

**Features**

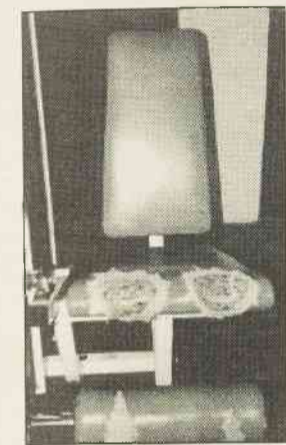
# Warning: Weightroom conditions may be hazardous to your safety

**Christina Simons**  
Reporter

Imagine you are dressed in your exercise clothes preparing for a great workout. You decide you want to lift weights first, so you lay down on the seat to the bar bells. It is hard to get comfortable with the jagged edges of the seat's torn leather poking into your skin. After spending a few minutes to find that perfect spot, you realize sweat is pouring down your body like rain, and you haven't even begun to exercise! Maybe if you had some air you'd be all right, but where are you going to get that from? Looking around, you see there are no windows, no ceiling fans, no source of ventilation whatsoever! You are surrounded by cinder block and heat. Losing the enthusiasm to workout, you leave disappointed, wet, and bruised.

**Opinion**

Years of excessive use has reduced this leg curl machine to have an unattractive look of cotton showing through the plastic covering.



Torn "Leg extension" equipment makes it uncomfortable to work quadricep muscles.

I have just taken you through two of the weight rooms at

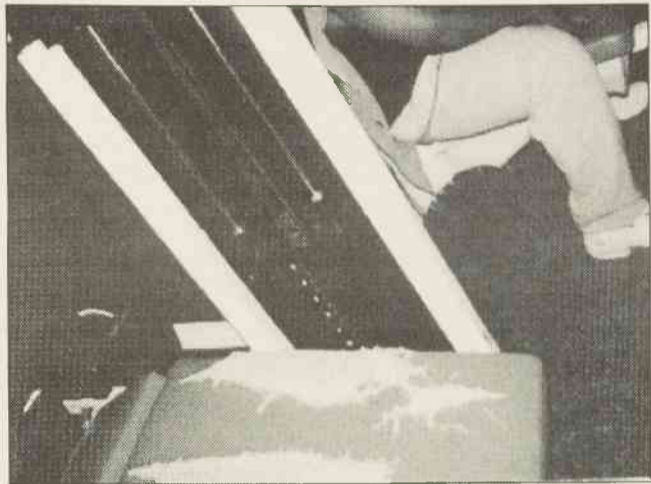
Winston-Salem State University. Have you ever visited one of them? If not, don't worry, you haven't missed a thing. Both are the size of three-and-a-half

Atkins Hall bedrooms put together. They are located in the C.E. Gaines Center; one directly below the old Whitaker Gym, and the other a few feet across from the balcony of the new gym.

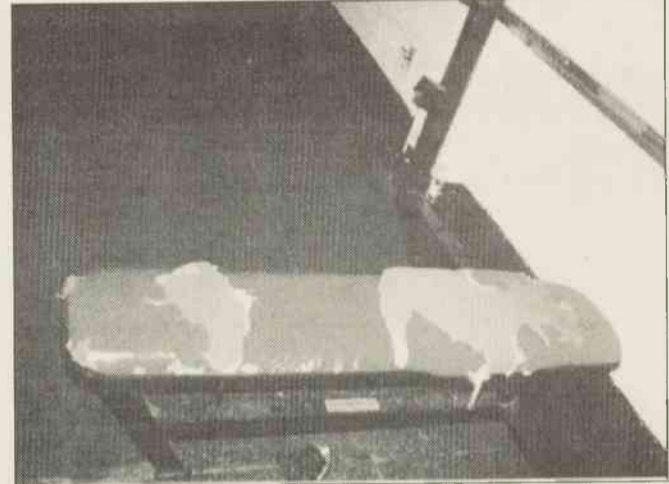
Speaking of the new gym, why couldn't some of the money used for its construction have gone towards remodeling the weight rooms? Many students want to workout, but when they look at their options, they are immediately discouraged. One reason may be that there is only one of every machine (well, actually there are two, but only one works). When asking other students their opinion, this is what they had to say:

"If it was bigger, it'd be straight." - Kevin McAdoo, Sophomore

"Our weight room does not meet



Photos by Christina Simons  
Years of excessive use has reduced this leg curl machine to have an unattractive look of cotton showing through the plastic covering.



The flat bench is used for bench presses, and other exercises. The one shown above serves its purpose, but allows perspiration to be soaked into the cotton shown.

the appropriate safety regulations. It doesn't have proper fire exits, and no ventilation. The equipment is not durable enough to be used by many people." - Eugene Harris, Senior

"Do something about the heat!" - Brian Mackey, Sophomore

"UNC -Greensboro has a weight



Adjustable bench ables you to do many exercises, but the weight room could stand for a new one.

room facility the size of a YMCA. It provides the students with a variety of exercise equipment and activities to tone all areas of the body (including mountain climbing). When you expect to receive a full workout, you won't be disappointed." - Lillienne Rouse, Sophomore

"We just need a whole new weight room." - Gerald Nixon, Sophomore

The students have spoken! Will there be a change? Will we ever have nice equipment to get a full body workout? Will the weight rooms ever go under construction or how about just building a brand new weight room? Probably no time soon, and until these things are done, our best bet is to hit the track.

## Music Reviews

**Jason Smith**  
Arts Editor

- \$ Put it back on the shelf
- \$\$ Dubb it or buy it used!
- \$\$\$ Good material, minor holes
- \$\$\$\$ Find space on your shelf
- \$\$\$\$\$ Hip-hop classic

**Cha Cha**  
**Dear Diary**  
(Epic/Noontime)

The first album release of the Sony Black College Tour since March of 1999. Cha Cha's Dear Diary is an album I have been waiting to get my hands on to rip apart since the concert. Those who read the review in the April issue of *The News Argus* should remember that I ripped her apart. "A Lil' Kim and Puff Daddy imitation..." is what I said. Well, when she debuted I admit that the album looked as though a lot of



effort was put into it, but what about the music. The only single she had out was "New Millennium (What Cha Wanna Do)." When I popped the CD into my player in the car, I was blown away by the bass heavy sound. Bass isn't going to make the album for her in my book. She hooked up with Nas for the next cut "M.O.M.M.Y." I don't know what it stands for, but from what I can hear from the lyrics is Cha Cha and Nas exchanging rhymes as if they were a couple that are thuggin' together. A Ghetto love song in a way.

Cha Cha's flow style is not always the same on every song. She can rip it as if she belonged to the rap group Do or Die on the cuts "Dear Diary" and "Busted."

"Busted" is an interlude of when she catches her man with another woman and confronts him about it.

She also gains help from her tour partners Jim Crow on a few tracks. I can say that this is a woman's album and she shows

how head strong she is and exemplifies how many women should be in certain situations.

Cha Cha is a good lyricist. Her album doesn't carry the "Explicit Content" badge that most rap albums do. With skills and youth on her side, I say keep a look out on her. \$\$\$\$

**Eve**  
**Let there be Eve...Ruff Ryder's First Lady**  
(Ruff Ryders/Interscope)

The "beauty" of the Ruff Ryder camp has broke loose and released her debut solo album and rips the world for both females and males to get into. With the help of the Ruff Ryders, there is no doubt that her album wouldn't sell well.

"Gotta Man" is Eve's love joint. On the cut, Eve displays her faith-



fulness and it also has a catchy hook of Jay-Z's "Hard Knock Life." The track "Ain't Got No Dough", featuring Missy Elliot, is a track where Eve busts out some tight flows, but Missy's annoying hook takes the song down. If Missy was cut from the track then it would allow people to get into the song where she talks about guys that want her but since they don't have money then don't step up. A Ruff Ryder version of "No Scrubs" is what I call it.

On "Heaven Only Knows" Eve tells her life story as she comes from the streets of NYC as a stripper.

Looking at Eve's success, she has come out of that scenario and has risen to be one of the newest female lyricist to rip the mic. The album closes with a remix of "What Y'all Want" that I crank cause of the bass line and the hook naming different Spanish countries. \$\$\$\$