

## Belle season improves in second half

By Jobina Brown  
Banner Sports Editor

It's too bad that the basketball season for the Belles doesn't start in February.

By the end of the first half of the basketball season, November through January, the Lady Belles had won only one game (against Agnes Scott) and lost 12 other games.

"The second part of the season was better than the first half," said Joyce Spruill, the Lady Belles basketball coach.

The pivotal point of their season arrived Feb. 7, when the Belles beat Fisk University by 20 points.

Following that victory, the Belles won 10 out of their remaining 14 games, and earned a runner-up spot in the NC-GA Women's College Basketball Tournament.

Except for the overtime win of 67-66 against Peace College, in

most of their victories the Belles thrashed their opponents by at least 20 points, and the most impressive win of almost 60 points was against the women of Warren Wilson College.

### Recap

The Belles stomped Fisk University 65-45; Johnson Bible College 62-40; Warren Wilson College with a score of 77 to 18; East Coast Bible College 60-42; and Wesleyan College 81-63.

The Belles posted one of their victories due to a forfeited match against Warren Wilson College during the NC-GA tournament.

The dynamic leading scorers of the All-Tournament Team were Yolanda James, a sophomore from Virginia and Andrea Jenerette, a junior from New Jersey.

James scored an average of 19.5 points, and Jenerette scored an average of 10.5 points.

## 97-98 Belle Second-Half Season Recap

Hollins College 87	Bennett College 72
Fisk University 45	Bennett College 65
Johnson Bible College 40	Bennett College 62
Methodist College 82	Bennett College 60
Warren Wilson 18	Bennett College 77
Peace College 66	Bennett College 67
Meredith College 83	Bennett College 47
East Coast Bible College 42	Bennett College 60
Newport News Apprentice 67	Bennett College 48
Wesleyan College 63	Bennett College 81
Meredith College 84	Bennett College 29
Warren Wilson College 0	Bennett College 2

### NC-GA Women's College Tournament Results

Meredith College Champions      Bennett College Runner-up

## Water aerobics offered

By Jobina Brown  
Sports Editor and Staff

Spring is just around the corner.

One way for us to look especially nice in our sun dresses and shorts is to get toned up with the new water aerobics program.

The water exercises are scheduled to take place in the Ida B. Goode gym's pool Tuesdays and Thursdays 7-8:30 p.m.

Two students, Natia Courtney, a freshman from Detroit majoring in psychology and Halona Kelley, a freshman from Maryland majoring in biology are teaching the classes

For the non-aquatic enthusiasts, the department is also offering floor exercises.

The classes are Mondays and Wednesdays from 7-8:30 p.m in the gym.

"It is tiresome, but fun," said Kelli Anderson, a freshman social work major from Washington D.C. said.

"If you really want to work out come here. We are having fun while we lose the weight," Anderson said.

The women who attend the exercise programs say they are being pushed in a good way to tone up.

## Fibroid tumors: Another reason to perform regular breast exams

By Adwoa Esarba Aikins  
Banner Reporter and Staff

Have you felt a lump in your breast and are uncertain how long it's been there?

If so, it is a good idea to make an appointment with your physician, not only for cancer, but for fibrocystic tumors.

Fibrocystic tumors are characterized as being benign, painless,

firm, rubbery lumps that are most common in young women between 15 to 30 years old. Physicians use a breast ultrasound to detect whether the lump is fluid filled or solid. However, as an added precaution, women should perform exams themselves.

"After every seven days of a menstrual cycle or the first Sunday or the first day of taking their birth control pill each month women

should do a breast exam standing, lying down, and a mirror check to become familiar with their breast," said Linda Watkins, the director of health services in the campus Health Center.

According to *Women's Encyclopedia of Health and Emotional* breast symptoms vary from month to month because hormones vary from month to month.

## Nubian Nuance

### Spring 1998

#### Tuesday

March 31  
Poetry Night, featuring "Da Boogieman" and others  
7 p.m. (Coffee House)

#### Wednesday

April 1  
Show Time at Bennett 7 p.m.  
(Little Theater)

#### Thursday

April 2  
ACES featuring the Benedict College Performing Arts Company  
11 a.m. (Gym)  
Ecentrique Fashion Show at 7:30 p.m. (Gym)



#### Friday

April 3  
President's Ball at 9 p.m.  
(Greensboro Hilton Governor's Room)

#### Saturday

April 4  
Concert Featuring Goodie Mob at 4:30 p.m.- 5 p.m.-until (Behind Gym)  
Party featuring DJ Marz 9 p.m.-1 a.m. (Gym)



#### Monday

March 30  
Spirit Day -- Wear Bennett paraphernalia all day  
Faculty/Staff vs. Students  
Volleyball game 4-5 p.m.  
(Quad)  
Cookout on the Quad 4:30-6 p.m.  
Basketball: Bennett v. 102  
JAMZ (Gym) 7:00 p.m.  
Pizza Chats with Bennett Alumnae 8 p.m.

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