



Spring Training

For baseball fans, spring training represents the beginning of the new year. It is a time when they scan the sports pages for reports on their favorite players and teams and try to get some fresh line on the upcoming season.

The goals of spring training haven't changed all that much through the years. The main thing is to get in shape and get rid of the rustiness that comes from a four- or five-month layoff.

In all honesty, players today are in a lot better shape than when I was playing. More players seemed to have beer bellies back 30 years ago. But it still takes hard work to get in shape both physically and mentally for the new season.

I had my first spring training in Waycross, Ga., where the Braves had their minor league camp. We had so many players in camp that we had to wear big numbers like "115a" on our backs. The Waycross camp was crowded even though our Triple A team was training at Kissimmee, Fla., and the big club was at Bradenton, Fla. Remember, back in those days, major league teams had as many as 12-15 farm clubs. That's a lot of players.

I enjoyed spring training for my first seven or eight years, but then it got to be real work. The older you get the tougher it is to pull yourself out of bed each morning. But you have to do it to get in shape.

Other than getting in shape, it is important to work on the finer points of the game. Although you may have been an excellent batter the year before, you should go to spring training with the intention of refining your technique. Every club has a different way of doing things. Much depends on the manager. He may have everyone working on different plays, such as the hit and run or hitting the cutoff man.

Every year it seems that some so-so team will get hot during the spring games and prompt articles on how they may be the surprise team of the year. Spring training won-lost records are very misleading especially when it comes to good veteran ballclubs. They know what they have to do to get ready. As soon as the bell rings starting the new season, those veterans are going to turn it up a notch, and that hot, young team will settle back into the standings. I always went to spring training with the idea of doing the best I could. I knew that if I had a good spring training I could carry that momentum right into the season. **ll**

Hank Aaron is the top home run hitter of all time with 755 homers. A member of baseball's Hall of Fame, Hank is vice president of the Atlanta Braves.

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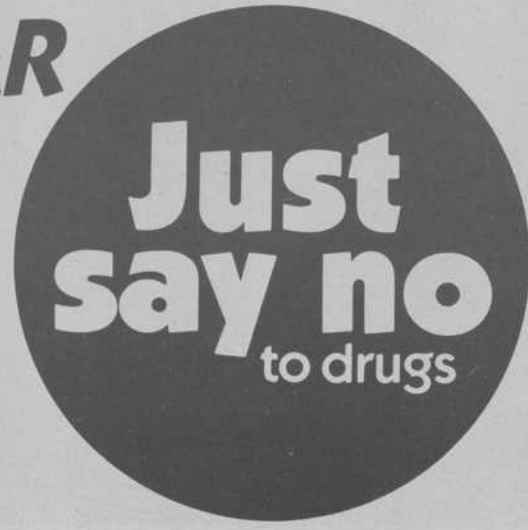
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Sugar Ray Leonard Is Spokesman

Coors Presents Golden Gloves Charities With \$12,000

DENVER — Boxing great Sugar Ray Leonard presented Golden Gloves Charities with \$12,000 on behalf of Adolph Coors Company during a recent news conference at Coors Distributing Company/Denver.

"Amateur boxing certainly had a major impact on my life, and I'm pleased to be able to give something back to the sport through Coors," said Leonard.

Adolph Coors Company has supported Golden Gloves Charities and the annual Denver Golden Gloves Boxing

Tournament for many years. This year's donation was enhanced by the presence of the retired World Boxing Council middleweight champion.

"It was great to have Sugar Ray Leonard in Denver to help us show our continued support of amateur boxing and the many athletes who participate in Golden Gloves activities," said Haven Moses, Coors Mountain Division sales manager and former Denver Broncos wide receiver.

Pictured at the presenta-

tion area (from left); Jesse Mora, president, Colorado Golden Gloves Charities; John Uliberry, executive director, Colorado Golden Gloves Charities; Bob Cardenas, marketing manager, Coors Distributing Company/Denver; Leonard; and Moses.

Leonard signed a multiyear multifaceted agreement with Coors beer in 1987. He will be featured in advertising, make public appearances and manage the Coors/Sugar Ray Leonard Professional Boxing Team, a group of some of the nation's best young professional boxers.



VICTORIES

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workers that Jesse Jackson was the only candidate who understood the plight of factory workers and the linkage between the spiraling military budget and the loss of social programs. The response of the workers was overwhelmingly supportive of the Jackson candidacy. Super Tuesday was origin-

ally designed by both Democratic and Republican Party leaders to minimize the impact of the African American vote and to give conservatives in the South a greater say in choosing presidential nominees. The party leaders thought that, by setting up primaries in so many southern states this early in the process, they could determine the nominee.

However, they didn't bargain for the Jackson candidacy. As a result of the effec-

tiveness of that candidacy, the South has risen again, but not as a racially segregated and divided region as it once did. Jesse Jackson has succeeded in a magnificent display which has unified African American voters with Latino voters with progressive white voters with Native American and Asian American voters.

It is now the hope of many across the nation that this revived spirit of solidarity and action will extend to the remaining state primaries, particularly in Illinois, Michigan, Ohio, New York, Pennsylvania, New Jersey and California.

Twenty years after the tragic assassination of Martin Luther King, Jr., it now appears that a resurrection of the spirit of the Civil Rights Movement is taking place. In fact, Jesse Jackson's victories have taken the spirit of that movement to new political heights. Finally the media and other political pundits have stopped asking the question: Can Jesse Jackson win? Jackson is already winning and as he wins, we all win.

PRESS

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institutions are not questioned, their assumptions unchallenged, and their goals subjected to no critical evaluation and scrutiny.

This is a cleansing and rejuvenating process. The basic credo of the Black Press since the founding of the first Black newspaper, Freedom's Journal, March 16, 1827, 166 years ago, continues to be the same; to be the voice of freedom for Black Americans. The founders, the Rev. Samuel Eli Cornish, and John Brown Russwurm declared: "Too long have others spoken for us."

Frederick Douglass, who founded several newspapers, including the North Star, said it more bluntly, "... the man who has suffered wrong, is the man to seek redress... the man struck is the man to cry out, and he who had endured the cruel pangs of slavery is the man to advocate liberty. It is evident we must be our own representatives and advocates, not exclusively but peculiarly, not distinct from, but in connection with—our white friends."

Much has been accomplished since Douglass uttered those words in the 19th Century. The enactment of the Emancipation Amendments has given the franchise to Black people but in order to make these viable assets, it was necessary for Brown v Topeka Board of Education to wipe out the hatred of the 1895 Plessy v Ferguson separate but equal decision, as well as the 1856 Supreme Court decision that "a Black man had no rights a white man is bound to respect." Today a Black man is running for President and making a memorable showing. There are no longer segregated lunch counters, or separate toilet facilities and we can ride at the front of the bus today. But inequities still persist; segregated and inferior classrooms, housing discrimination, unequal pay, rampant joblessness, and poor health facilities for Blacks. The list goes on and so does the continued need for the Black Press to voice our protests against the inequities.

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