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The Choice for African-American News

THURSDAY, FEBRUARY 14, 2002 Going for Go

Winston-Salem native set to compete at Salt Lake games

BY SAM DAVIS THE CHRONICLE

John Henry Jones Jr. isn't surprised that he and his wife, Lois, will soon be on their way to watch their son take part in the Olympic games. The Joneses will leave next week for Salt Lake City, Utah, to watch their son, Randy Jones, participate in the four-man bobsled event at the Winter Olympics. It will be Randy Jones' third attempt to bring home a medal after participating in the the Winter Games at the 1994 Olympics at Lillenhammer, Norway, and the 1998 Olympics at Nagano, Japan

Participating in the Olympics and earning a medal have always been goals of Randy Jones, but both he and his parents thought he would be a part of the U.S. contingent in the Summer Olympics. But as fate would have it, things didn't quite work out that way. "I think that was his hope," said John Henry Jones Jr. "But things just

turned out a little different."

The elder Jones, who helps his son

run a computer store in Winston-Salem. imparted a strong work ethic in his son. That has paid dividends for Randy Jones as he has battled to remain a member of the Olympic Bobsled Team through some long odds

After his indoctrination into sledpushing and bobsledding after graduat-

See Jones on A5



City native Randy Jones, second from right, poses with teammates.

## Center wants to bridge health divide

THE CHRONICLE

During a news conference Monday, the Wake Forest University School of Medicine announced the establishment of the Maya Angelou Center on Minority Health. The medical school received two start-up grants of \$500,000 from The Duke



Angelou

from h e ston -Salem Foundainitiate

Endow-

ment

\$80,000

the cen-Officials say they pursue \$20 million in additional funding for the center.

The new research center is being developed as a collabo-rative effort between the medical center, Winston-Salem State University, Wake Forest University and the community to close the health disparities gap between minorities and minorities whites. Maya Angelou, poet, author and WFU professor, will serve on the center's steering committee along with Robert J. Brown, chairman and CEO of B&C Associates Inc., and Eldridge C. Hanes, vice chairman of the Encore Group.

A national advisory board for the center is comprised of renowned leaders such as Coretta Scott King and Andrew Young. The center has organized a regional board of advisers, including Velma Watts, Ph.D.; Richard Janeway, M.D.; Beth Hop-kins; Jose Isasi; Martha Wood; and David Branch.

M.D. Enhancing wellness. improving quality of life and reducing the burden of disease in under-represented minorities across the nation are the issues the center intends to address. The ethnic makeup of Forsyth County as well as the prevalence of heath risk factors throughout

See Center on A5

chocolate

according to

recent report.



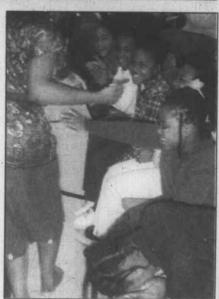
## Just Dancin'

honor of Black History ments and dances. Month, the students were Ensemble, a well-known city African drums and dancing for decades.

Otesha members not only troupe.

tudents at Kimber- played and danced, but ley Park Alterna- shared with the students School information and history received a treat last week. In about the various instru-

Above, Kimberley Park treated to a performance by staffers Shelia Davis and the Otesha Creative Arts Janice Ferguson try to mimic the moves of an Otegroup that has been playing sha member. At left, a student politely refuses an invitation to dance with the



## College honors trio of leaders

All those who received honorary doctorates at Livingstone have

strong roots in city FROM STAFF REPORTS

Winston-Salem was well represented last week at Livingstone College's annual founders day observance.

The Salisbury-based historically black college honored three well-known Winston-Salem leaders Feb. 7, bestowing each with an honorary doctorate.

Mayor Pro Tempore Vivian Burke, GMAC execu-

Nigel Alston a n d Ben jamin Ruf fin t h e chairman of Unai versity

of North Carolina Board of Governors, received the honors. Each was on hand for the ceremony. Alston, a 1974 Livingstone gradate, also was the keynote speaker.

Burke was cited for her historic tenure on the Winston-Salem Board of Aldermen and her dedication to the community and education. Burke was first elected to the board in 1977 and is currently the longest-serving alderman. She is also the first African American and first female to head the powerful Public Safety Committee, which makes important decisions concerning many city departments, including fire and police

Burke is a Charlotte native who earned her undergraduate degree from Elizabeth City State University and a master's degree from N.C. A&T State University A former educator, Burke continues to work on behalf of minority students through programs such as the William H. Andrews Scholarship Fund, which she helped establish.

Alston was cited for his See Doctorates on A9

## Choc-a-holics may have reason to



BY PAUL COLLINS

A growing body of scientific research suggests that chocolate may actually provide a variety of health benefits - from increasing longevity to reducing the risk of heart disease, according to Lyn Richardson, director of Moses Cone Health System Nutrition and Diabetes Management System. But no one suggests eating an entire box of chocolates on Valentine's Day, Moderation is the key.

Richardson said in a news release. "Chemists have found that chocolate, espe

cially dark varieties, contain high levels of antioxidants known as polyphenols, the same antioxidant found in black tea and red wine. Dark chocolate is a powerful source of polyphenols because much of the original cocoa bean remains intact after processing."

Fat weakens polyphenols. That means that dark chocolate has the most, milk chocolate has fewer and there is almost none in white choco-

It is the added fat and sugar that chocolate lovers will want to avoid. The best

way is cocoa, according to Richardson. "An ounce of chocolate packs about 150 calories and 10 grams fat," Richardson said. "One tablespoon of cocoa contains only 16 calories, with 30 percent of calories coming from fat." Chocolate brownies (using cocoa) may be the best way of meeting a chosolate craving, she said.

In a telephone interview, Richardson said it's OK to eat a little bit of chocolate. And don't feel guilty about it, she added. She said that, according to the Journal of the

See Valentine's on A10

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