

# THE WARBLER

AN EDUCATIONAL WEEKLY

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## Dear Student, Artist, Thinker,

Someone has been reading all these newsletters and thinking: when are they going to do something on sports??? We hear you. This week, we give you basketball. But we are not going to step into this issue through what you probably expect. We are stepping into hoops through the amazing Ruthie Bolton, who played college ball at Auburn University. Ruthie Bolton is a force, a wonder. She can bring a crowd to its feet for skills in the game and also compel complete silence when she sings.

Ruthie Bolton was Born in Lucedale, Mississippi, she played at the collegiate, Olympic and professional levels of women’s basketball. Bolton played in the Women’s National Basketball Association (WNBA) from 1997 through 2004 with the Sacramento Monarchs. She played collegiately at Auburn University, teaming with her older sister, Mae Ola Bolton. She was inducted into the Women’s Basketball Hall of Fame in 2011. Bolton has also served as a first lieutenant in the United States Army Reserves as a transportation officer.

Ruthie Bolton did not have any easy path to basketball. She rode the bench a lot in the early days. But, she persisted. From an interview, “my Dad would say: ‘Daughter, if you take with you in life just a few principles — you won’t have to carry with you a suitcase full of rules.’ And those are principles that I live by, that’s my faith, that’s my attitude — which is my mindset — and my work ethic — which is my character.”

After retiring in 2004, Bolton is a role model for young athletes while also providing resources to women survivors of domestic violence. “The gold medals, the award championship, the Hall of Fame trophies ... they don’t mean anything if I can’t use those things to now help edify young people,” she says. “To encourage young girls not to quit basketball, or to help some young boys not to drop out of school ... I don’t want my daughter to go through — she might not survive like I survived, she might not be able to endure what I endured- I don’t want her to go through what I went through, so I have this even more sense of urgency to be a voice, to be vocal.”

Ruthie Bolton used basketball to build a better world.

*Kyes Stevens and the APAEP Team*

“We all have self-doubt. You don’t deny it, but you also don’t capitulate to it. You embrace it.”

KOBE BRYANT // American basketball player

### WORDS INSIDE

FROM “THE PREGAME PB&J” ...  
**decreed** | an official order issued by a legal authority; to formally order

**catered** | provide food and drink, typically at social events and in a professional capacity; try to satisfy a particular need or demand

**artisan** | a worker in a skilled trade, especially one that involves making things by hand; made in a traditional way using high-quality ingredients

FROM “HOW SHERYL SWOOPE’S” ...  
**ubiquitous** | present, appearing, or found everywhere

**physiologic** | relating to the branch of biology that deals with the normal functions of living organisms and their bodily parts and functions

**forfeit** | lose or be deprived of as a penalty for wrongdoing; give up something as a necessary consequence of something else

...



## HISTORY

# Basketball has changed the world, and it can do even more

BY DAN KLORES | *The Undeclared* | February 25, 2019

Thirteen years ago in Davos, Switzerland, David Stern, the visionary NBA commissioner, participated in a panel discussion, “Can a Ball Change the World?” That’s asking too much of a ball. But a ball has certainly helped over the generations, and there is every reason to believe that in these times of global despair it can do even more.

For centuries, civilizations have held the ideals of politicians, economists, monarchs, nation-states and theologians as the epitome of nobility and importance. Yet, when differences arise, often propelled by strong personalities and financial unrest, anger, fear and wars erupt. Without another Tolstoy, or Gandhi, or Mandela, or Martin Luther King Jr., whose lives were shaped by the Sermon on the Mount, it is time to look elsewhere. Why not question the old pecking orders, in which expressions of art, beauty, and sport are relegated to afterthoughts except as forms of release and entertainment? Why not look to the “ball” — the basketball — a global common denominator that has established itself as a culture of progressive ideas, leadership and diversity?

Basketball, a game invented by a Canadian teaching in America, was first embraced by turn-of-the-century immigrants who settled in Northeastern port cities, then adopted as part of the national experience: by Southern blacks migrating North, company towns, church leagues, YMCAs, settlement homes, barnstorming clubs of men and women. It was and remains revered for its simplicity, escape, and balletic free-form nature, as well as by its lessons of teamwork, discipline, and sacrifice. It brought pride to the struggling individual, the group seeking to assimilate — and the community.

Its nakedness, unhidden by helmets, face masks, shoulder pads or caps, made it easier to identify with. Over the years, those virtues and lessons have spread throughout Europe, Africa, Latin America, and Asia.

Basketball has always been at the forefront of change and action on a global scale. In the late 1950s, coach John McLendon started free clinics in Africa. In the '60s, Red Auerbach did the same in Europe. U.S. college teams toured Soviet bloc countries in the '70s. The integration of college teams began in the 1930s. A push to enact the benefits of Title IX, an act of legislation that had nothing to do with women’s sports, took hold in the early '70s. AIDS education in the early '90s

finally opened doors to gay players and executives. A grassroots AAU anti-gun violence campaign continues to gain traction, as youth teams across the country wear orange patches in support.

Recently, Kim Jong-un invited a team of former NBA stars to North Korea. Iranians have played in the league, as have Serbs, Croats, Muslims and Israelis. Support for the game’s growth has been a focus of multinational corporations. There was even that time when the Grateful Dead paid for the uniforms of the 1992 Lithuanian men’s Olympic team, whose new government lacked the finances.

The game has always reflected the sacred teacher-student relationship, based upon dialogue, change, and reason. It has been a proving ground for leadership. Take a look at the influence of Stern, Pat Riley, Mike Krzyzewski, Adam Silver, Michele Roberts, and John Thompson. It is no accident that creative tech giants gravitated to the owners’ circle and esteemed women, whose careers were blocked and minimized, built winners in the face of huge pressure: Pat Summitt, Cathy Rush, and C. Vivian Stringer. Most recently, former players have started schools around the world whose central goals have nothing to do with winning or losing games: Dikembe Mutombo, David Robinson, Wes Unseld, George Gervin, Kevin Durant, and, now, LeBron James.

To excel, one must understand how to lead and practice those tenets: the nobility to compromise and listen, to work day and night to improve, to be aware of strengths and weaknesses, to be decisive and emphatic. The ball insists you grow; if not, there is always a replacement. Success has been built through clarity and sacrifice from all team members. There is a certain ruthlessness required, which is why the ball takes unfavorable bounces. Belief in the art, the calm and beauty of the passion, is necessary. These men and women have been trained and exposed to principles higher than elected or appointed officials from the moment they joined their first team.

Ben Jobe, who coached at six historically black colleges, taught the game in West Africa, sat in at lunch counters in Nashville, and worked as a scout for the New York Knicks until he died at 84, would say: “The game taught me it was OK to hug and hold other men — and tell them, white or black, ‘I love you.’” ●



BOB’S COACH HAS FIVE PLAYERS: FOUR ARE NAMED JOJO, KOKO, LOLO AND MOMO. **WHAT IS THE FIFTH PLAYER’S NAME?**

riddles.com

Edited for space.

## HEALTH &amp; WELLNESS

# The Pregame PB&J

## *How the Comfort Food Became the NBA's Recipe for Success*

BY SCOTT SIMON WITH CONTRIBUTOR EMMA BOWMAN | *NPR's Weekend Edition* | March 25, 2017

It's hardly unusual for athletes, both amateur and professional, to have pregame rituals. But the NBA's peculiar commitment to one grade-school snack goes deep: *ESPN Magazine* calls the PB&J sandwich the league's "secret addiction."

Reporter Baxter Holmes dug into how a first-grader's lunch ended up as a locker room staple for professional basketballers.

The origin of the sandwich's league-wide residence traces back to 2007, when former star Kevin Garnett fatefully "decreed one day when he was hungry — after a fellow teammate likewise said he was hungry — and wanted a PB&J — that, 'Let's get on that,'" Holmes says.

And, because Garnett played well that game: "We're going to need PB&J in here every game now."

"It spread from there," Holmes says. So why PB&J?

In short, it's an easy-to-make food that lifts players' mentality. And, as busy as the athletes are, with "41 road games a year — they could have poor travel, they could not be feeling well, traffic," Holmes says, they crave something familiar and easily digestible.

Holmes says, "It's calming players down, making them happy. ... There are some healthy fats and proteins and that gives them a little bit of energy. But the mental side of things, I mean, it truly is a comfort food."

And these athletes aren't scarfing down your average PB&J. Within the league, a number of players are known for their preferences.

"Russell Westbrook likes to butter the inside of the bread and then put peanut butter on it after it's toasted," Holmes relays. Carmelo Anthony likes his on a cinnamon raisin bagel. Latvian-born Knicks player Kristaps Porzingis hadn't heard of a PB&J until he was drafted. "I fell in love," he told said. "I grew up on PB&J's as a kid — it fueled me," Kevin Durant told Nike, amid a sneaker collaboration inspired by the star player's penchant (the KD PB&J 7s). "Actually, PB&J is still my go-to snack."

### Team Traditions

The Lakers and San Antonio Spurs have PB&J's catered. In Portland, half of their peanut butter and jelly sandwich order is toasted because star player Damian Lillard likes them that way. In Milwaukee, they have a PB&J buffet before the games, with a variety of nut butters and Nutella, all kinds of jams and jellies, different kinds of bread.

### Nutritional Choices

PB&J might not be the healthiest snack, but it is better than, say, greasy junk food players might get in arena concessions. Peanut butter and jelly is comprised of various components that humans enjoy, dating back to basically the Neanderthals when they were craving certain things for survival. Different kinds of fats and proteins and starches, and this marriage of all these essential components are combined into PB&J. So when you ingest one, when you bite into one, these varied opioids are released and you're happy.

### The Great PB&J War

In 2015, the Golden State Warriors hired an Australian sports scientist unfamiliar with the PB&J fad in the NBA. He wanted to do away with a lot of unhealthy foods like candies and sodas, but he included peanut butter and jelly under that umbrella. When the team got on the plane for their first flight of the year, they saw it was gone and that was the first shot fired in what became a peanut butter and jelly war between him and the players. Eventually they got the sandwiches back and the scientist is no longer employed by the team.

### The Cleveland Cavaliers' Practice

The Cavaliers have a partnership with a fellow Ohio-based outfit in Smucker's and they provide about a dozen of the company's prepackaged "Uncrustables" to opposing teams every night, even though there are a few teams that have told me they try to keep their players away from those because they're not very healthy. Meanwhile, the Cavs make their own artisanal PB&J's prior to tipoff with homemade grape and raspberry jelly, almond butter and banana, and peanut butter and banana sandwiches. So they give the opposing teams one thing and they make themselves something completely different.

### What about LeBron James?

I'm not particularly sure on his exact likes, but, I say this with feeling pretty confident, whatever it is that they're making, I'm sure he likes. I mean you have to remember around the NBA — if a team's star player has a particular preference, whether it's crust or no crust, a certain kind of bread, a certain kind of jelly, nut butter, whatever the case may be — I guarantee you that that team is going to accommodate it. ●



"It is amazing how much can be accomplished if no one cares who gets the credit."

JOHN WOODEN //  
American basketball  
player and coach

● Edited for space.

MATHEMATICS

# Sudoku

#21 PUZZLE NO. 4056870

		9						
6	5				3	9		2
					4			
		7	2					3
3			6					
	8							5
7	4		8					1
	1			6		8	9	
5			3			4		

©Sudoku.cool

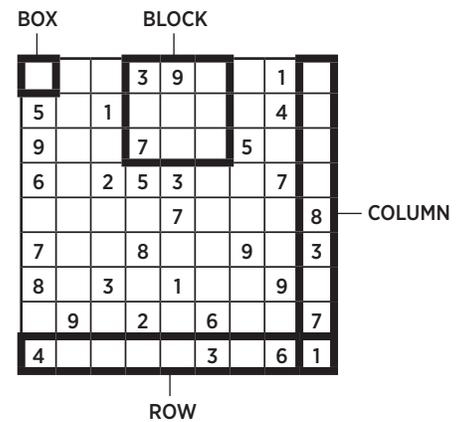
#22 PUZZLE NO. 8271412

4		6		2				8
								3
				3	7		9	
6			8					7
						1		
		3		6			2	5
		2	7			8	5	4
7								
		1			5			2

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## SUDOKU HOW-TO GUIDE

1. Each block, row, and column must contain the numbers 1-9.
2. Sudoku is a game of logic and reasoning, so you should not need to guess.
3. Don't repeat numbers within each block, row, or column.
4. Use the process of elimination to figure out the correct placement of numbers in each box.
5. The answers appear on the last page of this newsletter.



What the example will look like solved

2	4	8	3	9	5	7	1	6
5	7	1	6	2	8	3	4	9
9	3	6	7	4	1	5	8	2
6	8	2	5	3	9	1	7	4
3	5	9	1	7	4	6	2	8
7	1	4	8	6	2	9	5	3
8	6	3	4	1	7	2	9	5
1	9	5	2	8	6	4	3	7
4	2	7	9	5	3	8	6	1



“What do you do with a mistake: recognize it, admit it, learn from it, forget it.”

DEAN SMITH // American basketball coach

**DID YOU KNOW?**

The game was invented in 1891 by Dr. James Naismith when he was looking for ways to keep his gym class busy on a rainy day.

A soccer ball was originally used to play basketball.

Originally, two teams of 9 players played the game – the same as baseball – but later on the number was reduced to 5.

The backboard was invented, because at first basketball hoops were nailed to the mezzanine balcony of the court and spectators in the balcony continually interfered with shots.

The average NBA player can jump about 28 inches off the ground.

Muggsy Bogues, at 5 feet 3 inches, is the shortest player in the history of the NBA.

Gheorge Muresan, at 7 feet 7 inches, is the tallest player in the history of the NBA.

There are principal basketball sports with variations on basketball including Wheelchair basketball, Water basketball, Beach basketball, Slamball, Streetball and Uni-cycle basketball.

Basketball players used to play in the early 1900s, in cages of chicken wire and mesh so they didn't fall in spectator seats.

Source: *Useless Daily*



Foxtrot, 2018

**“Me shooting 40% at the foul line is just God’s way of saying nobody’s perfect.”**

SHAQUILLE O’NEAL // American basketball player

**Idiom**

**“Full court press”**

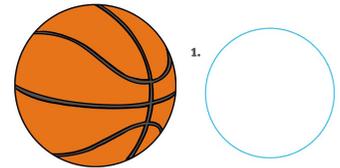
**Meaning** An aggressive or increased effort to win or accomplish something

**Origin** A full-court press is a basketball term for a defensive style in which the defense applies pressure to the offensive team the entire length of the court before and after the inbound pass. Pressure may be applied man-to-man, or via a zone press using a zone defense. Some presses attempt to deny the initial inbounds pass and trap ball handlers either in the backcourt or at midcourt.

Defenses not employing a full-court press generally allow the offensive team to get halfway down the court (a half-court press) or near the basket before applying strong defensive pressure.

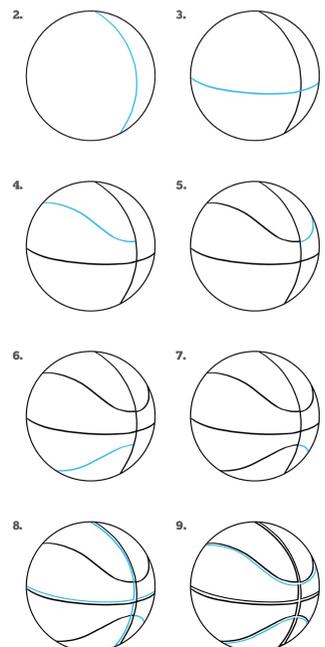
In popular usage, a full-court press is a big effort to achieve something. You can say that you put the full-court press on someone if you put a lot of pressure on them to achieve something or give you something.

Source: *The Free Dictionary*



**How to Draw a Basketball**

EasyDrawingGuides.com



EasyDrawingGuides.com

ART + CULTURE

# My Jump Shot

BY CLINT SMITH

My jump shot be  
all elbow and no wrist.  
My jump shot be  
asking what a follow through is.  
My jump shot be  
hard to look at.  
My jump shot be  
Medusa.  
My jump shot be  
the leftovers you don't really want to eat.  
My jump shot be  
the fridge that don't work.  
My jump shot be  
the sour milk in your cereal.  
My jump shot be  
getting picked last by the other jump shots.  
My jump shot be  
old spaghetti.  
My jump shot be  
gluten-free.  
My jump shot be  
Michael Jordan when he was seven.  
My jump shot be  
spending too much time in the library.  
My jump shot be  
making everybody else feel better about their jump shot.  
My jump shot be  
asking why we didn't stick to soccer.  
My jump shot be  
code-switching.  
My jump shot be  
making people nervous just because it's a jump shot.  
My jump shot be  
the only jump shot in class.  
My jump shot be  
getting asked to speak on behalf of all the other jump shots.  
My jump shot be  
wondering why people think all jump shots are the same.  
My jump shot be  
explaining how jump shots come in all shapes and sizes.  
My jump shot be  
sounding like it's talking about snowflakes.  
My jump shot be  
a snowflake.  
My jump shot be  
a home.  
My jump shot be  
the only jump shot I've ever had.

## Word Search

R	R	R	L	O	L	S	M	E	L	P	M	I	S
A	S	I	Z	E	S	O	O	F	R	I	D	G	E
D	R	E	D	L	S	H	R	C	K	S	T	V	L
W	L	S	O	U	R	R	P	U	C	S	L	N	F
L	E	W	B	M	I	L	K	S	E	E	N	E	E
K	F	O	V	S	B	E	T	T	E	R	R	R	A
I	T	L	I	E	O	E	D	F	O	E	Y	V	M
Y	O	L	O	P	I	L	S	U	E	I	R	O	E
N	V	O	E	A	H	O	M	E	W	T	A	U	D
S	E	F	T	H	U	E	M	N	R	B	R	S	U
S	R	F	E	S	S	F	E	E	I	W	B	C	S
A	S	L	N	T	V	I	S	A	S	R	I	T	A
R	L	B	E	L	B	O	W	R	T	O	L	B	B
R	E	K	A	L	F	W	O	N	S	C	P	E	T

- |        |         |           |           |
|--------|---------|-----------|-----------|
| SOCCER | BETTER  | LEFTOVERS | SNOWFLAKE |
| SOUR   | SHAPES  | WRIST     | MEDUSA    |
| HOME   | NERVOUS | FOLLOW    | MILK      |
| ELBOW  | FRIDGE  | SIZES     | LIBRARY   |

### WRITING PROMPT

Clint Smith's poem describes his jump shot not just once, but 24 different ways. Think of something about yourself that you think might be a challenge to describe more than once--it could even be how you write poetry! Whatever it is, give your reader as many different ways to understand it as you can using as much humor or seriousness as you feel. Shoot for 24 ways, but it's okay if you miss a few.

Excerpted from the book *COUNTING DESCENT* by Clint Smith.  
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Clint Smith is an African American writer, poet and scholar. He is the author of *Counting Descent*, a 2017 poetry collection that was a finalist for the NAACP Image Awards and won Best Poetry Book from the Black Caucus of the American Library Association.

## SCIENCE

# Scientists Explain a Common Fight in Basketball

BY MERRIT KENNEDY | *National Public Radio* | April 24, 2019

It happens all the time during basketball games. Two players are going for the ball. They touch it at the same time but neither controls it, and it flies out of bounds.

At that point, tempers rise — both are *certain* that the *other* player was the last to touch it, which should earn their own team a chance to control the ball.

Are the players just pretending to be so sure it's out on their opponent? Or could there actually be a difference in how they experience the event that has them pointing a finger at the other player?

Those are the questions that scientists from Arizona State University tackled in a paper published in *Science Advances*.

"It's very possible that people experience two different orders of events, two different experiences of reality, even though they experienced the same event," Ty Tang, a cognitive science doctorate student at ASU, tells *NPR*.

In the experiments, the researchers found that people tend to think that their own actions happened before near-simultaneous actions close by. They found that on average, people perceive their own actions as happening about 50 milliseconds before the other motion. That's why the basketball players would be so convinced they tapped the ball before their opponent.

Tang says that generally, there's a lot of evidence that "sometimes the things that some people experience are different than others."

To test this, Tang ran three different experiments with ASU students. In the first experiment, two students sat across from each other. A divider between them had slots for their hands. When a simultaneous light flashed, they each tapped a sensor on the other person's right hand, then indicated which of them they think tapped first.

"We did find a very strong effect for participants to think that their touch happened before the other person's touch," Tang says.

This wasn't a race — people were not told to try to beat the other person. Still, in more than two-thirds of the cases, the study subjects each said they were the first ones to tap.

Tang got similar results when he replaced the second human with a mechanical switch. In a third experiment, he used a clicking sound instead of a switch. "Even when we removed that touch and just replaced it with a click, they still thought their touch happened before that sound," he says.

It's not clear why many people have this bias. Tang

says it might support the theory that we're "constantly predicting the world and trying to create this mental model of what's going to happen." But they don't know whether there is actually a sensory difference in when things register in the brain, he says.

And it's worth noting that people don't *always* think their action happened first when two things happen nearly simultaneously — it's simply a significant bias. Some people are more susceptible to it than others. And, he said, other factors are likely to play into it. For example, "if it's a competitive situation, you're probably more likely to bias whatever decision is going to be more favorable to you."

Which brings us back to elite athletes. Are they more or less likely to have this bias toward their own actions?

"It's a little difficult to say and it can go either way," Tang says. Athletes deal with these quick reaction times all the time, so he is wondering whether this is a bias that can be trained away. "If you have all of these close temporal events that they have to discriminate between, then they might be better at telling which one actually happened first or second," he says.

But on the other hand, athletes are constantly in competitive situations — which, as he has noted, may exacerbate the bias.

Ultimately, though, "we really just want people to be more understanding of other people's perspectives," Tang says.

He adds: "Sometimes people actually do have different experiences of what happened and they're not lying — they might have actually just experienced it that way." ●



A MAN TAKES A BASKETBALL AND THROWS IT AS HARD AS HE CAN. THERE IS NOTHING IN FRONT, BEHIND, OR ON EITHER SIDE OF HIM, AND YET, THE BALL COMES BACK AND HITS HIM SQUARE IN THE FACE. **HOW CAN THIS BE?**

riddles.com

● Edited for space.

## WORD PLAY

A Rebus puzzle is a picture representation of a common word or phrase. How the letters/images appear within each box will give you clues to the answer! For example, if you saw the letters "LOOK ULEAP," you could guess that the phrase is "Look before you leap." *Answers are on the last page!*



## SOCIAL SCIENCE

# How Sheryl Swoopes's Pregnancy Changed Professional Sports Forever

BY JUDITH OHIKUARE | *The Atlantic* | July 29, 2013

Sheryl Swoopes was at the top of her game in 1997. The year before, she and the United States' women's basketball team won gold at the Centennial Olympics in Atlanta. Shortly after, Swoopes was recruited to play for the Houston Comets and presented as one of the leading faces of the newly-created WNBA. She even received one of the sweetest endorsement deals any athlete could hope for: a partnership with Nike to release the Air Swoopes, companions of the famous Air Jordan line. And then, just before the inaugural season of the WNBA, she announced that she was pregnant. At the time, very few female athletes had interrupted their careers to have a child — and none at all who were expected to debut a new sports league.

Today, increasing numbers of the best athletes in the world are publicly declaring that they're fitting children into their careers before retirement. Baby announcements and sleek images of nude, pregnant celebrities are ubiquitous. WNBA star Tina Thompson says in the documentary *Swoopes*, "I don't know if anyone thought that was possible until [Sheryl] did it. Once she did, then it became pretty normal."

The idea of a woman being active, pregnant or not, wasn't always considered normal, or even healthy. A 1912 article from *Harper's Bazaar* asked if "athletics [are] a menace to motherhood," and less than 75 years later, "Can Sports Make You Sterile?" In 1985, the American College of Obstetricians and Gynecologists published its first guidelines for exercise during pregnancy and advised that women be conservative about movement and avoid bringing their heart rates up.

Today, though, adverse effects of activity on a pregnant person's body have been thoroughly. Dr. James Pivarnik, at Michigan State, and his colleagues are now examining just how much exercise benefits a pregnant person with regard to diseases like pregnancy-induced hypertension and gestational diabetes. Overall, Pivarnik worries more about everyday women who believe that they, too, can (or should) train like an Olympic athlete while with child.

"People at that level are just different," he says. "Their bodies respond better to training and they can do so much more than the average person physically and psychologically, that pregnancy becomes a mild physiologic distraction. Most of us can only dream of being that skilled, pregnant or not."

Pivarnik also worries about whether pregnant athletes will receive support—not body pillows or a chaise longue, but social support. "These athletes have the same concerns as you and I," he says. "It can be difficult for them in terms of financial ability or having a partner and family to help. But because it's the Olympics they have to figure it out."

Hannah Storm, the director of *Swoopes*, says having that social support was crucial for Sheryl Swoopes in 1997. Storm chronicled the first years of the WNBA up close as the league's first play-by-play announcer. According to Storm, the league and media were surprised when Sheryl made her announcement, but eventually shrugged it off. "She was coming off this gold-medal win at the Olympics and was

such a big star at Nike that it never really occurred to anybody she could get pregnant," Storm says. "But she was and everybody just had to deal." Instead of sulking that its star had performed a natural, biological function without permission, the WNBA decided to market Sheryl as an everyday mom—a convenient hook for the league's effort to peg itself a kid-and-family-friendly outlet. Houston Comets coach Van Chancellor made it possible for Swoopes to reintegrate herself into the team dynamic just six weeks after giving birth.

"The day [Sheryl] came back was a big deal. No one had ever done that before--especially not on a team sport," Storm says. "Cynthia Cooper deserves credit for being such an exceptional leader and player that season. Sheryl deserves credit for making it normal, and Coach Van Chancellor deserves credit for allowing all of the women on his team to be women."

Sheryl was allowed to bring her baby along on the team bus and breastfeed during halftime, and she gradually regained her place on a team that had actually been succeeding without her. "Van Chancellor had strong women with strong personalities but he was never overbearing or abusive," Storm says. "He was so cool about it, and so accepting. Just a very laidback



Photo by Address Latif/Reuters



TWO BASKETBALL TEAMS PLAYED A GAME. ONE TEAM WON BUT NO MAN MADE A BASKET. **HOW COULD THAT BE?**

riddles.com

Louisiana edge that gave Sheryl and the rest of the team enough leeway to work it out, and they did.”

That mindfulness is spreading to the world of collegiate sports where players’ age and circumstances often make them more vulnerable to judgment and abuse if they become pregnant. In 2007, the NCAA reviewed its policies concerning student-athlete pregnancies after an episode of Julie Foudy’s recurring ESPN program *Outside the Lines* drew national attention to the hardships of pregnant athletes. In *Pregnant Pause*, several athletes revealed that coaches included scholarship agreement clauses outlining that pregnancy was a reason to forfeit their student aid. In others cases, coaches actually asked students to have abortions if they wanted to keep their scholarships. The resulting furor in the media was referenced in a 2008 article called “The Invisible Pregnant Athlete and the Promise of Title IX” published in the *Harvard Journal of Law & Gender*. Author Deborah L. Blake wrote:

*The question of how to treat pregnant athletes exposes a central and unresolved issue in the discourse about sex equality in sports more broadly: whether sports, a social institution designed for all and still largely populated and controlled by men, can or should accommodate women to the extent that they differ from men.*

In response to the controversy, the NCAA quickly devised a set of gender-neutral guidelines for collegiate athletics programs across the country.

The NCAA’s resulting handbook, “Pregnant and Parenting Student-Athletes,” is a surprisingly comprehensive response to student-athletes’ unique circumstances as members of elite communities on campus, and young people in need of a degree. Of note: Female athletes in collegiate programs should not be given rules like curfews that male athletes are not also instructed to adhere to. Additionally, no athlete should lose her scholarship simply for becoming pregnant but, instead, presented with a standard amount of time to recover and meet her athletic benchmarks--as in the case of any other recovering athlete--as well as an extra year in which to meet her academic obligations. Finally, though no allowances are currently made for male athletes whose partners become pregnant, transgender student-athletes are given the same options as other female teammates. In the future, Nancy Hogshead-Makar, the author of the guidelines, hopes to see more awareness of these changes among all students, whether they play sports or not.

“For anybody, having a child is a huge life event that changes fundamental relationships,” she says. “Recognizing that this is a really big deal was important. It’s great that all of these schools have moved to provide counseling and academic services, but then to have a kid be so ashamed they don’t take advantage of them? The issue is about educating students so they can still parent if it happens to them, still participate in sports, and still keep their scholarships and get their degree.”

Since the passage of Title IX 40 years ago, women’s participation in collegiate sports has increased by more than 500 percent, and female athletes have been represented in every Olympic sport. And in the 14 years since Sheryl Swoopes gave birth to her son, Jordan, Hannah Storm says the WNBA has become a “mom-friendly” sport. Superhuman athletes having kids has arguably become just another tally on the board. ●

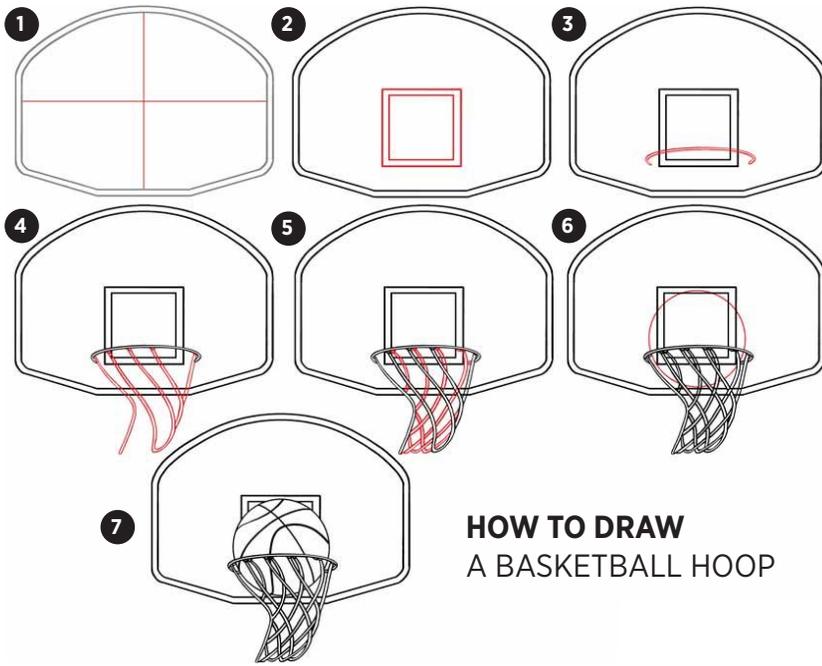
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## RANDOM-NEST

### 10 Tips for Highly Effective Teamwork

BY DANNY LEFFEL | CREW APP | December 7, 2018

- 1. Encourage Collaboration** Often, a breakdown occurs somewhere between “team” and “teamwork.” The more you can remind everyone to be teammates rather than rivals, the better off your business will be.
- 2. Communicate Clearly — and Often** If there is a breakdown somewhere along the line of communication, members end up feeling out of the loop and disenfranchised. When everyone is on the same page, the story is a lot clearer!
- 3. Manage Conflicts ASAP** You don’t want to let negativity fester. If there are conflicts, no matter who is involved, it is best to deal with them as soon as possible, before they boil over. Make a plan — as a group — for moving past the conflict.
- 4. Prioritize Member Appreciation and Engagement** When a member doesn’t feel appreciated, they might act out or lose motivation. When multiple members feel disengaged and under-appreciated, entire teams can fall apart. Negativity feeds on negativity. This is why it is important to prioritize member engagement from the get-go.
- 5. Make Short-Term Goals and Task Lists** Keep your team on track with visible, shareable goals and to-do lists. This will make winning easier in the long run.
- 6. Nurture a Culture of Transparency** You’ll want to be as transparent as possible and encourage the same level of sharing within the team itself. Communication begets trust, efficiency, and even more communication.
- 7. Keep It Positive** Start with a commitment to positivity in everything you do. When all members are building one another up, everyone is set up to perform at their optimal level.
- 8. Always Set Clear Expectations** Sometimes it might feel like your members are moving and working in a hundred opposing directions. This can often be the result of muddled expectations. Try to think through team processes in advance.
- 9. Expect (and Respect) Different Viewpoints** Teams are full of diversity — that’s what makes them great! To effectively and appropriately coexist as teammates, everyone will need to commit to respecting different viewpoints, backgrounds, emotions, etc. Members should be encouraged to get to know one another, problem solve together, and practice working with one another.
- 10. Make Ample Time for Reflection** As teammates work together over a period of time, they’ll learn all sorts of things about each other’s skill sets, communication styles, etc. Reflections like group discussions, one-on-ones, and journaling will allow members to see why things happened and how they can improve processes in the future.



HOW TO DRAW  
A BASKETBALL HOOP

COOL2BKIDS.COM

Answers

SUDOKU #21

8	7	9	5	2	6	3	1	4
6	5	4	1	8	3	9	7	2
1	3	2	9	7	4	6	5	8
9	6	7	2	5	8	1	4	3
3	2	5	6	4	1	7	8	9
4	8	1	7	3	9	2	6	5
7	4	6	8	9	2	5	3	1
2	1	3	4	6	5	8	9	7
5	9	8	3	1	7	4	2	6

SUDOKU #22

4	3	6	9	2	1	5	7	8
1	9	7	6	5	8	2	4	3
5	2	8	4	3	7	6	9	1
6	1	5	8	9	2	4	3	7
2	4	9	5	7	3	1	8	6
8	7	3	1	6	4	9	2	5
3	6	2	7	1	9	8	5	4
7	5	4	2	8	6	3	1	9
9	8	1	3	4	5	7	6	2



Brainteasers

Page 2 Bob

Page 7 He threw the ball straight up in the air.

Rebus Puzzle:

- 1. High IQ
- 2. London Underground
- 3. Two thumbs up

Page 8 The players were women.

# Words of Encouragement

To the students and friends of APAEP,

It seems ridiculous to even utter the words like “hope” or “beauty” in a time like this, a time when our country is racked by both bodily and political diseases. How, indeed, can we see anything beyond the present state of tension and suffering? Locked down, distanced, mourning injustice.

I had a conversation with a friend of mine not long ago. I had told him about my experience teaching with APAEP and he wanted to know more. He asked me about the students. I told him, “I promise you’ve never met students with more courage to know and drive to learn.” “Really?” He asked me. “Absolutely,” I replied. “I taught a four-hour class on the foundations of grammar, the driest subject known to man, and they devoured it with keen minds and strong hearts. Those students are a privilege to teach.” My friend took a long sip of coffee. I could tell he was taking it all in. He now teaches in the APAEP equivalent of his home state.

This is a small story, but here’s what it means: APAEP – the students, teachers, coordinators, partners, advocates – is a program that inspires hope. It inspires not just change in Alabama but across the country. Change even in a time like this. And this is because of the characters – the hearts – that make up the program who embody the kind of love James Baldwin talks about in “the tough and universal sense of quest and daring and growth.” Please don’t forget even in this hard moment that you are the APAEP, a thing of hopeful beauty.

Bryan



Send ideas and comments to:  
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