker, Williams nominated for 'No Spit' awards
- Jack Britt football cracks top 3 in AP state poll
- Top performances in region high school football so far
- Late hits: a recap of Week 4 high school football action
- South View-Richmond football game to be televised
- Richmond vs. South View game to be televised by Time Warner
- NFL Preview: Checking in with Fayetteville-area talent
- Whiteville nips Lumberton, 10-7
- Russell scores 4 TDs as Westover hands Pine Forest first loss
- Gray's Creek stuns Cape Fear with INT return on final play
- Byrd storms back but falls to Southern Durham
- Booker rushes for 249 yards as South View topples Hoke County [More recent stories...]

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Chicago Air + 3 Nights	$433*

More Deals... bookingbuddy
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VIDEO
Westover hands Pine Forest its first loss of the season.

VIDEO
Gray's Greek 27, Cape Fear 21

VIDEO
It's the Earl of Friday Nights! Week 5 about Cumberland County high school football.

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about 7 hours ago Breaking news: NCAA President Myles Brand has died of pancreatic cancer.

about 11 hours ago RT @FO_SammyBatten: Bad news for #UNC. Senior center Lowell Dyer is out 3-4 weeks with shoulder injury. #ACC http://bit.ly/3hLARu

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Published: 09:16 AM, Wed Sep 16, 2009

Booker, Williams nominated for 'No Spit' awards

A staff report

Trey Booker of South View and Te'Vell Williams of Pine Forest have been nominated for this week's N.C. STEP "No Spit" All-Stars award.

The award is presented by the N.C. Spit Tobacco Education Program to a North Carolina high school football player who has pledged not to use spit tobacco or any other tobacco products.

Booker was nominated for his performance against Hoke County, when he rushed for 249 yards and scored five touchdowns in a 48-35 win. Williams was honored for his game against Smithfield-Selma. He caught three touchdown passes and scored on a 94-yard kickoff return in a 39-23 win.

Fans have until Thursday to vote for the winner by going to www.TheSportsFlash.com to cast their ballots online. Only one vote per computer, per day will be accepted.

Other nominees this week include Anthony Carrothers of Charlotte Independence, Kyree Green of Raleigh Athens Drive, David Gurganus of Princeton, Casey Randolph of Mountain Heritage and Airyn Willis of Southwest Guilford.

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16 Wed | 17 Thu | 18 Fri | 19 Sat | 20 Sun | All Events

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- Late hits: a recap of Week 4 high school football action
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HS Sports Huddle

Post details: Two WNC stars up for state award

08/25/10

Two WNC stars up for state award

08:25:05 am, Categories: posts

Polk County's Andre Overholt and Madison's Dalton Ledbetter are two of the nominees for the N.C. Step "No Spit" All-Star football award this week:

CANTON, NC – The North Carolina Spit Tobacco Education Program (STEP) and the North Carolina Health Wellness Trust Fund is proud to announce the week one nominees for the N.C. STEP "No Spit" Football All-Stars of the Week. The campaign honors the best high school football players in the state who pledged not to use spit tobacco. Fans can vote for the weekly winner online at www.TheSportsFlash.com. Voting ends at 8:00 P.M. EDT on Thursday. Winner will be announced on Friday.

Here are this week's nominees for the N.C. STEP "No Spit" Football All-Stars campaign:

N.C. STEP "No Spit" All-Stars – Week One Nominees

Steven Bevilacqua – Charlotte Catholic Bevilacqua had 153 yards rushing and scored two touchdowns in Charlotte Catholic's 40-25 win over South Mecklenburg.

Walter Ellerbe – Richmond
Ellerbe rushed for 122 yards and scored two touchdowns to lea Richmond Senior over Providence, 31-21.

Dalton Ledbetter – Madison
Ledbetter had seven receptions for 182 yards and four touchdowns and returned a punt for a 54-yard touchdown in Madison's 37-13 win over Rosman.

Andre Overholt – Polk County
Overholt had 140 yards of total offense and two touchdowns in Polk County's 20-14 win over Tuscola.

Scoot Simmons – West Charlotte
Simmons ran for 113 yards and scored three touchdowns (43, 13, 15) in West Charlotte's 43 -7 win over East Mecklenburg.

Junior Williams – Douglas Byrd
William recorded 195 yards of total offense with three touchdowns in Douglas Byrd's 25-0 win over South View.

Coaches, parents, and fans can nominate any player for the N.C. STEP "No Spit" All-Star of the Week. To be eligible for the weekly award, the student-athlete must pledge not to use tobacco, understanding that spit/smokeless tobacco does not mean harmless. Spit/smokeless tobacco contains more than 28 cancer-causing agents. These cancer-causing agents are present in cigarettes, cigars, smoke, and all forms of smokeless tobacco, including spit, snuff, and chew. Student-athletes from across the state can download the N.C. STEP "No Spit" All-Stars pledge online at www.TheSportsFlash.com.

- Fan the HS Huddle on Facebook: www.facebook.com/hshuddle
- Follow the HS Huddle on Twitter: www.twitter.com/acthshuddle

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HS Sports Huddle

High school sports writer Andrew Pearson gives you breaking news as it happens and observations on the local high school sports scene. E-mail him at apearson@citizen-times.com

High School Huddle home

High school sports site

Archives

- Friday's scores
- Murphy basketball controls BSMC
- More media attention for youngest Plumlee
- State wrestling rankings - team
- Alumni update: White signs with troubled agency
- Much-improved MAC leaders meet tonight
- Ohio to separate private, public schools?
- Simpson loses state lead in scoring
- Time change for Christ School-Heritage
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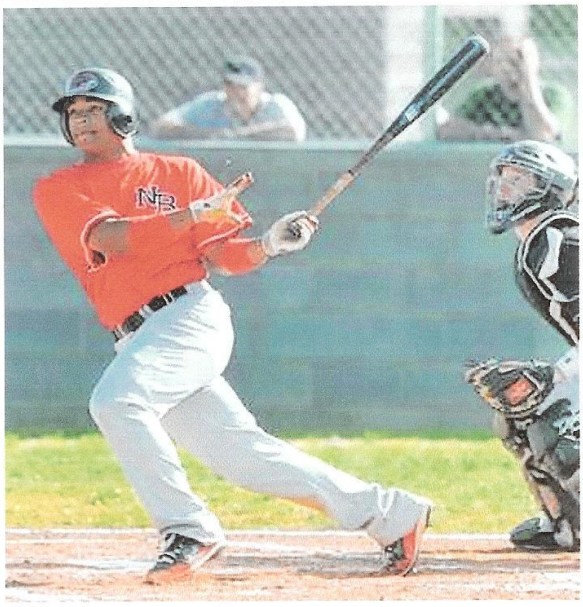

Erwin's Chad Maynor and North Buncombe's Cody Geyer are both finalists for the N.C. STEP "No Spit" All-Star of the Year award.

Here is more on the award:

> CANTON, NC - The North Carolina Spit Tobacco Education Program (STEP) is proud to announce the finalists for the 3rd Annual N.C. STEP "No Spit" All-Star of the Year. Each finalist has pledged not to use spit or smokeless tobacco - on or off the field! Fans from across North Carolina can vote online at www.TheSportsFlash.com, starting on at midnight on Monday, May 17 through midnight on Sunday, May 30. The winner will be announced on Monday, May 31.
>
> 2010 N.C. STEP "No Spit" All-Star of the Year - Finalists
>
> a.. Alex Baker - Ardrey Kell
> b.. Josh Clark - West Forsyth
> c.. Logan Deaver - South Lenoir
> d.. Corey Dick - Albemarle
> e.. Chris Dula - South Iredell
> f.. Cody Geyer - North Buncombe
> g.. Matt Hamm - Cary Academy
> h.. Ben Hinson - Mt. Airy
> i.. Chad Maynor - Erwin
> j.. Nathan Sharp - Southlake Christian
>
> Each finalist has pledged not to use spit or smokeless tobacco, understanding that smokeless does not mean harmless, as spit tobacco contains more than 28 cancer-causing agents. These cancer-causing agents are present in cigarettes, cigars, smoke, and all forms of smokeless tobacco, including spit, snuff, and chew. The nominees have made the healthy lifestyle choice not to use spit tobacco.

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Asheville American Legion roster

10:46:07 am, Categories: posts

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Dixon's Huie honored as All-Star of the year

Junior catcher hit nine home runs

Chris Miller
Jun 10, 2008 9:55 pm

Chris Huie
Daily News Staff

Chris Huie made an impact for the Dixon High baseball team and his efforts merited an individual award.

Huie, a junior catcher, was recently named the North Carolina Spit Tobacco Education Program (STEP) All-Star of the Year as the state's best player who has agreed not to use spit tobacco.

The North Carolina STEP is an organization that educates people about the risks associated with spit tobacco. Players were nominated throughout the season for the N.C. STEP All-Star of the week, which Huie once earned, and nearly 5,000 people voted for the top player.

"I was very excited, I thought this was great for Onslow County baseball and for a small school like Dixon," said Huie.

Bulldogs head coach Jack Brown felt Huie was well-deserving of the award that was eligible to players from all four classifications.

"Chris is a great student-athlete with great character, he is a coach on the field and he does everything I ask of him," said Brown. "He had a great year and when I was asked to nominate one of my players for the award the first player that came to mind was Chris Huie."

The Dixon catcher's performance was instrumental in the Bulldogs going 15-9 overall and claiming their first Coastal Plains 1-A Conference title since 1995 and the program's third since 1977. Huie batted .493 with 38 RBIs, including an area-leading nine home runs.

He was also an influence behind the plate, helping direct the Bulldogs infield while coming up with several clutch plays throughout the season.

"I felt I played alright, but there were times I could have played better," said Huie. "The strongest part of my game was probably my hitting."

A change in batting stance contributed in that. Huie this season went wider in the box, allowing him to have better balance.

"Last year I had five home runs and struck out 20 or 30 times and this year I had nine home runs and only struck out eight or nine times," Huie said. "Last year when I wasn't as wide I would be out on my front foot."

And while Huie's offensive contributions were impressive enough, Brown stressed that it was his player's defense that proved just as important.

"Chris learned how to call a game from behind the plate, which is a lost art in baseball," he said. "He called 90 percent of the pitches and he is one kid who I know everyday he is back there he will do a good job because he works his tail off."

Huie credited his skipper.

"Coach Brown pushes me to get where I am at," he said. "He is a great coach who pushes us all to do what needs to be done.

"I also think this award will make me work harder, I won't slack off because of this, it will push me harder."

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Fair - Winds From the South at 8 MPH
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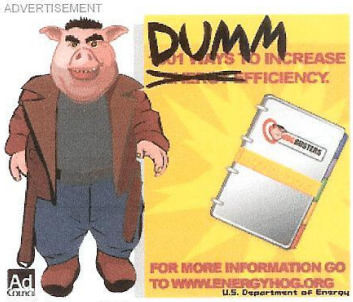

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"No Spit" All Star of the Week

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PRESS RELEASE
Published: April 28, 2008

CANTON, NC - The North Carolina Spit Tobacco Education Program (STEP) is proud to announce that Wilson Hunt's Justin Nygard is this week's N.C. STEP "No Spit" All-Star of the Week as the best high school baseball player in the state who had pledged not to use spit tobacco. Earlier this season, Nygard pitched back-to-back five-inning no-hitters in wins over Greene Central and Wilson Beddingfield. As a weekly winner, Nygard is now eligible to win the N.C. STEP "No Spit" All-Star of the Year Award.

Coaches, parents, and fans can nominate any player for the N.C. STEP "No Spit" All-Star of the Week. For more information about the campaign or to download a "No Spit" pledge for North Carolina, visit <http://www.thesportsflash.com/> www.TheSportsFlash.com. Each weekly nominee has pledged not to use smokeless tobacco, understanding that smokeless does not mean harmless, as spit tobacco contains more than 28 cancer-causing agents. These cancer-causing agents are present in cigarettes, cigars, smoke, and all forms of smokeless tobacco, including spit, snuff, and chew. The nominees have made the healthy lifestyle choice not to use spit tobacco.

In the Oral Health America 2006 Spit Tobacco Report Card, the nation received a "D" for the use of spit tobacco. That means between 12 to 20 percent of all high school males in the country have used spit tobacco in the last 30 days. The campaign intends to educate young people in North Carolina about the dangers of spit tobacco and reinforce the healthy, lifestyle choice not to use tobacco products, especially spit tobacco.

NC STEP is an effort designed to educate North Carolinians about the dangers of spit tobacco. Each year, between 10 to 16 million Americans put their health at risk by using spit tobacco. NC STEP's mission is to prevent people, especially young people, from starting to use spit tobacco. For more information about NC STEP, please contact Paul Turner at (828) 648-1211.

The TSF Radio Network delivers customized, local sports reports to 143 network affiliates in nine

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PREP INSIDERS

INSIDE INFORMATION AND OBSERVATIONS ON CHARLOTTE AREA HIGH SCHOOL SPORTS
FROM THE REPORTING STAFF OF THE CHARLOTTE OBSERVER

SATURDAY, MAY 15, 2010

Alby's Corey Dick is state baseball player of the week

Albemarle's Corey Dick is the N.C. Step "No Spit" all-star of the week. Nominees pledge to not use smokeless tobacco due to its cancer-causing agents. Dick was 2-for-4 with three RBIs in Albemarle's 10-4 win over South Stanly for the Yadkin Valley conference title. For the season, he's hitting .546 with 10 homers and 44 RBIs.

Read more: http://www.charlotteobserver.com/2010/05/15/1437025/berry-junior-a-natural-for-this.html#ixzz001QZnjH7

POSTED BY OBSERVER SPORTS AT 1:55 PM

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ABOUT THIS BLOG

Langston Wertz Jr. has been with the Observer since 1988. He covers high school and college sports, golf and technology.

• Read more high school sports news and analysis on the Observer **high school sports page** and in the **Prep Spotlight** blog.

• Read more of Wertz's work at langstonwertz.blogspot.com.

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Fan-generated content, social networking sites
Fans posted information about the N.C. STEP "No Spit" All-Stars campaign on social networking sites and message boards to encourage others to vote for the weekly winner. TSF Radio Network found postings about the campaign on a variety of web sites, including: facebook; My Space; Buckeye Planet, an Ohio State recruiting site; and iHigh.com.

This is another demonstration of our successful effort to engage the target audience. Fans would grab campaign information from the "official" site and post it to their site, to their facebook site or post the information on message boards.

In addition to our web site, many high school web sites, school system web sites, and message boards included information about the N.C. STEP "No Spit" All-Stars campaign. Often, these web sites would download the campaign logo and include a link to the "official" campaign web site. Here's a sample of a few web sites that included information about the campaign as content on their site:

- Pitt County Schools;
- Union County Schools;
- Hoke County Schools;
- West Forsyth High School;
- Mt. Pleasant High School;
- SouthLake Christian Academy;

This is another example of how the fans from across the state took ownership of this campaign.

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More details

Links on "Vote For Chad Maynor: NC "No Spit" All Star of the Year"

Caitlin Bryant **Vote For Chad Maynor: NC "No Spit" All Star of the Year**

Vote for Chad!
http://www.thesportsflash.com/NCnoSPIT.htm

North Carolina STEP "No Spit" All-Stars - 2009
www.thesportsflash.com
Baker earned the week three N.C. STEP "No Spit" All-Star of the Week honor after going .667 at the plate with a 1.100 slugging-percentage with a .727 on-base percentage and seven runs batted in. In a ...

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Chad Maynor You can vote once a day!
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Nancy Allen Nesbitt You know I will! :-)
May 20, 2010 at 11:03pm · Flag

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CreekR.J. Quick, Wide Receiver, Chapel Hill

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Northwood Football
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ncpreps.rivals.com
Congrats go out to Tra Chandler 1st team NC PREPS all state! This is not 2A all state, this is all classifications all state! Great job Tra!

December 15, 2010 at 5:08pm · Share

Northwood Football
http://www.thesportsflash.com/NCnoSPIT-FOOTBALL.htm

Final results for the no spit player of the year. Kevin Williams finishes 5th. Great job Kevin.

North Carolina STEP "No Spit" All-Stars - 2010
www.thesportsflash.com
CANTON, NC – The North Carolina Spit Tobacco Education Program (STEP) is proud to announce that fans have selected Madison's Dalton Ledbetter as the N.C. STEP All-Star of the Year. For two weeks, fans voted online at www.TheSportsFlash.com for the N.C. STEP "No Spit" All-Star of the Year that honor

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Trent Harris Congrats buddy
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http://www.newsobserver.com/2010/11/12/799898/northwood-41-s-granville-7-111210.html

NewsObserver.com | High School Sports
www.newsobserver.com
Northwood's Dylan Davis (9) and Austin Mathews (88) celebrate after Davis scored against South Granville in the first half, at Northwood High School on Friday, November 12, 2010. Northwood beat South Granville 41-7. – MARK DOLEJS - newsobserver.com

November 21, 2010 at 5:19pm · Share

Garrett Cotten likes this.

Northwood Football
http://www.heraldsun.com/view/full_story_sports/10391144/article-Northwood-advances?instance=main_article

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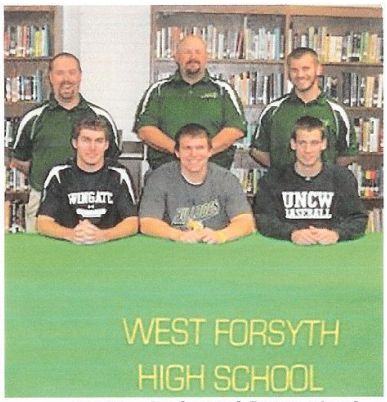


Brett, Josh and Ryan sign!

Brett Morgan and Josh Clark signed to play at Wingate University, and Ryan Mayhew signed with UNC-Wilmington. Congratulations to each of these players, and to their families.

-TITANS WIN 2010 CPC CHAMPIONSHIP and the CPC Tournament

-Josh Clark has verbally committed to Wingate University. Congratulations to Josh and his family.
- Ryan Mayhew has verbally committed to UNC-Wilmington. Congratulations to Ryan and his family.
- Brett Morgan has verbally committed to Wingate University. Congratulations to Brett and his family.

2010

"West Forsyth's Josh Clark voted as N.C. STEP No Spit All-Star of the Week

All nominees have pledged not to use spit tobacco or any tobacco products on or off the field! CANTON , NC The North Carolina Spit Tobacco Education Program (STEP) is proud to announce that West Forsyth 's Josh Clark is this week's NC STEP No Spit All-Star of the Week. As a condition of eligibility, Clark has pledged not to use spit tobacco or any tobacco products on or off the field! As a weekly winner, Clark is now a finalist for the N.C. STEP No Spit All-Star of the Year. Clark hit .667 (6-for-9) last week with two doubles, five runs batted in, and four runs scored as West Forsyth went 3-0 with wins over Reagan, Davie County and Northern Guilford. In the win over Reagan, Clark hit the walk-off RBI single in the bottom of the eighth inning. Defensively, Clark, a catcher, threw out two base runners who were attempting to steal.

- **Greensboro College baseball earned three USA South honors, the conference announced today. The student athletes recognized were:** Michael Parker **(Snow Camp, NC/Southern Alamance),** Josh Montague **(Greensboro, NC/Northwest Guilford) and** Jeff Guerrie **(Lewisville, NC/West Forsyth).**
- **David Cook** was named to the Guilford College Fall Student-Athlete Honor Roll, which is comprised of student-athletes who maintain a grade point average of 3.0 or higher for the semester. Keep up the good work David!!
- **Nick Siega-Riz** and **James Tedder** helped Wingate University win their first SAC-8 Title in 10 years. Congratulations to these players, and the entire Wingate team.
-**JT Tuttle** has recently signed to play next year at Wingate University. Congratulations to JT and his family.
-**Siega-Riz** named SAC Player of the Week: Rock Hill, S.C.----Wingate University redshirt senior outfielder Nick Siega-Riz(Clemmons, N.C.) has been named the SAC Player of the Week
- **Wesley McBride** and **Tyler Coyle** picked up the first collegiate victory last week. Nic Siega-Riz has already hit 4 homeruns this season for Wingate. congratulations to these former Titans.
-SPONSOR OUR GAME PROGRAM....LOOK IN THE HANDOUT SECTION FOR MORE INFORMATION

UNDER ARMOUR PRE-SEASON ALL-AMERICA BASEBALL FACTORY

Congratulations to **Jonathan Holt** ('10), and **Ryan Mayhew** ('11) for being selected as a Preseason All-American by Under Armour. They will have the opportunity to play in the All-American tournament in Tuscon Arizona in January.

Border Battle

Monday, 28 September 2009

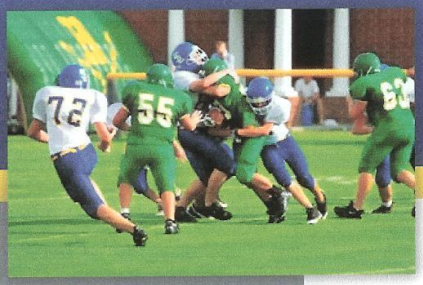
SOUTH ATLANTIC BORDER BATTLE

South Atlantic Border Battle: On October 31-November 1, the College of Charleston will host the largest scouting event to ever occur on South Carolina soil. South Carolina is teaming up with Virginia and North Carolina for the top 17 players in the classes of 2010 and 2011 from each state to compete in an exhibition at newly-renovated Patriots Point. West Forsyth Head Coach, **Randy Pope**, will help coach the North Carolina teams. Selected as one of three high school coaches from NC. "I'm excited for this opportunity to work with two great coaches and outstanding ball players. "Pope stated. Playing for the 2011 team will be **Ryan Mayhew** and **Josh Clark**.

This is Google's cache of http://www.slceagles.org/. It is a snapshot of the page as it appeared on Sep 11, 2009 23:43:01 GMT. The current page could have changed in the meantime. Learn more

These search terms are highlighted: **nc no spit all star**

Text-only version



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SLC EAGLES	38
Cannon	6
9-10-09	Final

Varsity Tennis

SLC EAGLES	3
Gaston Christian	6
9-8-09	Final

Varsity Volleyball

SLC EAGLES	3
Gaston Christian	0
9-8-09	Final

JV Volleyball

SLC EAGLES	2
Gaston Christian	0
9-08-09	Final

MS Volleyball

SLC EAGLES	0
Gaston Christian	2
9-8-09	Final

Varsity Football

SLC EAGLES	23

Eagle Updates

Booster Club Meeting September 21
Parents please plan to attend the Booster Club Meeting on Monday, September 21 at 7PM. There will be a lot of useful information regarding Athletics. Additionally, we are looking for a President for the Booster Club. We also need people who are gifted in the area of helping to coordinate our annual Spring Fundraiser. For further information please email amurray@southlakechristian.org or lcernuto@southlakechristian.org.

N.C. STEP "No Spit" All-Star of the Week
SouthLake Christian Academy's Zak Johnston has been nominated for the **N.C**. STEP "**No Spit**" **All-Star** of the Week, which honors the best high school football players who pledge not to use **spit** tobacco. Fans can vote for the weekly winner online at the following web address:

www.TheSportsFlash.com

Voting ends at 2:00 P.M. EDT on Friday. Winner will be announced Tomorrow afternoon.

Thanks for your participation in voting for Zak! Good luck Zak!

SCHEDULES FOR THE WEEK OF SEPTEMBER 14, 2009
(Full Directions Available on the Directions Tab)

*** Sept 18-Friday-PEP RALLY-2:00PM-2:20PM***

VARSITY CHEERLEADING
Sept 18-Friday-Hickory Grove Baptist-HOME-7:30PM

VARSITY CROSS COUNTRY
No Meets this week

VARSITY FOOTBALL
Sept 18-Friday-Hickory Grove Baptist-HOME-7:30PM

VARSITY TENNIS
Sept 17-Thursday-Covenant Day School-800 Fullwood Rd Matthews, **NC**-4:00PM-Early Dismissal-2:00PM

VARSITY VOLLEYBALL
Sept 17-Thursday-Metrolina Christian-732 Fairview Rd, Indian Trail, **NC-5:00PM-EARLY DISMISSAL 2:00PM- NOTE TIME CHANGE
Sept 18-Friday-First Assembly Christian-HOME-6:30PM

JV VOLLEYBALL
Sept 17-Thursday-Metrolina Christian-732 Fairview Rd, Indian Trail, **NC-4:00PM-EARLY DISMISSAL 2:00PM-NOTE TIME CHANGE
Sept 18-Friday-First Assembly Christian-HOME-5:00PM

MS CROSS COUNTRY
No Meets this week

MS FOOTBALL

N.C. STEP "No Spit" All-Stars of the Year

2008 N.C. STEP "No Spit" All-Star of the Year for Baseball – Chris Huie of Dixon High School

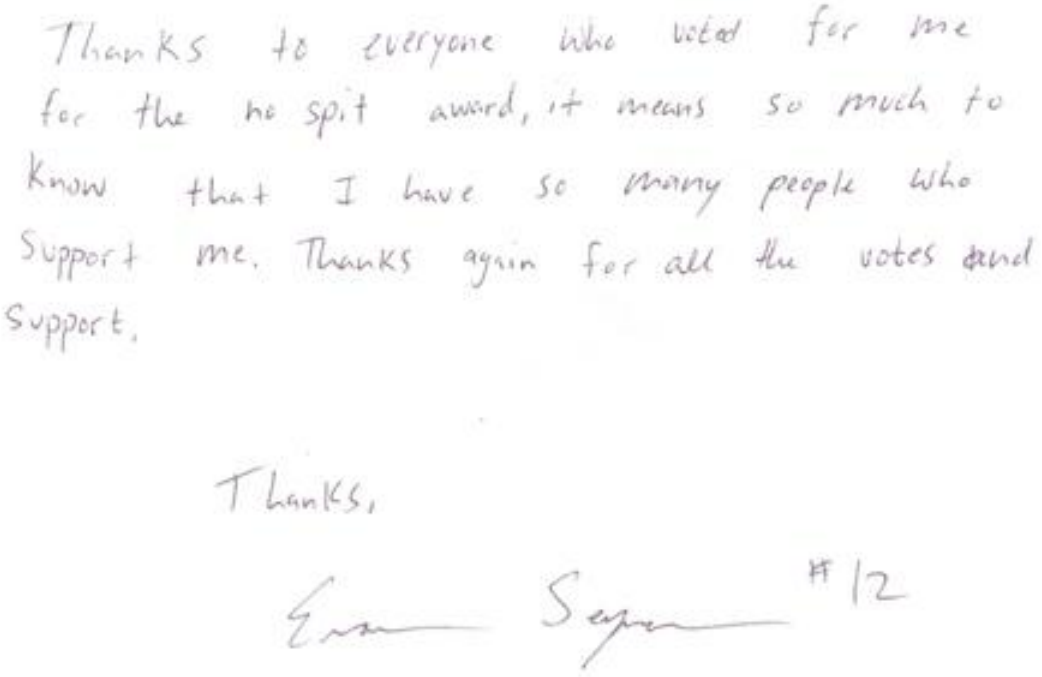
Fans from across North Carolina selected Dixon's Chris Huie as the first-ever N.C. STEP "No Spit" All-Star of the Year. As a junior, Huie hit .493 with nine home runs and 38 runs batted in for Dixon. Huie earned all-state honors from the North Carolina Baseball Coaches Association.

TSF Radio Network presented Chris Dixon with a trophy as the N.C. STEP "No Spit" All-Star of the Year during a pre-game ceremony in which Dixon threw out the first pitch before a Coastal Plain League game in Wilmington.

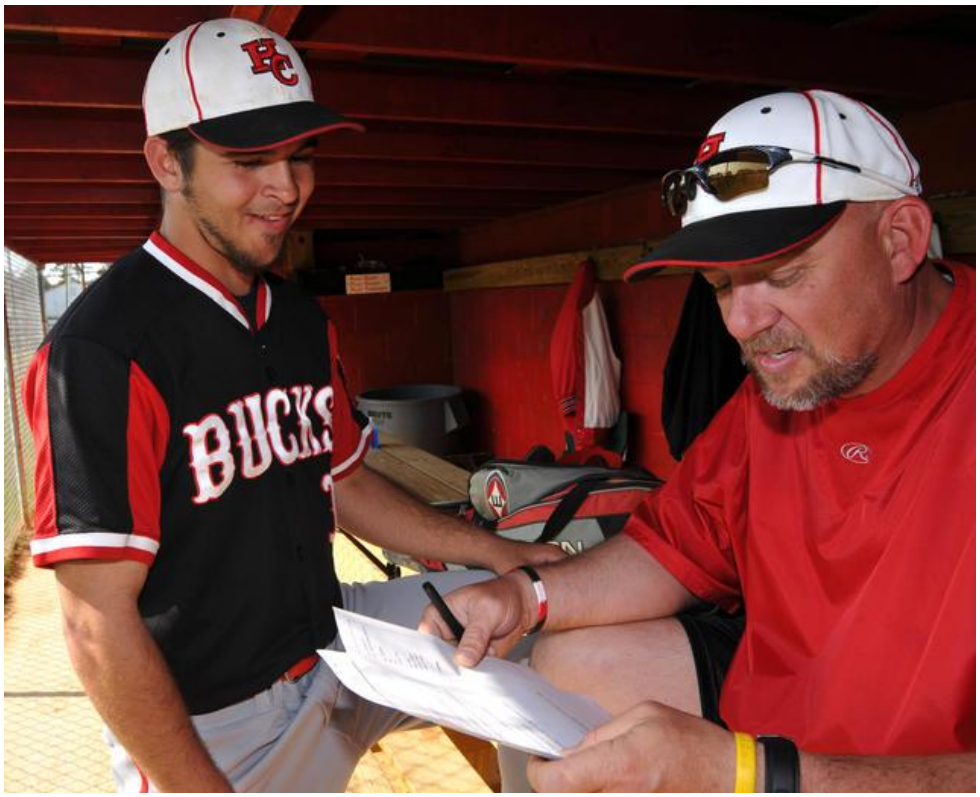
2008 N.C. STEP "No Spit" All-Star of the Year for Football – Evan Seymour of Mt. Pleasant

During the 2008 football campaign, more than 20,000 fans voted for the N.C. STEP "No Spit" All-Star of the Year, Evan Seymour of Mt. Pleasant High School. Seymour earned the week two honor after throwing for 278 yards and four touchdowns in Mt. Pleasant's 42-27 win over Concord. Seymour is currently playing football at Methodist University.

TSF Radio Network presented Seymour with a championship-quality ring designed by Jostens, Inc. as the N.C. STEP "No Spit" All-Star of the Year for football during a pre-game ceremony before a Mt. Pleasant baseball game.



N.C. STEP "No Spit" All-Star of the Year Evan Seymour posted this note on Mt. Pleasant High School's web site, thanking the community for their support. More than 20,200 fans voted in the first-ever N.C. STEP "No Spit" All-Star of the Year for football, with Seymour receiving more than 7,300 votes.



2009 N.C. STEP "No Spit" All-Star of the Year for Baseball – Ronald Womack of Hoke County

Hoke County's Ronald Womack received 16,163 votes in winning the N.C. STEP "No Spit" All-Star of the Year, edging West Lincoln's Trey Drewery, who tallied 13,344 votes. A Louisville Slugger High School All-American, during his junior season, Ronald Womack was 6-1 with four saves and a 0.12 earned run average with 114 strike outs and 20 walks, giving up just 19 hits all season as opponents hit just .101 against him. Womack earned the week three N.C. STEP "No Spit" All-Star of the Week honor after giving up just one hit while recording 20 strike outs in a 2-1 win over Purnell Swett. One week later, Womack tossed a no-hitter in an 8-0 win over Scotland County.

In October 2009, during a ceremony at a Hoke County High School football game, TSF Radio Network will present Womack with a custom-designed ring from Jostens, Inc. as the N.C. STEP "No Spit" All-Star of the Year for baseball.

2009 N.C. STEP "No Spit" All-Star of the Year for Football - Jack Britt's Eric Johnson
In 2009, 24,764 fans from across the state voted for the N.C. STEP "No Spit" All-Star of the Year for football and selected Jack Britt High School's Eric Johnson for the honor.

Johnson rushed for 1,922 yards and scored 33 touchdowns while helping his team to the Class 4AA Championship Game. Johnson was honored as a first-team All Mid-South Conference, a first-team All-Cape Fear region, and represented North Carolina in the Shrine Bowl of the Carolinas. In his final two seasons, Johnson rushed for 3,215 yards with 50 scores. Johnson committed to continue his career at the U.S. Naval Academy.

In July 2010, during a pre-game ceremony before a Fayetteville Swamp Dogs game at J.P. Riddle Stadium, N.C. STEP Director Paul Turner and TSF Radio Network's Mike Sinnott presented Johnson with his ring as the "No Spit" All-Star of the Year.

2010 N.C. STEP "No Spit" All-Star of the Year for Baseball - South Lenoir's Logan Deaver
In 2010, N.C. STEP honored South Lenoir's Logan Deaver as its "No Spit" All-Star of the Year. During the campaign, more than 39,000 fans voted, selecting Deaver as state's best high school baseball player who had pledged not to use spit tobacco – on or off the field.

At the plate, Deaver hit .438 with two home runs, 25 runs batted in, and 20 runs scored. Deaver was 8-2 with a 1.81 earned run average on the mound, recording 100 strike outs with 48 walks in 62 innings pitched as opponents hit just .169 against him. Deaver was the week one, N.C. STEP "No Spit" All-Star of the Week after not giving up an earned run in 10 innings pitched while giving up just seven hits and striking out 15. Deaver tossed a complete-game three-hitter in a 10-1 win over North Lenoir.

2010 N.C. STEP "No Spit" All-Star of the Year for Football - Madison's Dalton Ledbetter
The 2010 N.C. STEP "No Spit" All-Star of the Year for football hails from Madison High School. Ledbetter is a football and track star for the Patriots. Ledbetter received 5,284 votes to beat Panther Creek's Jonathan Douglas (4,620) and Eastern Guilford's Jamil Lee (4,601) for the honor.

Ledbetter was the week one "No Spit" All-Star of the Week after making seven receptions for 182 yards with four touchdowns while returning a punt for a 54-yard score in Madison's 27-13 win over Rosman. As a weekly winner, Ledbetter was an automatic finalist for the annual honor.

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Posted on Wed, Mar. 26, 2008

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IN MY OPINION

Wertz Jr.: Davidson could win off court

Expert: NCAA success may help in recruiting

LANGSTON WERTZ JR.

Davidson and Western Kentucky, teams not from traditional powerhouse conferences, are in the Sweet 16. Will their success help other teams in similar situations recruit?

Here's my logic. Instead of trying to play for a big-time team, a recruit could go to a smaller school, play right away and make a big impact -- and maybe even leave a legacy like **Stephen Curry** is doing at Davidson.

Not really, says national recruiting analyst **Dave Telep** of scout.com

"Kids don't think like that," Telep said. "They think about what's on TV, what's in front of them and right now, it's Davidson and Western Kentucky. That's who will get the pop from this."

• A national study shows that teams that make the Sweet 16 see a 3 percent average boost in applications the next year. Telep thinks a school like Davidson is going to see increased attention from recruits, too.

"Everything right now that is happening to Davidson is a bonus," he said. "If they could get one of those kids maybe sitting on the fence with stars in his eyes (wanting) a bigger conference, that would be tremendous. Everyone has their signature moment when they break through. This is Davidson's signature moment."

• Some of the area's best boys' and girls' high school talent will play in the Charlotte Pro-Am All-Star Classic at 1:30 p.m. Saturday at Providence Day School, including North Carolina signee and Gatorade N.C. Player of the Year **Candace Wood** of Victory Christian (rosters are at http://prepinsiders.blogspot.com).

In all, 42 all-conference and 18 conference players of the year will participate. But the neat thing is the annual trip to First Ward Elementary on Friday. It's where these high school all-stars speak to the young kids about staying away from drugs and how to be a successful student-athlete.

To hear kids give kids this kind of message is about as powerful a thing as I've ever seen.

• I think it's great that Vogue asked **LeBron James** to pose for its cover. James is the third man (and first black man) to do so. I don't think how James is depicted is great. The NBA star is screaming. He's dribbling a basketball with his right hand and clutching blond model **Gisele Bundchen** in his left.

The cover dehumanizes James.

• Golfer **Phil ("I've got subcutaneous fat") Mickelson** looks at least 35 pounds trimmer this year. He's even got biceps.

• From the Good For Them files: The N.C. Spit Tobacco Education program has launched a weekly award, the "No Spit" all-star for high school baseball and softball players.

To be eligible, players pledge to not use spit tobacco, which has more than 40 cancer-causing agents, or any other tobacco products on or off the field. To nominate players or vote, visit thesportsflash.com.

IN MY OPINION Langston Wertz Jr.

Langston Wertz Jr: 704-358-5133; lwertz@charlotteobserver.com

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Published on Thursday, March 13, 2008

Two all-star games on Williams' schedule

Earl Vaughan

Jack Britt basketball standout C.J. Williams has been invited to play in a pair of postseason high school all-star games.

The first is the Senior Showcase All-Star Weekend in Orlando, Fla., on March 21-22.

Williams will play for a U.S. All-Star team against a team of Florida high school all-stars.

The second game is the Carolina Classic All-Star game. This game was previously held at Winthrop in Rock Hill, S.C., but is moving for the first time to the Charlotte Bobcats Arena on April 5.

It features top senior players from North and South Carolina.

The Senior Showcase is scheduled at 7:45 p.m. at Winter Park High School on Saturday, March 22.

Williams is the only North Carolina high school player invited to take part in the game.

This year marks the 10th anniversary of the Senior Showcase. In addition to the game, players will get to attend the Orlando Magic-New Jersey Nets NBA game on Friday, March 21.

The Carolina Classic will be played at 2 p.m. on April 5 at the Bobcats Arena. It will be preceded by the girls' Carolina Classic at 12:30 p.m.

Williams is the only Cape Fear region player in either of the Carolina Classic games.

An N.C. State signee, Williams led Jack Britt to the Mid-Southeastern 4-A Conference regular-season and tournament titles this year.

The Buccaneers went on to win the sectional championship, and finished second in last week's 4-A Eastern Regional tournament in Greenville, losing to Apex 45-44.

If you've just eaten breakfast, you might not want to read this next item.

I applaud what this organization is doing, but I think the name might need a little work.

The N.C. Spit Tobacco Education Program has teamed up with The Sports Flash Radio Network to start a "No Spit" All-Star campaign. Support for the campaign will come from the N.C. Health and Wellness Trust Fund.

The campaign is designed to honor the best baseball players who pledge not to use spit tobacco.

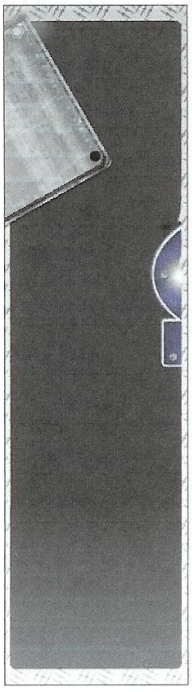
"One of our goals is to reduce the number of young people using smokeless tobacco," said Paul Turner, the director of the program, in a prepared release.

"It is important for young people to understand that smokeless does not mean harmless. We believe this campaign will generate awareness about the dangers of smokeless or spit tobacco use among our state's young people and honor those young people who have made the healthy lifestyle decision not to use spit tobacco."

According to a 2006 study by Oral Health America, 12-20 percent of all high school males in the United States had used smokeless tobacco within the last 30 days.

For more information about the program, call Paul Turner at (828) 648-1211.

South View High School will host the Tiger Relays Saturday.



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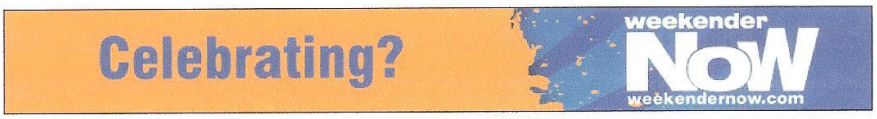

« Zero tolerance … throw them out!
Weak or balanced? »

Cast a vote for Cape Fear's Jones

We've posted a story on our Web site about this, but I wanted to add a blog item because with the frequent updates it won't stay out there long.

I'd like to encourage folks from the Cape Fear region to vote for Cape Fear High School's Karonne Jones for an important state award. He's been nominated for this week's NC Step "No Spit" All-Star award. This is presented by NC STEP, an educational program designed to teach North Carolinians the dangers of using spit tobacco products.

Karonne was nominated for rushing for over 250 yards and three touchdowns in Cape Fear's win over Terry Sanford last week.

Fans are eligible to vote for the award by visiting www.thesportsflash.com.

You can vote until 8 p.m. Thursday. Please don't vote from school computers though. They all register to the same IP address generally, and the contest will only allow one vote per IP address per hour.

Try to vote from a home computer or one that has a dedicated IP address and not one that's shared.

Thanks for your support for Karonne for this award.

Comments

6 Responses to "Cast a vote for Cape Fear's Jones"

1. *Angelia* Says:
October 8th, 2008 at 3:16 pm

Mr. Vaughan the game that KaRonne' Jones played in last week was Pine Forest not Terry Sanford. Have a blessed Day!

2. *Digger* Says:
October 9th, 2008 at 6:10 am

Earl,

I'm not sure about your Shrine Bowl picks, Proctor from Jack Britt seemed to have drawn alot of attention from the Coaches of the Shrine Bowl, you may want to check with the Britt Coaches.

Digger

3. *Tashawn Mcdougald* Says:
October 9th, 2008 at 12:13 pm

yes he gots my vote 100% he a mentor to me

4. *Earl Vaughan Jr* Says:
October 9th, 2008 at 1:40 pm

Digger, Proctor would be on MY Shrine Bowl team but I'm afraid he's going to be one of those tweeners that will get overlooked in the Shrine selection process. He's more of an athlete than a quarterback when it comes to picking all-star teams, as we found out last year when he was left off the All-Mid-Southeastern Conference team by the coaches. If the Shrine coaches pick one or two athletes for this team, Proctor has a shot, possibly as kick returner or maybe even as a wideout, but I don't see him being taken as a pure quarterback.

5. *Digger* Says:
October 9th, 2008 at 5:21 pm

Earl,

Published on Thursday, October 09, 2008

Tough week for Britt assistant coach Barbour

Earl Vaughan

This is a difficult week for Jack Britt assistant football coach Scott Barbour, and not just because the Buccaneers are traveling to play unbeaten Seventy-First Friday night.

Barbour is a graduate of Douglas Byrd High School. He played for current Falcons coach Bob Paroli there.

He later coached with Paroli, his son Mike and another Falcons assistant, Mike Shea.

Bull Shannon, the Falcons equipment manager, is a longtime friend of Barbour and his family.

"I've got friends over there, some guys I look at like my family," Barbour said. "But my loyalties are with these guys now," he said, pointing to the Britt players on the practice field.

"There's nothing personal. We're just going to go out and play a game."

Bob Paroli said he hasn't often faced the situation of coaching against a former player, but said you can't get caught up in the emotion when it happens.

"You always have feeling for the kid that played for you," he said. "It's strictly business. Afterward, we'll hug and go about our business."

While Barbour and Paroli both agreed that polls really aren't that important, the fact that both Britt and Seventy-First are ranked in this week's Associated Press state 4-A poll does add something to the game.

"There's a lot of interest, and justifiably so," Paroli said. "There are two good football teams that want to win a game."

"It reminds me when we used to play and there were always a couple of county schools ranked in the top ten," Barbour said. "Hopefully it's a message that Cumberland County football is getting back where it needs to be."

A reminder that today is the last day to vote for Cape Fear High School's Karonne Jones for the NC STEP "No Spit" All-Stars state high school football player of the week award.

Jones was nominated for rushing for 255 yards and three touchdowns in Cape Fear's win over Terry Sanford last Friday.

To cast a vote, go to www.thesportsflash.com. Only one vote will be registered from an IP address per hour.

Voting ends at 8 p.m. today.

The Shrine Bowl of the Carolinas should be announcing rosters for this year's game sometime in the next few weeks.

Top prospects from Cumberland County would have to be Jack Britt's Xavier Nixon and Seventy-First's James Hopper.

The North Carolina coaching staff for this year's game doesn't have a Cape Fear region coach.

There is one assistant with ties to the region.

Bruce Ollis, coach at Polk County High School, was coach at Lee County High School several years ago.

He was also reported to be a candidate for the Scotland High School job when it came open last year.

Scholastic sports editor Earl Vaughan Jr. can be reached at vaughane@fayobserver.com or 486-3519.

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Published on Friday, October 10, 2008

Cape Fear's Jones wins state award

A staff report

Cape Fear High School's Karonne Jones is this week's statewide winner of the N.C. STEP "No-Spit" All-Star of the Week award.

Jones was nominated by Cape Fear for the award, and voting was conducted online.

Jones was honored for rushing for 255 yards and scoring three touchdowns in Cape Fear's 41-28 win over Pine Forest last Friday.

As a weekly winner, Jones is now eligible to win the N.C. STEP All-Star of the Year Award.

N.C. STEP stands for N.C. Spit Tobacco Education Program. The program is designed to educate people on the dangers of using smokeless tobacco products.

Keep up to date with all the news! Try our TxtAlerts, Fayobserver.com mobile edition, and our PM Newscast every weekday at 3:00.

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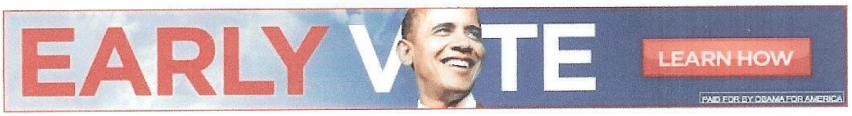

Published on Thursday, October 23, 2008

Flack candidate for state award

Earl Vaughan Jr.

Western Harnett's Chris Flack has been nominated for this week's N.C. STEP No Spit Football All-Stars award.

The award is presented each week to the state's top high school football players who have pledged not to use spit tobacco.

Flack was nominated after rolling up 160 yards of total offense, scoring three touchdowns and recording 12 tackles in Western Harnett's 26-17 win over South Johnston.

To cast a vote for Flack, go to www.TheSportsFlash.com.

Because of technical problems, this week's voting deadline has been extended to Friday at noon.

In order to prevent stuffing the ballot box, the computer will only count one vote from the same computer every hour.

The Cape Fear region has already had one winner of the award this season, Cape Fear's Karonne Jones.

Cumberland County school officials have no plans to move next Friday's football games to avoid a conflict with Halloween.

But fans planning to come watch high school football on Halloween night shouldn't plan on showing up in outlandish costumes.

This won't be the first time football Friday and Halloween have collided, but it seems the observance of the event has grown in the past several years so it's more of a concern than it used to be.

Fred McDaniel, student activities director for the Cumberland County Schools, said fans need to follow some basic rules if they're planning on coming to a game in a Halloween mood.

"We will not let them come in with their face covered," he said. In other words, no full or partial face masks, ski masks or any kind of masks.

Body paint, a favorite of both Halloween and athletic events, is already against the rule of the N.C. High School Athletic Association.

Anyone caught trying to come in wearing it will be asked to remove it, and anyone who puts it on once inside will be asked to remove it or leave the game.

As for costumes that don't hide the face, McDaniel said they're okay within reason. They can't violate the school dress code, he said.

The safest thing is to just attend the game and dress normally, as if you were going to school.

"This is not a trick or treat place," he said. "If they want to be someplace else to do that, that's where they need to go."

High school basketball practice begins across North Carolina at N.C. High School Athletic Association schools on Monday.

They better make the most of it because the first week of official games starts Nov. 10, three days after high school football regular season ends.

All Cape Fear region schools that haven't already done so are urged to e-mail a copy of your varsity basketball schedule for girls and boys to us.

Please send the schedules to sports@fayobserver.com as soon as possible.

We are already working on our preseason basketball package and need schedules from everyone to include in the newspaper.

Scholastic sports editor Earl Vaughan Jr. can be reached at vaughane@fayobserver.com or 486-3519.

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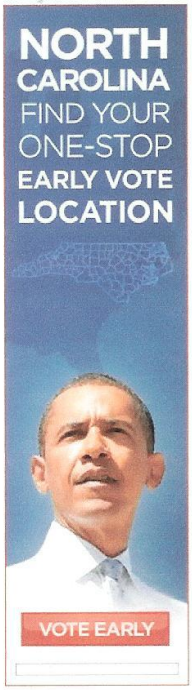

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UNCW Baseball

Inside the Seahawk baseball program

April 17th, 2009 06:16am

UNCW BASEBALL: Recruit wins award

by admin

I thought fans and current players would like to know a future Seahawk, Michael Bass, received a statewide honor this week. Bass will join the Seahawks in the fall. Last fall, he was a National High School Heisman Award finalist.

Here is the release on his latest honor.
CANTON– The North Carolina Spit Tobacco Education Program (STEP) is proud to announce that Fairmont's Michael Bass is this week's NC STEP "No Spit" All-Star of the Week.

As a condition of eligibility, Bass has pledged not to use spit tobacco or any tobacco products – on or off the field.

Bass tossed a six-inning no-hitter in a 12-2 win over St. Pauls, recording 11 strike outs in the Golden Tornadoes win. As a weekly winner, Bass is now eligible to win the N.C. STEP "No Spit" All-Star of the Year Award.

Coaches, parents and fans can nominate any player for the N.C. STEP "No Spit" All-Star of the Week. For more information about the campaign or to download a "No Spit" pledge for North Carolina, visit www.TheSportsFlash.com. Each weekly nominee has pledged not to use smokeless tobacco, understanding that smokeless does not mean harmless, as spit tobacco contains more than 28 cancer-causing agents.

Share and Enjoy:

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Dixon's Huie earns honor
Dixon's Chris Huie was named the N.C. Step "No-Spit" All-Star of the Year as the best high school baseball player who pledged not to use tobacco. Huie hit .493 with nine home runs and 38 RBI. He was named the Coastal Plains co-player of the year.
Good for him. Remember kids, tobacky is wacky. I might get banished back up North again for writing that, but I'll risk it.

State games underway
The State Games of North Carolina started today, and from the looks of it, they run for a while. The high school baseball tournament runs through Sunday, and I know at least Hoggard's David and Scott Coleman are playing in it. Ashley's Brian Stewart is coaching the East-West game between graduated seniors.
I'll try to find out some information, either from phone calls or the Greensboro paper, and let you know how our athletes are doing.

CMS still investigating
Charlotte-Mecklenburg schools are still investigating the eligibility/recruiting mess that has led 17 players to be dismissed from various teams this year. (Insert the annoying *Jeopardy!* music. It's been almost six months already.) The "news" of the situation is that parents of two Independence football players have complained that the investigation has amounted to harassment. Read about it here.
If you've been following this blog and/or not had your head stuck in a hole, you know how big of a deal eligibility has been this year. The state has cracked down, now let's see if the school districts follow suit.

Top program in the state
So, sitting on the beach last weekend, I decided to get caught up on some back issues of *Sports Illustrated*. I was intrigued to learn that the folks at SI think that Punahou has the best high school program in the nation. The Hawaiian school boasts Michelle Wie as an alum, and seems to have some worthiness of the title with 16 state titles this season, but come on. It's in Hawaii. How much competition can it have?
The article also featured a map with a list of the best high school in every state. Can you guess who got the nod from our fair state? .... I'll give you a minute to think. ... It'll be joining the Mideastern in two years and rhymes with fern. ... Got it yet? ... Yeah, you guessed it, New Bern. The article didn't say why it was that school, so I'll leave that up to you to debate the merits of the Bears getting the honor.

On the health front
Two interesting stories from *USA Today* this week. First, the mother of late NBA player Reggie Lewis is pushing for testing of athletes' hearts. Lewis died of hypertrophic cardiomyopathy (HCM) in 1993, and his now-15-year-old son, Reginald Morris Lewis, has the same condition. Already has a implantable defibrillator and a pacemaker. At 15. This stuff just scares me. Kids grow up (literally) so quickly that their heart doesn't grow as fast.
Also, it seems baseball players are at increasing risks of hurting their arms and requiring surgery. That's not really the news part. You probably knew that anecdotally anyway. But the fact that one prominent surgeon has seen the number of Tommy John surgeries he's done increase from two a year to about 30 is scary.

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Posted By: sue ann smithe (12/06/2008 10:18:48 AM)

Nothing has been easy for Roberson in its inaugural year as a 4-A athletics program.

So the Rams (25-2) are not disappointed with their draw in the NCHSAA 4-A softball tournament which begins Friday in Raleigh.

North Davidson (29-0) is the only unbeaten team in the field and was ranked third in the last national poll put out by USA Today.

The Black Knights overcame a 2-0 deficit to win their last playoff game.

Meanwhile, the Rams have outscored their playoff opponents, 23-4, and set a NCHSAA record for single -season homers (35) along the way.

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S. Lenoir star wins 'No Spit' award

07:11:12 am, Categories: posts

South Lenoir baseball player Logan Deaver has been named the N.C. Step "No Spit" All-Star of the Year.

North Buncombe's Cody Geyer and Erwin's Chad Maynor were local finalists for the award.

Here is more from a press release:

> CANTON, NC – The North Carolina Spit Tobacco Education Program (STEP) is proud to announce that high school baseball fans from across the state voted South Lenoir's Logan Deaver as the N.C. STEP "No Spit" All-Star of the Year for baseball. More than 39,400 fans from across the state cast votes for the N.C. STEP "No Spit" All-Star of the Year. Deaver received 6,591 votes to best Cary Academy's Matt Hamm who tallied 5,099 votes. Southlake Christian's Nathan Sharp (3,060) was third with South Iredell's Chris Dula (1,542) rounding out the top four finishers.
>
> For the season, Deaver hit .438 with two home runs, 25 runs batted in, and 20 runs scored. On the mound, Deaver was 8-2 with a 1.81 earned run average, striking out 100 with 48 walks in 62 innings pitched. Opponents were hitting just .169 with Deaver on the mound. Deaver earned the week one, N.C. STEP "No Spit" All-Star of the Week honor, after not giving up an earned run in 10 innings pitched while giving up seven hits and striking out 15. Deaver tossed a complete-game three-hitter in a 10-1 win over North Lenoir.
>
> Deaver was selected from among ten finalists. Each finalist earned a weekly honor ad had pledged not to use spit or smokeless tobacco, understanding that smokeless does not mean harmless, as spit tobacco contains more than 28 cancer-causing agents.

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Catching up on commitments

06:51:37 am, Categories: posts

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HS Sports Huddle

Post details: Mount Pleasant QB wins award

11/25/08

Mount Pleasant QB wins award

07:55:31 am, Categories: posts

Posted by Andrew

Mount Pleasant quarterback Evan Seymour, who missed a substantial chunk of his senior season with a broken ankle, beat out East Henderson quarterback Chase Hill and Hendersonville fullback Cedrick Allen in online voting for the N.C. Step "No Spit" Football All-Star of the Year.

CANTON, NC – The North Carolina Spit Tobacco Education Program (STEP) is proud to announce Mount Pleasant's Evan Seymour has been voted the N.C. STEP "No Spit" Football All-Star of the Year. More than 20,200 fans from across the state voted during the campaign, with Seymour receiving 7,357 votes as the N.C. STEP "No Spit" All-Star of the Year. Seymour was the week two winner after throwing for 278 yards and four touchdowns in Mt. Pleasant's 42-27 win over Concord.

As the winner of the N.C. STEP "No Spit" All-Star of the Year, Evan Seymour will be presented with a custom-designed, championship-quality ring designed by Jostens, Inc., the legendary jeweler of championship rings that are worn by the greatest athletes in the world, including the 2006 Super Bowl Champion Pittsburgh Steelers. Fans from across North Carolina also selected the design of the ring that will be presented to Evan Seymour.

All nominees for the N.C. STEP "No Spit" All-Star of the Year Award had pledged not to use spit or smokeless tobacco, understanding that smokeless does not mean harmless, as spot tobacco contains more than 28 cancer-causing agents. These agents are present in cigarettes, cigars, smoke, and all forms of smokeless tobacco, including spit, snuff, and chew. To be eligible for the honor, the nominees made the healthy lifestyle choice not to use spit tobacco.

NC STEP is an effort designed to educate North Carolinians about the dangers of spit tobacco. Each year, between 10 to 16 million Americans put their health at risk by using spit tobacco. NC STEP's mission is to prevent people, especially young people, from starting to use spit tobacco. For more information about NC STEP, please contact Paul Turner at (828) 648-1211.

Online Votes E-Mailed Votes Total Votes
Evan Seymour - Mount Pleasant 683 6,674 7,357
Chase Hill - East Henderson 487 6,485 6,972
Josh Strickland - Forsyth Country Day 216 729 946
Karrone Jones - Cape Fear 271 557 828
Dakuan Spencer - Washington 41 485 526
Jamar Corpening - Albemarle 172 349 521
C.J. Fredrick - West Johnston 101 164 265
Cedrick Allen - Hendersonville 117 21 138
Maurice Williams - North Pitt 43 37 80
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HS Sports Huddle

High school sports writers Romando Dixson and Andrew Pearson give you breaking news as it happens and observations on the local high school sports scene. E-mail them at rdixson@citizen-times.com and apearson@citizen-times.com

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High Point, with rain expected in the area.

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East Henderson QB wins award

05:50:15 pm, Categories: posts

Posted by Andrew

East Henderson quarterback Chase Hill has been named the N.C. STEP "No Spit" All-Star of the Week. Rather than explains what the award symbolizes, I'll let you read the rest of the press release that was sent to us.

> The North Carolina Spit Tobacco Education Program (STEP) is proud to announce that East Henderson's Chase Hill is the N.C. STEP "No Spit" All-Star of the Week as the best high school football player in the state who has pledged not to use spit tobacco. Hill had 297 yards of total offense and scored six touchdowns as East Henderson outscored Smoky Mountain, 60-43. As a weekly winner, Hill is now eligible to win the N.C. STEP "No Spit" All-Star of the Year Award.
>
> Coaches, parents, and fans can nominate any player for the N.C. STEP "No Spit" All-Star of the Week. For more information about the campaign or to download a "No Spit" pledge for North Carolina, visit www.TheSportsFlash.com. Each weekly nominee has pledged not to use smokeless tobacco, understanding that smokeless does not mean harmless, as spit tobacco contains more than 28 cancer-causing agents. These cancer-causing agents are present in cigarettes, cigars, smoke, and all forms of smokeless tobacco, including spit, snuff, and chew. The nominees have made the healthy lifestyle choice not to use spit tobacco.

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NCHSAA volleyball pairings

02:57:48 pm, Categories: posts

Posted by Romando

We are down to five WNC teams in the NCHSAA volleyball championships. Following are the matchups involving those teams. All three matches are Saturday. The winners play for regional championships next week.

3-A
North Buncombe (18-8) at Hickory (21-5), 6 p.m.

2-A
East Henderson (18-7) at West Henderson (23-0), 2 p.m.

1-A
Rosman (18-8) at Swain County (27-1), 4 p.m.

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Rain postpones football games

01:38:15 pm, Categories: posts

Posted by Andrew

Here are the games that have been postponed. Everyone else is playing tonight.

Northwestern 4-A
McDowell at East Burke – Saturday, 7:30.
Mountain Athletic 3-A
Enka at Erwin – Saturday, 7.
Western Athletic 2-A
Pisgah at Brevard – Monday, 7:30.
Smoky Mountain at North Henderson – Monday, 7:30.
Western Highlands 1-A/2-A
Mountain Heritage at Mitchell – Saturday, 7:30.
Hendersonville at Owen – Saturday, 5.

Rainy weather that swept through Western North Carolina on Friday postponed six high school football games to either Saturday or Monday.

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South Lenoir baseball team faces old nemesis tonight in Deep Run

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Kinston, Greene Central baseball at home; North Lenoir, South Lenoir, Ayden-Grifton softball team open playoffs on the road

May 18, 2010 12:00 AM

Bryan C. Hanks
Managing Editor

DEEP RUN — Say the name "Whiteville" around any South Lenoir baseball fan and don't be surprised if they shudder a little. There's good reason, too: The Wolfpack earned their nemesis status by knocking out two of the best South Lenoir teams in recent history, in 2007 and 2008.

Those Blue Devils teams advanced to the fourth round of the N.C. High School Athletic Association 2A playoffs only to be eliminated by the Wolfpack by identical 4-3 scores, both times in Whiteville.

Tonight, weather-permitting, the Wolfpack (14-8) visit Deep Run to take on an 18-4 South Lenoir team in the second round of the NCHSAA 2A playoffs that remembers those slim losses in Whiteville.

"This is a big deal to us," South Lenoir senior pitcher Logan Deaver said of playing Whiteville. "We're happy we get them at home; we're hoping it gives us a bit of an advantage."

South Lenoir's venerable coach, Troy Eason, said he doesn't think the name on the front of the jersey of tonight's opponent will fire up his Blue Devils any more than it would for any other team.

"It's a different team, different year situation," Eason said. "We'll try to do the best we can (tonight) and I hope luck is on our side. They have a good team, but I think we have one, too."

Deaver is one of 10 statewide finalists for the N.C. "No-Spit" All-Star of the Year award. He won the weekly award earlier in the season, and his .458 batting average and 9-2 record on the mound qualified him for the award.

Fans can vote for Deaver by sending an e-mail to ncnospitallstars@thesportsflash.com with "NC-10-POTY-DEAVER" in the subject line. Votes are allowed once an hour and voting lasts until midnight on Sunday.

Deaver said he was honored to be a finalist for the prestigious award.

"There are some big names (among the finalists) and a couple of them are going to be drafted," Deaver said. "It's nice to be in that company."

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Column: Pink Hill/Deep Run "mystery boom" investigation update
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Eason said Deaver was worthy of the award.

"He's a quality kid and does things the right way," Eason said of Deaver. "He's been a big factor in our success and has had a heck of a year for us. This couldn't be happening to a nicer guy."

South Lenoir isn't the only area baseball team in action at home tonight; Kinston (18-5), fresh off its first playoff victory since 2003, entertains fellow Eastern Plains 2A member Farmville Central (17-8), while EP2A champ Greene Central (17-6) plays host to Kitty Hawk First Flight (16-7).

Kinston defeated East Bladen 5-4 on a walk-off RBI single by Sirterra Brewer on Friday. Greene Central had no such drama in its 23-0 whitewash of Warren County.

While the three area schools will host second-round baseball match-ups, three area schools' softball teams will begin their postseasons, albeit all on the road. The best of the lot, South Lenoir (14-4), the third seed from the East Central 2A, travels to Leland to take on North Brunswick (11-9), the second seed from the Waccamaw 2A. North Lenoir (13-9), the fourth seed from the Eastern Carolina 3A, will make the long trip to Mebane to face the second seed from the Mid-State 2A, Eastern Alamance (15-9).

Ayden-Grifton (5-14), the fourth seed from the Carolina 1A, goes to Mebane to visit the N.C. School of Science and Math (12-3) in a sort of revenge game; NCSSM eliminated A-G's baseball team, 5-4, in extra innings in Friday night's first round. NCSSM is the top seed from the Carolina 9 1A/2A.

Bryan C. Hanks can be reached at 252-559-1074 or at bhanks@freedomenc.com. Check out Bryan's blog at bhanks.encblogs.com for updates from all the prep sports action in the area.

Breakout box1:

Tonight's playoff schedule

Baseball

Farmville Central at Kinston, 7 p.m.

Kitty Hawk First Flight at Greene Central, 7 p.m.

Whiteville at South Lenoir, 7:30 p.m.

Softball

South Lenoir at North Brunswick

North Lenoir at Eastern Alamance

Ayden-Grifton at N.C. School for Science and Math

Breakout box2:

You can vote for South Lenoir's Logan Deaver as the N.C. "No-Spit" All-Star of the Year by sending an e-mail to ncnospitallstars@thesportsflash.com with "NC-10-POTY-DEAVER" in the subject line. Votes are allowed once an hour and voting lasts until midnight on Sunday.

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All-Free Press baseball teams

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June 20, 2010 12:00 AM

The Free Press

FIRST TEAM

C— RAND JACKSON, JR., NORTH LENOIR

.342 avg., 15 runs, 12 RBIs, 1 HR

INF— JOSHUA LOVICK, SR., KINSTON

.518 avg., 38 runs, 24 RBIs, 10 doubles, triple, four HRs, 18 BB, 21 SB. Selected to represent the East in the Powerade State Games of North Carolina Senior East-West All-Star Game, signed with East Carolina University

INF— WES SOWERS, JR., GREENE CENTRAL

.408 avg., 31 hits, 31 RBIs, 3 HRs. Selected to the Powerade State Games of North Carolina's Region 2 team

INF— TY EASON, SR., SOUTH LENOIR

.403 avg., 13 doubles, 3 HRs, 24 runs, 24 RBIs, .688 slg., .525 OBP. An All-East Central 2A Conference selection, named to the Ray Avery Easter Tournament All-Tournament team, 2010 N.C. High School Athletic Association Pat Gainey Award winner

INF— MATT JONES, SR., BETHEL CHRISTIAN

.550 avg., 34 runs, 20 RBIs, 3 HRs, 26 SB. First team NCCSA 2A All-State selection, selected as team's Most Valuable Player

OF— NAJEE JACKSON, SR., NORTH LENOIR

.403 avg., 19 runs, 13 RBIs

OF— BRAD HUNTER, SR., SOUTH LENOIR

.377 avg., 6 doubles, 6 HRs, 32 runs, 23 RBIs, .754 slg., .557 OBP. An All-East Central 2A Conference selection, signed with Pitt Community College

OF— WILL BYNUM, SR., GREENE CENTRAL

.404 avg., 36 hits, 24 RBIs, 4 HRs, set school record with 32 stolen bases in 32 attempts

P— LOGAN DEAVER, RHP, SR., SOUTH LENOIR

Won 10 games, 107 K, 55 BB and compiled a 1.62 ERA. .430 avg., 8 doubles, 2 triples, 2 HRs, 19 runs, 31 RBIs, .640 slg., .485 OBP. Named East Central 2A Conference Player of the Year, All-EC2A selection, won N.C. No-Spit Player of the Year Award, named to the Ray Avery Easter Tournament All-Tournament team, signed with Lenoir Community College

P— BLAKE HERRING, RHP, JR., KINSTON

Went 10-2 and compiled a 1.55 ERA in 72 1/3 innings pitched. Allowed 63 hits, 36 runs, 18 earned runs, struck out 50 and issued 14 walks

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N.C. STEP launches 2nd "No Spit" All-Stars campaign for football: Campaign honors best high school football players who have pledged not to use spit tobacco

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CANTON — The North Carolina Spit Tobacco Education Program is proud to announce he launch of the 2nd Annual N.C. STEP "No Spit" All-Stars campaign for football. The campaign honors the state's best high school football players who have pledged not to use spit or smokeless tobacco – on or off the field!

This is the second year of the N.C. STEP "No Spit" All-Stars campaign for football, with Mount Pleasant's Evan Seymour earning the first-ever award for football in 2008. N.C. STEP also honors the best high school baseball players in the state who have pledged not to use spit tobacco, honoring Dixon's Chris Huie in 2008 and Hoke County's Ronald Womack in 2009.

Coaches, parents, and fans can nominate any player for the N.C. STEP "No Spit" All-Star of the Week. To be eligible for the weekly award, the student-athlete must pledge not to use tobacco, understanding that spit/smokeless tobacco does not mean harmless. Spit/smokeless tobacco contains more than 28 cancer-causing agents. These cancer-causing agents are present in cigarettes, cigars, smoke, and all forms of smokeless tobacco, including spit, snuff, and chew. Student-athletes from across the state can download the N.C. STEP "No Spit" All-Stars pledge online at www.TheSportsFlash.com.

In the Oral Health America 2006 Spit Tobacco Report Card, the nation received a "D" for the use of spit tobacco. That means between 12 to 20 percent of all high school males in the country have used spit tobacco in the last 30 days. This campaign is designed to educate young people in North Carolina about the dangers of spit tobacco and reinforce the healthy, lifestyle choice not to use tobacco products, especially spit tobacco.

N.C. STEP is an effort design to educate North Carolinians about the dangers of spit tobacco. Each year, between 10 to 16 million Americans put their health at risk by using spit tobacco. N.C. STEP's mission is to prevent people, especially young people, from starting to use spit tobacco. For more information about N.C. STEP, contact Paul Turner at 828-648-1211.

The North Carolina Spit Tobacco Education Program is funded through a grant from the North Carolina Health Wellness Trust Fund. The N.C. Health and Wellness Trust Fund makes North Carolina stronger, both physically and economically, by funding programs that promote preventive health. Created by the General Assembly in 2000 to allocate a portion of North Carolina's share of the national tobacco settlement, HWTF has invested $199-million to support preventive health initiatives and $102-million to fund prescription drug assistance programs.

For more information, visit www.HealthWellNC.com.

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session with Earnhardt-Ganassi drivers: Martin Truex Jr., Juan Pablo Montoya, and Aric Amirola. They will hand out 300 wristbands the morning of the event starting at 8 a.m. The autograph session is set to begin at 9 and there will be festivities going on all day until 5 p.m. which include the unveiling of the #3 Elvis Chevrolet at 10:30 a.m.

There will be plenty to do for race fans as we approach the May races at Lowe's Motor Speedway. A few other events taking place that I already know about will be an appearance by David Ragan, driver of the #6 UPS Ford Fusion, at NASCAR Speedparks on May 20th from 6 until 8 that evening. There will be an autograph session and silent auction and fans can also purchase go kart tickets to race against David. Also, Joey Logano, driver of the #20 Home Depot Toyota Camry, will be dropping by the Home Depot in Cornelius on May 22nd from 5 until 7 that evening. As more dates for events become available I will do my best to keep you informed on the latest appearance and autograph sessions.

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American Legion Baseball Making News

Categories: Local Sports With Calvin Hastings
Posted on April 17, 2009

What's Up In Local Sports

By Calvin Hastings

WADA 1390AM

Two American Legion baseball teams will be able to choose from more players after a pair of district changes have been adopted. Denver Post 455 and Gaston Post 144-266 have both received additional players after reigning Area IV champion Cherryville Post 100 had its district narrowed. Area IV commissioner Bill Murray said the move came after the Denver Post continued to lose players to Cherryville and Lake Norman. The move resulted into zoning Lincoln County. Denver Post 455 will be able to draw more players from the Lincolnton area while Gaston Post 144-266 will now be able to draw more players from West Mecklenburg and Olympic. Denver Post 455 has also decided to change their name to the Lincoln County Cardinals, after an old Western Carolina League team that played at Love Field in Lincolnton. In addition to Lincolnton, the Cardinals will draw players form East Lincoln and North Lincoln. Cherryville athletic director Rocky Bennett said he expects Cherryville Post 100 will lose around five players from last year's Post 100 Junior Team. The American Legion regular season will get underway May 20th and must be concluded by June 26th. Area IV playoffs will start June 28th with the state being played at East Carolina University's Keith LeClair Field.

Veteran's Field at Keeter Stadium in Shelby will be the site of the first North Carolina Area IV Baseball Scouting Showcase. The event will be held on June 27th after the end of the regular season. Professional and collegiate baseball scouts will be invited to day long scouting sessions that will culminate with an All Star game between top players from the Eastern and Western divisions. Coaches in each division will vote for two players for each of the eight positions in the field and for nine pitchers. Each pitcher will pitch one inning in the All Star game. Denver Post 455 coach Bruce Bolick organized this year's event.

Three former local high school stars are on major league rosters. 1993 Bessemer City graduate Kevin Millwood was the opening day and winning pitcher for the Texas Rangers. 1994 graduate Wes Helms is with the Florida Marlins. Seth McClung of Cramerton Junior High in 1996 is with the Milwaukee Brewers. The minor leagues will include 2001 South Point graduate Devon Lowery at the Omaha Royals in the Class AAA Pacific Coast League. 2002 Bessemer City graduate Chris Mason is with the Montgomery Biscuits of the Class AA Southern League. 2002 South Point graduate Matt Camp is with the Tennessee Smokies of the Class AA Southern League. 2002 Forestview graduate Jonathan Hovis is with the Tampa Yankees of the Class A Florida State League. 2003 South Point graduate Matt Teague is with the San Antonio Missions of the Class AA Texas League and 2004 Burns graduate Tyler Trice is with the Asheville Tourists of the Class A South Atlantic League.

Hats off to West Lincoln's Trey Drewery. Drewery has been nominated to the North Carolina Step "No Spit" All Stars by the North Carolina Spit tobacco Education Program. Drewery is currently 5-0 on the mound for the Rebels with a 1.09 earned run average while hitting .600 at the plate. Nominees for the award have made the decision not to use spit tobacco.

Congratulations to the Cherryville Roadrunners. The Roadrunners are a 10 and under Nations baseball team and they took first place during the Rumble in the Valley Tournament in Morganton. In June the team will travel to Myrtle Beach to compete in the Nations Baseball Myrtle Beach Baseball Championship.

North Lincoln has officially named Scott Stilwell it's new head football coach. The 36 year old Stilwell comes to North Lincoln from Fred T. Foard where he served as an assistant coach. Stilwell will be replacing Matt Beam who recently took over the head coaching position at Burns High School. For the past five seasons Stilwell was the running back coach at Fred T. Foard. Stilwell was chosen over 50 other applicants.

Cleveland County will be the site for the 2009 Amateur Athletic Union Summer Sports Games which will begin the first week of May. A total of 10 different spots will award championships over two weekends in May. May 1st-3rd and again May 22nd-24th. The sports will include basketball, baseball, softball, golf, wrestling and track. Many events will be held at Gardner Webb along with Shelby and Kings Mountain High Schools. The golf tournament will be played at the Cleveland Country Club. Between 2500 and 3000 athletes will be participating.

Hats off to Jarrett Willis and Lana Torkildsen. Willis was the overall men's winner of the Flint Hill Baptist Church's 4th annual 5k Run for Glory. Torkildsen took the top honor in the women's division. Gene Summey was men's runner up and Diane Allen was women's runner up.

The Forestview Jaguars won the Gaston County Baseball Championship last weekend with a 2-0 win over the Cherryville Ironmen. The Jaguar's Clint Medlin was named the tournament's Most Valuable Player after picking up two tournament wins on the mound. Bessemer City placed third in the event after a 4-3 win over South Point.

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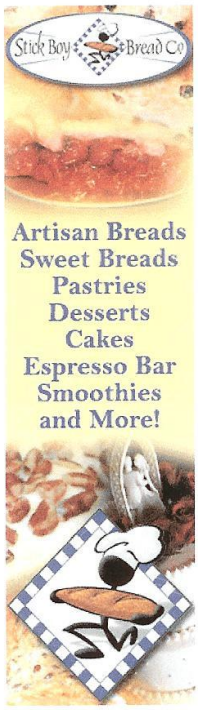

Watauga's Sharpe wins state award

CANTON — The North Carolina Spit Tobacco Education Program (STEP) is proud to announce that Watauga's Jon Sharpe is this week's NC STEP "No Spit" All-Star of the Week. Sharpe tossed a complete-game, nine-inning one-hitter in a 1-0 win over East Burke, recording 14 strike outs with just one walk.

As a condition of eligibility, Sharpe has pledged not to use spit tobacco or any tobacco products on or off the field. As a weekly winner, Sharpe is now eligible to win the N.C. STEP "No Spit" All-Star of the Year Award.

ASU's Kreuter fires a 76

MORGANTON — Jordan Kreuter shot a team-best 76 and Appalachian State women's golf team sits in fourth place after the first day of competition at the Mimosa Hills Intercollegiate.

Kreuter is tied for fifth after the first day while Brooke DeHart is seventh with a 77. Kerri Dice shot an 81 and is tied for 18th while Mary Kate Bowman and Emily McGonagle shot an 85.

Hudson leads ASU going into Tuesday

CHARLESTON, S.C. — Dustin Hudson carded rounds of 70 and 76 to finish the day in seventh place at the Charleston Southern Spring Kickoff Tournament. Appalachian State's men's golf team hit 294-311-605 (+37) for the day to stand in a tie for seventh heading into Tuesday's third and final round.

Jacob Eggers is tied for 18th place at 72-78-150 (+8) while Taylor Hines shot 76-78-154 (+12) for a tie for 33rd.

Casey Johnson carded a 76-79-155 (+13) to place alone in 36th and Lance Wheeler was one stroke behind at 77-79-156 (+14).

Jake Wiesehan is competing individually and shot a 75-76-151 (+9) for a tie in 23rd place.

Campbell University leads after the first day with a 290-295-585 (+17) and Bethune-Cookman's Daniel Venema leads all individual players with a 71-70-141 (-1).

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Tigers' Seymour voted N.C. 'No Spit' All-Star of the Year

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Staff Reports

Published: November 25, 2008

The North Carolina Spit Tobacco Education Program announces that Mount Pleasant's Evan Seymour has been voted the N.C. STEP "No Spit" Football All-Star of the Year.

More than 20,200 fans from across the state voted during the campaign, with Seymour receiving 7,357 votes.

Seymour was the week two winner after throwing for 278 yards and four touchdowns in Mt. Pleasant's 42-27 win over Concord.

Seymour will be presented with a custom-designed, championship-quality ring designed by Jostens, Inc. Fans from across North Carolina selected the design of the ring.

All nominees for the award had pledged not to use spit or smokeless tobacco.

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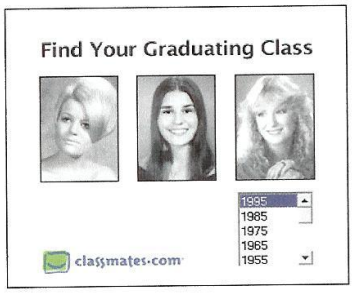

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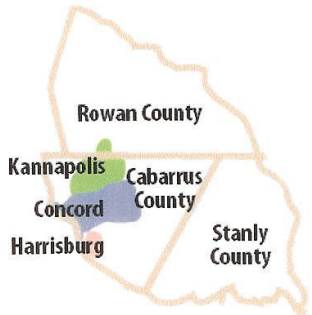

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Group launches 'No Spit' All-Stars campaign for football

09.09.09 - 09:18 pm
Special To The Daily Journal

CANTON – The North Carolina Spit Tobacco Education Program (N.C. STEP) has launched the Second Annual N.C. STEP "No Spit" All-Stars campaign for football. The program recognizes the state's best high school football players who have pledged not to use spit or smokeless tobacco – on or off the field.

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N.C. STEP also honors the state's best high school baseball players who have pledged not to use spit tobacco. Dixon's Chris Huie was recognized in 2008, and Hoke County's Ronald Womack took the honor in 2009.

Coaches, parents and fans can nominate any player for the N.C. STEP "No Spit" All-Star of the Week. To be eligible for the weekly award, the student-athlete must pledge not to use tobacco, understanding that spit/smokeless tobacco does not mean harmless.

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In the Oral Health America 2006 Spit Tobacco Report Card, the nation received a "D" for the use of spit tobacco. That means between 12 to 20 percent of all high school males in the country have used spit tobacco in the last 30 days.

The "No Spit" campaign is designed to educate young people in North Carolina about the dangers of spit tobacco and reinforce the healthy lifestyle choice not to use tobacco products, especially spit tobacco.

Each year, between 10 to 16 million Americans put their health at risk by using spit tobacco. N.C. STEP's mission is to prevent people, especially young people, from starting to use spit tobacco.

The North Carolina Spit Tobacco Education Program is funded through a grant from the North Carolina Health & Wellness Trust Fund (HWTF), which makes North Carolina stronger, both physically and economically, by funding programs that promote preventive health. Created by the General Assembly in 2000 to allocate a portion of North Carolina's share of the national tobacco settlement, HWTF has invested $199 million to support preventive health initiatives and $102 million to fund prescription drug assistance programs. For more information on the North Carolina Health & Wellness Trust Fund, visit www.HealthWellNC.com. For more information about N.C. STEP, contact Paul Turner at (828) 648-1211.

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Dixon's Huie honored

Chris Miller | High Schools | Monday, June 9th, 2008

Congratulations to Dixon's Chris Huie for recently being named the North Carolina Spit Tobacco Education Program (STEP) 'No Spit' baseball All-Star of the Year.

Huie, a junior catcher, batted .493 with nine home runs and 38 RBIs to help the Bulldogs to their first Coastal Plains 1-A Conference baseball title in several years. I've called Dixon head coach Jack Brown for confirmation and the Bulldogs skipper said Huie was well-deserving of the award.

I will try to have a story in the next few days.

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NC STEP No-Spit All-Star Finalists

posted 11/12/2008 by M. Hauser

N.C. STEP "No Spit" All-Star of the Year

- Finalists -

Campaign honors the best player in the state who had pledged not to use spit tobacco

FOR IMMEDIATE RELEASE
Contact: NC STEP, Paul Turner (828) 648-1211

November 4, 2008 TSF
Radio Network, Mike Sinnott 517-927-4570

CANTON, NC – The North Carolina Spit Tobacco Education Program (STEP) is proud to announce the ten finalists for the N.C. STEP "No Spit" Football All-Star of the Year. Voting will begin for the N.C. STEP "No Spit" Football All-Star of the Year begins on Monday, November 10 and will end on November 23, 2008 at midnight. Winner of the inaugural N.C. STEP "No Spit" Football All-Star of the Year will be announced on Monday, November 24. Fans can vote online at www.TheSportsFlash.com

N.C. STEP "No Spit" Football All-Star of the Year – Finalists

- Cedrick Allen – Hendersonville
- Myles Bostic – East Columbus
- Jamar Corpening – Albemarle
- C.J. Fredrick – West Johnston
- Chase Hill – East Henderson
- Karrone Jones – Cape Fear
- Evan Seymour – Mount Pleasant
- Dakuan Spencer – Washington
- Josh Strickland – Forsyth Country Day
- Maurice Williams – North Pitt

Fans from across the state voted for each finalist who has pledged not to use smokeless tobacco, understanding that smokeless does not mean harmless, as spit tobacco contains more than 28 cancer-causing agents. These cancer-causing agents are present in cigarettes, cigars, smoke, and all forms of smokeless tobacco, including spit, snuff, and chew. The nominees have made the healthy lifestyle choice not to use spit tobacco.

Images

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N.C. STEP "No Spit" Football All-Stars

posted 10/08/2008 by M. Hauser

N.C. STEP "No Spit" Football All-Stars

Week 7 Nominees

Honors the best high school football players who pledge not to use spit tobacco

Images

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FOR IMMEDIATE RELEASE
Contact: Mike Sinnott

October 6, 2008
(517) 927-4570

CANTON, NC – The North Carolina Spit Tobacco Education Program (STEP) and the North Carolina Health Wellness Trust Fund is proud to announce the week one nominees for the N.C. STEP "No Spit" Football All-Stars of the Week. The campaign honors the best high school football players in the state who pledged not to use spit tobacco. Fans can vote for the weekly winner online at www.TheSportsFlash.com. Here are this week's nominees for the N.C. STEP "No Spit" Football All-Stars campaign:

Week 7 – N.C. STEP "No Spit" Football All-Stars - Nominees

Brad Busby – Hoggard	Busby had 185 yards of total offense and scored three touchdowns as Wilmington Hoggard beat Kinston, 28-27.
Corvair Frost – Rosewood	Frost had 316 all-purpose yards and five total touchdowns in Rosewood's 56-0 win over Jones Senior.
Rashaun Gaither – Starmount	Gaither rushed for 257 yards and scored five touchdowns in Starmount's 44-20 win over Wilkes Central.
James Hopper – Seventy-First	Hooper rushed for 128 yards and two touchdowns, including a 92-yard touchdown run as Seventy-First beat Douglas Byrd, 27-14.
Zach Illing – Davie County	Illing threw for 363 yards and four touchdowns in leading Davie County to a 50-49 overtime win over Greensboro Page.
Karrone Jones – Cape Fear	Jones rushed for 255 yards and scored three touchdowns in Cape Fear's 41-28 win over Pine Forest.
Shawn Sidbury –	Sidbury rushed for 203 yards and

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Post Details

NC STEP No-Spit Football All-Stars

posted 10/03/2008 by M. Hauser

North Pitt's Maurice Williams voted

N.C. STEP "No Spit" All-Star of the Week

Williams honored as the best player in the state who had pledged not to use spit tobacco

FOR IMMEDIATE RELEASE
Contact: NC STEP, Paul Turner (828) 648-1211

October 3, 2008
TSF Radio Network, Mike Sinnott 517-927-4570

CANTON, NC – The North Carolina Spit Tobacco Education Program (STEP) is proud to announce that North Pitt's Maurice Williams is the N.C. STEP "No Spit" All-Star of the Week as the best high school football player in the state who has pledged not to use spit tobacco. Williams rushed for 129 yards and two touchdowns, scored on a 67-yard reception, and returned an interception for 82-yard touchdown as North Pitt beat Pamlico County, 32-10. As a weekly winner, Williams is now eligible to win the N.C. STEP "No Spit" All-Star of the Year Award.

Coaches, parents, and fans can nominate any player for the N.C. STEP "No Spit" All-Star of the Week. For more information about the campaign or to download a "No Spit" pledge for North Carolina, visit www.TheSportsFlash.com. Each weekly nominee has pledged not to use smokeless tobacco, understanding that smokeless does not mean harmless, as spit tobacco contains more than 28 cancer-causing agents. These cancer-causing agents are present in cigarettes, cigars, smoke, and all forms of smokeless tobacco, including spit, snuff, and chew. The nominees have made the healthy lifestyle choice not to use spit tobacco.

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The TSF Radio Network delivers customized, local sports reports to 145 network affiliates in nine different states, reaching a weekly listening audience of more than 1.9 million people. TSF has 31 network affiliates in North Carolina and will provide the day-to-day management of the campaign. For more information about the TSF Radio Network, contact Mike Sinnott at (517) 927-4570.

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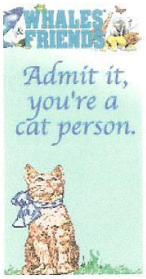

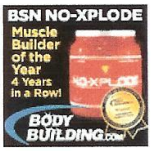

TUESDAY, JUNE 3, 2008

No spit! Nygard needs your vote

Justin Nygard, the soon-to-be a 2008 Hunt High School graduate, is up for an impressive award.

Nygard is a finalist in the N.C. STEP "No Spit" All-Star of the Year competition among some of the best high school baseball players in the state who have pledged not to use "spit" tobacco.

The campaign is dedicated to promoting awareness among young people about the dangers of spit tobacco. (I thought the term was "smokeless tobacco" but I guess I'm an old fogey.)

According to the information provided by the Oral Health of America's 2006 Spit Tobacco Report Card, this country received a "D" for the use of spit tobacco.

There are campaigns underway in Kentucky, North and South Carolina.

In any event, it would be cool if Justin (who is currently in third place in the online voting) can win this competition. For those of you who don't know, Justin was one of the top pitchers in Wilson County last spring at Hunt and now is a starter for the Wilson American Legion Post 13 baseball team.

Vote for Justin

POSTED BY PAUL DURHAM AT 10:50 PM
LABELS: HIGH SCHOOL BASEBALL

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BLOG ARCHIVE

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Wilsy voting off to a hot start
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N.C. STEP "No Spit" All-Stars - Week 3

All nominees have pledged not to use spit tobacco or any tobacco products- on or off the field!

Kalen Phillips - Hayesville

Phillips recorded 17 strike outs in Hayesville's 6-2 win over Andrews. For the season, Phillips is 1-1 with 26 strike outs and three walks in 13 innings pitched. At the plate, Phillips is hitting .542 with six doubles, one home run, seven runs scored, and 16 runs batted in.

Coaches, parents, and fans can nominate any player for the N.C. STE P "No Spit" All-Star of the Week. For more information about the campaign or to download a "No Spit" pledge for North Carolina, www.TheSportsFlash. com. Each weekly nominee has pledged not to use smokeless tobacco, understanding that smokeless does not mean harmless, as spit tobacco contains more than 48 cancer-causing agents. These cancer-causing agents are present in cigarettes, cigars, smoke, and all forms of smokeless tobacco, including spit, snuff, and chew. The nominees have made the healthy lifestyle choice not to use spit tobacco.

For more information about the N.C. STE P "No Spit" All-Star of the Week, please contact TS F Radio Network's Mike Sinnott at (517) 927-4570 or Paul Turner at (828) 648-1211.

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Group launches 'No Spit' All-Stars campaign for football

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Special To The Daily Journal

CANTON – The North Carolina Spit Tobacco Education Program (N.C. STEP) has launched the Second Annual N.C. STEP "No Spit" All-Stars campaign for football. The program recognizes the state's best high school football players who have pledged not to use spit or smokeless tobacco – on or off the field.

This is the second year of the N.C. STEP "No Spit" All-Stars campaign for football. Mount Pleasant's Evan Seymour earned the first-ever award in 2008.

N.C. STEP also honors the state's best high school baseball players who have pledged not to use spit tobacco. Dixon's Chris Huie was recognized in 2008, and Hoke County's Ronald Womack took the honor in 2009.

Coaches, parents and fans can nominate any player for the N.C. STEP "No Spit" All-Star of the Week. To be eligible for the weekly award, the student-athlete must pledge not to use tobacco, understanding that spit/smokeless tobacco does not mean harmless.

Spit/smokeless tobacco contains more than 28 cancer-causing agents, which are present in cigarettes, cigars, smoke, and all forms of smokeless tobacco, including spit, snuff and chew. Student-athletes from across the state can download the N.C. STEP "No Spit" All-Stars pledge online at www.TheSportsFlash.com.

In the Oral Health America 2006 Spit Tobacco Report Card, the nation received a "D" for the use of spit tobacco. That means between 12 to 20 percent of all high school males in the country have used spit tobacco in the last 30 days.

The "No Spit" campaign is designed to educate young people in North Carolina about the dangers of spit tobacco and reinforce the healthy lifestyle choice not to use tobacco products, especially spit tobacco.

Each year, between 10 to 16 million Americans put their health at risk by using spit tobacco. N.C. STEP's mission is to prevent people, especially young people, from starting to use spit tobacco.

The North Carolina Spit Tobacco Education Program is funded through a grant from the North Carolina Health & Wellness Trust Fund (HWTF), which makes North Carolina stronger, both physically and economically, by funding programs that promote preventive health. Created by the General Assembly in 2000 to allocate a portion of North Carolina's share of the national tobacco settlement, HWTF has invested $199 million to support preventive health initiatives and $102 million to fund prescription drug assistance programs. For more information on the North Carolina Health & Wellness Trust Fund, visit www.HealthWellNC.com. For more information about N.C. STEP, contact Paul Turner at (828) 648-1211.

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MEGA Millions	$51.00 Million	FRI 01/21
Cash 5	$128,000	FRI 01/21

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WATAUGA v. T.C. Roberson
Freedom @ University High DH

The WHS men's tennis team wins again, knocking off Freedom, 8-1 at the Sports Co Pioneers (11-2; 7-0 Northwestern 4A Conference) were led by Michael Smith, Kevin A Brian Geldmeier, Davis Roberts, Preston Stigall and Ryan Schweitzer in singles play.. Stigall at No.1 doubles, Geldmeier and Roberts at No.2 wrapped it up for the Pioneers on McDowell at home on Thursday.

The ASU women's tennis team (6-10) beat Wofford 4-3 on Tuesday. They play Furma Grandfather Mountain tennis courts this afternoon.

The ASU baseball team pounded UNC-Asheville 17-7 in a non-conference game last Asheville. The Mountaineers pounded out 18 hits. Rand Smith hit a home run and dro Chris Alessandria hit a home run and drove in four, Wes Hobson had four hits and tw Isaac Harrow had three hits and two RBI. The Mountaineers (10-15 overall; 3-10 Soul Conference) return home to play High Point University today, weather permitting. Rain forecast, but if they play, we will air the game on WATA Radio beginning at 4:40pm.

WHS track at the Porter Relays, Reid Harris of the Pioneers had a regional-qualifying pole vault with an effort of 11 feet, six inches. The men's and women's track teams tra Blue Ridge Invitational in Asheville on Saturday.

WHS women's soccer travels to Alexander Central for a NW4A game today. Also WH Director Jeff Link has announced the WHS-McDowell soccer match scheduled for ne April 9th has been moved to Thursday April 23rd because of McDowell spring break n That will be a varsity-only match beginning at 6 pm. Therefore, the Pioneers will now p County in a non-conference game on April 9th. That will also be varsity only at 6 pm.

And the ASU softball team travels to Johnson City for a double-header with East Ten this afternoon..

And Jon Sharpe of the WHS baseball team has been nominated for the North Carolin Spit" All=Stars Player of the Week honor. Jon has been nominated following his mast performance against East Burke on March 24th. The right-hander allowed one hit and career-high 14 men as the Pioneers beat the Cavaliers, 1-0. Sharpe had a no-hitter fo innings before Cody Franklin of the Cavaliers broke up the no-ht bid with a two-out sir seventh. If you want to vote for Jon, you may go to the following website: www.thesportsflash.com/NCnoSPIT.htm.

Around the Blue Ridge

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[EEO Public File Report for 2010 | Aisling Broadcasting and High Country ADventures EEO Public File
Website Designed/Hosted by KSPCS

East Gaston placed John Floyd and Hayley Black on the All-MEGA 7 Conference basketball teams.

Floyd, a senior forward, led the Warriors' boys in scoring (13.7 ppg) and rebounding (8.4 rpg). Black, a senior guard, led the Warriors' girls in scoring (15.2 ppg) and steals (2.0 spg), shot 48 percent from 3-point range and 77 percent from the foul line.

Rams tennis ranked

Highland Tech is ranked fourth in this week's N.C. High School Tennis Coaches Association 1A state poll.

Cherryville received one vote in the poll, and Lincolnton received seven votes in the 2A poll.

Locals up for "No Spit" award

Highland Tech's Eric Froneberger and Kings Mountain's Cody Austin have been nominated for the North Carolina Spit Tobacco Education Program's (N.C. STEP) "No Spit" All-Star of the Week. The campaign honors the best baseball players in the state who have pledged not to use spit tobacco or any tobacco products on or off the field.

Fans can vote online for the weekly winner at www.TheSportsFlash.com. Voting ends at 8 p.m. each Thursday. The winner will be announced Friday.

You can reach Phillip Gardner at 704-869-1843.

NCPREPS.COM ALL-STATE BASKETBALL TEAMS

GIRLS

First team — Cierra Burdick, Butler; Ariel Bursey, Western Harnett; Kristen Gaffney, Green Hope; Katie Paschal, Williamston; Shannon Smith, Forestview

Second team — Megan Buckland, Bishop McGuinness; Danielle Butts, South Central; Lakin Norris, Mitchell; Monet Tellier, East Mecklenburg; Claire Watkins, Butler

Third team — Kelva Atkins, Granville Central; Dee Hardy, E.E. Smith; Shonese Jones, Brevard; Courtney Melvin, East Bladen; Shanuqua Phifer, Salisbury

Player of the year — Cierra Burdick, Butler

Coach of the year — Andrew Mitchell, Salisbury

BOYS

First team — Reggie Bullock, Kinston; P.J. Hairston, Dudley; Tashawn Mabry, Rocky Mount; J.T. Terrell, West Charlotte; Aaron Toomey, Bishop McGuinness

Second team — Terrence Hampton, Providence; Kendall Jones, West Caldwell; Reggie Price, Lake Norman; Jackson Simmons, Smoky Mountain; Chris Wilson, Terry Sanford

Third team — Jonathan Frye, Northern Guilford; Cory Hensley, Enka; Paul Larsen, Lake Norman; Terry Whisnant, Cherryville; Jamal Williams, SW Onslow

Player of the year — Reggie Bullock, Kinston

Coach of the year — Brandon Jolly, Lake Norman

19TH ANNUAL CHARLOTTE ALL-STAR CLASSIC ROSTERS

WEST GIRLS

Chelsea Douglas, Hickory Grove Christian; Melissa Marcantonio, Cannon; Nyshia Hammonds, Concord; Melissa McLaughlin, R-S Central; Shanequa Phifer, Salisbury; Chelsea Connell, Freedom; Monet Tellier, East Mecklenburg; Latoya Nixon, West Mecklenburg; Jaquazha (Quay) Barrino, Butler; Tabby Koerner, Jay M. Robinson; Clair Watkins, Butler; Lauren White, Hickory Grove Christian

Coach: Bradyn Monismith, East Mecklenburg

EAST GIRLS

Lauren Lewis, North Mecklenburg; Shawn Marie Heiliger, Charlotte Catholic; Alexis Grant, First Assembly Christian; Hilliary Adams, Covenant Day; Shannon Smith, Forestview; Page Whittaker, First Assembly Christian; Umeka Benson, Mallard Creek; Lauryn Kobiela, Charlotte Catholic; Kelsey Harris, Forestview; Nneka Awuruonye, Providence Day; Tiffani Stephens, Myers Park; Erica Chandler, Ardrey Kell

Coach: Josh Springer, Providence Day

WEST BOYS

> With campuses in Cullowhee and Ocracoke, NCCAT positively impacts public education by providing extraordinary professional development for North Carolina teachers throughout their careers. NCCAT's instructional programming is designed to give both beginning and experienced teachers the support and resources they need to be highly effective and enhance student achievement. NCCAT conducts interdisciplinary, content-specific, residential seminars for pre-kindergarten through 12th-grade teachers in the environmental and biological sciences, arts, humanities, mathematics, leadership and technology.

Hat tip: Mountain Xpress Blogwire

Filed under Kudos, North Buncombe High School | Comments Off

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Vote for Cody – "No Spit" All Star

Published May 25th, 2010 by AM

North Buncombe High School's Cody Geyer is one of 10 finalists for the 2010 North Carolina Spit Tobacco Education Program (STEP) "No Spit" Baseball All-Star of the Year. This is the third year they've had the contest, and each finalist has signed the "No Spit" pledge not to use spit or smokeless tobacco on or off the field. Online voting began last week and will run through midnight on Sunday, May 30, 2010. The winner will be announced on Monday, May 31.

Vote online using this link and/or send an email with your vote to NCnoSpitAllStars@TheSportsFlash.com. Only vote will be counted per IP address per 24 hours (I think – the time frame wasn't very clear in the rules). Results to date can found here.

About NC STEP…

> "The North Carolina Spit Tobacco Education Program (NC STEP) assists the statewide tobacco prevention and control network in reducing spit-tobacco usage rates among North Carolina's youth. The program provides consultation and information about spit tobacco; develops educational and school materials; provides training for the medical, dental, public health and school communities; and provides presentations to schools and youth groups."

Filed under North Buncombe High School, Sports & Recreation | Comments Off

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Spring Senior Grad Project Judges Needed May 27

Published April 26th, 2010 by AM

North Buncombe High School needs 120 volunteers to help judge Spring Senior Graduation Projects on Thursday, May 27, 2010. Info:

> NBHS Parent Connection is now starting to recruit judges for NBHS Spring Graduation Projects.
>
> **What we need:**
> We need community members to come to NBHS on May 27, 2010 to judge our senior graduation projects. The projects will be presented from 6-8 p.m. that evening, with snacks 5:15-5:45 p.m., and judge orientation meeting from 5:45-6 p.m.
>
> **What is a graduation project?**
> All NBHS seniors complete a graduation project in order to graduate. They work on a project throughout the semester, conduct research in class, and present their work to a panel of judges at the end of the semester.
>
> **Judge responsibilities:**
> We need judges to evaluate how well the students do on their presentations. The students are to give an organized, polished speech, and the judges determine how well the student has done on his or her speech. Judges will evaluate the students' speaking skills, the quality of their visual aides, and how much effort overall it seems the student put into his/her learning during the project.
>
> **What happens that night:**
> On the evening of presentations, judges will be assigned to a classroom. Before each presentation, judges will be given a copy of the student's portfolio to look over. This helps the judge know what the student worked on for his or her project. Portfolios are graded by the teacher already and are given to judges as a guide to show what the student did for their project. Once the judges have looked quickly at the portfolio, the student enters the room and gives his/her speech. Judges will use the provided rubric to judge the presentation. After the presentation, judges fill in the rubric and write comments for the student. Judges will hear five or six presentations in one night.
>
> If you confirm you wish to be a judge this spring, the rubric will be sent to you by email prior to the event.
>
> Seeing these student projects is very exciting and can be extremely fun!
>
> If you'd like to be a Graduation Project Judge, or have any further questions, please contact NBHS Parent Connection, Beth Fiore Kral at bethpt@mac.com, or at 645-0434.

Filed under North Buncombe High School, Volunteer/Donate | Comments Off

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Basketball Playoffs

Published February 22nd, 2010 by AM

Varsity sectional basketball tournament starts tonight at North Buncombe High School (890 Clark's Chapel Road):

> **3-A West Girls Basetkball**
> Monday, February 22, 6:30 p.m.
> Tuscola (13-13) at North Buncombe (16-7)
>
> **4-A West Boys Basketball**
> Monday, February 22, 2010, 8 p.m.
> East Henderson (11-13) at North Buncombe (16-6)

Filed under North Buncombe High School, Sports & Recreation | Comments Off

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Friday Picks: Saluting the "No Spit" campaign

By Dean Hensley
Times-News Staff Writer

Published: Thursday, August 26, 2010 at 11:34 p.m.
Last Modified: Thursday, August 26, 2010 at 11:34 p.m.

My favorite sport growing up was baseball, and when I played I was exposed to many things.

Related Links:

- Devils seek redemption against the Wolverines
- North holds on in thriller over Enka
- Davis powers East to a road win at Chase
- Brevard, Rosman fall in openers
- Bearcats tackle new spread offense

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One thing that caught my curiosity was when I was a pitcher for the 14-year-old all-stars. I was having a bad game. In the dugout one of my teammates pulled out a can of Copenhagen from his pocket and said, "Here, try this. It will calm you down."

I put a little pinch in my mouth like he said to do, and it burned. He was right, though. It did have a calming effect. Then one inning, a batter lined a shot right at me. It hit off my leg, and I was fine, but I swallowed the tobacco.

The next day I was sick, but I still wanted more.

For the next 20 years, I did spit tobacco. Then in the winter of 2007, I got a wake-up call. Months before, NASCAR driver Bobby Hamilton announced that they had found a tumor in his mouth after he had a tooth pulled. In January of 2007, he died from cancer.

I had to quit, but it was hard. I tried cold turkey, and it didn't work. Then I tried tea leaves, and they worked. They tasted horrible. I dipped them for just five days and by the fifth day, I didn't want anything like that in my mouth again.

It's been almost four years, and I still haven't dipped a bit.

Which brings me to the purpose of this column: To salute the N.C. Step "No-Spit" All-Star campaign. It is a program that has players pledge not to use spit tobacco, and each week it honors a player of the week.

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- 2
- Next Page

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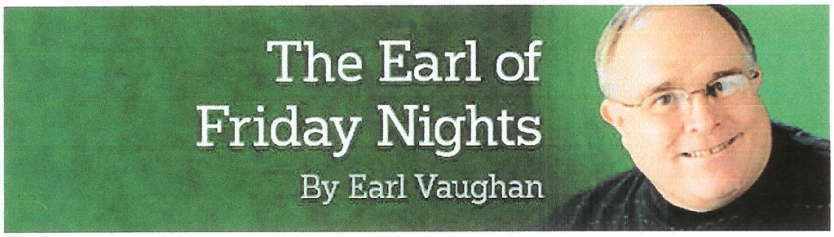

Byrd's Williams nominated for state award

Douglas Byrd quarterback Junior Williams is one of the nominees for this year's first N.C. Spit Tobacco Education Program All-Star Awards.

The award will be presented weekly during the season to the player who wins a vote between other nominees.

To be a candidate for the award, each player must sign a pledge not to use spit tobacco products as part of the campaign's effort to create awareness of the danger of such use.

Williams was nominated for accounting over 195 yards of total offense and having a hand in three touchdowns in Douglas Byrd's 25-0 win over South View.

Other nominees for the first week include Walter Ellerbe of Richmond Senior, Dalton Ledbetter of Madison, Andre Overholt of Polk County and Scoot Simmons of West Charlotte.

To cast a vote for Williams or one of the other nominees, go to www.TheSportsFlash.com and click on the No Spit All-Stars link. Voting will continue until 8 p.m. on Thursday.

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Area duo recognized for baseball success

Two baseball players from area schools were recognized as nominees as part of the North Carolina STEP (Spit Tobacco Education Program). Williams High School's... Full story

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Varsity Calendar

April 2010

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	**9**	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
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- Graham Red Devils Football - Straw
- Orange High School Basketball - Jay Harris
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Boys Baseball

Home runs hit Eastern Alamance hard in loss

Times-News
Comments 0 | Recommend 0
OXFORD WEBB 9, EASTERN ALAMANCE 1: At Mebane, Antwan Thorpe and Ty Breedlove had a home run each as visiting Oxford Webb defeated Eastern Alamance in a Mid-State 3-A Conference game. Trey Talley hit a triple for the Warriors, who scored three runs... Full story

Post 63 season leaves strong impression

Jerome Richard / Times-News
Comments 0 | Recommend 1
GRAHAM - Burlington-Graham Post 63 didn't capture the prize it so desperately wanted, but it did capture the hearts and imagination of a community this summer.
Burlington-Graham's season of American Legion baseball was a... Full story

No joking: Orange to play for crown

Stephen Schramm / Times-News
Comments 0 | Recommend 0
When it comes to spending time in the midst of his Orange High School baseball team, coach Dean Dease had a bit of advice. Whatever happens, don't take it personally. "You've definitely got to have some thick skin," Dease said. "They like to... Full story

Bartlett Yancey moves on in baseball

Times-News
Comments 0 | Recommend 0
At Yanceyville, Katie Crews went 2-for-3 with a double and two RBI as Bartlett Yancey defeated visiting South Johnston 4-0 in the first round of the Class 3-A state playoffs. Rachel Shumaker pitched a complete-game... Full story

S. Alamance bows out of baseball playoffs

Bob Sutton / Times-News
Comments 0 | Recommend 0
MT. HERMON - Several members of Southern Alamance's baseball team had seen Northern Nash left-hander Tyler Joyner before.The Patriots didn't fare any better this time. Northern Nash scored four first-inning runs and made those hold up in a 4-2... Full story

Warriors bounced from state tourney

Times-News
Comments 0 | Recommend 0
At Goldsboro, Eastern Wayne hit three home runs and knocked Western Alamance out of the Class 3-A state playoffs in the first round, defeating the Warriors 10-6. After two innings, the Warriors (11-13) led by two, but eight Eastern Wayne runs in... Full story

ACS falls in baseball playoffs

Times-News
Comments 0 | Recommend 0
At Walkertown, Trey Brooks hit a two-run home run in the third inning, but

Poll

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Which conference is the strongest in boys' basketball?

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- Mid-State 3-A
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Area duo recognized for baseball success

Comments 0 | Recommend 1

April 08, 2010 7:31 AM

Bob Sutton - Times-News

Two baseball players from area schools were recognized as nominees as part of the North Carolina STEP (Spit Tobacco Education Program).

Williams High School's Elliott Fowler and Graham's Matt Roberts posted strong stretches in late March to receive the weekly distinction.

Fowler, a junior shortstop, hit for the cycle against Eastern Guilford and recorded the save in a 15-12 victory. He drove in four runs.

"That was the first time in 10 years I've been coaching I've had a kid hit for the cycle," Williams coach Jason Knapp said. "I'm glad he got recognized for it."

Roberts, a senior catcher, batted .667 during a week span.

According to the program's criteria, each weekly nominee has pledged not to use smokeless tobacco.

SLOW TIME : Most area teams should be back in full force next week after a couple of weeks of reduced schedules.

Last week, Guilford County schools were on spring break, reducing some of the competition options for area schools. This week, Alamance County schools are on break, so many teams are taking time off or playing limited schedules.

Eastern Alamance was to play Eastern Guilford in baseball this week. But Eastern Alamance coach Randy Ballard said that because his school had games nixed for last week against Guilford County schools that it was determined not to play at the end of this week while his school was out of session.

ON THE LINKS : The Eastern Alamance boys' golf team placed 10th out of 15 teams in the Palmetto High School Golf Championships at Pawleys Plantation and Lion's Paw in North Myrtle Beach, S.C. The Eagles were competing in the first flight in competition that ended Saturday.

GOOD WAY TO GEAR UP FOR COLLEGE : Duke women's basketball signee Chelsea Gray was her team's Most Valuable Player in the Women's Basketball Coaches Association's High School All-America game during the weekend in San Antonio.

Gray, who's from Stockton, Calif., racked up 18 points, eight rebounds and eight steals for the Red team, which won 101-81 against the White team at the Alamodome.

Gray, a 5-foot-11 guard, also played in the McDonald's All-America game last week, compiling four points, four rebounds, five steals and four assists in 23 minutes.

Another Duke recruit, Richa Jackson, was selected for the McDonald's All-America game but didn't play because of illness. Jackson, a 6-foot forward, averaged 18.3 points and 4.7 rebounds as an all-state selection in Oklahoma.

See archived 'Latest Top News' stories »

Brad Coville / Times-News
Elliott Fowler, pitching here for Williams High School, made a splash with a recent performance.

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Report

Forest Hills Student Wins NC STEP award...

Write a Note

by Union County Public Schools on Friday, October 23, 2009 at 9:38am

The North Carolina Spit Tobacco Education Program (STEP) is proud to announce that Forest Hill's [High School] Juanne Blount is the N.C. STEP "No Spit" All-Star of the Week as the best high school football player in the state who has pledged not to use spit tobacco. Blount rushed for 273 yards and five touchdowns in Forest Hills ' 48-13 win over West Stanly. For the season, Blount has rushed for 1,183 yards with 19 touchdowns, averaging 169 yards rushing per game. Blount has also passed for 345 yards with three touchdowns. As a weekly winner, Blount is now a finalist to win the N.C. STEP "No Spit" All-Star of the Year Award.

Coaches, parents, and fans can nominate any player for the N.C. STEP "No Spit" All-Star of the Week. For more information about the campaign or to download a "No Spit" pledge for NC,visit The Sports Flash. Each weekly nominee has pledged not to use smokeless tobacco, understanding that smokeless does not mean harmless, as spit tobacco contains more than 28 cancer-causing agents. These cancer-causing agents are present in cigarettes, cigars, smoke, and all forms of smokeless tobacco, including spit, snuff, and chew. The nominees have made the healthy lifestyle choice not to use spit tobacco.

NC STEP is an effort designed to educate North Carolinians about the dangers of spit tobacco. Each year, between 10 to 16 million Americans put their health at risk by using spit tobacco. NC STEP's mission is to prevent people, especially young people, from starting to use spit tobacco.

The North Carolina Spit Tobacco Education Program (STEP) is funded through a grant from the North Carolina Health Wellness Trust Fund (HWTF). For more information, please visit Health Well NC.

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November 12, 2009 - Farmville Central's Jaquan Blount Named Finalist for N.C. STEP "No Spit" Football All-Star of the Year

November 12, 2009 - Farmville Central High School's Jaquan Blount has been named one of ten finalists for the N.C. STEP "No Spit" Football All-Star of the Year. The campaign honors the best high school football players in the state who have pledged not to use spit tobacco. Blount won week four of the N.C. STEP All-Star of the Week after rushing for 217 yards and scored four touchdowns in Farmville Central's 59-12 win over D.H. Conley High School.

The 6'3 senior splits his time between wide receiver and tailback on offense. He plays safety for defense. During this season, Blount has scored 11 touchdowns and is the second leading tackler on the team with 107 tackles and 5 interceptions. He averages 7.2 yards per carry and 21.2 yards per catch.

"Jaquan is a super talent on both sides of the ball," commented Coach Scott Gardner. "He is play maker and has tremendous athletic ability. Though he has great offensive numbers he has been outstanding on the defensive side at safety."

Voting for the N.C. STEP "No Spit" Football All-Star of the Year begins on Monday, November 9 and will end at midnight on November 22, 2009. The winner of the 2nd Annual N.C. STEP "No Spit" Football All-Star of the Year will be announced on Monday, November 23. Fans from across the state can vote for the N.C. STEP All-Star of the Year online at www.TheSportsFlash.com.

Press Release from Sports Flash

Pitt County Schools
1717 West Fifth Street
Greenville, NC 27834
252-830-4200
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In compliance with Federal Law, Pitt County Schools administers all education programs, employment activities and admissions without discrimination against any person on the basis of gender, race, color, religion, national origin, age or disability.

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53	GARRETT	MORTON	SR	OL/DL
54	BRADLEY	HAMMILL	SR	OL/DL
55	TYLER	KELLIS	JR	OL/DL
56	CODY	CROWELL	SO	RB/LB/OL
63	GARRETT	MILLER	JR	OL/DL
65	SHANE	HOOKS	JR	OL/DL
66	RUSSELL	FREEMAN	SR	OL/DL
71	JOSEPH	CRESS	JR	OL/DL
72	TRAVIS	COLEY	SR	OL/DL
73	LUKE	ROBINSON	SR	OL/DL
74	ADAM	LOVE	SR	OL/DL
76	CHRIS	ADAMS	SR	OL/DL
77	COREY	HINSON	SR	OL/DL
86	CHRIS	SMYLY	JR	OL/DL
88	DEWEY	ANDREWS	JR	TE/LB

Mt. Pleasant 's Evan Seymour voted
N.C. STEP "No Spit" All-Star of the Week

Seymour honored as the best player in the state who had pledged not to use spit tobacco

CANTON , NC-- The North Carolina Spit Tobacco Education Program (STEP) is proud to announce that Mount Pleasant 's Evan Seymour is this week's N.C. STEP "No Spit" All-Star of the Week. Seymour completed 13-of-16 passes for 278 yards and four touchdowns in Mt. Pleasant 's 42-27 win over Concord . High school football fans from across North Carolina voted for Seymour as the winner of the week two honor. As a weekly winner, Seymour is now eligible to win the N.C. STEP "No Spit" All-Star of the Year Award.

CONGRATULATIONS, EVAN!!

WOW!!!
HUNGRY FOOTBALL FANS!!

This is what happened last football season....

On an typical FOOTBALL Friday night, our hungry Tiger Fans devoured .....
267 hamburgers,
261 hot dogs,
107 slices of pizza,
258 orders of french fries,
318 Chic-Fil-A sandwiches,
154 orders of nachos,
284 bags of popcorn,
washed all that down with...
346 cans of Sundrop,
298 cans of Pepsi,
and
620 bottles of water.

On a typical, cold Friday night, the same loyal, Tiger fans warmed themselves with....
866 cups of hot chocolate
and

TIGERS IN MOTION. Practice pictures are of varsity and JV players
Photos taken by Coach Lelani Cress - MPHIGHFANGIRL@HOTMAIL.NET.
More pictures will be posted as the team progresses during practice and then each game. Updated.

Don't forget to join the Athletic Booster Club.
Simply click on the link below to get your application.
Thank you!

Tigers In Motion - Practice Photos

Tigers in Motion - Practice/full gear & Youth Camp

Tigers in Motion - Scrimmage vs St. Stephens

Tigers in Motion - Scrimmage vs Northwest

Tigers in Motion - vs Hickory Ridge 082208

Tigers in Motion - vs. Concord 082908

Tigers in Motion - vs. Central Cabarrus 091208

Tigers In Motion - vs. JM Robinson 091908

Tigers in Motion - vs. Monroe 92708

Tigers in Motion - vs S. Stanly 100308

Tigers in Motion - vs. Forest Hills 101008

Tigers In Motion - vs. North Stanly 101708

Tigers in Motion - vs. Albemarle 102708

Tigers in Motion vs. West Stanly 10-31-08

Tigers in Motion Varsity vs. CATA 11-08-08

Tigers in Motion - Varsity vs. N. Surry 11-14-08

VARSITY PLAYER STATS

JOIN THE BOOSTERS, CLICK BELOW TO GET YOUR APPLICATION!!

Booster Club Application Form

Varsity Schedule & Scores 2007

DATE	OPPONENT	SCORE
AUGUST 17, 2007	HICKORY RIDGE (HOME) (ENDOWMENT)	W 56-0
AUGUST 24	CONCORD (AWAY)	W 13-10
SEPTEMBER 7	CENTRAL CABARRUS (HOME)	W 14-0
SEPTEMBER 14	JM ROBINSON (AWAY)	W 35-6
SEPTEMBER 21	MONROE (HOME)	W 72-48
OCTOBER 5	FOREST HILLS (PEE WEE NIGHT) (HOME)	W 31-14
OCTOBER 12	NORTH STANLY (AWAY)	W 42-8
OCTOBER 19	ALBEMARLE (HOMECOMING) (HOME)	W 21-0
OCTOBER 26	WEST STANLY (AWAY)	W 22-12
NOVEMBER 2	CENTRAL ACADEMY (SENIOR NIGHT) (HOME)	W 96-0
	PLAYOFFS	
NOVEMBER 9	NORTH HENDERSON (HOME)	W
NOVEMBER 16	HIBRITEN (HOME)	W 42-20
NOVEMBER 23	NORTH LINCOLN (HOME)	W 18-13
NOVEMBER 30	SHELBY (AWAY)	L

How Parents Can Protect Their Kids from Becoming Smokers

The vast majority of parents do not want their kids to smoke. Smoking causes a wide range of serious health problems and frequently results in premature disability and death. To make matters worse, kids can become seriously addicted to smoking very quickly, just weeks or even days after first "experimenting" with cigarettes.

Parents as Anti-Smoking Role Models (Whether They Smoke or Not)

What parents say, how they act, and the values they communicate through their words and deeds has an enormous influence on children.

Specifically, parents can take the following actions to help ensure that their children remain tobacco free:

Campaign for Tobacco-Free Kids
www.tobaccofreekids.org

1. **If you don't smoke, don't start! If you do smoke, quit!** Research shows that children who have a parent who smokes are more likely to smoke.
2. **If you smoke, share your quit struggles with your children.** Kids greatly underestimate how difficult it is to quit smoking. Showing how hard it is to quit can help eliminate this misperception.
3. **Maintain a smoke-free home.** A smoke-free home makes children less likely to smoke, even if their parents smoke.
4. **Tell your kids that you don't want them to smoke and will be disappointed if they do.** Parental attitudes, opinions, and feelings about their kids' smoking status greatly influence whether or not kids will smoke, even when the parents smoke.
5. **Make sure your kids have the facts they need.** When children know how harmful smoking is, parents can help to develop a firm, negative perception or attitude about smoking practices and their consequences. Kids with negative perceptions or attitudes are less likely to smoke.
6. **Emphasize the immediate health effects:** persistent coughs, respiratory problems, a greater susceptibility to illness, and decreased physical performance.
7. **Emphasize the effects of smoking on physical appearance.** Cigarette ads create the image that smoking is sexy and attractive, and kids identify improving self-image as a reason for smoking. But smoking actually causes yellow teeth, bad breath, smelly clothes, and more severe and early facial wrinkles.
8. **Destroy the myth that everybody smokes.** In North Carolina, only 19% of high school youth are current smokers. Everyone is NOT doing it!

"Research shows that for every 10% increase in the price of cigarettes, there is a 6% to 7% decrease among youth who smoke."
Campaign for Tobacco-Free Kids

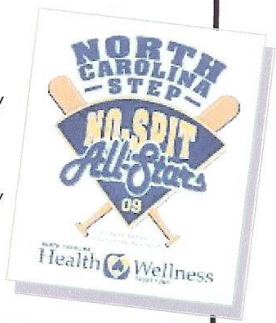
NC Spit Tobacco Education Program No-Spit All-Stars

The North Carolina Spit Tobacco Education Program (NC STEP), the North Carolina Health & Wellness Trust Fund (HWTF), and "The Sports Flash" Radio Network have partnered to honor the best student-athletes in North Carolina who have pledged not to use spit tobacco. Currently, the campaign is focused on high school baseball players.

According to the 2007 NC Youth Tobacco Risk Survey, 8.6% of high school students currently use spit tobacco. That percentage jumps up to 14.5% when looking at use among high school males. If graded by Oral Health America standards, North Carolina would receive a "D" for the use of spit or smokeless tobacco.

The "No-Spit" All-Stars campaign targets high school athletes, their peers, parents, and coaches with a message about the harmful effects of spit tobacco. To be eligible for the "No-Spit" All-Stars campaign, the student-athlete must sign a pledge not to use spit or smokeless tobacco on or off the field.

Coaches, parents, and fans can nominate a player for the "No-Spit" All-Star of the Week at www.thesportsflash.com during baseball season. This campaign is designed to educate North Carolina youth about the dangers of spit tobacco and reinforce the healthy lifestyle choice not to use tobacco products, especially spit tobacco. The "No-Spit" Baseball All-Star of the Year will receive a trophy and a Jostens championship-quality ring!



Field Day at East Hoke Middle School

On May 22, East Hoke Middle School students celebrated a great year of academic achievement by participating in Field Day. A favorite event of the day for students was the Dunkin' Booth. The assistant principals, Mr. Bolin and Mr. Na'il, took their turns in the hot seat. Most impressive, however, was our fearless leader. Mrs. Fortenberry valiantly exemplified '212 degrees' by taking her 'dunks' as the final administrative sacrifice of the day.

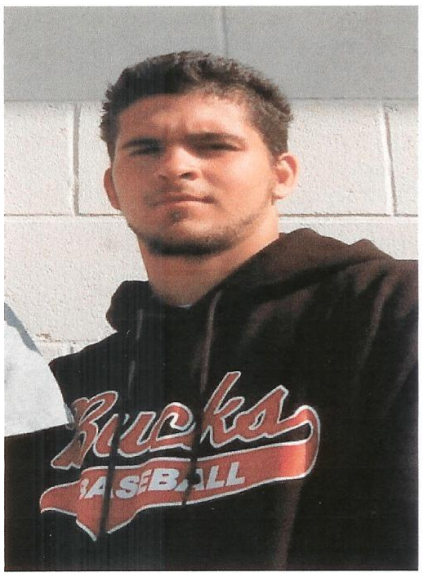
Dunkin' Ms. Erica

Ronald Womack Wins NC "No Spit" Baseball Player of the Year

In the regular season, Hoke County's Ronald Womack was 6-1 with four saves and a 0.12 earned run average with 114 strike outs and 20 walks. Womack gave up just 19 hits all season and opponents hit just .101 against him. Womack earned N.C. STEP "No Spit" All-Star of the Week honors for week three after giving up just one hit and recording 20 strikeouts in Hoke County's 2-1 win over Purnell Swett. One week later, Womack tossed a no-hitter in Hoke County's 8-0 win over Scotland.

Congratulations Ronald!

A special thank you to everyone who voted for Ronald!



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HOKE COUNTY HIGH SCHOOL

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All Region Baseball Team Announced

Hoke County High School **June 8, 2009**

All-Cape Fear region baseball team

First Team

Brandon Huffman
South View, Junior
Pitcher/infield
Three-year all-conference pick ... Committed to UNC ... Was 9-1 pitching with 1.15 ERA ... Batted .395 with 26 RBI's.

Michael Bass
Fairmont, Senior
Pitcher/infield
Led Fairmont to Eastern finals ... Batted .486 ... Was 6-2 pitching ... Going to UNC-Wilmington.

Brandon Browne
Gray's Creek, Junior
Outfield/pitcher
Batted .418 with 6 homers ... Was 6-2 pitching with a 1.62 ERA and 113 strikeouts.

Ronald Womack
Hoke County, Junior
Pitcher
State winner, N.C. STEP "No Spit" All-Star ... Was 6-1 with 0.12 ERA, allowed 19 hits and teams batted .101 against him.

Sean Catlett
Terry Sanford, Senior
Pitcher/infield
Batted .446 ... Led Bulldogs in 8 offensive categories ... Was 2-0 pitching with 1.64 ERA.

Josh Elmore
Fayetteville Academy, Junior
Pitcher/infield
Finished regular season with 7-2 record ... 1.97 ERA .. Struck out 88 batters.

Shannen Wilson
E.E. Smith, Senior
Catcher/pitcher
Batted .535 with 19 RBIs ... Hit 4 home runs and 9 doubles ... All-Two Rivers selection.

Corey Renaud
Fayetteville Academy, Sophomore
Catcher
Batted .450 ... Drove in 24 runs ... Had 6 doubles and a triple.

Mike Huculak
Jack Britt, Junior
Outfield
Batted .397 ... Drove in 13 runs ... Had 7 doubles, 3 triples and a homer.

Britt Kuchen
Pine Forest, Junior

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6/17 - Summer Baseball off to a hot start
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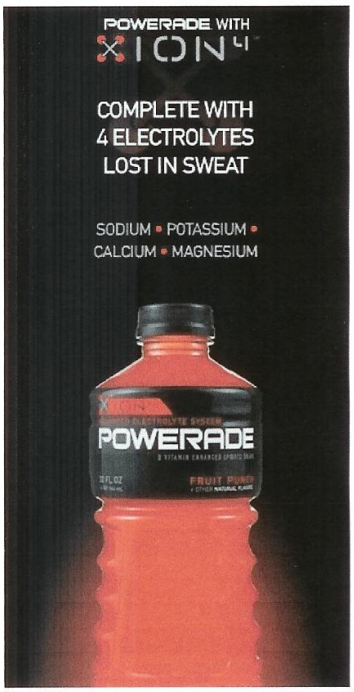

NC STEP launches "No Spit" All-Star Campaign

Campaign will honor baseball players who pledge not to use tobacco products

FOR IMMEDIATE RELEASE
March 11, 2008

Contact: **Paul Turner, NC STEP, (828) 648-1211**
Mike Sinnott, TSF Radio Network, (517) 927-4570

CANTON, NC – The North Carolina Spit Tobacco Education Program (NC STEP) has partnered with The Sports Flash (TSF) Radio Network to launch the NC STEP "No Spit" All-Star campaign funded by the North Carolina Health and Wellness Trust Fund, which provides grants statewide to educate young people to make good choices concerning the use of tobacco. The campaign will honor the best baseball players who pledge not to use spit tobacco – on or off the field!

"One of our goals is to reduce the number of young people using smokeless tobacco," said Paul Turner, Director of NC STEP. "It is important for young people to understand that smokeless does not mean harmless. We believe this campaign will generate awareness about the dangers of smokeless or spit tobacco use among our state's young people and honor those young people who have made the healthy lifestyle decision not to use spit tobacco."

In the Oral Health America 2006 Spit Tobacco Report Card, the nation received a "D" for the use of spit tobacco. That means between 12 to 20 percent of all high school males in the country have used spit tobacco in the last 30 days. The campaign intends to educate young people in North Carolina about the dangers of spit tobacco and reinforce the healthy, lifestyle choice not to use tobacco products, especially spit tobacco.

NC STEP is an effort designed to educate North Carolinians about the dangers of spit tobacco. Each year, between 10 to 16 million Americans put their health at risk by using spit tobacco. NC STEPs mission is to prevent people, especially young people, from starting to use spit tobacco. For more information about NC STEP, please contact Paul Turner at (828) 648-1211.

The TSF Radio Network delivers customized, local sports reports to 143 network affiliates in nine different states, reaching a weekly listening audience of more than 1.9 million people. TSF has 31 network affiliates in North Carolina and will provide the day-to-day management of the campaign. For more information about the TSF Radio Network, contact Mike Sinnott at (517) 927-4570.

###

N.C. STEP "No Spit" Football All-Stars Week 4 Nominees

Honors the best high school football players who pledge not to use spit tobacco

FOR IMMEDIATE RELEASE
September 20, 2010

Contact: Mike Sinnott
(517) 927-4570

CANTON, NC – The North Carolina Spit Tobacco Education Program (STEP) and the North Carolina Health Wellness Trust Fund is proud to announce the week one nominees for the N.C. STEP "No Spit" Football All-Stars of the Week. The campaign honors the best high school football players in the state who pledged not to use spit tobacco. Fans can vote for the weekly winner online at www.TheSportsFlash.com. Voting ends at 8:00 P.M. EDT on Thursday. Winner will be announced on Friday.

Here are this week's nominees for the N.C. STEP "No Spit" Football All-Stars campaign:

N.C. STEP "No Spit" All-Stars – Week Four Nominees

Garrett Brown – Erwin	Brown had 254 yards of total offense with two touchdowns in Erwin's 42-20 win over Mountain Heritage. Brown had thrown for 1,246 yards as the Warriors improved to 4-1, their best start since 2002.
Tra Chandler – Northwood	Chandler scored two touchdowns on a 47-yard punt return and a 14-yard run in Northwood's 34-17 win over Providence Grove. For the season, Chandler has rushed for 254 yards with two touchdowns, averaging 70.8 rushing yards per game.
Jordan Collins – Andrews	Collins rushed for 106 yards with a touchdown in Andrews 29-28 win over North Stokes. On September 10, Collins rushed for 326 yards with two touchdowns in the Wildcats' 40-20 win over Asheville School.
Traymon Evans – Harrells Christian	Evans rushed for 298 yards with three touchdowns in Harrells Christian Academy's win over Cannon School on September 10.
Preston Fowler – T.C. Roberson	Fowler rushed for 170 yards with four touchdowns in Roberson's 41-25 win over Clinton (TN).
Vad Lee – Durham Hillside	Lee scored five rushing touchdowns and had 259 yards of total offense in Durham Hillside's 33-8 win over Ardrey Kell.

Caleb Pressley – A.C. Reynolds	On September 10, Pressley threw for 356 yards with two touchdowns while rushing for another score in A.C. Reynolds' 37-10 win over Pisgah.
Michael Sheehan – Wilmington Laney	Sheehan threw for 455 yards with five touchdowns while running for another score in Laney's 42-39 loss to West Brunswick.
Ryan Smith – Sun Valley	Smith threw 222 yards with four touchdowns in Sun Valley's 33-19 win over Vance on September 10.
Desmond Whiteside – Hendersonville	Whiteside had 213 yards of total offense with three touchdowns in Hendersonville's 34-28 win over East Henderson.
Marquise Williams – Mallard Creek	Williams had 294 yards of total offense with four touchdowns in Mallard Creek's 48-24 win over Chester (SC). Williams threw for 127 yards with a touchdown while rushing for 167 yards and three scores.

Coaches, parents, and fans can nominate any player for the N.C. STEP "No Spit" All-Star of the Week. To be eligible for the weekly award, the student-athlete must pledge not to use tobacco, understanding that spit/smokeless tobacco does not mean harmless. Spit/smokeless tobacco contains more than 28 cancer-causing agents. These cancer-causing agents are present in cigarettes, cigars, smoke, and all forms of smokeless tobacco, including spit, snuff, and chew. Student-athletes from across the state can download the N.C. STEP "No Spit" All-Stars pledge online at www.TheSportsFlash.com.

In the Oral Health America 2006 Spit Tobacco Report Card, the nation received a "D" for the use of spit tobacco. That means between 12 to 20 percent of all high school males in the country have used spit tobacco in the last 30 days. This campaign is designed to educate young people in North Carolina about the dangers of spit tobacco and reinforce the healthy, lifestyle choice not to use tobacco products, especially spit tobacco.

N.C. STEP is an effort design to educate North Carolinians about the dangers of spit tobacco. Each year, between 10 to 16 million Americans put their health at risk by using spit tobacco. N.C. STEP's mission is to prevent people, especially young people, from starting to use spit tobacco. For more information about N.C. STEP, contact Paul Turner at (828) 648-1211.

The North Carolina Spit Tobacco Education Program is funded through a grant from the North Carolina Health Wellness Trust Fund (HWTF). The N.C. Health and Wellness Trust Fund makes North Carolina stronger, both physically and economically, by funding programs that promote preventive health. Created by the General Assembly in 2000 to allocate a portion of North Carolina's share of the national tobacco settlement, HWTF has invested $199-mllion to support preventive health initiatives and $116-million to fund prescription drug assistance programs. For more information, visit www.HealthWellNC.com.

"The Sports Flash" (TSF) Radio Network delivers customized, local sports reports to 184 network affiliates in 13 different states, reaching more than 2.5-million listeners each week. In North Carolina, TSF Radio Network has 30 affiliates. TSF Radio Network will provide the day-to-day management of the campaign and has managed "Tobacco Free" or "No Spit" campaigns for many organizations, including: Get Healthy Kentucky; South Carolina Department of Health & Environmental Control; Montana's Tobacco Use Prevention Program; and Wyoming Through With Chew. For more information about TSF Radio Network, contact Mike Sinnott at (517) 927-4570.

###

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NCSTEP North Carolina Spit Tobacco Education Program

Harrells Christian Academy's Traymon Evans voted N.C. STEP "No Spit" All-Star of the Week

Honors the best high school football players who pledge not to use spit tobacco

FOR IMMEDIATE RELEASE
September 23, 2010

Contact: Mike Sinnott
(517) 927-4570

CANTON, NC – The North Carolina Spit Tobacco Education Program (STEP), the North Carolina Health Wellness Trust Fund, and "The Sports Flash" (TSF) Radio Network is proud to announce that Harrells Christian Academy's Traymon Evans is the N.C. STEP "No Spit" All-Star of the Week for football. The campaign honors North Carolina's best high school football players who have pledged not to use spit tobacco or any tobacco products – on or off the field! On September 10, Evans rushed for 298 yards with three touchdowns in Harrells Christian Academy's win over Cannon School.

Coaches, parents, and fans can nominate any player for the N.C. STEP "No Spit" All-Star of the Week. To be eligible for the weekly award, the student-athlete must pledge not to use tobacco, understanding that spit/smokeless tobacco does not mean harmless. Spit/smokeless tobacco contains more than 28 cancer-causing agents. These cancer-causing agents are present in cigarettes, cigars, smoke, and all forms of smokeless tobacco, including spit, snuff, and chew. Student-athletes from across the state can download the N.C. STEP "No Spit" All-Stars pledge online at www.TheSportsFlash.com.

In the Oral Health America 2006 Spit Tobacco Report Card, the nation received a "D" for the use of spit tobacco. That means between 12 to 20 percent of all high school males in the country have used spit tobacco in the last 30 days. This campaign is designed to educate young people in North Carolina about the dangers of spit tobacco and reinforce the healthy, lifestyle choice not to use tobacco products, especially spit tobacco.
N.C. STEP is an effort design to educate North Carolinians about the dangers of spit tobacco. Each year, between 10 to 16 million Americans put their health at risk by using spit tobacco. N.C. STEP's mission is to prevent people, especially young people, from starting to use spit tobacco. For more information about N.C. STEP, contact Paul Turner at (828) 648-1211.

The North Carolina Spit Tobacco Education Program is funded through a grant from the North Carolina Health Wellness Trust Fund (HWTF). The N.C. Health and Wellness Trust Fund makes North Carolina stronger, both physically and economically, by funding programs that promote preventive health. Created by the General Assembly in 2000 to allocate a portion of North Carolina's share of the national tobacco settlement, HWTF has invested $199-mllion to support preventive health initiatives and $116-million to fund prescription drug assistance programs. For more information, visit www.HealthWellNC.com.

"The Sports Flash" (TSF) Radio Network delivers customized, local sports reports to 184 network affiliates in 13 different states, reaching more than 2.5-million listeners each week. In North Carolina, TSF Radio Network has 30 affiliates. TSF Radio Network will provide the day-to-day management of the campaign and has managed "Tobacco Free" or "No Spit" campaigns for many organizations, including: Get Healthy Kentucky; South Carolina Department of Health & Environmental Control; Montana's Tobacco Use Prevention Program; and Wyoming Through With Chew. For more information about TSF Radio Network, contact Mike Sinnott at (517) 927-4570.

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2010 N.C. STEP "No Spit" All-Star of the Year Finalists

All ten finalists have pledged not to use spit or smokeless tobacco – on or off the field!

FOR IMMEDIATE RELEASE
May 14, 2010

Contact: NC STEP, Paul Turner (828) 648-1211
TSF Radio Network, Mike Sinnott 517-927-4570

CANTON, NC – The North Carolina Spit Tobacco Education Program (STEP) is proud to announce the finalists for the 3rd Annual N.C. STEP "No Spit" All-Star of the Year. Each finalist has pledged not to use spit or smokeless tobacco – on or off the field! Fans from across North Carolina can vote online at www.TheSportsFlash.com, starting on at midnight on Monday, May 17 through midnight on Sunday, May 30. The winner will be announced on Monday, May 31.

2010 N.C. STEP "No Spit" All-Star of the Year - Finalists

- Alex Baker – Ardrey Kell
- Josh Clark – West Forsyth
- Logan Deaver – South Lenoir
- Corey Dick - Albemarle
- Chris Dula – South Iredell
- Cody Geyer – North Buncombe
- Matt Hamm – Cary Academy
- Ben Hinson – Mt. Airy
- Chad Maynor – Erwin
- Nathan Sharp – Southlake Christian

Each finalist has pledged not to use spit or smokeless tobacco, understanding that smokeless does not mean harmless, as spit tobacco contains more than 28 cancer-causing agents. These cancer-causing agents are present in cigarettes, cigars, smoke, and all forms of smokeless tobacco, including spit, snuff, and chew. The nominees have made the healthy lifestyle choice not to use spit tobacco.

In the Oral Health America 2006 Spit Tobacco Report Card, the nation received a "D" for the use of spit tobacco. That means between 12 to 20 percent of all high school males in the country have used spit tobacco in the last 30 days. The campaign intends to educate young people in North Carolina about the dangers of spit tobacco and reinforce the healthy, lifestyle choice not to use tobacco products, especially spit tobacco.

NC STEP is an effort designed to educate North Carolinians about the dangers of spit tobacco. Each year, between 10 to 16 million Americans put their health at risk by using spit tobacco. NC STEP's mission is to prevent people, especially young people, from starting to use spit tobacco. For more information about NC STEP, please contact Paul Turner at (828) 648-1211.

The North Carolina Spit Tobacco Education Program (STEP) is funded through a grant from the North Carolina Health Wellness Trust Fund (HWTF). The NC Health and Wellness Trust Fund makes North Carolina stronger, both physically and economically, by funding programs that promote preventive health. Created by the General Assembly in 2000 to allocate a portion of North Carolina's share of the national tobacco settlement, HWTF has invested $199 million to support preventive health initiatives and $102 million to fund prescription drug assistance programs. For more information, please visit www.HealthWellNC.com.

The TSF Radio Network delivers customized, local sports reports to 182 network affiliates in 14 different states, reaching a weekly listening audience of more than 2.1 million people. TSF has 32 network affiliates in North Carolina and will provide the day-to-day management of the campaign. For more information about the TSF Radio Network, contact Mike Sinnott at (517) 927-4570.

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South Lenoir's Logan Deaver voted N.C. STEP "No Spit" All-Star of the Year

Deaver honored as the best high school baseball player who has pledged not to use spit tobacco

FOR IMMEDIATE RELEASE
May 31, 2010

Contact: NC STEP, Paul Turner (828) 648-1211
TSF Radio Network, Mike Sinnott 517-927-4570

CANTON, NC – The North Carolina Spit Tobacco Education Program (STEP) is proud to announce that high school baseball fans from across the state voted South Lenoir's Logan Deaver as the N.C. STEP "No Spit" All-Star of the Year for baseball. More than 39,400 fans from across the state cast votes for the N.C. STEP "No Spit" All-Star of the Year. Deaver received 6,591 votes to best Cary Academy's Matt Hamm who tallied 5,099 votes. Southlake Christian's Nathan Sharp (3,060) was third with South Iredell's Chris Dula (1,542) rounding out the top four finishers.

For the season, Deaver hit .438 with two home runs, 25 runs batted in, and 20 runs scored. On the mound, Deaver was 8-2 with a 1.81 earned run average, striking out 100 with 48 walks in 62 innings pitched. Opponents were hitting just .169 with Deaver on the mound. Deaver earned the week one, N.C. STEP "No Spit" All-Star of the Week honor, after not giving up an earned run in 10 innings pitched while giving up seven hits and striking out 15. Deaver tossed a complete-game three-hitter in a 10-1 win over North Lenoir.

Deaver was selected from among ten finalists. Each finalist earned a weekly honor ad had pledged not to use spit or smokeless tobacco, understanding that smokeless does not mean harmless, as spit tobacco contains more than 28 cancer-causing agents. These cancer-causing agents are present in cigarettes, cigars, smoke, and all forms of smokeless tobacco, including spit, snuff, and chew. The nominees have made the healthy lifestyle choice not to use spit tobacco.

In the Oral Health America 2006 Spit Tobacco Report Card, the nation received a "D" for the use of spit tobacco. That means between 12 to 20 percent of all high school males in the country have used spit tobacco in the last 30 days. The campaign intends to educate young people in North Carolina about the dangers of spit tobacco and reinforce the healthy, lifestyle choice not to use tobacco products, especially spit tobacco.

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spit tobacco. NC STEP's mission is to prevent people, especially young people, from starting to use spit tobacco. For more information about NC STEP, please contact Paul Turner at (828) 648-1211.

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NCSTEP
North Carolina Spit Tobacco Education Program

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