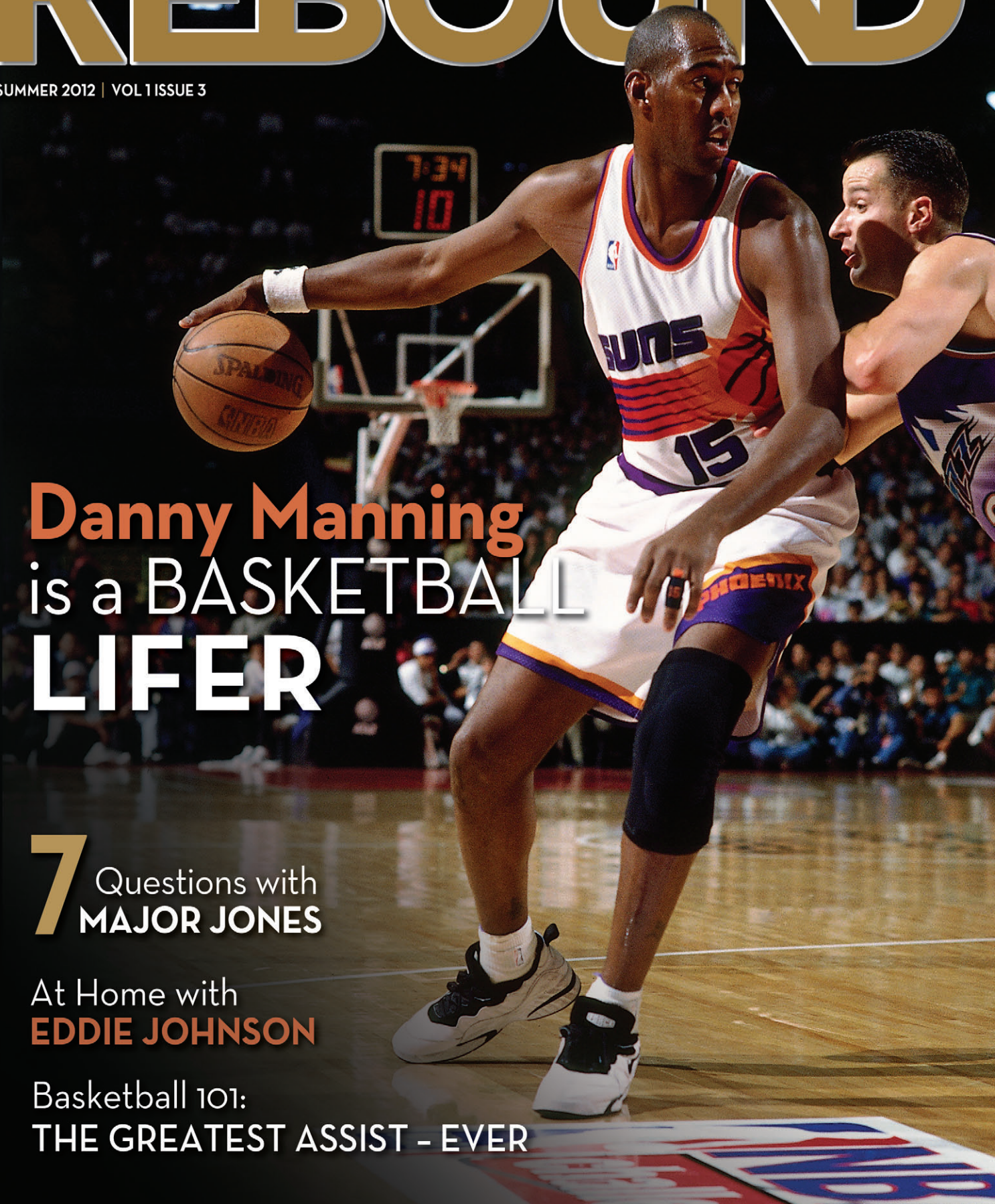


OFFICIAL PUBLICATION OF THE NATIONAL BASKETBALL RETIRED PLAYERS ASSOCIATION

REBOUND

SUMMER 2012 | VOL 1 ISSUE 3



Danny Manning is a BASKETBALL LIFER

7 Questions with
MAJOR JONES

At Home with
EDDIE JOHNSON

Basketball 101:
THE GREATEST ASSIST - EVER

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Tip-Off

BY ERIC CARLYLE | PUBLISHER/CEO

NBRPA Equals Respect

When we first started producing Rebound Magazine in January, we were full of excitement. Being given the opportunity to collaborate with the NBRPA and work with their amazing team has been a blessing. But what I originally thought was a way to brush elbows with basketball's elite has really developed into a deep honor and respect for the team at the NBRPA and for all the players.

This month's issue of Rebound, like previous issues, showcases some amazing stories. As a sports fan, the opportunity to feature Danny Manning on the cover was just amazing. What Danny did on the court is only eclipsed by his tenure as a basketball coach – now with the University of Tulsa.

Reading the feature on Jack Twyman and Maurice Stokes was a life lesson for me. Both men were incredible examples of what it means to be a teammate and a friend. I won't spoil the story here, but be prepared to learn a lot from both Twyman and Stokes.

Growing up, Eddie Johnson was one of my heroes. While I admired him during his basketball days, I am truly impressed with how he lives his life. Our photo shoot with Eddie gives us all a sneak peek into the superstar's life. We will feature a more in-depth look at Eddie in the future.

Names like Manning, Twyman, Stokes and Johnson are just part of what makes the NBRPA great. In fact the name "Legends of Basketball" really does say it all.



Fish Talk

BY MATTHEW FISH | EDITOR

We're Here to Make a Difference

Great strides have been taken by NBRPA since October and I often wonder what is next for the exciting future of our growing organization. Thankfully, I have been granted the opportunity to play a part in our new magazine, Rebound. Although it's a lot of work, I have enjoyed the long hours because it has unexpectedly mirrored the core reason I joined the Legends of Basketball.

Several years after "retiring" from professional basketball, I heard about the Legends. And when I researched it I learned about all the wonderful things we do for each other and for society as well. That alone is a great reason to join. But the biggest reason for me was the fact that we get to fraternize — we get to learn from the original Legends their first-hand accounts of how it used to be. And we get to see how the members from each season have gone on to make this game we love even better for the new guys who are still playing.

After each Legends event I attend, I come away feeling good about my decision to join NBRPA. I hear stories about miniscule contracts, timeless rivals, crazy road trips as well as a little bit about the players personally. It's all fun and interesting but it's definitely not all about "old has-beens" reminiscing. I'm continually amazed by how bright and active NBRPA members are and the interesting careers they've pursued since they left basketball. No doubt about it — we're here to make a difference.



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Welcome to the 2012 Legends World Sports Conference (LWSC) in New Orleans! As the former president of the New Orleans City Council and executive vice president of the New Orleans Saints, I called the Crescent City home for more than a decade and I can truly say there's no place quite like it.

New Orleans offers its visitors a spicy mix of cultural diversity, history, art, music, food and fun swirled together with a dose of Southern hospitality. With that in mind, we have created a diverse agenda for this year's conference that reflects New Orleans' wide-ranging menu of options for visitors.

The 2012 LWSC is based in the historic French Quarter at the Royal Sonesta Hotel — a timeless New Orleans landmark that is central to everything the city has to offer. But our Legends won't just be limited to activities at the Royal Sonesta, as we have booked an excursion on the Mississippi River as part of a steamboat cruise and a casino party for conference attendees. We have bus tours available for our members in the Garden District and the Hurricane Katrina-decimated Lower Ninth Ward, as well as a tour of the spectacular National World War II Museum. Additional opportunities for recreation include dinners at renowned New Orleans restaurants and home-grown jazz and blues concerts.

While the Legends World Sports Conference continues to serve as a weekend of learning and networking, we weaved a significant amount of community service into this year's schedule of workshops and receptions. The philanthropic highlight of the weekend is a free youth basketball and life skills clinic to be held in conjunction with the presentation of a gift designed to provide a lasting legacy in the Lower Ninth Ward. The NBRPA's Board of Directors — in conjunction with our close partners at the National Basketball Association and National Basketball Players Association — agreed to assist in refurbishing the outdoor basketball complex at Oliver Bush Playground in this decimated area with a monetary grant that was awarded to the City of New Orleans. We will be holding the basketball/life skills clinic on August 18.

Thank you for your membership in the National Basketball Retired Players Association — we are excited to host you in New Orleans. As the locals like to say: "Laissez le bon temps rouler!"



Yours in basketball,

A handwritten signature in black ink that reads "Arnie D. Fielkow".

Arnie D. Fielkow
Chief Executive Officer
NBRPA

REBOUND MAGAZINE

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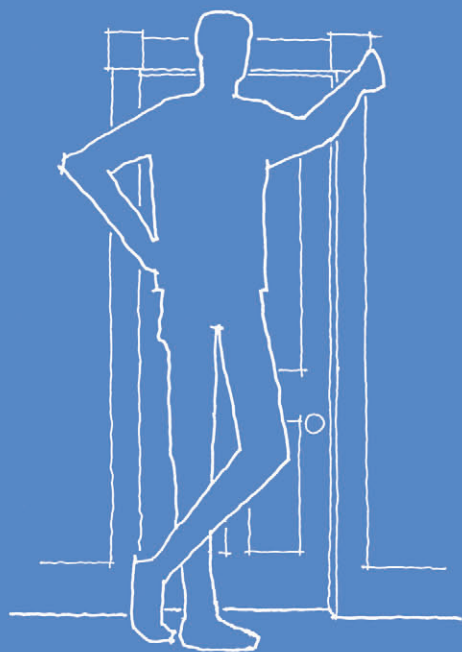


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Basketball Lifer

By Paul Corliss

If

the term ‘basketball lifer’ were to make its way into Webster’s Dictionary, odds are a photo of **DANNY MANNING** would accompany the definition.

Manning is the son of a former NBA player and coach. He was the National Player of the Year for a Kansas team he led to the 1988 NCAA Championship. He was the first overall pick in the 1988 NBA draft for the Los Angeles Clippers and — despite having to battle through an unfair share of injuries — he lasted 15 seasons in the league, twice playing in the NBA All-Star game. Today, after nine wildly successful seasons as an assistant under Bill Self at Kansas, Manning is entering his first season as head coach at the University of Tulsa.

And yes, Danny Manning is also a proud member of the National Basketball Retired Players Association.

“The [NBRPA]? That’s my group,” Manning said when asked about his involvement with the Legends of Basketball. “For 15 years I was part of [the NBA] fraternity and the connections are always there. I am very proud of my 15-year career. To work through the injuries I did and last that long ... I’m very proud.”

Indeed, nothing was easy for Manning in the NBA. During his rookie season of 1988-89, the 6-foot-10 forward averaged 16.7 points, 6.6 rebounds, and 3.1 assists through his first 26 games with the Clippers. Then he tore the anterior cruciate ligament in his right knee and had reconstructive surgery on January 14, 1989. Manning rehabbed like a man possessed and came back better than ever, averaging 22.8 points per game in 1992-93 and 23.7 points per game in 1993-94, en route to back-to-back All-Star appearances for Los Angeles. But the injury bug bit again in February of 1995 when Manning, a new member of the Phoenix Suns, tore the anterior cruciate ligament in his left knee.

“

I think about [the 1988 season] every day at some point and it always brings a smile to my face. You realize how special it is as each year passes, and **AS A COACH YOU REALIZE HOW MANY THINGS HAVE TO GO RIGHT.** ”





Despite two completely reconstructed knees — and the recurring aches and pains associated with such serious joint injuries in a sport built on quickness, agility and the ability to leap — Manning persevered and played another seven solid NBA seasons. A far less nimble Manning remained a special player throughout the duration of his lengthy career, even winning NBA Sixth Man of the Year as a member of the Phoenix Suns in 1997-98.

Manning maintained a positive attitude and tireless work ethic throughout his injury-riddled career and used any time spent off the court looking for ways to become better once back on it.

“[Being injured] helped me on the court,” Manning said. “While I was injured, I started watching more tape and looking at how I could take advantage from a scouting perspective. As I got older, I developed a different view of the game and learned to anticipate.”

Undoubtedly, the hours spent studying film prepared Manning to join Self at Kansas as an assistant on one of the most accomplished coaching staffs in the history of college basketball. With Manning tutoring KU power forwards and centers from 2007-2012, eight Jayhawk big men were selected in the NBA Draft — Wayne Simien, Julian Wright, Darrell Arthur, Darnell Jackson, Sasha Kaun, Cole Aldrich and twins Marcus and Markieff Morris. The Jayhawks won more than 87 percent of their games with Manning on Self’s staff and brought the 2009 National Championship to Lawrence.

Of course “Danny and the Miracles” captured the hearts of sports fans everywhere 20 years earlier when Player of the Year Manning and Hall of Fame coach Larry Brown led Kansas on an improbable National Championship run in 1988. Like the lessons learned in his NBA playing days, Manning often looks back to his senior season at Kansas and draws from the magical run under Brown.

“For us, we weren’t the most talented team, but we had the best coach and held each other accountable,” said Manning, modestly forgetting to add that the Jayhawks also had the college game’s best player. “I think about [the 1988 season] every day at some point and it always brings a smile to my face. You realize how special it is as each year passes, and as a coach you realize how many things have to go right.”

Today, Manning finds his first opportunity as a head coach because much did not go right for a Tulsa team that struggled to barely finish above .500 at 17-14. But with the university nestled in a Tulsa community that supports its Golden Hurricane like a pro team to go with a history of championship caliber head coaches that includes Self, Tubby Smith and Nolan Richardson, the ever-optimistic Manning expects success early and often.

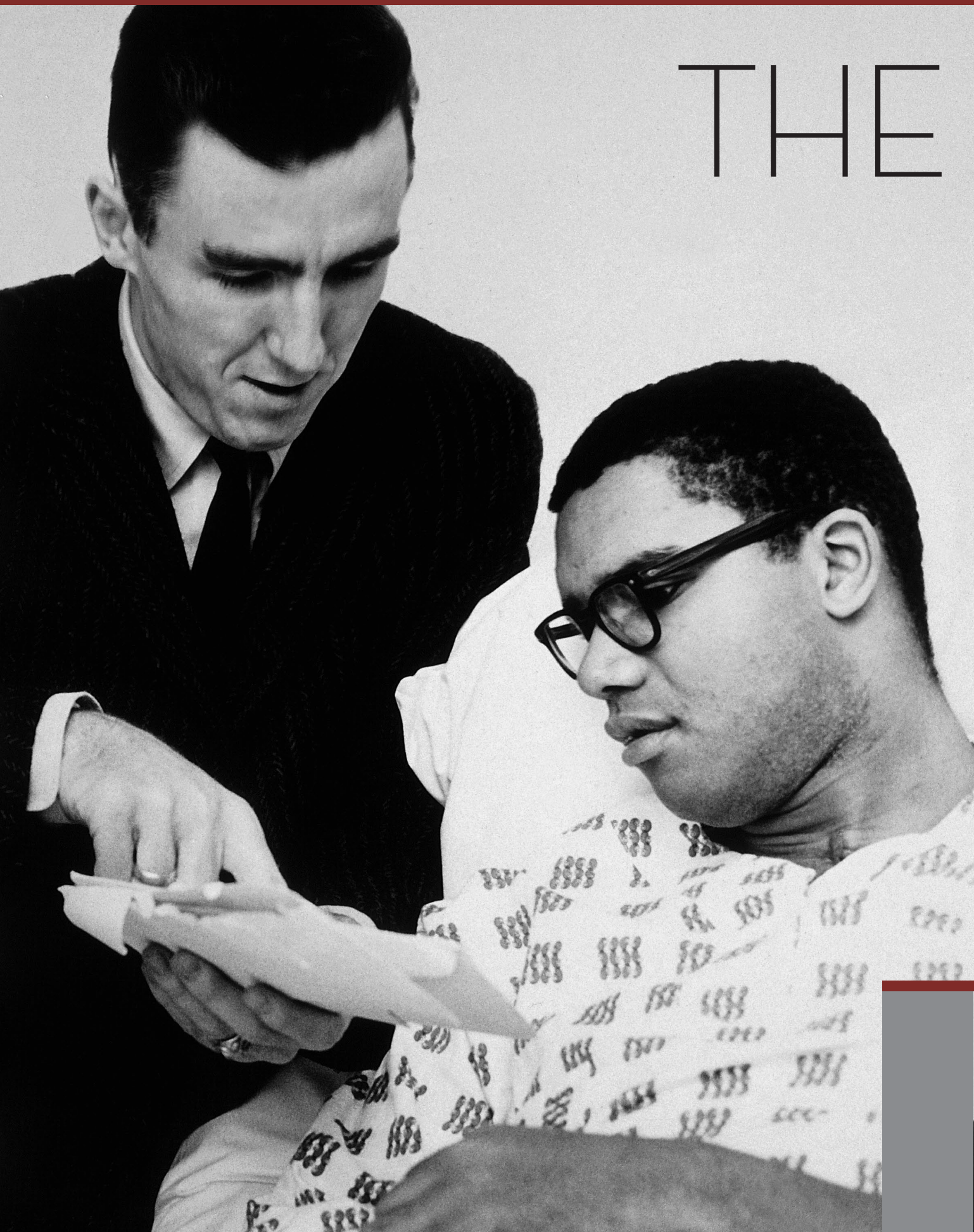
“Our coaching staff will benefit from the legacy [of basketball success] here as we work to establish a new era in Tulsa basketball,” Manning said. “Tulsa is special a place and you can feel the excitement in the city.”

But for Manning — much as it was in his own career — success won’t only be defined on the court.

“We want to educate our student athletes,” Manning said. “Basketball is what they do, not who they are. Unfortunately in the world of sports, a lot of people don’t have that mentality. Our job is to prepare young men for life. Along the way we will win some games and laugh and cry a lot together.”

It’s all part of the basketball life for Danny Manning. The son of a player and coach, Manning has followed in father Ed Manning’s footsteps to do the same. Like his father and so many of his brothers in the National Basketball Retired Players Association, Danny Manning is a basketball lifer. ■ R

THE



Greatest Assist – **EVER**

By Brian Patrick

All the retired professional athletes I've ever talked with at some point turn the conversation to what they miss most about playing – and it's not the game. What they miss most is the camaraderie and friendship.

They all say it was the best part of their career as a pro player. During your playing days you may have gotten some help from a teammate, or maybe you were the one to help out another player. But does being a teammate also make you your brother's keeper? We often say what we'd do under a certain set of circumstances, but when we're faced with those circumstances in real life, it becomes a true test of our character.

One who found himself in just such a situation was Hall of Famer Jack Twyman who died recently at age 78 due to complications from an aggressive form of blood cancer. Paying no attention to the explosive racial climate of the day, two friends — one African-American and one white — became a living example that true friendship has nothing to do with the color of your skin. In a June 1 obituary, AOL FanHouse Columnist David Whitley described the situation in a nutshell: "a 23-year-old white guy basically adopted a paralyzed 24-year-old black man."

Although he was one of the NBA's top scorers of the 1950s, Twyman is perhaps best known for his off-court performance as the friend and guardian of teammate Maurice

Stokes who was paralyzed following a head injury during a game in 1958. At the start of his own career, Twyman literally became his brother's keeper. Years later he explained his actions by saying "That's what friends are for." Twyman's recent death has resurrected the touching story of his friendship with Maurice Stokes and the love and dedication that defined it.

Both men came from the Pittsburgh area, went in different directions for college and then wound up as teammates on the Rochester/Cincinnati Royals franchise (now the Sacramento Kings). They had both been drafted by the Rochester Royals in the 1955 NBA Draft and both rookies were on a fast track to becoming NBA All-Stars. At 6-foot-7, 250 pounds, Stokes could play center, forward and guard, and his athleticism led to a berth on the All-Star team in each of his three seasons of play, averaging 17.7 rebounds a game. He was also named to the All-NBA Second Team three times. In his first pro game alone he scored 32 points and had 20 rebounds, the sort of play that got him named NBA Rookie of the Year. In his second year he set a league record for the most rebounds in a single season, amounting to 1,256 or 17.4 per game. Bob Cousy once said that Stokes "was Karl Malone with more finesse," while legendary coach Red Auerbach called him "Magic without flair." Stokes was inducted into the Naismith Memorial Basketball Hall of Fame in September 2004.

With an 11-year career in the NBA, Twyman was a 6-foot-6, 210 pound forward who played for the Rochester/Cincinnati Royals franchise for his entire career. A six-time All-Star, he was also twice named to the All-NBA



Second Team. Twyman and Wilt Chamberlain were the first NBA players to average more than 30 points a game in a single season, with Twyman not only averaging 31.2 points per game in the 1959-60 season, he also scored a career high 59 points in a game that same season. One-time teammate Arlen “Bucky” Bockhorn called Twyman a gunner. And Twyman, who was inducted into the Naismith Memorial Basketball Hall of Fame in 1983, earned the nickname “Right Back, Baby” because that’s what he’d say as soon as he passed the ball to a teammate.

It was in Minneapolis — the last game of the 1957-58 season on the night of March 12, 1958. Stokes made a dive for the basket but fell back over another player and slammed his head on the floor. Knocked unconscious, he was given smelling salts to revive him and then was put back in the game — standard procedure for the time. Three days later Stokes became ill on the flight back to Cincinnati after playing a 12-point, 15-rebound game, the opening-round playoff game against the Detroit Pistons. Telling a teammate on the flight, “I feel like I’m going to die,” later that night he had a seizure and lapsed into a coma that lasted for weeks. When he awoke, Stokes was permanently paralyzed and unable to talk, able only to think and to blink his eyes. He was later diagnosed with post-traumatic encephalopathy — the brain injury had damaged the area controlling his motor skills.

The NBA didn’t have comprehensive medical coverage at that time. So almost immediately Twyman became legal guardian for Stokes who was single with \$9,000 in the bank, and family members who were in no financial shape to help. In an interview years later with ESPN, Twyman said “I was the only one there.” It was the end of the season and all the other players had left the area. “How would you like to be one of the premiere athletes in the world on a Saturday. Then on Sunday, you go into a coma and wake up totally paralyzed, except for the use of [your] eyes and brain,” recalled Twyman. “I mean, can you imagine anything worse?” But there was “worse” if you counted in all the legal red tape and no way to pay for a lifetime of medical bills.

Once a judge granted Twyman’s request to become Stokes’ legal guardian, it enabled him to pay the bills, apply for workman’s compensation and start to address all the paperwork. He also organized a benefit basketball game to help pay for Stokes’ medical bills. Held at a resort in upstate New York, the inaugural Maurice Stokes Games raised \$10,000. Later, due to NBA and insurance company restrictions on athletes, the annual event morphed into the Maurice Stokes/Wilt Chamberlain Celebrity Pro-Am Golf Tournament. After Stokes’ death in 1970, the event helped other former NBA players who were down on their luck. But Twyman did more than handle mail and pay bills for his friend. He spent hours sitting at Stokes’ bedside calling out

letters so his friend could communicate, blinking his eyes for the correct letter. With a wife and eventually four children who also needed his time and attention, Twyman simply incorporated them into his visits with Stokes. They became a blended family unit with Twyman’s wife Carol becoming co-trustee of the Maurice Stokes Foundation.

After years of painful rehabilitation, Stokes slowly regained some mobility in his upper body and eventually walked a bit. But according to Twyman, he never seemed to have a bad day, saying that he “never heard him say, ‘Why me?’ ... He never believed he was trapped.” Given an improvised typewriter one day, Stokes managed to type the following message for his friend — “Dear Jack, How can I ever thank you?” Amazingly, Twyman felt it was the other way around, that it was he who owed Stokes, saying he felt that he and his family got far more out of the friendship than they ever gave back. Talking about his friend, Twyman said “I just stood in awe of him. ... he never failed to pump me up.” The dynamic duo wound up acting as an incredible support system for others who needed it. For example, former Royals teammate Bockhorn blew out his knee in 1965 and never played again. Just a few days after the injury, Twyman visited him in the hospital and brought along Stokes. Bockhorn couldn’t understand what Stokes was trying to say but he got the message of compassion and support. Bockhorn recalled that “I was overwhelmed.”

Their friendship continued until Stokes died of heart failure in 1970 at the age of 36. In 2004 when Stokes was inducted into the Hall of Fame, it was Twyman who accepted the award on his behalf. After retiring from the NBA in the late 1960s, Twyman worked as an analyst for “The NBA on ABC” show along with Chris Schenkel through the early 1970s. He then went on to a financially successful career in both the food and insurance industries. But his son Jay said he couldn’t overemphasize how very humble and caring his dad was. He went on to say that “if you spent any time with him, he made you feel very special.”

It’s clear that both Twyman and Stokes were remarkable human beings in addition to being great athletes. John Doleva, president and CEO of the Naismith Memorial Basketball Hall of Fame where both men are rightfully enshrined, said that “Maybe this is a little learning opportunity for everyone who plays professional sports. Jack didn’t look for accolades. It was just the right thing to do.” He concluded by saying that this is “what made him a very, very special man.” How true — with nothing to gain, he chose to be his brother’s keeper and gave the greatest assist one teammate and friend could ever give to another. **R**

Stokes’s life story of his injury and relationship with Twyman all are depicted in the 1973 National General Pictures film, “Maurie.”



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Questions with **MAJOR JONES**

By Eric Carlyle

1

What was it like growing up in a basketball family?

It was great! We had enough family members to have our own starting line-up. The older brother always passed his knowledge and experience down to the younger ones.

2

When did basketball become your passion?

Basketball became my passion at a very young age. I played basketball with my brothers & neighbors in the backyard as a kid. I grew up on a farm so farming the crops was a priority. We could play basketball in the evenings and after church on Sundays.

3

What team did you most enjoy playing for?

I can say I enjoyed playing with Houston the most because I played there the longest. Also, the guys were more than teammates — they became life-long friends.

4

Since leaving the NBA, what accomplishments are you proud of?

I am most proud of being a player coach in Mexico and coaching in the USBL and helping players with problems return back to the league.

5

What is your role as president of the Houston Chapter of NBRPA?

My role as chapter president is to make retired players aware of the NBRPA. I want all the players in Houston to be aware of the benefits available to them. It's also to guide the chapter making a difference in the community by giving back.

6

What path is the Houston Chapter taking?

We are taking a positive role through our education initiatives — Project Wet and S.T.E.M program, and striving to become self sufficient. I hope to expand with more programs in the future.

7

What is the chapter doing to prepare for the All-Star Game?

We are planning a golf tournament, celebrity bowling tournament, a gala and a viewing/after game party. We want everyone who attends All-Star Weekend to have a great time in Houston by attending some of these events.

Major Jones is an NBA legend and current president of the NBRPA Houston Chapter. As part of the famous "Jones basketball family," we will be featuring more on Major Jones in a future issue. ■ R

ATHLETE AMBASSADORS HEADED TO ISRAEL

FOR SEVEN DAYS A COALITION of 13 Athlete Ambassadors comprised of NBA and ABA alumni visited Israel as part of a new working partnership with the American Israel Education Foundation (AIEF). Called the Athlete Ambassadors for Israel, this new initiative created by AIEF aims to bring people involved in professional sports to Israel to learn more about the U.S./Israel relationship, Israeli society and the politics of the Middle East.

The trip ran from July 20 through August 7, and those who participated include Stephen Bardo, Dr. Dick Barnett, Kenny Battle, Willie Burton, Joe Barry Carroll, Cedric Ceballos, Dale Ellis, Spencer Haywood, Stephen Howard, Marvin Roberts, Danny Schayes, Sedric Toney and Sam Vincent, with Schayes serving as leader for the educational seminar.

While there, the Legends had the opportunity to host some youth basketball clinics, including one with Israeli and Palestinian youth through Peace Players International, a widely-respected international conflict resolution organization. They also had an opportunity to meet leading Israeli sports figures during a special sports dinner in their honor.



Transitioning PAL Program Scholarships Honor WARREN JABALI

THE NBRPA SOUTH FLORIDA CHAPTER'S "Transitioning PAL" back to school program hosted 300 students and their parents recently in Miami. The program educates and provides resources to students and their parents, assisting them in transitioning from high school to college.

Two scholarships were given in the name of Warren Jabali, basketball legend and education ambassador for the South Florida NBRPA Chapter. Jabali, who recently passed away, was recognized and remembered for his off-court dedication to education, youth and his community. The program also provided backpacks and school supplies to students in attendance.

AARON JAMES INDUCTED INTO GRAMBLING LEGENDS SPORTS HALL OF FAME

CONGRATULATIONS GO TO NEW ORLEANS NATIVE AARON JAMES who was honored last month by his Alma Mater by induction into the Grambling Legends Sports Hall of Fame. A three-time All-American at Grambling State University, he was nicknamed "A.J. from the parking lot" for his long-range jump shots.

Already a Southwestern Athletic Conference Hall of Fame 2010 inductee, earlier this year James was also inducted into the Louisiana Sports Hall of Fame. Now the assistant athletic director at Grambling, James is well remembered for leading the NCAA in scoring during the 1973-74 season with an amazing 32.1 points per game.



HISTORIC ORIGINAL ARTWORK PARTNERSHIP

AN HISTORIC SERIES of original 40" x 60" artworks on canvas is the outcome of a partnership NBRPA has made with Cash McMahon's ICON ART IMAGES, DREAMSTAR and artist Erika King. Benefitting the NBRPA's Legends Care Foundation, the artwork - "Legends of Basketball - We Made This Game" - features branded action-art hand-signed by each current and retired player featured in the piece. Also included is the NBA brand logo hand-signed by NBA Commissioner David Stern and the NBRPA's official logo and trademark.

These action images highlight basketball's top stars, both current NBA players, such as LeBron James, Kobe Bryant, Dwyane Wade, Steve Nash, Yao Ming, Dwight Howard, Carmelo Anthony, Dirk Nowitzki and Chris Paul as well as most of the NBA's 50 Greatest Legends, such as Michael Jordan, Magic Johnson, Larry Bird, Julius Erving, Oscar Robertson, Shaquille O'Neal and Jerry West to name a few.

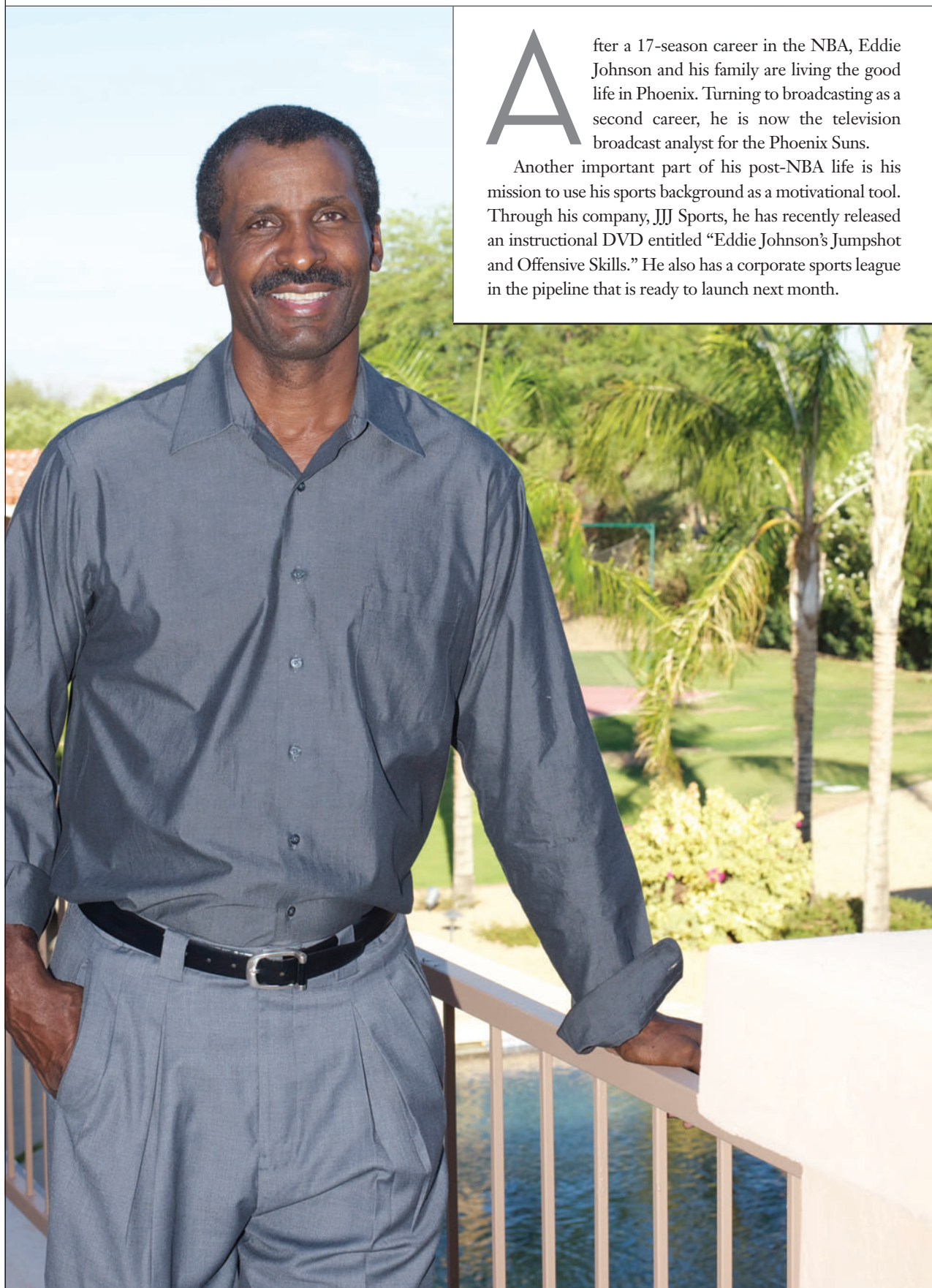


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One of the special highlights is a USA Basketball Dedication featuring members of the U.S. Men's National Team recently returned from the 2012 Olympics in London. Colangelo is the USA Basketball chairman as well as chairman of the Hall of Fame Governors. The event benefits the Naismith Basketball Hall of Fame. For more information or to purchase tickets, go to www.hoophall.com/colangelohofgolf.





After a 17-season career in the NBA, Eddie Johnson and his family are living the good life in Phoenix. Turning to broadcasting as a second career, he is now the television broadcast analyst for the Phoenix Suns.

Another important part of his post-NBA life is his mission to use his sports background as a motivational tool. Through his company, JJJ Sports, he has recently released an instructional DVD entitled “Eddie Johnson’s Jumpshot and Offensive Skills.” He also has a corporate sports league in the pipeline that is ready to launch next month.





The fact that Eddie loves sports beyond basketball can be seen by the collection of bobble-head dolls, footballs and helmets. Coming from Chicago, Eddie is a diehard Bears and Cubs fan (no disrespect to the Cardinals or Diamondbacks). But he isn't an indiscriminate collector — his collection of sports memorabilia is centered around people he knows and respects.



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After managing personal real estate ventures for over 20 years, in 2005 a well-known Paradise Valley realtor suggested Brenenstuhl become a professional realtor. Since that time she has represented both buyers and sellers, making sure that their personal real estate objectives are met. For sellers, she commits to helping them sell their exceptional homes or properties in a timely manner, ensuring that they get the highest possible price. And for buyers, whether they're looking for spectacular luxury homes or other real estate opportunities, Brenenstuhl works with them to find their ideal home or investment.

You may contact Brenenstuhl at brenenstuhl1@cox.net or jillbrenenstuhl@gmail.com.



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JOSHUA BARIS' AMAZING MEDIA EXPOSURE is nothing short of spectacular. His clients include professional athletes like Jason Collins of the Atlanta Hawks, formerly with the New Jersey Nets. Baris has even appeared in the first season of E! Entertainment's "Ice Loves Coco," co-starring recording artist and actor Ice-T and his wife Coco. While his clients include professional athletes and celebrities, he also takes pride in working with all types of real estate clients throughout New Jersey.

Referred to as the "poster child for social media and online marketing," Baris is connecting Real Estate in Real Time with Social Media, such as Facebook, Twitter and LinkedIn. His brand new website, www.RealEstateInTheGardenState.com delivered incredible results in only three weeks. From video advertisements to his branded ads along New Jersey's Gold Coast, it's clear that Baris is taking the New Jersey real estate market by storm!

New Jersey Monthly magazine named Baris as one of its 2012 Five Star Agents, based on qualities of customer service, integrity, market knowledge, commercial and negotiation skills. Additionally, he was featured on the cover of New Jersey's Sunday Bergen Record, and was the Real Estate Section's cover story. Ranked in the top one percent of licensed real estate agents in New Jersey, Baris brands himself with the creative tagline taken from his last name – "Bar is Raised for Real Estate!"

Contact Joshua at 201-741-4999 or josh@RealEstateInTheGardenState.com



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I take time to listen to my clients and thoroughly evaluate each need for the buyer, seller or investor. Whether it's a cottage on the beach, a modern upscale home with all the latest electronic upgrades, a quiet home in a gated community, a newly-built condominium complex or a multi-use land purchase, I match each client with his or her dream environment.

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No vacation from monitoring investments

Summer is always a good time to step back from the daily grind and review your finances. Whether you are an active or retired player, take time to pay attention to your investments. Don't take a vacation from monitoring your investments.

Review your statements: Bank, brokerage firm, money manager, annuities, insurance policies, 401-K plans, IRAs. Review these statements on a regular basis. All investment portfolios need some occasional "housekeeping." Reviewing them gives you an idea of how the investments performed and that activity in your accounts is consistent with your financial goals and objectives.


Give your budget an annual check-up: Take this time to think about your spending and savings habits. Establish a budget for the coming year with a goal of spending less than you earn.

Who are your beneficiaries? Were there any changes in your family situation in the past year? Did you get married or divorced, or had any children? Insurance policies, annuities, IRAs, wills and trusts all have beneficiaries. Changes in your family situation may mean you want to make amendments or additions to the beneficiaries named on these items.

Review your tax returns: Many things can affect your tax situation. Talk to your tax advisor to make sure you are properly keeping track of all potential deductions.

What is your credit score? Find out what your credit score is. A low credit score makes it more expensive and/or more difficult to get credit to buy a home, buy or lease a car or get a job. It may be easy to fix the issues that lead to a low credit score.

Review your insurance policies: Did you buy jewelry, art, antiques, a car, a boat or anything of significant value? Make sure that you have adequate insurance coverage for the value of those acquisitions and to cover any unforeseen risks and liabilities.

The off season is the perfect time to call on your "financial team" for a review of how you are doing. Whether the point guard of your "team" is a financial planner, financial advisor, accountant, attorney, insurance professional, agent or other trusted advisor, they can help you review account statements and performance to make sure you are on track to reach your long-term financial goals. 

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Life after the Pros

Chances are you'll be broke within five years of retiring.

That's right. There's a good chance that in five years after you leave the pros you'll be broke. Hard to believe, but that unfortunate statistic is in the October 5, 2001 New York Times article, "Student-Athletes Once Again" by Jonathan Abrams. He states that "an estimated 60 percent of NBA players are broke within five years of retiring."

Sports salaries have risen steadily for a number of years according to the March 29, 2009 Sports Illustrated article by Pablo S. Torre, "How (and Why) Athletes Go Broke." Torre goes on to state that "78 percent of former NFL players have gone bankrupt or are under financial stress because of joblessness or divorce."

Although the New York Times article reports that the average annual salary in the NBA is \$5.85 million, the average person doesn't see that much money even after a lifetime of work. So why are there so many financial difficulties in the pro athlete's world? Two reasons — living the "good life"

where expenses skyrocket to meet or exceed income and a lack of financial planning for the future.

Athletes — mostly young men — feel the need, even the pressure to spend without considering consequences. You make great money so why not spend it? You may also feel pressure from family and friends seeking to benefit financially from your success. Your level of income is completely new and you're uncertain what to do other than spend it. Despite large paychecks and even lucrative endorsement payouts, you may spend most or all of what you make. In the course of enjoying your success, you may lose perspective and forget that time playing in the pros and its rewards are usually limited.

With retirement decades away, young people assume they'll plan for it later. But "later" never comes and they end up facing life's later years with no plan in place. A pro athlete has an even greater challenge planning his future. Abrams notes that an athlete's average retirement age is 33. So you have to plan for a retirement that lasts about 30 years longer than the average worker. In fact, at age 33 "retirement" isn't even the right word to use. For you, 33 may not be that far away. It's not so much "retirement" as it's an early career change or your "life after the pros." With a shorter-than-average earning period to support a longer-than-average non-earning period, it's even more essential to plan now for your quickly approaching "life after the pros."

Your goal is to plan to have enough money to live comfortably for the rest of your life. As simple as it sounds, it's a difficult task for most anyone. Without substantial investment knowledge and experience, it becomes even more so.

Most pro athletes plan on the money just being there or if not, starting or investing in a successful business, just as Magic Johnson did. But many athletes won't experience the success Johnson has had. More and more athlete-owned car dealerships, restaurants and movie theaters go under every year. According to financial guru and investment tycoon,

First, understand that the amount of money you're now earning will end. It will. And the lifestyle you're now living will need to be scaled back.

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Robert Kiyosaki's "Rich Dad, Poor Dad," one of every ten businesses will fail within the first five years of start up. Of the remaining 10 percent, one of every ten businesses will fail in the next five years. Put another way, only one percent of new businesses will succeed in operating past 10 years while 99 percent will fail. With little business experience, an athlete's chance of business success becomes even slimmer.

What's the solution? Develop the right mindset, a disciplined approach and a good investment plan.

First, understand that the amount of money you're now earning will end and the lifestyle you're now living will need to be scaled back. No getting around it. Enjoy your prosperity — you've worked hard and have earned it. But don't go overboard. Unfortunately the difference between enjoying your prosperity and going overboard with your spending blurs with the more you earn.

Second, apply the discipline you honed in your sport's career to your finances AND spending. One simple way of disciplining yourself is to dedicate a percentage of your income to the "future you" by setting it aside as soon as you earn it. If you don't have a business manager to help, there are still ways to discipline yourself to save. For example, set up an automatic regular transfer of money directly from your paycheck or checking account to an investment account. Set aside 30-35 percent (about a third) of your income for your "life after the pros." Even 20 percent may be sufficient. Investing this portion of your income could change your "life after the pros" from one of struggle to one of abundance. With an average annual salary of \$5.85 million, investing a third of your income still leaves the other two-thirds, about \$3.83 million a year, to live on — not a bad life at all.

Third, invest the money you've set aside. If one-third of the average NBA annual salary, \$1.95 million, is invested in each of the five years an average pro athlete works, and the investment returns a conservative 5 percent, at the end of five years, you'd have about \$10.77 million. With the same 5 percent annual return, your \$10.77 million nest egg could

provide you over \$538,000 a year for life — without even touching your \$10.77 million. And the more you save during your career, the more annual income you could realize during your "life after the pros."

Your future and that of your family's depends on the decisions you make today. Start by seeking the help of an expert advisor. You wouldn't think of succeeding in your sports career without a trainer or coach guiding your talent. Same goes for your finances.

There are several ways to find the right advisor. Ask respected friends, family, teammates and other professionals which financial advisor they use or recommend. There are bound to be several who work with a trustworthy and experienced investment expert. Read articles like these. Be aware that you're looking for an investment and financial "coach" and soon names will begin to present themselves to you.

Get at least two or three names. Recommendations and websites are fine, but you need to make appointments for face-to-face meetings. Briefly explain that you're making substantial money for a short period of time and need to plan for the future after the money stops. Then sit back and listen. What's your gut feeling about the person? Do you like him? Is he making sense to you? Do you understand him? When describing types of investments and potential returns, does he also talk about investment risks? Most importantly, does he ask questions about you, your life, your family, your future and your dreams for that future? If the investment professional isn't inclined in the first meeting to learn something about you, then he may be less inclined to listen to you in the future and invest in a way that meets your goals, expectations and life circumstances that are unique to you. After you've met with all of them, decide on an advisor and make a second appointment with the one you've chosen. He'll direct you from there.

Don't put off starting the process. The longer your money is invested, the larger your nest egg can be. With expert investing help and some discipline from you, you and your family may be able to live a life free from financial worries. That kind of life would be a great return on your hard work and effort as well as a fulfilling reward built on your successful career in the pros. ■

... the more you save during your career, the more annual income you could realize during your "life after the pros."

Ed Butorac is CEO of Butorac Wealth Management and an Investment Advisor Representative offering securities through Financial West Group Member FINRA/SIPC. Michael Uyemura is currently completing his internship with BWM and pursuing his Financial Advisor licenses. BWM and FWG are unaffiliated entities.

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So while you're here, soak up the flavor, fun and laid back atmosphere of New Orleans. Sign up for some of the fun and interesting events NBRPA has planned and enjoy your stay. And don't be surprised if you start to talk with a Southern drawl. **R**



Acme Oyster House

Selected as a “Must Visit” Restaurant in New Orleans by Rebound Magazine

BY CHRISTOPHER WARREN




When you think of the South, there are two things that always come up — Southern slang and food. And while there is nothing wrong with regional dialects, I prefer Southern cooking all the way.

A good example of in-your-face Louisiana grub is Acme Oyster House. Originally founded in 1910 as the Acme Cafe, the restaurant burnt to the ground in 1924 and then relocated to its current location at 724 Iberville Street in the French Quarter. Over the years Acme added locations in Covington, Metairie, Baton Rouge, Louisiana and one in Sandestin, Florida. The restaurant's claim to fame? Well, oysters, of course. Acme has shucked nearly 10,000 raw oysters a day, and incredibly, that doesn't even include the fried ones!

Acme may be most famous for its oysters but be prepared to decide between a slew of appetizers, New Orleans specialties, platters, Po-Boys, sides and desserts. Appetizers include Bon Fries — a bizarre combination of roast beef gravy and cheese that is simply amazing, fresh crab claws and fried crawfish tails.

There are so many wonderful entrees it's hard to select just one, but some of the favorites are jambalaya with rice, smoked sausage and chicken, fried shrimp (or fish, or oyster, or seafood) platters and a variety of Po-Boy sandwiches. You can pair those yummy main dishes with delicious sides such as red rice and beans, potato salad and sweet potato fries.

And of course, all of that goodness should end with something sweet. Pick from the likes of New Orleans bread pudding with whiskey sauce or Max's Bananas Foster Pie.

While I do enjoy listening to servers with a Southern drawl, the best thing about Acme Oyster House is absolutely the food. To find out more about Acme Oyster House and their five locations please visit www.AcmeOyster.com. 

Maintaining Flexibility

Discipline, time and work ethic are all attributes an athlete must possess in order to be successful. Missing key components within the daily regimen can limit that success as well as cause a downward spiral for the future.

Stretching is a fundamental instinct for athletes. However, as we age there are a myriad of changes that take place which can wreck havoc on our body's ability to maintain flexibility. Hormone levels will start to decline and cellular oxidation will cause the aging process to be realized prematurely.

By definition, flexibility refers to the ability of your joints to move through a full range of motion. There are so many different variables that can affect an athlete's flexibility, but for the purpose of this article, we are going to look at simple solutions that can be implemented to help maintain flexibility as you age.


1. **YOGA** – We believe yoga is a necessity for athletes because they are bombarded with internal and external stressors, causing physical, mental, and emotional exhaustion. In order to maximize quality of life, we have to make sure we try and develop both mind and body. Yoga is the perfect fusion of this concept, allowing athletes to learn breathing techniques, stretch fascia and correct biomechanical deficiencies.

2. **MASSAGE** – The major benefits of massage can include greater muscle relaxation, improved blood supply to an area which can help toxin removal, and decreased trigger points within the muscles. Look for qualified structural

integration specialists who have a holistic approach to looking at the body.

3. **STRETCHING** – It has been proven that performing active, dynamic stretching prior to exercise is more beneficial than static stretching. Post-workout routines may include several different forms of stretching, including but not limited to: active isolated stretching, resistive stretching, static stretching and self-myofascial release (www.tptherapy.com).

4. **NUTRITION** – Consuming anti-oxidant rich foods can help combat the cellular oxidation processes that occur within our bodies. Fruits, vegetables, nuts and seeds should be staples in everyone's daily routines. However, sometimes food is not enough to combat the extreme conditions to which athletes expose their bodies. Using a liquid daily mineral or multivitamin supplement can really help slow down the aging process at the cellular level. Go to www.elementznutrition.com for examples of full-spectrum mineral supplements that can be added to daily routines.

Athletes must realize that all of the choices they make throughout their careers will have consequences later in life. The foods they consume, the social life they choose, their daily water intake, pollution exposure and other environmental factors all play a role in their bodies' aging process. In regards to career longevity and quality of life post-career, athletes must try to create balance within their daily regimen. ■ 

Jason Riley is co-founder/president of Elementz Nutrition.





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How much do I need?

No daily recommended intake has been established for Fulvic acid. In addition, there is no standard for measuring the potency of Fulvic acid. For optimal results take once oz. of the mineral complex before breakfast.



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Meet the Team

Once a team player, always a team player. And what better team to have working for you than the members of the NBRPA board of directors as they guide and develop the organization's core assets — its members, centralized access, events, Legends Care™ and chapter development? This NBRPA team brings to the organization a wide variety of personal and professional successes beyond the game of basketball as they actively represent the membership.



ROBERT A. (BOB) ELLIOTT, President & Chairman

President and chairman of the NBRPA board Bob Elliott is a man of many talents. With an accounting degree and an MBA, he owns his own accounting business and has been a sports broadcaster for the Phoenix Suns and the University of Arizona. A strong community leader who serves on a number of boards in the Tucson area, he's also drummer for the Legends Band.

OTIS BIRDSONG, Vice President

Athletic entertainment was Otis Birdsong's first post-basketball foray into the business world before starting his own sports management company. But he later returned to basketball as the president and general manager of the Arkansas RimRockers of the new ABA (later NBAD) in Little Rock before becoming semi-retired. He is serving NBRPA as its vice president.

MARVIN ROBERTS, Treasurer

With a BS in Business Administration and a Master's in Higher Education, Marvin Roberts is now a regional human resources manager for FedEx based in the Atlanta area. From basketball, he brings lessons in teamwork, dedication, hard work and patience plus his experiences in business and acting to his position as treasurer of the NBRPA.

STEVE HAYES, Secretary

Having spent almost equal time developing his business expertise along with his basketball skills, Steve Hayes is now a Business Process Management consultant for ConocoPhillips in the Houston area. He enjoys keeping his hand in the game he loves by sharing his experiences and talents in his role as the NBRPA secretary.

DR. GEORGE W. TINSLEY SR., Past President

One of the country's most prominent restaurateurs and concessionaires, Dr. George Tinsley Sr. has franchising and licensing agreements with a number of well-known brands. As a civic leader in the Winter Haven, Fla. area, he uses his business expertise and financial success to support local sports teams and activities as well as serving the NBRPA as its past president.

THURL BAILEY, Director

His website says it all — pro athlete, motivational speaker, celebrity and entertainer — a successful post-basketball recording career and a number of business interests comprise Thurl Bailey's life and times beyond the hard wood. He stays connected to basketball by working as a broadcaster for the Utah Jazz and as a director for the NBRPA.

HARVEY CATCHINGS, Director

An active member of his Houston community as branch manager for a mortgage company, Harvey Catchings also enjoys staying connected to basketball by serving as a director for the NBRPA. In addition to enjoying his four children, he's also connected to the game by the 2011 WNBA MVP Tamika Catchings of the Indiana Fever — his daughter.

"I am honored to serve our esteemed Board of Directors here at the NBRPA. Because of their time, dedication and passion, the future of our organization has never been brighter."

— ARNIE D. FIELKOW, NBRPA CEO

JAMES DONALDSON, Director

After a career-threatening knee injury, James Donaldson established The Donaldson Clinic in 1990 in the Seattle area and it has expanded into a chain of clinics. As an author and motivational speaker devoted to win-win relationships, this NBRPA director is also a community leader and strong advocate for Women & Minority-owned businesses.

LARUE MARTIN JR., Director

A former No. 1 overall NBA draft pick, LaRue Martin Jr. has been even more successful in the business world with UPS. Starting as a truck driver, he moved into a management position as community services manager of the Illinois district. He is now happy to be reconnected to basketball as an NBRPA director.

JOHNNY NEWMAN, Director

After a 16-year career in the NBA, Johnny Newman now stays busy with his foundation in the Richmond, Va. area. In addition to his support of the NBRPA, he devotes his time to doing youth outreach, coaching, promoting physical fitness and teaching leadership, teamwork and entrepreneurship.

DANNY SCHAYES, Director

Going back to childhood as the son of Hall of Famer Dolph Schayes, director Danny Schayes has always been connected to basketball, including his 18-year career in the NBA. Now living in Phoenix, he has a second career in real estate but still keeps involved in basketball through the NBRPA, even serving as its interim executive director for part of 2010 and 2011. ■ R





Gold for Cash?

With the Summer Olympics just finished, the on-going question still remains. Should players from Team U.S.A get paid to play in the Olympic Games? A tough question. Who pays the athletes – how do they get the money, how is it distributed? Does the money come from the U.S. government? I think the government has more important things to take care of, like healthcare, education and correcting a devastating recession. I also don't think that as tax-paying citizens, you and I should pay for the athletes.

So what about sponsorship money? Do athletes need to secure their own sponsors as well as raise a significant amount of additional sponsors for smaller sports that don't attract the same attention? And do all the athletes get paid the same amount? Will LeBron James make the same as the guy competing in badminton?

Our Olympic athletes all strive to win a gold medal—as kids they dream of representing the U.S.A. and wearing those three letters on their chests. It's an honor! If you win a gold medal, your potential fortune and fame is the reward for years of hard work training and competing as well as a general lack of money. For example, players on the basketball “Dream Team” and “Redeem Team” were exposed to many people in the U.S. who didn't watch basketball, but they watched the opening and closing ceremonies, assorted events, medal ceremonies, etc. That unplanned exposure often creates new fans of the sport that can lead to lucrative endorsement offers from advertisers. This has led to many older athletes becoming millionaires.

If we are not making millionaires out of the military members we pay for, the men and women who protect our country, then I don't believe Olympic athletes should get paid. Let the amateur athletes compete to bring home the gold, let them fight country versus country to see who is best – it doesn't get any better than that!

Cedric Ceballos is a former professional basketball player and NBA All-Star. He is the host of the weekly program, Rebound Radio featuring Cedric Ceballos.

Legends Forever

We want to honor the legendary players of the NBRPA who have recently passed on. These men are our heroes — truly, they have “made this game” what it is today.



PAT CUMMINGS: A 12-year veteran of the NBA, Cummings died recently of an apparent heart attack, according to his mother. A third round pick (59th overall) by the Milwaukee Bucks in the 1982 NBA Draft, he played on five NBA teams during his career, including the Dallas Mavericks, New York Knicks, Miami Heat and the Utah Jazz. Twice an all-conference selection, the 6-foot-9 power forward/center was known for his accurate shooting.



LEROY ELLIS: A first round pick (8th overall) by the Los Angeles Lakers in the 1962 NBA Draft, Ellis had a 14-year career in the NBA, also playing with the Baltimore Bullets, Portland Trail Blazers and the Philadelphia 76ers. The 6-foot-10 center was a member of the 1971-72 Lakers championship team that won a then-record 69 games in the regular season and posted the longest winning streak in NBA history with 33 wins. Ellis died recently of prostate cancer at the age of 72.



WARREN JABALI: Although drafted by the New York Knicks in the 1968 NBA Draft, the 6-foot-2 Warren Jabali signed instead with the Oakland Oaks, part of the rival ABA who also drafted him in the same year. He died at age 65 from heart trouble. During his seven-year professional career, he also played with the Washington Capitals, Indiana Pacers, the Floridians, Denver Rocket and San Diego Conquistadors. Named ABA Rookie of the Year, Jabali was also named Playoffs MVP in the 1969 ABA Finals.



ORLANDO WOOLRIDGE: Selected sixth overall in the 1981 NBA Draft by the Chicago Bulls, Woolridge was known for his scoring ability (especially slam dunks) and his exciting, freewheeling play throughout his 13-season career. In addition to the Bulls, Woolridge also played for the New Jersey Nets, L.A. Lakers, Denver Nuggets, Detroit Pistons, Milwaukee Bucks and the Philly 76ers. The 6-foot-9 power forward died recently from a chronic heart condition at age 52.

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—Michael Joyce, CEO

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