

Calvary's Cooks commits to USC-Upstate

OK. Calvary Baptist star senior baller Carter Cook has made a decision on which school he wants to attend. The talented, curly-haired sharp shooter has decided to play for the University of South Carolina-Upstate, which is located in Spartanburg, South Carolina.

That's the school that Chris Paul's older brother, C.J., attended. We talked about that, as well as a few other things. It's always cool to talk with Carter because he's a pretty cool dude. He also usually has something good to tell me. This was one of those spur of the moment interviews. I had no idea who I was going to talk to on Tuesday morning, so I just went through my phone and and stopped at Carter's name.

He hit me back when he got home from school. This was what I call a freestyle interview. He and I talked about Winston-Salem Prep's big win over the weekend, NCAA tournament predictions, players around the city and a few other things. Carter even gave me a top three of schools. Take a look at what else me and Mr. Cook rapped about earlier this week.

Anthony: What's good, Carter?

Carter: Nothing much, man. What's up?

Anthony: I can't complain. I saw you at the Dean Dome during state championship game. What did you think about Winston-Salem Prep's big win?

Carter: Man, they blew them boys out.

Anthony: (Both laugh.) No doubt. That kind of made me wonder what type of teams are on the eastern side of this state.

Carter: I know. It didn't look like there was too much. But I heard that team upset a couple teams. But they really didn't look like too much on Saturday.

Anthony: Not for real. What did you think about Reggie (Johnson)? His game was taking a while to come to him.

Carter: I knew he was gonna get it together. I wasn't worried about him. He was too big for them boys. They couldn't handle him.

Anthony: What did you think about Marcus Wright's performance?

Carter: Oh, he did his thing. He did real good.

Anthony: Let's talk about you all for a second. Your school also played for a state title a couple weeks ago. But you came up on the short end of things. What went wrong to lead to that outcome?

Carter: Well, we got off to a real slow start. And, we weren't hitting our outside shots. That's a big part of our game. When they took that away it was like, "What do we do now?" But we made a good run in the second half. We came to within three in the fourth quarter. But we started fouling, and they hit all of their free throws. That was the game.

Anthony: Who did you all

play?

Carter: Victory Christian. They have a point guard that's going to George Mason. And, they have a big guy that's pretty good too. I don't know where he's going.

Anthony: Speaking of schools. I heard you've made your decision to sign with USC-Upstate.

Carter: Yeah, I did. **Anthony:** That's what's good. You know that C.J. Paul went to that school?

Carter: Yeah, I know. He was actually there when I took my visit. He went on the tour with me.

Anthony: Cool. What made them to be the school for you?

Carter: Well, I had bigger schools recruiting me and everything. But my goal is to play in college. I want to be a vital part of a program. They told me they would build the team around me when I came. That's where I felt wanted the most.

Anthony: Good. More kids should sign with the school that wants them the most compared to the school they want to attend the most.

Carter: That's exactly the way I looked at it. And, they just lost their leading scorer. He was one of the leading scorers in school history. And, they want me to replace him. It's a good feeling.

Anthony: What type of things do you have to improve upon before hitting campus?

Carter: Definitely my speed and ability. And, I need to get on the weights more. They told me they are going to work on my defense a little bit. (Both laugh.) I'm not too worried about it.

Anthony: You need to hook up with my man, coach (Derrick) Speas to get your speed and agility right.

Carter: Yeah, I know.

Anthony: We have the NCAA tournament about to jump off. I'm filling out my brackets now. Which teams do you have going to the Final Four?

Carter: I don't have a Final Four, but I think that Kansas will win it all. They're deep. They have like, eight starters.

Anthony: Which school is your favorite?

Carter: Well, you know I like Wake. But my favorite squad is West Virginia. Jeff Alexander (No. 11) surprises a lot of people. He can really jump.

Anthony: How surprised were you that Wake got left out of the NIT?

Carter: I didn't even know that until you said it. That is kind of surprising.

Anthony: What else has been up with you lately?

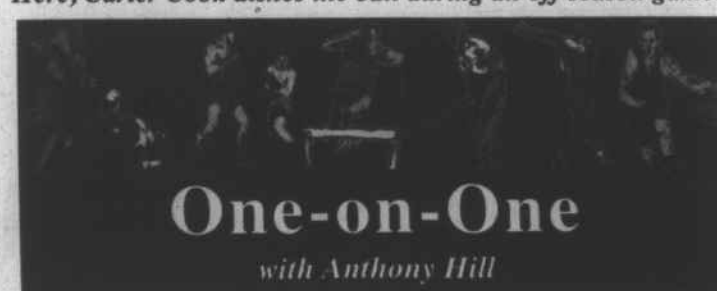
Carter: Just been in school trying to graduate. And, I've been working out.

Anthony: Are you worried about the fact that you have to start all over again when you go off to college? You have to make a new name for yourself.

Carter: No, I'm looking



File photo Here, Carter Cook dishes the ball during an off season game.



forward to it. I'm not worried about it at all. I think that's one of the things I want to do. I want to make a new name for myself. I want to continue to prove to people that I can play.

Anthony: (Smiles.) How good are you?

Carter: (Laughs.) I think I'm all right.

Anthony: What are you usually doing when you're not in school or balling?

Carter: Hanging out with family, watching movies, going to the mall... Something like that.

Anthony: Give me a top three of basketball schools in the city.

Carter: Uh, well, you know I've got to start with Calvary. I've got to.

Anthony: You're not going to rate the state champs at the top?

Carter: I mean, nah. I've got to say Calvary. They're good. They come in second, but



Carter Cook

Calvary is the number one school. Then, Mt. Tabor. I thought this was their year. But they (Spartans) have a lot of people coming back next year. They're going to make a run next year.

Anthony: Let's move on. What's your favorite show?

Carter: My favorite show is "Rob and Big" on MTV. Other than that I watch ESPN.

Anthony: My boy CP3 is in the hunt for the NBA's MVP award. Who are the top three candidates for that in your eyes?

Carter: CP is number one. Kobe number two. Then, I'm going to have to go with LeBron, man. He's been putting on a show.

Anthony: OK. Give me a Top 7 of ballers in the city. Be honest too.

Carter: Aight. Uh, Marcus (Wright), Reggie (Johnson), me, C.J. (Harris), Torez (Young), Mike Grace and Jack Rooney.

Anthony: Who's Jack Rooney?

Carter: The most underrated player in the state. He plays in the semifinal game. He was dunking on people. Six dunks. He could've played at a lot of D-II schools, but he just wanted to go to school.

Anthony: OK. How are the ladies treating the curly-haired basketball player?

Carter: (Laughs.) They are treating me pretty good. Pretty good. (Laughs again.)

Anthony: Have you talked to Andrew Bodenheimer lately? What's he going to do?

Carter: I talked to him the other day. He's walking on at ECU to play football.

Anthony: What's the hottest shoe right now?

Carter: I don't know. I'm on the Vans right now. When I'm balling I'm wearing my Air Zooms. I haven't gotten the CP3's yet.

Anthony: OK. What was the last CD you bought?

Carter: The Lupe Fiasco, "The Cool."

Anthony: Yeah, that's hot. If you could date any celebrity who would she be?

Carter: Alicia Keys.

Anthony: OK. Name the best player in college basketball.

Carter: Michael Beasley. He should've won Player of the Year. I don't like Tyler Hanbrough. I don't like the way he plays. He plays hard, and that's good for the game. But I don't see the skills.

Anthony: (Laughs.) You know what would've been hot?

Carter: (Laughs.) What?

Anthony: If you would've signed with Winston-Salem State.

Carter: That might've been all right. No HBCUs recruited me.

Anthony: OK. Let's finish with free association. Uh, Carter Cook.

Carter: Baller.

Anthony: James Johnson (Wake freshman baller).

Carter: Freshman of the Year.

Anthony: Best player in the city.

Carter: Carter Cook.

Anthony: C.J. Harris (Mt. Tabor standout).

Carter: Uh, sneaky good. People might sleep on him, but he's good.

Anthony: Favorite food.

Carter: Fettucini alfredo.

Anthony: Favorite store in the mall.

Carter: DTLR.

Anthony: All right. We're done. Preciate the time.

Carter: Thank you.

Quality...Class...Affordable, all under one roof. By Albeberry Homes, Inc.

FREE Furniture comes with the House...or go by Dynasty Furniture and pick out your own!!!

FREE Mini Blinds

FREE Mail Box

\$2500 in closing

Open House Hours
Monday - Thursday 1:00 - 6:00
Saturday 11:00 am - 4:00 pm
Sunday 1:00 pm - 5:00 pm

11 plans to choose from Starting at \$117,900 - 59 Home Sites

The Hickory The Bradford The Danbury

There are many faces of diabetes. Could you be one of them?

Free Diabetes Screening
March 29, 2008
Community Care Center
2135 New Walkertown Rd.
Winston-Salem, NC 27101
11 a.m. - 3 p.m.

For more information visit cccforsyth.org or call 336-723-7904.

Diabetes is the fourth leading cause of death among African Americans and half of those living with this disease don't even know they have it.

Risk Factors:
• Family history of diabetes
• Obesity
• Physical inactivity
• History of diabetes during pregnancy
• Elevated blood pressure
• No diabetes

Warning Signs:
• Blurred vision
• Tingling / numbness in the hands and feet
• Frequent urination
• Extreme hunger or thirst
• Sores that are slow to heal

Don't become another statistic!

Working for Healthy Communities: This initiative is supported by the Office of Minority Health and Health Disparities and the North Carolina Department of Health and Human Services with funds appropriated by the General Assembly to honor the memory of deceased members: Bernard Allen, John Hall, Robert Holloman, Howard Hunter, Jeanne Lucas, and William Martin.