

Sports

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Ben Crane wins by one stroke to take home 2014 FedEx St. Jude Classic championship



ond at -9. It was all about the start for Crane who jumped out of the pack by shooting a 7 under par 63 in Thursday's first round. Crane got a bit of luck as well. After his first round, the event experienced the first of several weather delays due to storms in the area all weekend.

Most players did not finish their first rounds Thursday and had to play early Friday to do so. There were more delays on Friday and Saturday causing several rounds to be split. Crane's first round score held up until Sunday as he led from start to finish. Sunday Crane had to play 12 holes to finish his third round and the 18 more for the final round. The event organizers did a tremendous job of making sure the tournament finished Sunday on schedule. It has not been shortened in 57 years.

Crane shot a final round 3 over par 73 to seal the victory. It was his first PGA tour win since

2011 as he underwent swing changes due to back problems that nearly forced him out of golf. He gave much of the credit for the win to his start. "I did not expect the hole to open up like that and just start making putts from everywhere," Crane said. "Just hit a lot of quality shots and obviously built a nice lead to start out with."

Crowd favorite Phil Mickelson tried to put some heat on Crane on Sunday, but fell short with some disappointing play. He tied for 11th at 6 under par after getting it to 8 under earlier. "The way I drove the ball last two rounds I had an opportunity to shoot really low," Mickelson said. "My iron play was poor, and my putting was pathetic. I'll have to make some changes and to get ready for next week."

The players now head to the U.S. Open at Pinehurst for the season's second major.

By William M. Larsha, Jr., Sports Correspondent for the The Mid-South Tribune and the Black Information Highway www.blackinformationhighway.com

MEMPHIS, TN- The annual FedEx St. Jude Golf Classic was held from June 5-8, 2014 at the Tournament Players Club at Southwind. Ben Crane won the event by one stroke with a score of -10. Troy Merritt finished sec-

Five exercises for muscle building are recommended

Muscle is all protein – “nothing but good for you,” Dr. Osborn says.

If you want good health, a long life and to feel your best well into old age, the No. 1 most important thing you can do is strength-training, says Dr. Brett Osborn, author of “Get Serious, A Neurosurgeon’s Guide to Optimal Health and Fitness,” www.drbbrettosborn.com “Our ability to fight off disease resides in our muscles,” Dr. Osborn says. “The greatest thing you can do for your body is to build muscle.” He cites a large, long-term study of nearly 9,000 men ages 20 to 80. After nearly 19 years, the men still living were those with the most muscular strength. (BMJ, formerly British Medical Journal, 2008).

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Fat, however, is an endocrine organ, meaning it releases hormones and other chemicals. When a person has excess fat, he or she also a disrupted flow of excess biochemicals, which can increase insulin resistance and boost risk factors for stroke and high blood pressure, among other problems.

“Increased cytokines, an immune system chemical, for example, are associated with increased risk for cardiovascular disease,” Dr. Osborn says. “You’re only as old as your arteries!”

Strength-training has health benefits for everyone, he adds, no matter their size.

“Some fat is visceral fat – it’s stored around the organs and it’s even more dangerous than the fat you can see,” he says. “People who look thin may actually be carrying around a lot of visceral fat.”

So, what’s the workout Dr. Osborn recommends?

“Back to basics,” he says. “These five exercises are the pillars of a solid training regime.”

- The squat is a full-body exercise; it’s the basic movement around which all training should be centered. Heavy squats generate a robust hormonal response as numerous muscular structures are traumatized during the movement (even your biceps). Standing erect with a heavy load on your back and then repeatedly squatting down will stress your body inordinately – in a good way -- forcing it to grow more muscle.
- The overhead press primarily

activates the shoulders, arm extensors and chest. Lower body musculature is also activated as it counters the downward force of the dumbbell supported by the trainee. From the planted feet into the hands, force is transmitted through the skeletal system, stabilized by numerous muscular structures, most importantly the lower back.

- The deadlift centers on the hamstrings, buttocks, lumbar extensors and quadriceps, essentially the large muscles of your backside and the front of your thighs. As power is transferred from the lower body into the bar through the upper body conduit, upper back muscles are also stressed, contrasting with the squat, which is supported by the hands. Deadlifts are considered by some to be the most complete training exercise.

- The bench press mostly targets the chest, shoulders and triceps; it’s the most popular among weightlifters, and it’s very simple – trainees push the barbell off the lower chest until the arms are straight. This motion stresses not only the entire upper body, but also the lower body, which serves a stabilizing function. This provides a big hormonal response and plenty of bang for your buck.

- The pull-up / chin-up stress upper body musculature into the body. A pull-up is done when hands gripping over the bar; a chin-up is where hands are gripping under the bar. Nine out of 10 people cannot do this exercise because most simply haven’t put in the effort. It’s also been called a “man’s exercise, which is nonsense,” he says. There are no gender-specific exercises. Women, too, should aspire to enjoy the health benefits entailed with this pillar.

“There are no secrets to a strong and healthier body; hard work is required for the body that will remain vital and strong at any age,” Osborn says. “Always practice proper form and safety. Otherwise, the result will be the opposite of your goal, an injury.”

Brett Osborn is a New York University-trained, board-certified neurological surgeon with a secondary certification in anti-aging and regenerative medicine, Diplomate; American Bard of Neurological Surgery, Diplomate; American Academy of Anti-Aging Medicine. He holds a CSCS honorarium from the National Strength and Conditioning Association. Dr. Osborn specializes in scientifically based nutrition and exercise as a means to achieve optimal health and preventing disease. He is the author “Get Serious, A Neurosurgeon’s Guide to Optimal Health and Fitness,” www.drbbrettosborn.com.

Travelers, detour to coverage by some of BIHMST Sports Correspondents



William M. Larsha, Jr.



Ashley Braun

Travelers, join correspondents William M. Larsha, Jr. and Ashley Braun in their sports coverage of University of Memphis Tigers, Memphis Grizzlies, Memphis Redbirds, Tennessee Titans, Southern Heritage FedEx/St.Jude Golf Classic, and much, much more on The Mid-South Tribune and the Black Information Highway on www.blackinformationhighway.com

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Watch for coverage of the Screen Actors Guild Foundation 5th Annual Los Angeles Golf Classic on the Sports and Entertainment lanes on The Mid-South Tribune and the Black Information Highway at www.blackinformationhighway.com

Welcome, Travelers!

NACDA names UNC’s Bubba Cunningham as its 3rd vice president



Bubba Cunningham

CLEVELAND, OH – The National Association of Collegiate Directors of Athletics (NACDA), along with its Officers, Executive Committee and Past Presidents, Nominating Committee Chair and NACDA President Mike Alden, director of athletics at the University of Missouri, announced that University of North Carolina (UNC) Director of Athletics Lawrence R. “Bubba” Cunningham, would become the Association’s 3rd Vice President after the 2014 Convention. “It is an honor to be named the 3rd Vice President of NACDA,” says Cunningham. “Representing my colleagues on the board is a privilege and I

look forward to addressing the challenges that each of us is dealing with in today’s dynamic world of college athletics.”

Cunningham is in his third year at the helm of the North Carolina athletics program and has already achieved unprecedented success. During Cunningham’s first full season with the Tar Heels, Carolina finished eighth in the Learfield Sports Directors’ Cup standings behind the strength of national championships in women’s soccer and women’s lacrosse.

During the 2012-13 academic year, a record 329 student-athletes made the ACC Academic Honor Roll and 120 and 129 student-athletes made the Dean’s List for the fall and spring terms, respectively. One of Cunningham’s first accomplishments at UNC was developing a strategic plan for Carolina athletics, including a new mission statement, “We Educate and Inspire through Athletics,” with four core values: responsibility, innovation, service and excellence.

Nationally, Cunningham was named the 2008-09 Under Armour Athletics Director of the

Year and has served on the Board of Directors of the Alzheimers Association of Oklahoma and the Folds of Honor Foundation Board. Cunningham also served on the Gatorade National Advisory Board and has been a featured speaker at numerous NACDA and IA institute conferences.

Prior to his arrival at North Carolina, Cunningham served as director of athletics at the University of Tulsa and Ball State University. Cunningham also worked for Notre Dame Athletics in various positions from 1988 to 2002.

NACDA, now in its 49th year, is the professional and educational Association for more than 10,400 college athletics administrators at more than 1,600 institutions throughout the United States, Canada and Mexico. More than 4,000 athletics administrators annually attend NACDA & Affiliates Convention Week. Additionally, NACDA manages 13 professional associations and three foundations. For more information on NACDA, visit www.nacda.com.

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Green Dot has partnered with the Steve Harvey Show this past season to honor deserving individuals as "Harvey's Heroes." Ranging from a college student with a heart of gold to a woman helping homeless individuals get back on their feet. Green Dot was able to help the Steve Harvey Show honor these heroes by direct depositing money to their Green Dot cards. To learn more and how you can help, go to www.steveharveytv.com.

