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Davis Whitfield, commissioner of the North Carolina High School Athletic Association, has announced that a commemorative book written as part of the NCHSAA's Centennial Celebration is now available to the public.

The one-of-a-kind history is entitled *Inspiring Individuals, Encouraging Excellence—100 Years of the North Carolina High School Athletic Association*, and was written by NCHSAA Hall of Fame member Tim Stevens, a veteran sports writer with the *Raleigh News and Observer*. The book traces the modest beginnings of high school athletics in the state to a program that now involves over 200,000 athletes annually. It also covers how three different organizations that governed high school sports became one, the challenges of integration of the schools as well as the rise of sports for women, and some of the outstanding teams and individuals who have made their mark along the way.

Published by McDonald and Associates of Carrboro, N.C., the book also contains some great photographs, including some vintage pictures.

"This historical book captures the rich tradition and history of those who have built the NCHSAA into what it is today," said Whitfield. "In fact, the title captures the essence of the Association and what we are about—inspiring individuals and encouraging excellence. I think anyone interested in our state and in high school athletics will find this to be a great addition to their personal library to be treasured for years to come."

Books may be purchased by credit card or PayPal by going to the NCHSAA web site and www.nchsaa.org

and then going to the drop down "OnLine Store" at the top, or call 919-240-7401. The books are twenty dollars each with five additional dollars for shipping and handling.