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The Donald Sterling Fiasco: The Real Story

By Carl Smalls



Carl Smalls

It has been almost a month since Adam Silver, the commissioner of the National Basketball Association (N.B.A.), banned Donald Sterling (owner of the LA Clippers) for life from the N.B.A. and recommend to the owners that Sterling be forced to sell his team. Has anything really changed since then?

There's no doubt about it that Sterling's comments were offensive, derogatory and downright degrading. However, does killing the messenger, put a stop to the message

or is it simply an attempt to appease those who might be offended?

What is the message? The message is that professional sports are more or less a microcosm of society in general when it comes to racism. For example, when you take a look at the four major sports (football, basketball, baseball and hockey) there is only one majority owner that is African American. Michael Jordan is the owner of the Charlotte Bobcats; his ownership represents 3.33% of all NBA owners.

To put things in proper perspective, there are 32 NFL teams, 30 NBA teams, 30 Major League Baseball teams and 30 National Hockey League teams for a total of 122 teams. In other words, there is only one African American majority owner (which is .81% or less than 1%) out of a possible 122 teams.

It is painstakingly obvious to some and perhaps not to others that the majority of the teams are owned by wealthy white males, especially your football and basketball professional teams (there are 32 professional

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Rodney Sumler & Joseph McGill

From Whence We Came

By Rodney Sumler

What a great reminder. As we celebrate "Memorial Day" this year, let's all American of African descent prepare to celebrate Juneteenth and the freeing of black slaves, the end to the African Holocaust

or Africa Maafa. Maafa expert, Dr Edward Robinson cited those who survived the "Middle Passage" as being the "strongest of the strongest of the strongest.... of the strongest of the strong."

"Many millions packed like sardines in the hulls of slave ships did not survive the horrific "Middle Passage." Millions died enroute or soon after arrival in the Americas," says JohnRaye, a feature writer for this newspaper. " 25 million to above 100 million men, women, boys and girls, all trapped, captured, beaten, broken and sold into slavery for well over 300 years from the 15th to the 18th century."

North Carolina A&T Opens Diabetes Education Center



North Carolina A&T State University last week opened its Diabetes Education, Prevention and Management Center, formally launching a partnership between several Greensboro non-profit, religious, educational and health care entities to bring awareness and response to the growing diabetes-linked mortality cases in the city and throughout the state of North Carolina.

According to a release, the center "provides community members with free access to diabetes self-management and prevention education facilitated by A&T faculty and students. Community members can participate in screenings, one-on-one and group sessions and also have access to resources that help educate and prevent the disease."

Officials from the A&T School of Nursing call the partnership one aspect of the school's mission to promote healthier citizens and communities.

Everyday is an Opportunity to Learn

"This is an extension of our mission," said Inez Tuck, dean of the School of Nursing. "Our goal is to educate our students and to help create a healthy community."

North Carolina A&T Faculty and students and students will provide free classes and assessment to the public.

How To Lose That Fat Gut

By John Raye



John Raye

Two simple questions for you : (1) do you belong or have friends who belong to the "Big Belly Club? (2) What is the most distracting, distasteful and disgusting thing to see on a grown man? You don't know?

Of course, it's a big fat belly!

Study the case of Roy Williams, a 68 year old Winston-Salem resident and wellness advocate, whose belly was so huge that he once chided himself as being "almost pregnant" as he jokingly place a few pats on his extra, "love handles".

But after three bouts with pneumonia, a massive heart attack, diabetes and prostate cancer, Williams's "love handles" and big fat belly have long disappeared. And so has much of the stress and mess brought on by a fat belly that would not go away.

"Some women", said Williams, "can hide a big belly. They can put on all kinds of fashionable clothing, skirts, blouses, under garments, different colors and lose -fitting outfits that camouflages their physique, but it's hard for a man to hide a big gut, especially is he's short and fat like me", he said.

Research shows that obesity has become a national epidemic with fully two-thirds of the nation, including children, dangerously overweight.

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My grand-father, Rufus Johnson's mother was a McCollum. She was owned by the McCollums, tobacco farmers in Rockingham County, NC. I'm a decedent of slaves from Rockingham County, NC. The history club at McMichael High School in Mayodan, a Rockingham County high school and MARC, Museum of Rockingham County in Wentworth, NC

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