

Swim team short four members

BY CANDACE EVANS
Staff Reporter

Wanted: Four Belles to join the swim team.

With six members on the swim team, Coach Carl Bibbs, athletic director and swim team coach, as well as his two captains are still trying to get 10 swimmers by November.

"We have put out fliers and information packets [about the swim team] in the cafeteria and student union," Coach Bibbs said.

Bibbs said his goal for the swim team is to have enough students to compete evenly against teams who have 20-30 swimmers. "When you have 10 swimmers, you're going to end up doubling in the events. I'm trying to get as many swimmers as possible," Bibbs said.

Monica P. Gaymon, a sophomore biology major from Silver Springs, Md. is one of the team's two co-captains. "The membership has grown and even though we didn't have a swim team last year, I am sure we will be prepared to compete this year," Gaymon said.

"The swimmers seem dedicated and they really want to swim.

They're all looking forward to competing, especially since there wasn't a swim team last year," she said.

"Even though this is my first time on a swim team as well as, my first time as co captain, I am willing to do my best for the team," Gaymon said.

Crystal M. White, the other co-captain, said the team is preparing for the start of the season. "We're

looking for other members so, if you like to swim, please join," said White a sophomore accounting major from Bowie, Md.

"Even if we don't have a swim team, I won't forget how we all bonded and became unified."

Bibbs said he is proud of the team members. "Even though their class schedules are hard, they make time. Some have never swam but are trying, Bibbs said.

Sickle Cell walk-a-thon scheduled ATM Continued from Page 1

BY DARNITA HOWARD
Staff Reporter

LINKS, Inc. and the Sickle Cell Disease Association of the Piedmont will host the Sickle Cell/ LINKS Walk-A-Thon Sept. 25. The walk-a-thon's purpose is to aid in the fight against sickle cell disease.

Linda Watkins, a registered nurse and director of Health Services and Wellness Center, said that all students need to participate in the walk-a-thon because sickle cell disease affects many African Americans.

"I recommend that all students be tested for the sickle cell trait," Watkins said.

"However, people of all races and nationalities should be screened for sickle cell disease."

The Walk-A-Thon hosts will be hosted by LINKS, Inc. and the

Sickle Cell Disease Association of the Piedmont.

LINKS, Inc. is an international, nonprofit organization that awards financial grants to other organizations whose goals are similar to those of the LINKS, Inc.

"The LINKS, Inc. has several target groups, and acknowledging sickle cell disease is one of their major operations," said Rosa Tribble Wilson, immediate past president of the Winston-Salem Chapter of the LINKS, Inc.

"I recommend that all students be tested for the sickle cell trait."

Nurse Watkins

The Sickle Cell Disease Association of the Piedmont is a nonprofit community health agency. Kay Clark, president of the Winston-Salem Chapter of the LINKS, Inc, said she anticipate 75-100 participants for the walk-a-thon. Participants are not required to give monetary gifts, but donations will be accepted. Clark said one-half of the donations will be given to the LINKS Foundation, Inc., and the other half will be given to SCDAP.

Sickle cell disease is a hereditary red blood cell disorder that consists of red blood cells becoming a sickle shape when oxygen is released. The hard and sticky red blood cells clog the blood flow when passing through small blood tubes. The blood clogging may result in pain, organ damage, or anemia. The Sickle Cell/ LINKS walk-a-thon will begin at 8 a.m. at Bowen Boulevard. Par Course in Winston-Salem, N.C.

Points, Plus, Interlink, and Honor networks are accepted.

"The ATM was installed specifically for the Bennett College community, students, faculty, and staff," said Delores Shaw, cashier and switchboard operator.

"I'm extremely happy because

the machine has been long awaited," said Jennifer L. Moore, a biology major, junior from New Jersey. "It's very convenient and safe." The machine is here due to arrangements with Cross International Technology, Inc. and Bank of America, the College's bank.

ACES Continued from Page 1

The ACES program are feature performances by the The Spirit of David Dance Ensemble and the Bennett College Staff Ensemble.

The next three scheduled ACES are the MARC/MBRS Scholars, Oct. 7, Heritage Day, Oct. 14 and Founder's Day, Oct. 17.

Jones Continued from Page 1

Participants will learn how to develop leadership skills while studying the qualities that are expected to make effective leaders.

Program participants will attend a fall retreat, take part in commu-

nity projects and will interact with leaders in the community.

Jones is also president of the Student Senate. She has been a reporter and later an editor of the Bennett Banner.

Health risks of obesity

(NAPSA and Banner Staff)—Belles do you need a little extra incentive to lose the weight you gained from eating those late night snacks from Dominoes, China Express and Venice Pizza? Here's help:

First, let's chew the fat about fat. Excess pounds can shorten your life and lighten your wallet. Obesity has been linked to heart disease, diabetes, certain types of cancer, gallbladder troubles and high cholesterol. In fact, obesity-related medical conditions are the second leading cause of preventable death, resulting in 300,000 deaths every year.

Obesity also costs our economy about a \$100 billion a year in health care costs and lost productivity. And that's not even counting the nearly \$48 billion spent per year by people trying to lose weight.

On the plus side, however, is that plus-sized people may be get-

ting some assistance from science. Researchers recently discovered a prescription medication called Xenical that could keep the human body from absorbing approximately 1/3 of the fat in food.

Clinical studies show that Xenical, when combined with regular exercise and a diet containing no more than 30 percent of calories from fat, can help people lose five to ten percent of their initial weight within a year, without suffering any serious side effects.

Gastrointestinal symptoms are the most common side effects from Xenical. These effects are mild and diminish with time and by eating a diet containing no more than 30 percent of calories from fat.

The weight loss resulting from a Xenical-based regimen can also help reduce risk factors for high blood pressure, high cholesterol, and diabetes.

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