

Letter From Editor



Carlton Hubbard
photography

Greetings Broncos!

The weather is warming up again, and after such a brutal winter season we may seem overly thankful to see the sun's beautiful rays and feel a breeze that doesn't burn our nose and make us want to turn the heat up

to 1000 degrees... and still sleep under the covers. Soon our classes will end for the semester and we'll be making our way to Myrtle Beach or Wilmington for weekends of swimming and summer fun. With the entirety of April left, we still have a little time

to get in shape, which is important not only to feel confident in that swimsuit, but so your body will be able to handle the extra stress of the heat.

It may be a cliché but it is the truth when one says, "Getting in shape is about feeling better, more than it is about looking better." Men and women from different cultures come in a wide array of shapes, heights, and sizes, so we shouldn't aim to physically resemble anybody but our best selves. I have noticed that television and magazine sensationalism of the thin image has declined in the recent years. With celebrities like Beyoncé Knowles, Scarlett Johansson, and Salma Hayek embracing their natural, healthy physiques, young women around the world are aiming for the same appreciation of their own bodies. It is important to be the best YOU can be, not

the best you saw in Vogue Magazine.

Statistics and research have proven that individuals with normal BMI's (body mass index), regular exercise schedules, and healthy diets are more productive. They also sleep better and have more energy. Americans are dying at alarming rates from heart disease, stroke, and diabetes. In addition to these preventable killers, African-Americans are suffering from high blood pressure and obesity in sky high numbers. All these conditions, with the exception of diabetes, which sometimes comes from genetics, can be avoided.

Pizza, fried chicken, cheeseburgers, and other junk foods with high fat, sodium and cholesterol can cause serious damage if consumed on a regular basis. Just think about a straw (your arteries). The straw

is built to transport things like orange juice (blood), but every day you decide you want to try and put Crisco shortening (cholesterol) through the straw. Soon the straw is going to become clogged, and when this happens the body usually does one of two things: you go into cardiac arrest or you have a stroke. Both can kill you.

So this month, I challenge you to take a step to becoming healthier. Incorporate a salad into your lunch or dinner each day. Go to the Capel Arena and do 30 minutes on the bike, three days per week. These small initiatives will yield great results on your health and body before you know it...

L'Asia B. Brown
Editor in Chief

Black Executive Exchange Program visits FSU 3 Students Selected for Leadership Conference

By Francine Dunbar

Three Fayetteville State University students have been selected to attend the National Urban League's Leadership BEEP Conference. Rosslyn Ross, Ivory Osborne and Lolita Kirby will attend the conference, a week-long leadership retreat for students, campus liaisons from participating BEEP colleges and universities, and corporate representatives. Executives from corporate America, government agencies, non-profit organizations, and other institutions will come together to network with highly-qualified students to inform, inspire, engage, and prepare them for the world of work. This year's conference will be held in Fort Lauderdale, Florida June 8th through the 12th.

Ross, who currently serves as the Student Government Association Attorney General, says she first found out about BEEP her freshman year through email. She decided to apply this year after a little encouragement from a friend. Ross had a few bumps along the way with the requirements but she pressed on and everything

worked in her favor. She is "super excited" about her first trip to Florida and didn't realize she had that much going for her. Kirby was sponsored by Hilton Smith, one of the visiting BEEPers. Kirby showed exemplary involvement during the BEEP week at FSU.

BEEPers visited the campus March 16th through the 18th. On Tuesday BEEPers Shirley Sulick, Debrah Eggleston, and Ruth Norfleet from the CIA; Hilton Smith of Turner Construction; and Willie Harris of the USDA participated in a professional development panel discussion with students. Later that evening, BEEPers and students dined together and were trained on manners at an etiquette dinner led by Sharon Hill of Sharon Hill International.

On Wednesday and Thursday, BEEPers visited various classrooms around campus, presenting beneficial information needed for the corporate world. Selected students found out their fate at the BEEP Reception on

Wednesday evening as Tracy Boleware, Vice President of BEEP delivered the good news.

Celebrating 100 years of service, the National Urban League is the nation's oldest and largest community-based movement devoted to empowering African Americans to enter the economic and social mainstream. Today the National Urban League, headquartered on Wall Street in New York City, is the center of the nation's financial and economic district. It spearheads the non-partisan efforts of its local affiliates. There are more than 100 local affiliates of the National Urban League located in 35 states and the District of Columbia, providing direct services to more than two million people nationwide through programs, advocacy, and research.

The Black Executive Exchange Program is sponsored on the campus of Fayetteville State University by the Office of Career Services.

Swagger *, continued from front page*

OutKast, Usher, and Kanya West. Bentley was recognized by GQ magazine as the First Gentleman of Hip Hop; and Random House reached out to him to write a book.

Bentley appeared to be extremely humble. His entourage consisted of his parents, and his fiancée's father. He proclaimed FSU to be one of the greatest Historically Black Universities. Of course FSU students had to show off their swagger too. The program included a fashion show hosted by Bentley; with models featuring FSU's own Mr. and Miss Fayetteville State University Rashad Hinnat and Amber Lindsay. The models sported everything from casual wear, business wear, to formal wear. The night ended with a reception where the speaker posed for pictures and talked with students and student leaders.

The first 50 students received Fonsworth Bentley's book "Advance Your Swagger." After hearing a great speech, and seeing an awesome fashion show Bentley left FSU students wanting to do just that; advance their swagger.

If you'd like to submit a letter to the editor please write L'Asia Brown at lbrown15@broncos.uncfsu.edu

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