

## Unc Athlete Paper Rosa Parks

This engaging and informative work highlights the 100 biggest moments in the history of American sports, illustrating powerful connections between sporting events and significant social issues of the time. • Features a timeline highlighting major sports events over time • Includes a list of additional reading resources for each entry • Covers most every sport including football, baseball, basketball, hockey, horse racing, motorsport, and others • Supports common core standards for literacy

In the past decade, few subjects at the intersection of medicine and sports have generated as much public interest as sports-related concussions - especially among youth. Despite growing awareness of sports-related concussions and campaigns to educate athletes, coaches, physicians, and parents of young athletes about concussion recognition and management, confusion and controversy persist in many areas. Currently, diagnosis is based primarily on the symptoms reported by the individual rather than on objective diagnostic markers, and there is little empirical evidence for the optimal degree and duration of physical rest needed to promote recovery or the best timing and approach for returning to full physical activity. Sports-Related Concussions in Youth: Improving the Science, Changing the Culture reviews the science of sports-related concussions in youth from elementary school through young adulthood, as well as in military personnel and their dependents. This report recommends actions that can be taken by a range of audiences - including research funding agencies, legislatures, state and school superintendents and athletic directors, military organizations, and equipment manufacturers, as well as youth who participate in sports and their parents - to improve what is known about concussions and to reduce their occurrence. Sports-Related Concussions in Youth finds that while some studies provide useful information, much remains unknown about the extent of concussions in youth; how to diagnose, manage, and prevent concussions; and the short- and long-term consequences of concussions as well as repetitive head impacts that do not result in concussion symptoms. The culture of sports negatively influences athletes' self-reporting of concussion symptoms and their adherence to return-to-play guidance. Athletes, their teammates, and, in some cases, coaches and parents may not fully appreciate the health threats posed by concussions. Similarly, military recruits are immersed in a culture that includes devotion to duty and service before self, and the critical nature of concussions may often go unheeded. According to Sports-Related Concussions in Youth, if the youth sports community can adopt the belief that concussions are serious injuries and emphasize care for players with concussions until they are fully recovered, then the culture in which these athletes perform and compete will become much safer. Improving understanding of the extent, causes, effects, and prevention of sports-related concussions is vitally important for the health and well-being of youth athletes. The findings and recommendations in this report set a direction for research to reach this goal.

Here is an illustrated history of the civil rights movement, written and designed for ages 10 to adult, that clearly and effectively brings the turbulent years of struggle to life, and gives a vivid and powerful experience of what it was like not so very long ago. Provides a brief overview of black history in the US, discussing the civil-rights movement chronologically through stories and photos.

In 2009, the University of North Carolina at Chapel Hill was on top of the world. Consistently named one of the top universities in the country, it had welcomed a new phenom of a chancellor who promised to lead the public Ivy into the future. In the all-important athletic realm, the Tar Heels were the Coca-Cola of athletic brands. Resting upon the legacy of legendary basketball coach Dean Smith, UNC had carved out a reputation of excellence paired with squeaky-clean adherence to the rules. Supporters had a name for that irresistible ethos: the Carolina Way. The Tar Heels were climbing even higher. That year, they won their fifth

national championship in men's basketball and looked poised to climb the ranks in football under a new, high-powered coach. But within just a few years, it all came crashing down. The Tar Heels' success, it turned out, was based on a foundation of deceit. Athletes were flocking to a slate of fake classes that advisers deftly used to keep them eligible to play. That revelation and others metastasized into one of the most damaging scandals ever to visit an American college. In *Discredited*, journalist Andy Thomason provides a gripping and authoritative retelling of the scandal through the eyes of four of its key participants: the secretary who presided over the fake classes, the professor who directed players toward them, the literacy specialist turned whistleblower who sought to expose the system, and the chancellor who found his career suddenly on the line. The heart-stopping narrative reveals the toll of a college's investment in major sports, and the amateurism myth upon which it is based. Based on dozens of original interviews and thousands of pages of documents, *Discredited* demonstrates just how far a university will go to preserve the athletic status quo: tolerating tarnished careers, ruined reputations, and years of scathing media criticism—all for a shot at competitive glory.

Unraveling the mystery of the catastrophic age of extinctions Two hundred sixty million years ago, life on Earth suffered wave after wave of cataclysmic extinctions, with the worst wiping out nearly every species on the planet. The *Worst of Times* delves into the mystery behind these extinctions and sheds light on the fateful role the primeval supercontinent, known as Pangea, might have played in causing these global catastrophes. Drawing on the latest discoveries as well as his own firsthand experiences conducting field expeditions to remote corners of the world, Paul Wignall reveals what scientists are only now beginning to understand about the most prolonged and calamitous period of environmental crisis in Earth's history. Wignall shows how these series of unprecedented extinction events swept across the planet, killing life on a scale more devastating than the dinosaur extinctions that would follow. The *Worst of Times* unravels one of the great enigmas of ancient Earth and shows how this ushered in a new age of vibrant and more resilient life on our planet.

**#1 NEW YORK TIMES BESTSELLER • NOW A MAJOR MOTION PICTURE •** Look for special features inside. Join the Random House Reader's Circle for author chats and more. In boyhood, Louis Zamperini was an incorrigible delinquent. As a teenager, he channeled his defiance into running, discovering a prodigious talent that had carried him to the Berlin Olympics. But when World War II began, the athlete became an airman, embarking on a journey that led to a doomed flight on a May afternoon in 1943. When his Army Air Forces bomber crashed into the Pacific Ocean, against all odds, Zamperini survived, adrift on a foundering life raft. Ahead of Zamperini lay thousands of miles of open ocean, leaping sharks, thirst and starvation, enemy aircraft, and, beyond, a trial even greater. Driven to the limits of endurance, Zamperini would answer desperation with ingenuity; suffering with hope, resolve, and humor; brutality with rebellion. His fate, whether triumph or tragedy, would be suspended on the fraying wire of his will. Appearing in paperback for the first time—with twenty arresting new photos and an extensive Q&A with the author—*Unbroken* is an unforgettable testament to the resilience of the human mind, body, and spirit, brought vividly to life by Seabiscuit author Laura Hillenbrand. Hailed as the top nonfiction book of the year by *Time* magazine • Winner of the Los Angeles Times Book Prize for biography and the Indies Choice Adult Nonfiction Book of the Year award “Extraordinarily moving . . . a powerfully drawn survival epic.”—*The Wall Street Journal* “[A] one-in-a-billion story . . . designed to wrench from self-respecting critics all the blurby adjectives we normally try to avoid: It is amazing, unforgettable, gripping, harrowing, chilling, and inspiring.”—*New York* “Staggering . . . mesmerizing . . . Hillenbrand's writing is so ferociously cinematic, the events she describes so incredible, you don't dare take your eyes off the page.”—*People* “A meticulous, soaring and beautifully written account of an extraordinary life.”—*The Washington Post* “Ambitious and powerful . . . a startling narrative and

an inspirational book.”—The New York Times Book Review “Magnificent . . . incredible . . . [Hillenbrand] has crafted another masterful blend of sports, history and overcoming terrific odds; this is biography taken to the nth degree, a chronicle of a remarkable life lived through extraordinary times.”—The Dallas Morning News “An astonishing testament to the superhuman power of tenacity.”—Entertainment Weekly “A tale of triumph and redemption . . . astonishingly detailed.”—O: The Oprah Magazine “[A] masterfully told true story . . . nothing less than a marvel.”—Washingtonian “[Hillenbrand tells this] story with cool elegance but at a thrilling sprinter’s pace.”—Time “Hillenbrand [is] one of our best writers of narrative history. You don’t have to be a sports fan or a war-history buff to devour this book—you just have to love great storytelling.”—Rebecca Skloot, author of *The Immortal Life of Henrietta Lacks*

The New York Times Bestseller *Out of the greatest dynasty in American professional sports history, an intimate story of race, mortality, and regret About to turn ninety, Bob Cousy, the Hall of Fame Boston Celtics captain who led the team to its first six championships on an unparalleled run, has much to look back on in contentment. But he has one last piece of unfinished business. The last pass he hopes to throw is to close the circle with his great partner on those Celtic teams, fellow Hall of Famer Bill Russell, now 84. These teammates were basketball's Ruth and Gehrig, and Cousy, as everyone calls him, was famously ahead of his time as an NBA player in terms of race and civil rights. But as the decades passed, Cousy blamed himself for not having done enough, for not having understood the depth of prejudice Russell faced as an African-American star in a city with a fraught history regarding race. Cousy wishes he had defended Russell publicly, and that he had told him privately that he had his back. At this late hour, he confided to acclaimed historian Gary Pomerantz over the course of many interviews, he would like to make amends. At the heart of the story *THE LAST PASS* tells is the relationship between these two iconic athletes. The book is also in a way Bob Cousy's last testament on his complex and fascinating life. As a sports story alone it has few parallels: An poor kid whose immigrant French parents suffered a dysfunctional marriage, the young Cousy escaped to the New York City playgrounds, where he became an urban legend known as the Houdini of the Hardwood. The legend exploded nationally in 1950, his first year as a Celtic: he would be an all-star all 13 of his NBA seasons. But even as Cousy's on-court imagination and daring brought new attention to the pro game, the Celtics struggled until Coach Red Auerbach landed Russell in 1956. Cousy and Russ fit beautifully together on the court, and the Celtics dynasty was born. To Boston's white sportswriters it was Cousy's team, not Russell's, and as the civil rights movement took flight, and Russell became more publicly involved in it, there were some ugly repercussions in the community, more hurtful to Russell than Cousy feels he understood at the time. *THE LAST PASS* situates the Celtics dynasty against the full dramatic canvas of American life in the 50s and 60s. It is an enthralling portrait of the heart of this legendary team that throws open a window onto the wider world at a time of wrenching social change. Ultimately it is a book about the legacy of a life: what matters to us in the end, long after the arena lights have been turned off and we are alone with our memories. On August 22, 2019, Bob Cousy was awarded the Presidential Medal of Freedom*

Southern cooking meets the Brooklyn foodie scene, keeping charm (and grits) intact Georgia native Nicole Taylor spent her early twenties trying to distance herself from her southern cooking roots--a move "up" to Brooklyn gave her a fresh appreciation for the bread and biscuits, Classic Fried Chicken, Lemon Coconut Stack Cake, and other

flavors of her childhood. The Up South Cookbook is a bridge to the past and a door to the future. The recipes in this deeply personal cookbook offer classic Southern favorites informed and updated by newly-discovered ingredients and different cultures. Here she gives us pimento cheese elevated with a dollop of creme fraiche, grits flavored with New York State Cheddar and blue cheese, and deviled eggs made with smoked trout from her favorite Jewish deli. Other favorites include Collard Greens Pesto and Pasta, Roasted Duck with Cheerwine Cherry Sauce, and Benne and Banana Sandwich Cookies. The recipes speak to a place "where a story is ready to be told and there is always sweet tea chilling." This promises to be a new Southern classic.

Discusses Parks' role in the Montgomery NAACP, her refusal to give up her bus seat to a white man, the Montgomery bus boycott, and Dr. Martin Luther King, Jr

**SPORTS AND ENTERTAINMENT MARKETING.** 3E incorporates feedback from instructors across the country and has expanded by three chapters. The popular sports and entertainment topics continue to be the foundation for teaching marketing concepts. Each marketing function is incorporated throughout the text and is highlighted with an icon to indicate how it is used in the marketing process. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

In 2010 allegations of an utterly corrupt academic system for student-athletes emerged at the University of North Carolina at Chapel Hill, home of the legendary Tar Heels. Written by UNC professor of history Jay Smith and UNC athletics department whistleblower Mary Willingham, *Cheated* recounts the story of academic fraud in UNC's athletics department, even as university leaders focused on minimizing the damage in order to keep the billion-dollar college sports revenue machine functioning. Smith and Willingham make an impassioned argument that the "student-athletes" in these programs are being cheated out of what, after all, they are promised in the first place: a college education. Updated with a new epilogue, the paperback edition of *Cheated* carries the narrative through the defining events of 2017, including the landmark Wainstein report, the findings of which UNC leaders initially embraced only to push aside in an audacious strategy of denial with the NCAA, ultimately even escaping punishment for offering sham coursework. The ongoing fallout from this scandal—and the continuing spotlight on the failings of college athletics, which are hardly unique to UNC—has continued to inform the debate about how the \$16 billion college sports industry operates and influences colleges and universities nationwide.

*Intercollegiate Athletics, Inc.* examines the corrupting influence and damaging financial effects of big-time intercollegiate athletics, especially football and to a lesser extent basketball, on American higher education. Including historical and contemporary perspectives, the book traces the growth of intercollegiate sports from largely student-run activities supervised by faculty to the gargantuan, taxpayer-supported spectacles that now dominate many public universities. It investigates the regressive student fees that have helped subsidize big-time sports at public universities and prop up chronically unprofitable athletic departments, as well as the corrosive effects of athletics on the university's academic enterprise. A review of the alleged salutary effects of massive sports programs, such as spurring alumni donations and student applications, reveals that such benefits are largely illusory, more myth than real. The book also pays special attention to the often prescient, if largely unsuccessful, opponents of these

developments, and considers the alternatives to big-time athletics, from abolition to professionalization to club sports. Students, scholars, sports fans, and those interested in learning how big-time football and basketball have cast such an enormous—and often baleful—shadow upon American colleges and universities will profit from this provocative and engagingly written book.

Vols. 9-10 include proceedings of the 8th-11th annual meeting of the American Football Coaches Association and of the 3d-6th annual meeting of the National Association of the Basketball Coaches of the United States.

With more than 1,800 entries, *The Encyclopedia of Louisville* is the ultimate reference for Kentucky's largest city. For more than 125 years, the world's attention has turned to Louisville for the annual running of the Kentucky Derby on the first Saturday in May. Louisville Slugger bats still reign supreme in major league baseball. The city was also the birthplace of the famed Hot Brown and Benedictine spread, and the cheeseburger made its debut at Kaelin's Restaurant on Newburg Road in 1934. The "Happy Birthday" had its origins in the Louisville kindergarten class of sisters Mildred Jane Hill and Patty Smith Hill. Named for King Louis XVI of France in appreciation for his assistance during the Revolutionary War, Louisville was founded by George Rogers Clark in 1778. The city has been home to a number of men and women who changed the face of American history. President Zachary Taylor was reared in surrounding Jefferson County, and two U.S. Supreme Court Justices were from the city proper. Second Lt. F. Scott Fitzgerald, stationed at Camp Zachary Taylor during World War I, frequented the bar in the famous Seelbach Hotel, immortalized in *The Great Gatsby*. Muhammad Ali was born in Louisville and won six Golden Gloves tournaments in Kentucky.

A collection of poems exploring the sounds, sights, and emotions enlivening a black neighborhood during the course of one evening. Copyright © Libri GmbH. All rights reserved.

The most successful coach in college basketball history shares his complete coaching philosophy and demonstrates how to apply it to the leadership and team-building challenges in one's professional and personal life, emphasizing the three key principles of Play Hard, Play Smart, and Play Together.

*The House That Jack Built* is the life story of Hal Jackson, one of the most important figures in American radio and television. When starting out as a young professional, during the Jim Crow era in Washington, D.C., Jackson was told by the management of WINX that no Black man would ever broadcast at their station. He ultimately proved them wrong and was given a time slot of the station -- thus beginning a long and illustrious career, filled with an extraordinary series of firsts: The first Black radio announcer on network radio. The first Black inducted in the Radio Hall of Fame. The first Black host of a jazz show on the ABC network. The first Black to do play-by-play sports announcing on radio. The first Black to host an interracial network show on NBC-TV. The first person to broadcast from a theater live. He organized and was one of the owners of the first Black team to win the World's Basketball Championship. The first Black host of an international network television presentation. He was instrumental in acquiring the first radio station owned and operated by Blacks in New York City. At a time when Black women were prohibited from entering beauty pageants, he founded Hal Jackson's Talented Teen International contest. Here is a remarkable story about a remarkable person. *The House That Jack Built* is an important addition to the history of

media in the United States.

Praise for Mind Gym "Believing in yourself is paramount to success for any athlete. Gary's lessons and David's writing provide examples of the importance of the mental game." --Ben Crenshaw, two-time Masters champion and former Ryder Cup captain "Mind Gym hits a home run. If you want to build mental muscle for the major leagues, read this book." --Ken Griffey Jr., Major League Baseball MVP "I read Mind Gym on my way to the Sydney Olympics and really got a lot out of it. Gary has important lessons to teach, and you'll find the exercises fun and beneficial." --Jason Kidd, NBA All-Star and Olympic gold-medal winner In Mind Gym, noted sports psychology consultant Gary Mack explains how your mind influences your performance on the field or on the court as much as your physical skill does, if not more so. Through forty accessible lessons and inspirational anecdotes from prominent athletes--many of whom he has worked with--you will learn the same techniques and exercises Mack uses to help elite athletes build mental "muscle." Mind Gym will give you the "head edge" over the competition. Growing up in Louisiana in the late 1960s, where segregation and prejudice still thrive, two high school football players, one white, one black, become friends, but some changes are too difficult to accept.

"...provides a detailed look at America's pastime through the lens of pop culture, [an] A-to-Z inventory of how certain aspects of the game affect and reflect broader society."--from publisher description.

This is the story of a man who taught high school, but didn't know how to read. **NEW YORK TIMES BESTSELLER** • This instant classic explores how we can change our lives by changing our habits. **NAMED ONE OF THE BEST BOOKS OF THE YEAR BY The Wall Street Journal** • **Financial Times** In *The Power of Habit*, award-winning business reporter Charles Duhigg takes us to the thrilling edge of scientific discoveries that explain why habits exist and how they can be changed. Distilling vast amounts of information into engrossing narratives that take us from the boardrooms of Procter & Gamble to the sidelines of the NFL to the front lines of the civil rights movement, Duhigg presents a whole new understanding of human nature and its potential. At its core, *The Power of Habit* contains an exhilarating argument: The key to exercising regularly, losing weight, being more productive, and achieving success is understanding how habits work. As Duhigg shows, by harnessing this new science, we can transform our businesses, our communities, and our lives. With a new Afterword by the author "Sharp, provocative, and useful."—Jim Collins "Few [books] become essential manuals for business and living. *The Power of Habit* is an exception. Charles Duhigg not only explains how habits are formed but how to kick bad ones and hang on to the good."—Financial Times "A flat-out great read."—David Allen, bestselling author of *Getting Things Done: The Art of Stress-Free Productivity* "You'll never look at yourself, your organization, or your world quite the same way."—Daniel H. Pink, bestselling author of *Drive* and *A Whole New Mind* "Entertaining . . . enjoyable . . . fascinating . . . a serious look at the science of habit formation and change."—The New York Times Book Review

Throughout her prodigious life, activist and lawyer Pauli Murray systematically

fought against all arbitrary distinctions in society, channeling her outrage at the discrimination she faced to make America a more democratic country. In this definitive biography, Rosalind Rosenberg offers a poignant portrait of a figure who played pivotal roles in both the modern civil rights and women's movements. A mixed-race orphan, Murray grew up in segregated North Carolina before escaping to New York, where she attended Hunter College and became a labor activist in the 1930s. When she applied to graduate school at the University of North Carolina, where her white great-great-grandfather had been a trustee, she was rejected because of her race. She went on to graduate first in her class at Howard Law School, only to be rejected for graduate study again at Harvard University this time on account of her sex. Undaunted, Murray forged a singular career in the law. In the 1950s, her legal scholarship helped Thurgood Marshall challenge segregation head-on in the landmark *Brown v. Board of Education* case. When appointed by Eleanor Roosevelt to the President's Commission on the Status of Women in 1962, she advanced the idea of Jane Crow, arguing that the same reasons used to condemn race discrimination could be used to battle gender discrimination. In 1965, she became the first African American to earn a JSD from Yale Law School and the following year persuaded Betty Friedan to found an NAACP for women, which became NOW. In the early 1970s, Murray provided Ruth Bader Ginsburg with the argument Ginsburg used to persuade the Supreme Court that the Fourteenth Amendment to the Constitution protects not only blacks but also women - and potentially other minority groups - from discrimination. By that time, Murray was a tenured history professor at Brandeis, a position she left to become the first black woman ordained a priest by the Episcopal Church in 1976. Murray accomplished all this while struggling with issues of identity. She believed from childhood she was male and tried unsuccessfully to persuade doctors to give her testosterone. While she would today be identified as transgender, during her lifetime no social movement existed to support this identity. She ultimately used her private feelings of being "in-between" to publicly contend that identities are not fixed, an idea that has powered campaigns for equal rights in the United States for the past half-century. A collection of poems expresses both the disappointments and awakenings of everyday life, and the acts of subtle heroism that can have resounding effects

Bestselling author Donald Jeffries turns his critical eye onto the topic of bullying to show how teachers, principals, and other school officials invariably side with the bullies in the most egregious cases, instead of protecting the victims. He also shows how many so-called anti-bullying activists and nearly all the professional "experts" excuse bullying and in fact laud sociopathic behavior in general. As Jeffries demonstrates, this curious phenomenon is due to the power and influence of the social hierarchy, and it revolves to a great extent around the enduring popularity of sports. Jeffries talked to parents who'd battled a system that logically should have been working for them, some of whom lost a child to bullycide, the term for children who kill themselves over bullying. His investigation

into what has become one of the most talked about issues in America is as explosive and controversial as anything he has written.

Dinner at Aunt Connie's is even more special than usual when Melody meets not only her new adopted cousin but twelve inspiring African-American women, who step out of their portraits and join the family for dinner.

This study examines sociocultural productions of power, knowledge, identity, and resistance through the lens of race in collegiate athletics. The author argues that neoliberal structures have reimagined and reconstructed athletes' lived experiences and have perpetuated racial inequality through collegiate sport.--C.

Keith Harrison, University of Central Florida

Maya Angelou's unforgettable collection of poetry lends its name to the documentary film about her life, *And Still I Rise*, as seen on PBS's *American Masters*. Pretty women wonder where my secret lies. I'm not cute or built to suit a fashion model's size But when I start to tell them, They think I'm telling lies. I say, It's in the reach of my arms, The span of my hips, The stride of my step, The curl of my lips. I'm a woman Phenomenally. Phenomenal woman, That's me. Thus begins "Phenomenal Woman," just one of the beloved poems collected here in Maya Angelou's third book of verse. These poems are powerful, distinctive, and fresh—and, as always, full of the lifting rhythms of love and remembering. *And Still I Rise* is written from the heart, a celebration of life as only Maya Angelou has discovered it. "It is true poetry she is writing," M.F.K. Fisher has observed, "not just rhythm, the beat, rhymes. I find it very moving and at times beautiful. It has an innate purity about it, unquenchable dignity. . . . It is astounding, flabbergasting, to recognize it, in all the words I read every day and night . . . it gives me heart, to hear so clearly the caged bird singing and to understand her notes."

[Copyright: 6a2a600d7c989e60025da81969f52480](https://www.unc.edu/~lib/athletics/paper/rosparks.html)