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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 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 body, cushions the joints, protects body organs and tissues, helps with food digestion and rids the body of waste products.

Drinking an adequate amount of water year-round is a key ingredient in a healthy life-style. Even in the fall and winter seasons, dry outside temperatures and heated indoor environments evaporate moisture from your skin and con-

tribute to fluid loss.

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 enough water if you:

- *Feel tired although you've had plenty of rest.*
- *Cramp up during exercise despite having stretched beforehand.*
- *Easily lose your concentration throughout the day.*
- *Feel thirsty.*

Of all the symptoms of dehydration, thirst is probably the most misunderstood.

A cure for female hair loss

(NAPS)—For women, hair loss can be even more embarrassing than it is for men, and until recently finding a treatment capable of successfully regrowing a woman's hair was most often an exercise in futility.

Not only did treatments frequently 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

other treatments currently available has been shown to generate the strongest results in women, according to a study published in *Advances In Therapy*, an international medical journal.

The treatment, which carries 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 significant" results typically being observed in less than six months.

The formula, developed by a

New York physician as a hair spray, is a precise combination of 2 percent minoxidil and 0.025 percent tretinoin, compounded with specific preservatives.

The physician, who has treated 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 use and it does not have any hormonal side effects.

More information is available at www.baldspot.com.

Calcium offers relief for PMS sufferers

(NAPS)—There's good news for Bennett Belles who suffer from symptoms of premenstrual syndrome, commonly known as PMS.

According to a recent study published in the *American Journal of Obstetrics and Gynecology*, relieving symptoms may be as simple as getting enough calcium.

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

Calcium was particularly effective 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.

"This study offers sufferers of PMS a simple, effective treatment for a chronic problem," noted endocrinologist of the College of Physicians and Surgeons, Columbia University.

Taking a calcium supplement every day may not only make them feel better, but they'll receive the benefit of building strong bones."

When choosing a calcium supplement, remember two things: (1) Not all supplements are alike; and (2) the amount of calcium in each tablet is not as important as 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

older.

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

DC studios during the videoconference, expressed concerns about the makeup of the panel.

"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

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October 22 in Pfeiffer Science Auditorium.

Registration for the ECE will continue through October 16.

Eligible students may register from 8 to 10 a.m. in Mrs. Spears' office, Steele Hall Room 104.

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