

Athletic department hosts 'Career in Sports' series

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Sports Editor

The athletic department recently hosted part two of the series titled "Careers in Sports."

The speaker for this series was Dr. Sheila Benton, an Executive Officer for the NCAA.

Benton said her main goal for speaking at this series is to encour-

age just one person to follow her goals and believe in what she can achieve.

Benton told students that her family helped her achieve her goals to become an executive officer.

"I am so proud of my family because they have helped me with my educational growth," Benton said.

Benton said she is aware of the

small representation of African-American women in sports. She told students to get involved within any aspect of sports.

"There are not many of 'us' representing the different areas of sports. Sports has a wide range of employment opportunities. There is more to the NCAA than basketball and March Madness," Benton said.

Benton discussed scholarships that are available to college graduates. "I really want you to take advantage of these scholarship opportunities," said Benton. "I did and that's how I am in this position today."

Benton said that in order to receive these scholarships, students must get involved with NCAA sports, have a good grade point

average, and have a positive outlook on their goals.

"I enjoyed listening to the speaker," said Teya Renwick, a sophomore social work major from Washington, D.C. "She encouraged so many students to achieve their goals in the area of sports and to believe in themselves. I now believe that there are no boundaries to having success."

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A mind is a terrible thing to waste.



Tips for sticking to your workout routine

(NAPSA)-Most Bennett Belles know that regular exercise is essential for maintaining good health. But how many of us start a workout program with great intentions, only to quit as work, school, kids and other time demands become overwhelming? Research shows a lot-- about one-half of people -- who begin an exercise routine drop out within six months to one year. How can you ensure that you don't become one of these statistics?

- Exercise first thing in the morning. Research shows that people who exercise in the morning are the most consistent with their routines.
- Schedule your workouts. Just like a doctor's appointment, classes or ACES, marking your calendar with an exercise time enhances the likelihood that you will work out

consistently. Don't think you magically will "find" time to exercise; write it down and honor it as you would any other appointment.

- Set small, realistic goals to start. Don't set yourself up for failure by committing to exercise everyday for one hour if you've never participated in a regular workout routine before. By setting small goals you can achieve, you make it easier to experience success quickly.
- Vary your workouts. For most of us, doing the same workout daily can cause boredom. Lift free weights one day, use a treadmill the next and take an exercise class the next.
- Partner with a workout buddy. People who exercise with a friend or group tend to be more consistent. Make appointments to exercise with a roommate, soror or a

friend.

- Find a diversion. If you really don't enjoy exercising, try listening to music, watching TV, reading a magazine or even surfing the Internet to help keep you moving.
- Document your progress. Seeing how far you have come or how much you have accomplished can be a powerful motivator. Tracking your exercise routine, whether it is the number of minutes jogging on a treadmill or the amount of weight you are lifting, provides immediate visual feedback of your commitment.
- Allow yourself a break if necessary. Don't give up if you miss a few days, or even weeks, of your exercise routine.
- Reward yourself for your success.

How does your breath score?

(NAPSA)- Does your roommate's breath stink? Halitosis or "bad breath" is a common problem that is widespread, yet misunderstood and mistreated. Contrary to popular belief, scientific findings confirm that bad breath does not originate in the stomach, but rather from anaerobic sulfur-producing bacteria that breed under the surface of the back of the tongue and throat.

A renowned dentist and bacteriologist, has five easy tricks to ensure fast and lasting fresh breath:

A moist mouth is a fresh mouth: Drink six-eight ounce glasses of water a day to keep saliva oxygenated and "good" bacteria levels in check.

Avoid mouthwashes that contain alcohol: Steer clear of alcohol, a common ingredient found in mouthwashes, it is a drying agent, which will lead to bad breath. To ensure fresh breath, read those labels! Good daily oral hygiene is always key, including tongue hy-

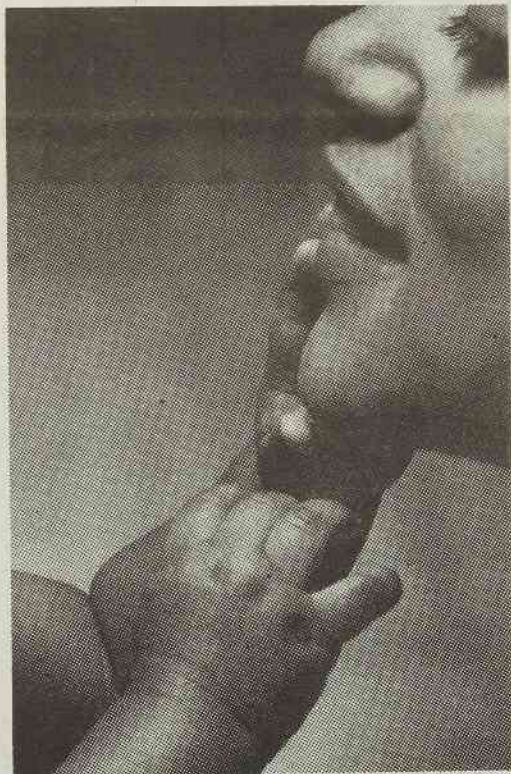
giene. Gently brush your tongue or use a narrow small-head tongue cleaner.

Avoid sugar-based mints and gum: Sugar encourages the growth of the bacteria that lead to bad breath.

Avoid dairy foods: Milk products are essential for good health and strong bones, but beware that "bad" breath bacteria also breed on the proteins in dairy foods. Try brushing your teeth or rinsing your mouth after a dairy-based meal.

Garlic and onions are not the only culprits: We all know that garlic and onions make our breath a bit stinky (they contain pungent sulfur molecules). But there are other factors and foods that contribute to bad breath, as well. Common offenders are: coffee, smoking, liquor, stress and certain common medications.

For more information and advice, visit www.freshbreath.com or call the "Halitosis Hotline" toll-free at 1-888-Fresh-88.



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