

# You've got questions? The columnist answers

Continued from page 1C  
harsher steroid policy?

Answer: Yeah, right, and it was just a coincidence that marginally talented Pamela Anderson's acting career finally took off after she had, uh, enhancement done to a certain part of her upper body. In the first five weeks of this season, home runs are down

8.8 percent in baseball. Through this past Sunday, 908 homers had been hit this season. So isn't it obvious?

I believe more players are off steroids because of the new testing and penalty policies in place.

And with more and more players getting busted, thus

creating more fear among players who initially thought they could get away with using steroids, expect the homers to continue to decline.

Question: Who was the real NBA coach of the year?

Answer: With all due respect to Phoenix coach Mike D'Antoni, for me, it's not even close; it's Eddie Jordan of the

Washington Wizards.

OK, it's a little close. Scott Skiles of the Chicago Bulls did a heck of a job, too. But when you consider just how bad that Washington franchise has been for the past few decades, what Jordan did is just short of a miracle.

Yes, Wizards forward and Providence High graduate

Antawn Jamison was an All-Star waiting to happen, but for Jordan to lift this moribund franchise to 45 victories, in just his second season, he should have won the award.

Question: Dwayne Wade, the Miami Heat star, recently was named one of People magazine's 50 Most Beautiful People. Thoughts?

Answer: Take this for what it's worth, considering I personally wouldn't qualify as Denzel Horton:

What the heck was People thinking?!!!!!!

E-mail Post sports columnist C. Jemal Horton at [sejemal-write@aol.com](mailto:sejemal-write@aol.com).

## LeBron's talented, but Wade and Anthony are winning

Continued from page 1C

have been emboldened by the coaching of George Karl the second half of this season, Anthony led his team into the playoffs last year, too, while playing with a bunch of average to below-average players, just like LeBron.

This isn't just about this season.

Wade and Anthony simply have been more successful - better - than LeBron at this point of their careers.

Somehow, though, LeBron beat out both of them for rookie of the year last season. That, as you might

imagine, is something that always will bother me, no matter how many MVP awards LeBron goes on to win in his career.

What kind of message are we sending when the guy being touted as the new savior of the league can't get his team into the playoffs but we still keep looking past his high-achieving peers to heap praise upon him?

Are people that preoccupied with not looking as stupid as those people in the 1984 NBA Draft, when Sam Bowie and Hakeem Olajuwon were drafted ahead of the great Michael

Jordan?

Are people that worried that we might one day have the media reflect on the 2003 NBA Draft class and say, "Boy, I can't believe they kept ignoring LeBron James for all those awards and giving them to Wade and Anthony?"

Let's just worry about the here and now, folks.

And right now, Wade and Anthony have done a much better job.

It's not as if Wade and Anthony are bums who are fortunate to just be playing in the same league as LeBron. Wade has averaged

20.6 points, 4.7 rebounds and 5.8 assists over his career. Anthony has averaged 20.9 points, 5.9 rebounds and 2.6 assists. Both players' statistics compare favorably with LeBron's 24.1 points, 6.4 rebounds and 6.6 assists - especially since Anthony plays in the tougher Western Conference. And, well, again, there's the fact that Wade and Anthony led their teams into the playoffs.

Think about the great Wilt Chamberlain-Bill Russell rivalries of the 1950s and 1960s. The late Chamberlain still is consid-

ered by many to be the greatest basketball player ever. But virtually each time the two went head-to-head in a big game, Russell's team came out on the winning side. Now, in full disclosure, Russell's Boston Celtics teams were much more talented overall than Chamberlain's squad. But if you ask most old-school NBA general managers whom they'd prefer to have on their team, the majority of them would say Russell.

The bottom line? After all these years, winning is all that matters. And while Wade and Anthony haven't

won any championships to this point, they are playing winning basketball right now, playoff basketball.

Hey, I like LeBron. He's the most mesmerizing, the most dominant and, without a doubt, the most acclaimed player of the sophomore class. Heck, it probably wouldn't be unwise to vote him Most Likely to Become a Hall of Famer.

But before we hand LeBron another honor, let's make sure he clearly outdoes his competition first.

E-mail Post sports columnist C. Jemal Horton at [sejemal-write@aol.com](mailto:sejemal-write@aol.com).

## CIAA fans: Charlotte hotels too high

By Herbert L. White  
[herbwhite@thecharlottepost.com](mailto:herbwhite@thecharlottepost.com)

CIAA basketball fans don't like the kind of hospitality Charlotte hotels are charging for next year's tournament.

Some complain the cost of going to a bigger city with a new arena is much higher than previous venues. Also, Charlotte hotels that offered rooms at discount rates have filled their set-aside blocks and are now charging more

than usual, according to an article appearing on BlackAmericaWeb.com.

Dori Bennett, a CIAA basketball fan from Greensboro, told the website: "It's ridiculous to find these kinds of problems in a larger city," Bennett said. After the hotels fill half of their rooms with CIAA reservations, she maintained, they shut the other half down to reservations at the group rates.

"It's like we got a black slap," Bennett said, "for choosing Charlotte."

CIAA Commissioner Leon Kerry told the website he and his staff are willing to try and work out the problems if people will call him.

"These are just growing pains," Kerry said. "We love our fans, and we negotiated our bid package for the tournament with the fans in mind. There are some hotels in our package that are offering rates cheaper than what was offered in Raleigh. We have no control over the costs at hotels that are not in our bid package."

CIAA leaders say they moved the tournament to Charlotte, to be played Feb. 27-March 4, 2006, because its facilities would offer the tournament greater opportunity for growth, and the city will provide the CIAA with \$1 million for scholarships each year.

While scholarships may be attractive, Bennett told BlackAmericaWeb, "If they are giving that money to CIAA, they are making it up by jacking up the hotel rates."

Bennett said she usually reserves a block of 25 rooms for a Circle of Friends, which sponsors a fund-raiser during the tournament to raise money for scholarships. According to Bennett, one Charlotte hotel initially quoted rates of \$109 for rooms during the CIAA, then they took another look at the dates and changed the rates to \$169.

Of the 37 hotels listed on the 2006 CIAA tournament Web site, only eight had

rooms available during the tournament that could be accessed by BlackAmericaWeb. The website found rates ranging from \$209 at the Hilton Charlotte to \$63 at the Comfort Inn. Three hotels had single/double rooms available at \$159 a night. The lowest priced rooms - \$42 a night at the Country Hearth Inn - were not available through Web access.

Ronald Gantt, a former president of the N.C. Central Alumni Association, said this past year in Raleigh his total hotel bill was \$339.

"If I go to Charlotte, the

best rates I've found would have my hotel bill at \$612.92 for four nights," Gantt told the website, "and that doesn't include the other costs, such as a ticket package for the games and meals."

Mike Butts, executive director of Visit Charlotte, said he learned of potential concerns about the accommodations about three weeks ago.

"There was some miscommunication," Butts told BlackAmericaWeb. "Some fans thought that the rates for the conference headquarters hotels would extend to other facilities, but that is

not the case.

"Charlotte is excited about hosting the CIAA basketball tournament. I am sure that once the fans come here and enjoy our arena, fine restaurants, museums and other attractions, they will want to return."

Fans, however, said if it is to grow, the CIAA must also address their concerns.

"I know that Charlotte is a large metropolitan area. It's a pro sports city, and costs may be higher," Gantt said. "But conference officials have to look out for the fans who have supported them year in and year out."



Kerry



**BREAK THROUGH**




**2005 CADILLAC 2.8L CTS**

**\$299/month**

36 month lease

\$2,369 due at lease signing (after Bonus Offer) for qualified lessees. No security deposit required (Tax, title, license, dealer fees extra.)

**8218 E. INDEPENDENCE BLVD.**

**800-601-4679**

**SOUTH BLVD.**

**704-556-7400**

**www.carolinacadillac.com**

**www.apcadillac.com**

\*Example based on survey. Each dealer sets its own price. Your payment may vary. Payments are for a specially equipped 2005 2.8L CTS with an MSRP of \$32,085 a capitalized cost (including any applicable cap cost reduction) of \$32,085 a capitalized cost (including any applicable cap cost reduction) of \$25,506, a residual value of \$17,326. 36 monthly payments total \$10,764. Option to purchase at lease end for an amount to be determined at lease signing. GMAC must approve lease. Take delivery by 5/31/2005. Mileage charge of \$.20 per mile over 36,000 miles. Lessee pays for maintenance, repair, and excess wear. If lease terminates early, lessee is liable for all unpaid monthly payments. Payments may be higher in some states. Not available with other offers. Not available in NY. Consumer Guide® is a registered trademark of Publications International, Ltd.

# BAND-AID®

BRAND ADHESIVE BANDAGES

presents:

## Journey to Wellness

ALLERGY CONTROL

By Dr. Mary Harris



Sniff. Cough. Sneeze. Wipe. If you have allergies and live in a city like I do where the average pollen count on a spring day is 1200 or above, I bet you're doing all of the above...a lot! We've all seen spring-time pollen cover outdoor objects with a

pea green dust. While that type of pollen may not cause an allergic reaction, it does show how pervasive most pollen spores are, whether we can see them or not. Even if you're not a regular allergy sufferer, a high pollen count can make life miserable for a short period or for the whole season.

The pollen count measures how much dust from common allergens is in a cubic foot of air. Contaminants like dandelion, ragweed, grass and sycamore spores, among many others, fill the air we breathe and produce symptoms that include itchy eyes and throat, sneezing, wheezing, coughing, burning, runny eyes and nose, sinusitis, pounding headaches and, in extreme cases, even rashes and hives.

If you suffer from allergies during the spring, summer or fall you need all the relief you can get. And surprisingly, you can get relief without drugs. Simple lifestyle changes can make a big difference in your comfort level and are absolutely free. Try these suggestions:

During pollen season, stay indoors unless you MUST go out. Your hermit-like behavior will protect you from environmental allergens, particularly during the hours of 10 AM to 4 PM. If you must drive, keep car windows rolled up.

When outside keep hair tucked under a hat or scarf. As soon as you return home, change and launder clothes immediately then shower and shampoo. Pollen clings to hair and fiber. Pollen-filled hair and clothing will keep you sneezing for hours and will also contaminate bedding so you get a continuous dose of allergens while you sleep. Scrub up!

During spring and summer remove and store heavy draperies and area rugs. They attract and hold dust.

Shut pollen out. Keep windows and doors closed as much as possible. Move your bed away from windows and use the air conditioner for circulation. Investing in an air purifier is also a good idea.

If your mild allergy symptoms don't subside once you've taken these simple steps, or if your symptoms are too far-gone to benefit from lifestyle changes only, you may need to take more aggressive action. Consider medical testing to isolate the specific allergens that affect you. Testing can be a lengthy and tedious process, but one well worth the investment of time considering the years of relief that will follow.

After testing, your doctor may prescribe a shot of epinephrine to help offset severe allergic attacks. This medicine comes in a pocket-sized container that looks like a pen and provides immediate relief.

Allergy shots are also an option. Like vaccines, they introduce small amounts of allergens into the body so a gradual immunity can be formed. The thought of frequent injections is unsettling, but this therapy offers a level of relief not found elsewhere. Since allergies have no cure, it's useful to employ medicines whose effectiveness is guaranteed. These medical options may be appropriate for seasonal allergies as well as allergies to food, chemicals or insect bites.

If you opt to seek relief on your own, use over the counter medicines with caution.

Allergies have staying power, so it's important to explore the right combination of lifestyle changes, medical options and do-it-yourself remedies that will work for you. Whatever your choice, don't suffer! Allergies can be controlled.

Always visit [www.journeytowellness.com](http://www.journeytowellness.com) for more important news about your health.