

and my tea. Styrofoam? Is this a fast food restaurant or my annual family reunion? They must take their franchise name too serious. I am so flabbergasted that I pull to the side and call my ex boyfriend, a former Cookout manager, to confirm that this

is proper protocol. He confirmed my worst nightmares...this was normal. With the quick flick of an emotional switch I turn my compassionate side on and tell myself that everybody is still recovering from the recession and Cookout is not exempt. The only

thing that should matter is the quality of the product. I take a quick bite of the burger and...magically I am parked in front of the Radio Shack in the back of the restaurant. The clock reads 10:36 and all my food is gone. The consensus: Cookout may

need assistance on aesthetics, but the food is a pleasing mix of traditional American cuisine and smoked southern flavor. It puts you under a serious spell...I still don't remember parking in front of Radio Shack and devouring that burger.

## Shedding Holiday Pounds

By: Jasmin Rodriguez

So you've savored those delicious home-cooked meals of the holidays, and now it's time to put those New Year's resolutions into practice. Yes you. You know, those extra ten pounds you swore on December 31st you'd lose in time for Bike Week; or that rock hard six-pack you promised yourself you'd have by the summer. These easy tips provided by the strikingly fit trainers at Gold's Gym, Hope Mills will help you on your way to that beachfront body you desire and an all around healthier lifestyle.

Drink plenty of water. It is essential that you hydrate your body. Water is the best hydrator. It helps you to lose weight because it fills you up without imparting single calorie on your body to struggle with later.

Stay away from soda and artificial fruit juices. Syrup based drinks like soda

or sweetened fruit juices, contain lots of sugar (calories). They should be avoided by whenever possible by drinking water instead.

Eat at least four servings of veggies a day. Vegetables are super good to your body. They fill you up (helping you not to eat foods high in calories) and help to clear your intestinal tract of potentially harmful substances.

Eat a lot of small meals versus three big meals. Small meals are easier for your body to digest and take less energy to burn off. Just make sure those meals consist of healthy food choices as opposed to high calorie, high fat content fast foods or junk food.

Exercise at least 30 minutes a day. Only 30 minutes a day of daily exercise not only contributes to achieving that gorgeous body, but it also reduces the risk of chronic diseases like: cancer, diabetes, cardiovascular disease

and even some cognitive diseases.

Keep the car in the same parking space and bypass those elevators. For those of us that don't like to exercise or just plain don't have the time to, walking whenever possible instead of driving and skipping those elevators to take the stairs are excellent ways you can get those 30 minutes of exercise a day without formally" working out".

Stay away from those liquid meals. Meal replacement shakes like Slim fast are tempting when your in a rush, but they are too easy for your system to digest and will slow down your metabolism if consumed on a regular basis.

\*\*\*Bring in this article, or mention reading it to Gold's Gym, Hope Mills, and receive a FREE 3 day pass!

## 21 Questions

1. Why are there more alumni than students at Fayetteville State University's sports games?
2. Does that club off Raeford Rd, currently Chocolate City, change its name for each new freshmen class?
3. In Jagged Edge's "Tip of My Tongue" hit, why does Trina act like she's a redbone?
4. Who told Nicki Minaj that those facial expressions were "fly"?
5. Why is FSU building an entire new nursing building with 5 new parking spots?
6. And if commuters added the time spent looking for a parking spot wouldn't it equal more hours than they sat in class for the entire semester?
7. Are Jay-Z and Beyonce's children going to be really cute or really ugly?
8. If you met you would you like you?
9. Why don't the servers in the FSU cafeteria know what they're serving?
10. If you added all student parking fines for one year wouldn't it equal the cost of giving every student a free vehicle sticker for 20 years?
11. With the phrase 'drug dealing music...I influence' in his breakout record "Oh Let's Do It", didn't Wacka Flocka have it coming?
12. Why don't janitors have teeth?
13. At what number will Brad and Angelina stop adopting kids?
14. And do they have beef with American children?
15. Why did the Bronco football players act like they won the Superbowl?
16. By the time Gucci Mane gets out of jail, won't we all have graduate degrees and be ashamed we ever listened to him in the first place?
17. Why do the treadmills in the Capel Arena gym stop working when you start running?
18. Why do the research papers you did at the last minute always get A's while the ones you actually work hard on get low C's?
19. Does it make you lazy if you brush your teeth laying down in bed?
20. Why do we park in driveways and drive on parkways?
21. Did you eat your boiled eggs today?