

## Watch what you eat this holiday

Greetings Broncos,

If you're a little like me, you look forward to the time between Thanksgiving and New Year's Day. If you're "kinda" like me, you look forward to the food that you can count on being served, between Thanksgiving and New Year's Day. If you're a lot like me (which I pray that you aren't for the sake of your jeans), you gain an average of between five and seven pounds between Thanksgiving and New Year's Day.

That is the equivalent of four inches on your waistline, two inches on your hips, or a very flabby goodbye wave. It can add two to three minutes to your two-mile run time, or trigger the onset of diabetes. It can send your blood pressure soaring or cause your cholesterol to soar to dangerous heights, in turn placing you at risk for coronary heart disease, heart attack, or stroke.

Who knew five pounds could be so lethal?

And it's the amount the average American gains every year between, you guessed it, Thanksgiving and New Year's Day.

This holiday season you don't have to be average and fortunately, you don't have to sacrifice your appetite in your quest not to be average. It's entirely possible to enjoy Turkey, dressing, macaroni and cheese, and collard greens. Portion control and staying active is the key to staying healthy this season.

"Nobody eats a perfect diet 24/7. We all like to indulge around the holidays, but it's important not to indulge in too much," says Capt. Walker of Womack Army Medical Center. According to [www.healthcastle.com](http://www.healthcastle.com) the average Thanksgiving plate contains more than 2,000 calories, which is the recommend-

ed daily caloric consumption for a healthy adult male. Thanksgiving dinners are also loaded with sugar, sodium, cholesterol and saturated fats.



L'ASIA BROWN  
FROM THE EDITOR

"Don't consume more than one serving of each dish. That's when you begin feeding your body more than it can handle. It begins storing the extra carbohydrates and sugars as fat because unless you plan to run five miles the next morning, you're probably not going to use the extra calories." Take sample-sized portions

of each dish and ensure there is a variety of vegetables included in the meal.

The website also advises against beginning Thanksgiving dinner on an empty stomach.

"Some people don't eat the entire day in preparation for Thanksgiving. Not only are you encouraging your body to go into starvation mode, but the food it will retain is most likely not sufficient enough to account for the entire day's worth of vitamins and minerals," says licensed dietician Barbara Dane.

Staying active is also key to keeping the metabolism going, which will help you to avoid those pounds. "At least 30 minutes of cardiovascular exercise, three to five days a week, is recommended. Strength training is a great option too. It builds muscle, and muscle helps the body burn calories during inactivity." Says personal trainer Dillon Parkson.

Instead of a large pile of mash potatoes, use a table spoon and limit yourself to three spoonfuls. Don't head for the bed right after your meal. Suggest a family walk or game of Twister, something to stay active after consuming so many calories.

Your waistline will thank you.

## FSU Debate Team makes history

By Camellia Sansberry  
Voice Staff Writer

The Fayetteville State University Debate Team had a few firsts as competitors in their first competition of the 2010-2011 academic year two weekends ago at Liberty University in Lynchburg, VA.

The FSU Debaters were the first to compete at the Junior Varsity level were Kymthia Aviles, Queen Colbert, Matthew Johnson and Christopher Williams.

Debater Stephen Higley competed in his first debate tournament and received a speaker award, an-

other first for the FSU Debate Team.

The debate tournament lasted from Friday, November 5<sup>th</sup> through Sunday, November 7<sup>th</sup>, and FSU's a few of FSU's competitors included universities such as Appalachian State University, The United States Naval Academy, and Wake Forest University.

The next competition will be at the Appalachian State University Debate Tournament this weekend, which is being held in Winston-Salem in conjunction with another tournament at Wake Forest University.

THE PITTMAN ADMINISTRATION

## Moving on, refusing to rest

By Courtney "NuNu" Taylor  
Voice Staff Writer

Although the fall semester is ending, the job of the Pittman administration is not over. Several events are planned for the rest of this semester.

- The annual Exam Jam will be in December. Students can bring their studies to the cafeteria and enjoy a sensational breakfast. Each year it has been a great success. They are looking for a much larger outcome this fall.

- The men's and women's basketball season is on its way. The Pittman administration wants to advocate for several events to boost the morale of the student body. They would like your support for not only the male basket-

ball team, but also for our Lady Broncos.

A tragedy has struck our university with the death of our fellow Bronco Alexander Dontae Green on Sunday, Nov. 7. The Pittman administration conducted a candlelight vigil. SGA was able to show to Dontae Green's family how Fayetteville State University is in mourning over his death. They, however did not want to make this a sad occasion. The vigil was a celebration of Green's life and his journey at FSU. The Chancellor spoke some very encouraging words and gave his condolences. The Pittman administration would like to do a "Word on the Yard," to help create social awareness of violence.

After the work is all said and

done, the Pittman administration would like students to know that the administration will continue to advocate for the voice of the students to improve campus life. "You Speak, We L.I.S.T.E.N (Lead, Inspire, Speak-Out, Teach, Encourage, and Network)."

From the desk of SGA President Jermaine Pittman, "Happy Holidays and a safe trip home! During your stay at home, reevaluate your success and always remember where your priorities lie, which is your matriculation through this prestigious university."

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