



Sentinel-Voice photo by Lés Pierres Streater

Emma Butler sprints while cradling a jug of water.

## Fitness

(Continued from Page 1)

lated diseases such as type 2 diabetes, asthma, and hypertension that once were considered adult conditions."

Also, the Center for Disease Control has reported that the rate of life expectancy for U.S. citizens overall, as of 2004, has risen to 77.9 years, but the average for Black males and females is 69.8 years and 76.5 years, respectively. This is in comparison to White males and females at 75.7 years and 80.8 years, respectively.

Given these statistical results, the health and well-being of Black youth and seniors in this country are critically challenged, and the mortality rate is increasingly requiring primary intervention by organizations and individuals to make improvements.

Watson explained that the need for fitness programs for better health led her organization to write a grant for this program "in the hopes of getting our students and the seniors more motivated to exercise and eat properly."

She added, "We're going to be conducting game activities to promote health and exercise for all of the participants. We especially invited our seniors out today to let them know that it's not too late for them to begin to exercise. This is truly a lifelong decision to eat wise and to exercise."

The event was attended by the Ward 5 area's Councilman Lawrence Weekly, State Assemblyman Harvey Mumford, and Las Vegas Fire Chief David Washington, and each provided a personal perspective about the event.

Washington said, "My grandson attends the school, and I think that it's a good idea to promote positive health for our young people. I'm looking forward to participating next year along with some more firefighters."

Mumford expressed, "This was a special event for me to be surrounded by the youth and seniors. It was good for this event to reach out to the community and provide a positive direction for our people, along with making them conscious about taking care of themselves."

Weekly agreed: "Anytime you can get young kids out to have fun and talk about fitness at the same time, what a win-win situation. Being that we exist in a society today where our young people sit around in front of a television set for hours watching videos or playing video games, to get them out and get them active is important."

Other participants shared their thoughts on the event, including students Tovnicol Carson-Carter and Emma Butler, along with seniors Florine Lofton and Yvonne Bridges of the Doolittle Senior Citizens Center.

Butler said, "I enjoyed being here today representing my school and participating in the exercises."

Carson-Carter added, "You're never too young or too old to start exercising and taking care of yourself."

Lofton stated, "I'm very happy to be out here today and walking with the young people one time around the track because I have leg problems and I cannot do any more."

Bridges indicated, "It's good to get out from time to time for a little exercise. My health prevents me from doing more."

Nevada Partners and the Coalition of Black Trade Unionists provided food, snacks and beverages for the event.

# Tapscott out as Bobcats CEO

CHARLOTTE, N.C. (AP) — Ed Tapscott, the first employee hired when the NBA gave Charlotte the expansion Bobcats, stepped down Wednesday as president and CEO of the second-year team.

"I would like to thank Eddie for helping to build a basketball team that will grow into a playoff contender," owner Bob Johnson said in a statement. "On behalf of the Board of Directors, we appreciate what he has done for the team and we want to thank Eddie for his



ED TAPSCOTT

contributions."

Van Sinclair, president of Johnson's RLJ Companies,

was appointed acting president and COO.

Johnson did not give any reason for the departure of Tapscott, who was promoted to CEO a little over two months ago. He retained his title as president after the promotion.

"Ed has done a fantastic job getting the Bobcats franchise up and running and integrating our organization into the Charlotte community," Johnson said in announcing the promotion. "He has earned the respect of the local community, as well as

our peers in the NBA, and has created a foundation for success on the court."

Now, Tapscott is out, just a day after he signed off on coach Bernie Bickerstaff's decision to return to the bench next season.

Bickerstaff, who was admittedly stretched thin last season, had contemplated stepping aside to focus on his general manager duties. But he announced he was staying on another season hours before the Bobcats received the No. 3 pick in the NBA draft lottery.

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