

SPORTS • HEALTH • FITNESS • SPORTS • HEALTH • FITNESS

Greensboro martial artists present self defense techniques for women

The Greensboro Judo & Jujitsu Alliances presented a "Women in Self Defense" demonstration to students, staff and faculty March 10 in Goode gym.

During the 30-minute demonstration, Barry Siegal, 1st-den black belt martial artist, narrated and discussed the various techniques performed by the members of the Alliances -- Sensi Roger Rodolphe, 7th-den black belt, Matthew Renwick and Melissa Martin, brown belt.

Siegal explained to an audience of approximately 35 people that

the techniques being demonstrated should be used for defensive reactions.

"Use common sense, if you are attacked," Siegal said.

Sensi (teacher) Rodolphe is a European champion in judo and has won numerous awards in Europe and North America.

Rodolphe has 50 years of experience in judo including 25 years as head instructor of the Greensboro Judo & Jujitsu Alliances.

Dr. Lona D. Cobb, director for the Center for African Women and Women of the African Diaspora,

said she organized the demonstration to determine if there is an interest in having a workshop on self defense.

Dr Cobb said as a result of the response, she is coordinating a four-week self defense workshop.

The workshop will be free for all faculty, staff and students and is scheduled for the following Wednesdays -- April 7, 14, 21 and 28 from 5 -6 p.m. in the Goode gym. For more information, call Dr. Cobb, at 370-8690 or call the Women's Leadership Institute at 370-0436.

Beauty solutions from Sally

(NAPSA)-Have you got a beauty problem or question?

A Sally Beauty Supply's beauty expert and licensed cosmetologist, has clear answers and practical solutions for every beauty question.

Q. "I love my new hair color, but it fades so fast! How can I make my hair color last longer?"

A. How long hair color lasts depends on how porous the hair is, how much gray it contains, and how fast it grows. Harsh shampoos and chemical treatments can also make color fade. Use salon-quality shampoos, conditioners and styling products that are specially formulated for color-treated hair. You can also extend the life of

your hair color with a professional color-enhancing shampoo, like Clairol Complements. Choose a shade that complements your new hair color. When you have your hair colored again, ask your colorist to seal in the color with a special clear, no-color gloss. Color lasts longer, and you get great shine.

Q. "Here's mission impossible: How can I keep my extremely dry, curly, color-treated hair soft and shiny even in harsh sun and heat?"

A. You can revive your dry, sun-blasted hair with a deep-conditioning treatment that moisturizes damaged hair and restores softness and shine. While basking in the Texas sun, use a heat-activated deep con-

ditioner on your hair, such as Ion Hot 'N Moist Protective Hair & Scalp treatment. Wrap your head in a salon cap, or even a towel, and relax while the sun's heat puts the conditioner to work! To protect your hair color and keep your hair feeling soft daily, try using a leave-in conditioner and styling products that contain sunscreen and silicone to keep dry hair flexible and shiny.

Send your beauty questions to ASK-SALLY, c/o The Hart Agency, 2811 McKinney Ave., Dallas, Texas 75204. E-mail: hart@onramp.net. You'll receive your answer plus a valuable coupon you can use at the Sally store near you.

Carter Continued from Page 1

above those tribulations.

For her talent Freeman sang "Get There" by Oleta Adams, and Boyton and Waters each delivered poetry performances.

Carter said she feels her personal responsibility as Miss Nubian Nuance is to be an example of the phenomenal women that Bennett College produces by her leadership skills and motivational spirit.

As Miss Nubian Nuance Carter

will be responsible for encouraging students to participate in homecoming activities, preside over campus activities, and serve as the spokesperson for the College during Nubian Nuance Week. Nubian Nuance Week this year is April 7 - 11.

"I hope to see all Bennett Belles representing Bennett to the fullest and participating in all the activities planned to increase our school

spirit and amazing sisterhood," Carter said.

The judges, both students and faculty members, rated the contestants on projection, originality, and confidence.

Boyton is a sophomore psychology major from Ocala, Fla.; Freeman is a social work junior, from Richmond, Va; and, Waters is a freshman, from Baltimore, majoring in political science.

Honda Continued from Page 1

University won \$50,000 as the national all-star champion.

Bennett received a \$2,500 share of the \$305,000 in grants to upgrade campus facilities and institutional resources. The share of each school was determined by the school's performance in the tournament.

The All-Star Challenge -- a ques-

tion-and-answer game based on the College Bowl television game show -- was open to 87 HBCU's, but only 64 schools were chosen for the 1999 national championship tournament following their on-campus tournaments.

Bennett's Honda Campus All-Star Team: Demetria

Bell, a senior psychology major from Cleveland, Allison Smith a senior sociology from Maryland; Leslie Goddard a sophomore, social work major from Johnson City, Tenn; Tiffany Scurlock a senior, sociology major from Washington, D.C.; and Shayla West, a freshman biology major from Lindewold, N.J.

Tape Continued from Page 1

saying "Instead of hearing me talk about Dr. King, let him speak for himself."

During a reception following the program, President Scott was presented with a plaque acknowledging the accomplishment of the College and a souvenir advertisement poster of the event.

The remastered tape was first played during the ACES programs designated to celebrate the 41st anniversary of King's address. Since then, the King tape has received national news coverage. Copies of the tape are available for \$20. Proceeds will be used for a scholarship in King's name.

"BCR99"

BLACK COLLEGE RADIO CONVENTION

If you have a career interest in radio, television, film or cable, you should join representatives from more than 100 HBCUs across the country at the 21st Annual Black College Radio Convention

April 2-3, 1999 at the

Renaissance Hotel, Atlanta, GA.

PO BOX 3191 / ATLANTA, GA. 30302

(404) 523-6136 / FAX (404) 523-5467

E-MAIL: bcrmail@blackcollegeradio.com

Summer '99 at UNCW

Session I
May 20 - June 23

Intersession
June 14 - July 15

Session II
June 28 - July 30

UNCW
The University of North Carolina at Wilmington
(910) 962-3243 or 1-(800) 228-5571 • email: summer@uncwil.edu
Or visit us at www.uncwil.edu/summsch/

An FPD/AA Institution