

NFL

From page A2

working with an overall \$18.3 million budget out of which they expect to spend about \$3.5 million for the Emerging Business program, which has a listing of about 750 businesses. Fifty percent of that \$3.5 million, she estimated, will go to black businesses.

"We did have a significant budget for the Emerging Business program," Clayton said. "It falls under the external affairs budget."

When asked how much has been allocated for her own external affairs department, Clayton would not release that number.

"We don't give a breakdown of how much we spend per department," Clayton said. "The departmental budget is not public information. When everything is done, we will have a breakdown of how much was spent for each department."

Clayton said the host committee does not handle the NFL contracts and that not everyone who applies for a contract will get one.

Gwen Thomas, who heads Promotions Unlimited 2000, Inc., a promotional group, decried the bureaucracy in getting contracts for the Super Bowl.

"I did not even get a chance to bid on what would have been a

perfect match for my company, the NFL staffing project," Thomas said. "A Troy-based company, Entech Staffing, was awarded the contract."

Tony Davis, who owns a transportation company, said he was not surprised to hear many local businesses in the city complain.

"That is the same thing that happened during the All Star Game," Davis said. "Most of the cab services they used were not African-American and some were not Detroit-based."

Brian McCarthy, NFL director of communications in New York, did not return calls.

Local experts offer tips to keep weight loss resolutions

BY TODD LUCK
THE CHRONICLE

It's one of the most common New Year's resolutions. It's also the one that's the hardest to keep: getting fit and losing weight.

Local fitness and diet experts agree that the battle of the bulge is no easy fight.

There are no quick and easy ways to lose weight, according to Jill Trotman, registered dietitian at Forsyth Medical Center. She said that she tries to keep her patients away from the "diet mentality." Temporary diets and quick weight loss programs rarely work well in the long run. What's really needed, she said, is long-term commitment to changing behavior.

She recommended writing down a plan, making goals, and tracking your progress. Contacting a registered dietitian can help you come up with a plan that will meet your individual needs. Lack of planning is one of the biggest problems her patients have with losing weight.

Trotman said those looking to lose weight need to keep a positive attitude about changing their lifestyles to become healthier. They should let friends know about what they're doing so their friends can support them. She said some people find support groups like Weight Watchers helpful.

While no plan is right for everyone because each individual's body and lifestyle differs, Trotman said that diets rich in fruits, vegetables, whole grains, nuts and lean meats like chicken, turkey, and fish can help.

She also said to watch the size of your portions. Portions were another of the biggest challenges that faced her patients, especially while eating out since bigger portions are typically served then.

"Eating too much of any type of food can cause weight gain," Trotman said.

Diet is only one-half of the equation. It also takes exercise to lose weight.

Many people use exercise machines to help them work out. Dr. Michael Berry, professor of health and exercise science at Wake Forest University, said that each exercise machine has its give-and-take depending on individual preferences and abilities. He recommends finding one or



Chico Caldwell leads a ChicoMetrics class last February.

more exercise machines you like and using it them for a total of 30 or 40 minutes a day, five to six days a week.

Using one machine or more than one are both fine for losing weight, Berry said. The important thing is finding a machine or machines you like because they won't do you any good if you're not going to use them.

Different machines will work different muscle groups and tone those specific muscles. However, as far as losing weight goes, no matter what muscles you work out, the fat will be burned off uniformly across your body.

While no machine is perfect for everyone, Berry said, studies have shown that the motorized treadmill is perhaps the best machine overall.

"The obvious thing is, it's a type of exercise most people do every day," Berry said. "You can walk or run on a treadmill, so it's easy for people to use."

Studies have also shown that the treadmill offers the highest calorie burn as it forces you to support your own weight as you move.

Some exercises require no machines. According to Dr. Chico Caldwell, director of athletics at Winston-Salem State University and creator of the ChicoMetrics exercise videos, people need to do both strength training and aerobic workout regardless of how they exercise. Aerobics is good for the

cardiovascular system, while strength training will develop your muscles. Both will cause you to lose weight, but strength training will do more so because your body continues to burn calories after you work out as muscles develop.

You can lift weights for strength training but you don't have to. Caldwell's ChicoMetrics is a method of strength training without weights. He also said a good yoga or Pilates class is good for strength training. If you can get motivated at home, he said, try using a workout DVD.

For an aerobic workout, he suggested trying classes out at the local YMCA to find some you like. He also said swimming is a great aerobic exercise if you have access to a pool. Regardless of the type of exercise, he said that you need to find several that you like and are motivated to do regularly.

Caldwell recommended doing exercise for an hour a day, six days a week. He said, depending on a person's metabolism, 30 minutes a day may not be enough.

All the experts agreed that it will take a lifetime commitment to make that New Year's weight loss resolution happen. Only through long-term eating right and exercise can you truly lose weight and keep it off.

For more information on ChicoMetrics, log onto <http://www.chicometrics.com>.

Goler

From page A1

opportunity to get back on their feet," Phifer said.

Antonio Taste is among the inaugural group program participants. The 37-year-old is candid when he talks about the bad choices - mainly drug abuse - that landed him on the streets. Taste comes from a long line of construction workers. All he knows about construction work, he learned from family members.

He and the other participants spent time last week constructing a brick retaining wall in a parking lot next to the Goler Community Building. The parking lot will be used by residents of The Gallery, a complex of swank lofts that will be among the diverse dwellings in the revitalized community.

Taste is grateful for the opportunity to work. He says this chance at a new life is one that he won't squander.

"I don't know if God will be as gracious to grant me any more opportunities, so I intend to take advantage of this one," Taste said.

The Goler program comes at a time when the city is in the middle of devising a 10-year plan that it hopes will end homelessness in Winston-Salem. Lartey said he would applaud any program that the city comes up with to help homeless people, but he said there was no need for the church to sit back and wait on the city.

"We talk and meet too much when all people



The parking lot where program participants worked last week is adjacent to the building that will house The Gallery, a complex of swanky lofts.

really need is a chance," he said. For more information about the program, call the Goler Community Building at 724-9411.

MLK

From page A1

Church.

For Fannie Pitt, publisher of The Chronicle, the prayer breakfast is a celebration of diversity. "What we're trying to do here at The Chronicle is to bring the diverse communities of Winston-Salem together so that we all can celebrate his holiday, not just African-Americans. Everybody needs to celebrate his holiday."

Messages of peace, hope and love will be delivered. The St. Paul United Methodist Church Choir will sing. Judge Denise Hartsfield will be the master of ceremonies.

A youth breakfast program will be given at 8 a.m. on Monday at Mt. Zion Baptist Church, located on the corner of King and Pine Streets, as part of the Ministers Conference of Winston-Salem's King holiday celebration. At 10:45 a.m. a march is scheduled to take place beginning at Mt. Zion and ending at the Benton Convention Center, where participants will join in helping WAAA commemorate King's legacy.

At 7 p.m. there will be a program at St. Stephen Missionary Baptist Church, 5000 Noble Street. Guest speaker will be Dr. John Mendez, pastor of Emmanuel Baptist Church. The program will also honor the late Dr. J. Ray Butler. Monetary donations will be collected for the MLK Memorial Seed Scholarship, which goes to freshmen entering historically black colleges and universities. The event is free to the public. For info, call 722-2325 or 725-4274.

The oldest continuous celebration in Winston-Salem centered around Martin Luther King Jr.'s birthday will be held at noon at the Benjon Convention Center. This year's MLK Noon Hour Commemoration is themed "A

Dream Concealed; A Dream to Be Fulfilled" and marks the 26th annual celebration given by WAAA radio in remembrance of King. The event has been around longer than the actual holiday.

Mütter D. Evans, who gave birth to the event, feels that it does more than honor the life of King. "In remembering him and honoring him, we also remember thousands of others whose names we do not know, as well as those names we do know, because they were all a part of the movement. He was the leader, but he did not do it alone," Evans said.

The keynote speaker will be Dr. James D. Ballard, a retired pastor of United Metropolitan Missionary Baptist Church. There will be a special tribute for the late Rosa Parks, who sparked the Civil Rights Movement after refusing to give up her bus seat to a white person.

The event is free to the public. For info, call 971-7852.

Bernice King, the youngest daughter of Martin Luther King Jr., will speak on Monday at Wake Forest University as part of a weeklong celebration sponsored by WFU and Winston-Salem State University. The program will begin at 7 p.m. in Wait Chapel. King is an ordained minister and author.

Barbee Oakes, director of multicultural affairs, feels that the King celebration is about celebrating another legacy between the two universities involved in sponsoring the event. "On Feb. 23 in 1960, when we had the sit-ins in Winston-Salem, students from Wake Forest and Winston-Salem State participated in the sit-ins together. Now, 46 years later, we are proud to be celebrating a legacy with students from a historical black university and a predominantly white private university," Oakes said. King was the first African-

American to speak at WFU in 1962, following integration of the university. This is the fifth year that the two universities have joined together to celebrate the memory of King. Other people participating in the program will be spoken word artist Terry Dozier and the Wake Forest Gospel Choir. The event is free to the public. For info, call 758-5864.

Historic Oak Grove School, the area's only restored one-room schoolhouse, will be the site of an MLK Jr. celebration at 7 p.m. Monday. Located at 2637 Oak Grove Circle, the schoolhouse will accommodate the visit of Effley Howell, curator of the Traveling Black History Museum. Howell will conduct an interactive workshop and recite the famous "I Have a Dream" speech. Everyone is invited to share his or her favorite King quote or story.

This event is free to the public. For more information, call 922-4789 or 922-6626 or visit the Web site at www.historicoakgroveschool.org.

An NAACP membership drive will be held on Monday at 7 p.m. at Goler Memorial AME Zion Church, 630 N. Patterson Ave., to commemorate the legacy of King. The guest speaker will be the Rev. Dr. William Barber, pastor of Greenleaf Christian Church Disciple of Christ in Goldsboro. For more information, call 724-9411. Transportation to the event may be provided by calling 749-6012.

As part of the MLK Jr. celebration, author Michael Eric Dyson will visit N.C. A&T State University in Greensboro on Thursday, Jan. 19, at 7 p.m. Dyson is the author of "Is Bill Cosby Right? Or Has the Black Middle Class Lost Its Mind?" The event will be held at the Memorial Student Union in the Stallings Ballroom.

A reception and book signing are scheduled to follow the event. The event is free to the public. For more information, contact Robert McNair at 334-7571 or Ebony Ramsey at 256-2212.



Evans



The annual MLK march attracts thousands of people.

Office DEPOT

Taking Care of Business

AMD, the AMD Arrow logo, AMD Athlon, Sempron, Turion and combinations thereof are trademarks of Advanced Micro Devices Inc.

SAVE \$180
759.99 In Store Price
- 150.00 Off Mail-In Rebate
- 30.00 Mfr Mail-In Rebate

579.99

After Mail-In Rebates

14" WXGA BRIGHTVIEW widescreen

579.99

After Mail-In Rebates
759.99 In Store Price

NEW!
Presario Notebook Computer with Mobile AMD Sempron Processor 3000+ with AMD PowerNow Technology

- High-performance 512MB memory • 40GB hard drive
- Play DVDs/CDs & burn CDs via the DVD-ROM/CD-RW combo drive
- Wireless 54g/802.11b/g networkable WLAN with SpeedBooster support
- Windows® XP Home with SP2 Model V2555US 512-199

SAVE UP TO \$180 ON TECHNOLOGY

SAVE \$100
279.99 In Store Price
- 70.00 Off Mail-In Rebate
- 30.00 Mfr Mail-In Rebate

179.99

After Mail-In Rebates

17" LCD Flat panel

KDS® Flat Panel 17" LCD Monitor
• 450:1 contrast ratio
• 1280 x 1024 max resolution
• Brilliant TFT display
Model K-7175 137-936

SAVE \$50
79.99 In Store Price
- 50.00 Mfr Mail-In Rebate

29.99

After Mail-In Rebate

PANASONIC® Plain Paper Fax/Copier with Caller ID†

- Faxes as fast as 15 spp Model KX-FH0331 282-766

†Call Waiting/Caller ID service required from your local telephone company

SAVE \$30
54.99 In Store Price
- 30.00 Mfr Mail-In Rebate

24.99

MEMOREX® 512MB USB 2.0 TravelDrive™

162-109 Reg. \$54.99

3 WAYS TO SHOP: CALL 1.800.GO DEPOT (1.800.463.3768) fax 1.800.685.5010

CLICK office depot.com AOL keyword: office depot

COME BY 1.800.GO DEPOT (1.800.463.3768) to locate a store near you.

PROUD SPONSOR NASCAR® is a registered trademark of The National Association for Stock Car Auto Racing, Inc.

Prices and offers expire 1/14/06 (unless otherwise noted). Some products and offers may be available in store only. Quantities limited to in-stock items only.