

SPORTSWEEK

Vikings clinch
Metro 4-A title

.....

Carver gets revenge on
Rockingham County

See B1



See A2



See C1

COMMUNITY

Banquet held for
George Walker

.....

Movie examines life of
Adam Powell

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THE CHRONICLE

The Choice for African-American News

THURSDAY, FEBRUARY 14, 2002

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Going for Gold

Winston-Salem native set to
compete at Salt Lake gamesBY 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 Winter Games at the 1994 Olympics at Lillehammer, 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 sled-pushing and bobsledding after graduat-



ATF Photo

See Jones on A5 City native Randy Jones, second from right, poses with teammates.

Center
wants to
bridge
health
divideBY COURTNEY GAILLARD
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

Endowment and \$80,000 from The Winston-Salem Foundation to initiate the center.

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

The new research center is being developed as a collaborative effort between the medical center, Winston-Salem State University, Wake Forest University and the community to close the health disparities gap between minorities and 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 Hopkins; 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 health risk factors throughout

See Center on A5



Just Dancin'

Students at Kimberley Park Alternative School received a treat last week. In honor of Black History Month, the students were treated to a performance by the Otesha Creative Arts Ensemble, a well-known city group that has been playing African drums and dancing for decades.

Otesha members not only played and danced, but shared with the students information and history about the various instruments and dances.

Above, Kimberley Park staffers Shelia Davis and Janice Ferguson try to mimic the moves of an Otesha member. At left, a student politely refuses an invitation to dance with the troupe.



Choc-a-holics may have reason to eat up

BY PAUL COLLINS
THE CHRONICLE

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 chocolate.

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 chocolate 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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