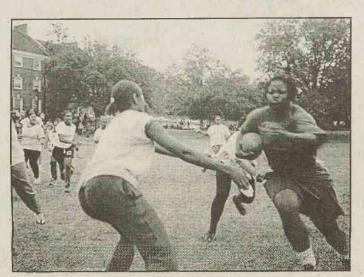
#### · BEAUTY · SPORTS · HEALTH · FITNESS · BEAUTY · SPORTS · HEALTH •

### Powder puff game halted



Carl Bibbs, athletic director and coach for the Belles discusses a game strategy.



Belle Joan Stanley, a sophomore from New York, positions herself to stop the Lady Aggie run. Photos by Marie Smith, staff photographer.

The Belles played the Lady Aggies during Spirit Week's Powder Puff game at the NC A&T State's Holland Bowl. The game was not finished due to an altercation between team members of the two teams.

# Water preferred drink year-round

(NAPS)—You've probably tribute to fluid loss. heard the warnings about not drinking enough water during the summer months.

However, your body needs an adequate supply of water regardless of the time of year. Among other things, water regulates body temperature (through perspiration), transports nutrients throughout the enough water if you: body, cushions the joints, protects body organs and tissues, helps with • Feel tired although you've had food digestion and rids the body of plenty of rest. waste products.

of water year-round is a key ingre- • Easily lose your concentration dient in a healthy life-style. Even throughout the day. in the fall and winter seasons, dry outside temperatures and heated moisture from your skin and con-misunderstood.

Not drinking enough water to replenish these fluids can easily lead to dehydration, which can cause fatigue, impaired physical ability, weakness, dizziness, headaches and other health ailments.

The water quality experts point out that you may not be drinking

- · Cramp up during exercise de-Drinking an adequate amount spite having stretched beforehand.

  - · Feel thirsty.

Of all the symptoms of dehyindoor environments evaporate dration, thirst is probably the most

## A cure for female hair loss

can be even more embarrassing able has been shown to generate is a precise combination of 2 perthan it is for men, and until recently finding a treatment capable according to a study published in tretinoin, compounded with speof successfully regrowing a Advances In Therapy, an interna- cific preservatives. woman's hair was most often an tional medical journal. exercise in futility.

quently produce disappointing results, but they carried with them the risk of undesirable side effects such as birth defects or growth of facial hair. However, a new treatment for thinning hair and hair loss that is far more effective than all

(NAPS)—For women, hair loss other treatments currently avail- New York physician as a hair spray, the strongest results in women, cent minoxidil and 0.025 percent

Not only did treatments fre- with it no known side effects, was able to strengthen, thicken, and regrow women's thinning hair in nearly 100 percent of the patients tested, with "cosmetically signifi- use and it does not have any horcant" results typically being ob- monal side effects. served in less than six months.

The formula, developed by a www.baldspot.com.

The physician, who has treated The treatment, which carries hair problems for more than 15 years found that adding tretinoin, also known as Retin-A, formulated as a hair spray provided much better results. The spray is easy to

More information is available at

## Calcium offers relief for PMS sufferers

According to a recent study published in the American Journal of Obstetrics and Gynecology, relievgetting enough calcium.

The multi-center study found that overall PMS symptoms were to three months for women who took 1,200 mg of a calcium supplement daily.

tive in improving mood swings, water retention, food cravings and pain.

In fact, 15 out of the 17 identified symptoms improved, the exceptions being fatigue and sleep disturbance.

(NAPS)—There's good news "This study offers sufferers of PMS older. for Bennett Belles who suffer from a simple, effective treatment for a symptoms of premenstrual syn- chronic problem," noted endocridrome, commonly known as PMS. nologist of the College of Physicians and Surgeons, Columbia University. "

Taking a calcium supplement eving symptoms may be as simple as ery day may not only make them feel better, but they'll receive the benefit of building strong bones."

When choosing a calcium reduced by almost half within two supplement, remember two things: (1) Not all supplements are alike; and (2) the amount of calcium in each tablet is not as important as Calcium was particularly effect the type of calcium...because some forms of calcium are more readily absorbed than others, and better used by the body.

> Calcium citrate supplements which have been proven to stop bone loss, have long been recommended for women age 50 and

This new study suggests that it would benefit women of all ages.

The study also appears to confirm that PMS symptoms may be a result of chronic calcium deficiency.

Experts believe PMS symptoms may be an indicator for the future risk of osteoporosis.

This early warning sign may encourage women to initiate healthy life-style changes, including taking a calcium supplement, which would help reduce the risk of osteoporosis.

This is important because 28 million Americans-mostly women-suffer from osteoporosis, a chronic disease that results in deterioration of bone, often resulting in fractures to the hip, spine and wrist.

# Hazing

#### Continued from Page 1

studios during the videoconference, expressed concerns about the makeup of the

"Why aren't there any undergraduates represented on the panel if we are supposed to be the root of all the problems?," said an audience member of Alpha Kappa Alpha Sorority Inc.

In response, Dr. Michael Gordon, the director of the National Pan-Hell Council said a person does not have to be an undergraduate to discuss concerns.



## English Comprehensive Exam

October 22 in Pfieffer Science Auditorium.

Registraton for the ECE will continue through October 16.

Eligible students may register from 8 to 10 a.m. in Mrs. Speas' office, Steele Hall Room



HERMENE'S STYLE & IMAGE



HERMENE JOANN LISA MARION PAM

SHEILA **MEKA** YVONNE CANDACE DEBRA

940 E. Bessemer Ave. Grensboro, N.C. 27405 (336)378-0807

Call for Appointment Today Walk-ins Welcome

> Hours: 9-8 T-F 8-4 sat.

A COUPON JUST 4 U