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## MASTER RON WHITTED AND NCTO BRING THE OLYMPICS CLOSER TO HOME



Master Ron Whitted  
(910) 385-4653

By Val Jones - Staff Writer

Ron Whitted is many things. An army veteran. A business major and entrepreneur. A career social worker. A poet and avid chess player. Ron Whitted is also a master in the sport and discipline of Taekwondo.

Master Ron Whitted is president and founder of the North Carolina Taekwondo Organization (NCTO) and has launched a new city/countywide Olympic Taekwondo Development Program.

Taekwondo is one of the most systematic and scientific Korean traditional martial arts that teaches more than physical fighting skills. It is a discipline that shows ways of enhancing your spirit and life through training your body and mind. Today, it has become a global sport that has gained an international reputation, and stands among the official games in the Olympics.

Founded by Master Ron, NCTO is a non-profit, public charitable organization whose mission is to enable athletes to achieve sustained competitive excellence and to grow and promote the sport of Taekwondo. NCTO also facilitates training and certification programs for Olympic Taekwondo athletes, coaches and referees.

NCTO is the official State Association to USA Taekwondo, Inc (USAT). USAT is a recognized member of the United States Olympic Committee as the National Governing Body for the sport of Olympic Taekwondo in the United States. USAT is also a member of the World Taekwondo Federation (WTF), which is the recognized International Governing Body of sport Taekwondo by the International Olympic



Master Ron with NCTO Students (Photos by JJ Jones)

Committee (IOC).

Master Ron is a Level 1 Olympic Taekwondo Coach, a B-1 USAT National Referee and a National and International Taekwondo champion - having won Gold medals in Poomsae (Forms) and Kyorugi (Sparring) at the US National Taekwondo Championships and the US Open Taekwondo Championships. As a coach, Master Ron has coached his team to win over 50 national medals at the US Junior Olympics and National Taekwondo Championships since 1992. Master Ron is also the Taekwondo Competition Manager of the Powerade State Games of

North Carolina Taekwondo Championships. The Powerade State Games of North Carolina is an annual sports festival for North Carolinians of all ages and skill levels. The competition is designed to facilitate grass roots development of Olympic-style sports in our state, while providing personal development and growth through physical fitness and health. Participation by the youth, adults and senior citizens is the most important aspect of the State Games.

NCTO also organizes and promotes the annual USAT-North Carolina State Taekwondo Championships. The USAT-NC State Championships is a USAT National Qualifier to the US Junior Olympics and National Taekwondo Championships. NCTO further promotes and/or organizes the official USAT Referee Development Seminars, Olympic Taekwondo Kyorugi (Sparring) Seminars, WTF Competition Sport Poomsae (Forms) Seminars, International Sport Achiever Seminars for athletes, coaches, referees, parents & sponsors, Fitness, Health & Sport Nutrition Seminars and the North Carolina Taekwondo Summit.

Through the NCTO, Master Ron Whitted is developing future Olympians from our very own communities. However, Olympic funding is never easy and outside support is greatly needed. So, Master Ron asks individuals, the community and corporate business to provide the program with sponsorships to help with the creation of scholarships in order to reduce the financial burden on training and competing in Olympic Taekwondo. "We are also hoping to establish scholarships for at risk youth as well," says Master Ron.

In the midst of all the basketball and football camps, the area has new camp of discipline and sport. And it's year-round and on-going and bringing the Olympics one step closer to us...thanks to Master Ron Whitted and the North Carolina Taekwondo Organization (NCTO). Sign your youth or yourself up today.

The Fayetteville/Cumberland Olympic Taekwondo programs are offered locally at the Cliffdale Recreation Center, located at 6404 Cliffdale Road, Fayetteville, NC 28314, (910-433-1127) on Tuesday and Thursday evenings starting at 4:30pm, 5:30pm, 6:30pm and 7:30pm. Also College Lakes Recreation Center, located at 4945 Rosehill Road, Fayetteville, NC 28311, (910-433-1564) on Monday and Friday evenings starting at 6pm and 7pm. For more information, contact Master Ron at 910-385-4653 or [wtkdcte@intrstar.net](mailto:wtkdcte@intrstar.net). Or you can go online to: [www.usa-taekwondo.us](http://www.usa-taekwondo.us) / [www.ncsports.org](http://www.ncsports.org) / [www.nctkd.org](http://www.nctkd.org).

## The Rogers Law Firm: Celebrating its' 20th Anniversary of Community Service

By Dr. Vikki M.S. Andrews

The Rogers Law Firm will celebrate its' 20th anniversary this month. To help him mark this significant milestone, I had the opportunity to talk with my friend Attorney Allen Rogers about those 20 years to try to let other people learn some of the secrets of his success and what motivates him to keep on doing 'it'. I've known Allen more than 20 years. I thought this would be something quick and easy to do. This task however, was surprisingly more revealing and more enjoyable than I think either of us thought it would be. **Q1: Are you a native of Cumberland County?** No actually, I am a transplant. I am from Laurinburg North Carolina, a small community just 40 miles from here near 'South of the Border'. I came to Fayetteville as a Judge Advocate General (JAG) lawyer and served in the 18th Airborne Corps at Fort Bragg. **Q2: What is your educational background?** I attended Howard University in Washington DC as an undergraduate where I majored in Political Science with a minor in Psychology. I then went to UNC Chapel Hill Law School and like all Army lawyers do, I graduated from the United States Army JAG School at the University of Virginia, Charlottesville, Virginia. **Q3: What made you want to be a lawyer?** I guess my interest in becoming a lawyer probably stemmed from my oldest brother who was very ambitious and motivated, and my idol but had legal troubles after his tour in Vietnam, that caused crisis in my family and I recalled the huge responsibility of the lawyer assisting the family in navigating through the legal system. The lawyer offered solutions. It seemed that being the "go to guy" was quite attractive to me in helping families deal with crisis. **Q4: How did you choose Fayetteville to open your law practice?** As I said, Fayetteville was the big city growing up as I did in Laurinburg. But as a JAG, I was chief of Legal Assistance during Operation Desert Shield and Desert Storm. I acted also as a defense lawyer at Fort Bragg. In this capacity, I established a relationship with the civilian community and thus it was a natural transition to move into practice here. I must admit my brothers encouraged me as well as suggested that if others could make a living in Fayetteville in private practice so could I. **Q5: Who were the three most influential people in your early professional career?** Other than my parents, who have been my rock and motivation at all times, I would have to say, Justice Patricia Timmons-Goodson, The late Honorable Arthur Lane and Attorney Willie Gary. Justice Goodson was a District Court Judge when I began practicing



Photo by JJ Jones

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and was a great role model in demonstrating excellence and competence in the legal field. She commanded the respect of all her peers while maintaining a grounded approach of never forgetting where you come from. Arthur Lane was my mentor. He was a civil rights lawyer during the movement. He maintained an edge, despite having come up in an era where black lawyers were still relegated to a position of second class citizens. He introduced me to the National Bar Association which is a network of Black lawyers from all over the country who meet annually to train, share information and provide a support system. It was through that association that I met the late Johnny Cochran, Milton Grimes (Rodney King's Lawyer), Willie Gary and the late Honorable A. Leon Higginbotham. Willie Gary's success and prominence as the Giant Slayer gaining multiple multi-million dollar verdicts as well as his marketing genius inspired me to believe that I too could achieve great success in practice. **Q6: Who influences you today?** The Honorable Gregory Weeks, Chief Superior Court Judge, inspires me to respect the practice and seek to not just make a living but continue to look to improve. The Honorable Coy Brewer has been a true friend and professional during the best and worst of times. His ability to evaluate behavior and thought processes of people has helped me tremendously in my practice. The Honorable Edward Pone is a man of integrity who dispenses justice worthy of admiration. My parents, Dad- Bishop Zack Rogers, Jr., a Holiness preacher and my mom, Mary C. Rogers, a saint... motivate me to stay grounded,

true to my calling to help empower people. They inspire me to not be selfish in my motive but respect the privilege and the opportunity to serve the community and empower others. My sister Jackie is my CEO and gate keeper; she has stood with me through all the high and lows of my career and has always been a solid foundation from which I could grow my practice, accept my failures, learn from my mistakes and build my practice. **Q7: What early life lessons did you learn that still influence you today?** My dad says "we have done so much with so little that we could do almost anything with nothing". I do not allow the privileges that others may enjoy because of their relationship with people in powerful positions to dissuade me because I came to realize early on in life that as a Black American, I am of a culture of over-comers. I had a great deal of pride instilled in me as a child by my parents, a truck driver and textile worker, who were always greatly respected because of their walk and what they stood for. When I was in the 8th grade my homeroom teacher who happened to be white, said to me, "you walk around this school with your head high like you think you are something, you are nothing and you will never be nothing". I had made the unthinkable error of leaving my lunch card in my desk, when I came back to the classroom from my daily assignment in the principal's office she met me at the door with this "bit" of inspiration. These words would brand my mind with a determination to succeed. Failure would not be an option and no child that I encountered would be discouraged from realizing their true worth. **Q8: Do you think you have an obligation to young lawyers just starting out today?** I try to offer some guidance and advice to young lawyers as was done with me by Justice Timmons-Goodson, Attorney Lila Washington and the late Arthur Lane. I came up in an era of social consciousness and political awareness. My friend and fellow National Bar Attorney Leon Lee was the first in our area to hire minority attorneys. In that same spirit I have sought to help minority attorneys begin their professional journey. The Attorneys that worked for me early in their careers are: Attorney Beth Hall, Attorney Nichole Phair, Attorney Adriene Woods, Attorney Richard Brown, Attorney Dana Blackmore, Attorney Sherry

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