

THE METER

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Special Health Issue



Ever wondered how healthy eating in "The SUB" on a daily basis is?

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See how TV host Star Jones-Reynolds lost over 100 pounds in a matter of months.

Page 6



The Tigerbelles' coach has her runners sprinting to watch their diet.

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Health to become university focus



PHOTO BY ELBERT JACQUES

TSU students Greg Morrisette (bench pressing) and Quantas Hicks (spotting) are two of several students taking advantage of TSU's Wellness Center.

By Madelyn Ragland
Campus News Editor

TSU Wellness Center coordinator Jerry Davis strives to keep health a top priority for faculty, staff and students.

Yet, no one seems to be taking advantage of the health opportunities on campus, according to Davis.

According to fitness.gov, fitness is a state of good health, but participants who workout at the Wellness Center need to know that fitness is more about a feeling than just losing weight said Davis.

A fitness well-being means maintaining an appropriate diet, exercise and other lifestyle changes especially for college students.

"The importance of being healthy plays a vital role in college students lives because it plays a significant role in their life after college as well," said Davis.

He said despite time issues for faculty and students, time should be allotted to fitness just like brushing your teeth. Davis said most students are just too lazy, "not motivated" and are not educated enough on the importance of physical fitness.

See "Campus" on page 2

TSU provides fitness outlets in dorms

Keith Richardson and Madelyn Ragland
Campus News Writer and
Campus News Editor

Convenient exercise facilities for students are located in several dormitories all across the TSU campus. But many students are unaware of the workout locations other than the state-of-the-art Wellness Center next to the Gentry Center Complex.

TSU has five workout centers on campus located in the Gentry Center, Boyd Hall, the Ford Apartment Complex, the New Apartment
See "University" on page 3

Students misuse on-campus health venue

By Derrell Ester
Contributing Writer

TSU's Health and Wellness Center has come up with many different ways to help strengthen the health of the student body on campus.

However, everyone who goes to the center isn't always concerned about their health or fitness, according to some students. Many students go mainly as a social interest at the center rather than for fitness reasons.

"A lot of people go to meet other people and look at others work," said Kenya Dabney, a junior psychology major from Memphis. "So many people use the facility to pick up women or men and hardly

even work out. Some people just want to be appear to be fit and make others think they work out."

But for those that use the center for exercise and not just looks, the Wellness Center has established aerobic classes. These classes for the faculty, staff, and student body offer an alternative to traditional ways of exercise such as weights and treadmills.

However, the classes are taught by certified degree holders, and based on a first come first serve basis due to the limited amount of space.

"The aerobic classes have been a good addition to the Wellness Center," Dabney said. "At first, it just used to be the weight

See "Wellness" on page 2

Campus News

Campus royalty, parties among center activities

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The Wellness Center offers different events once a month to influence more faculty, staff, and students to use the facilities. These health events are Mr. and Miss Wellness Center and The Sweat Party.

The Mr. and Miss Wellness Center was conducted so male and females can compete in a weight lifting competition. Also, the Sweat Party was formed as a meet and greet for students and faculty to meet new instructors and to encourage them to workout.

"It's important for students as well as faculty and staff to be more motivated toward fitness," said Felicia Sweatt, a Wellness Center coordinator. "As we get older, our bodies start to change. Exercise along with good nutritional habits can help us mentally and physical-

ly."

In addition to the programs provided by the center, open forums with a panel of fitness experts will be offered once every other month to answer general questions with a "How do I" forum expected to take place in middle of this month, said Davis.

Furthermore, this semester a \$75 fee will be charged for the use of the center to graduating TSU alumni, retirees and their spouses per semester. The semesters span January to April, May to August, and September to December.

As coordinator, Davis, who is working on his masters of recreation or administration degree at TSU, stays positive and highly motivated to inform the campus about fitness. But he also wants to inform the public that there are other options to working out rather than at the Wellness Center.

For many people who fear working out in front of others, Davis invites all faculty, staff and students to take advantage of his Inspirational Personal Fitness Center located at 2524 Heiman Street.

Inspirational Personal Fitness Center allows a one-on-one personal center to all who are highly motivated about fitness. There is a \$20 a month fee for eight classes.

Every Saturday, Davis has a free walking class at 7 a.m. for an hour. This particular class consists of walking and stomach crunches.

"This is not a joke," Davis said referring to fitness. "We have to step up, before family members get sick or pass away."

Davis said that setting realistic goals is the best key to fitness and that anybody that wants help, he is willing to help but not do it for them.

"I do not do any quick fixes," Davis said.

To contact Jerry Davis
Call: 615-321-5150
Web site: npfitness.com

Wellness Center offers more than weights

Continued from page 1

lifting and riding the bike that I would do and I did not like that all the time. The aerobics concentrate more on the fitness of a person instead of just building muscles."

Now, the Wellness Center has been in full operation for two years and is attracting more people to actually use the facilities with attractions like the aerobic classes.

Attendance in the center has rapidly grown in its short existence as attendance has grown through faculty, staff and students due to better marketing, according to center officials.

"In the past year, there has been a 15 percent increase in attendance," said Felix Mitchell, a recreational therapist at the center. "A lot of the increase in attendance is because of freshmen orienta-

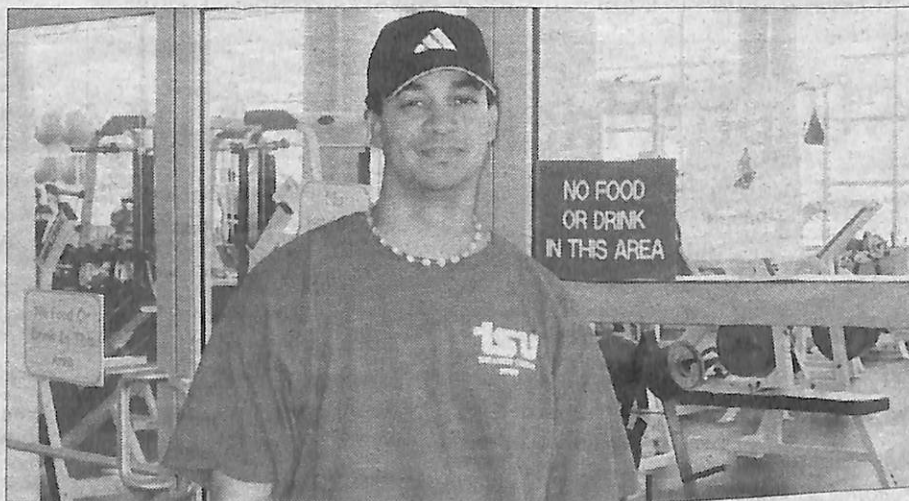


PHOTO BY ELBERT JACQUES

Jerry Davis, a coordinator for the TSU Wellness Center, is one member of the facility's staff that is working to attract more visitors to the venue. A visit to the Wellness Center has been added to the tours, which allows students to see where the center is and what it has to offer."

Mitchell also said, another addition to the center in near future is water aerobics and the center is in the process of trying to produce card swipes that will allow only TSU students into the center, which would prohibit non-students from using the facility.

"The aerobic classes have been a good addition to the Wellness Center."

-Kenya Dabney

Events Calendar

Today

Bible Study
Campus Center
Room 319
7:30 p.m.

Friday

Skee-Phi Fun and Games
Courtyard
Noon

TSU Volleyball v.s. Samford
Kean Hall
7 p.m.

Saturday

Honda Bowl
Tournament
Humanities Building
8 a.m.

TSU Volleyball v.s. Jacksonville St.
Kean Hall
2 p.m.

Corrections

The Meter regrets errors and will continue to bring readers accurate information.

Campus News

On campus fat content causes concern

By Gregory Brand Jr.
Senior Editor

TSU offers a number of campus dining options for students that aim to get some food into their stomachs.

With a full-service cafeteria that operates the majority of the day, students are afforded food that is both nutritionally sound as well as easily accessible. But the only issue with the cafeteria is that the university snack center, known as The SUB, located on the second floor of the Floyd-Payne Campus Center, tends to out-score with students.

This is due to the fact that the snack center is fully equipped with several fast food franchises that are more appealing to the collegiate palate.

"It's a lot faster than going all the way down to the 'café.'" said Andrea

Weston, a sophomore undecided major from Milwaukee. "I have to get a little something to eat between classes. It just seems 'The SUB' fits into my schedule better."

Burger King, Taco Bell and Pizza Hut are the featured choices, and they all reign supreme in the mouths and stomachs of the campus in comparison to the sit-down options in the cafeteria. They have all been fixtures on campus since 1995, and continues to soar in popularity.

Kentucky Fried Chicken, the latest edition which made its appearance in the fall of 2003, even seems to be more popular on a campus that prefers to eat on the go.

The only issue with eating fast food options is that they tend to weigh a little more in the calorie department, thus causing the consumer to weigh a little more as a result of eating them.



PHOTO BY KENNETH CUMMINGS

Hundreds of TSU students dine in the campus fast food bar, also known as "The SUB," on a daily basis instead of using the cafeteria.

"The 'Freshman 15' is not a myth," said Carlos Jefferson, a junior engineering major from New Orleans. "Not eating right can definitely lead to a weight gain."

John Tate, TSU senior food director, agrees with Jefferson's statement.

"If you want real nutritional value the cafeteria is the best place to eat. 'The SUB' is only a (fast food) alternative.

Tate said the cafeteria, which offers a steady menu of fresh salads and vegetables along with balanced meals, is open to students with meal plans as well as those without them.

"Eating well has to be done right. Loading a salad with ranch dressing isn't going to do any good either. It is okay to eat in 'The SUB' as long as you do it in moderation," Tate said. •

See how on-campus food from "The SUB" stacks up on the back of this issue.

University holds standing commitment to fitness

Continued from page 1

Complex and the basement of the Floyd-Payne Campus Center in addition to Wellness Center.

"Using these workout facilities is great for student leisure," said Hosea Lewis, residence life housing supervisor. "Especially, if you want to get physically fit."

The \$8 million Gentry Center Complex, which was built in 1980, facilitates health in every aspect for the football, track, and basketball teams. The building offers many useful wellness tools like free weights and a swimming pool mostly for the athletic departments. Athletes are the only ones that can use this particular weight room.

Boyd Hall, which houses mostly upperclassmen males, has a recreational area conveniently located in the basement for preferably men on campus because the dorm is for men only. The Ford Apartment Complex and the New Apartment Complex which houses co-educational upperclassmen also facilitate

recreational areas as well.

"I use the weight room because it's conveniently located downstairs in the basement," said Shawn Modena, director of Boyd Hall. "You do not have to leave off campus to lift weights."

In the basement of the FPCC, there is a game room and workout area for students. The equipment, though relatively old, is presently being used by many students.

In addition, the Wellness Center, which was completed in the fall 2003, is open to all who desire to exercise with valid TSU idea.

"I use the Wellness Center on Sundays, because it's the most convenient day," said Kenneth Wright, a sophomore computer science engineering major from Memphis. "Sundays are less crowded, and you can enjoy your workout better."

The Wellness Center has a workout room, which includes equipment such as traditional weight-training machines, free weights, recumbent bicycles, and cardiovascular units such as treadmills,

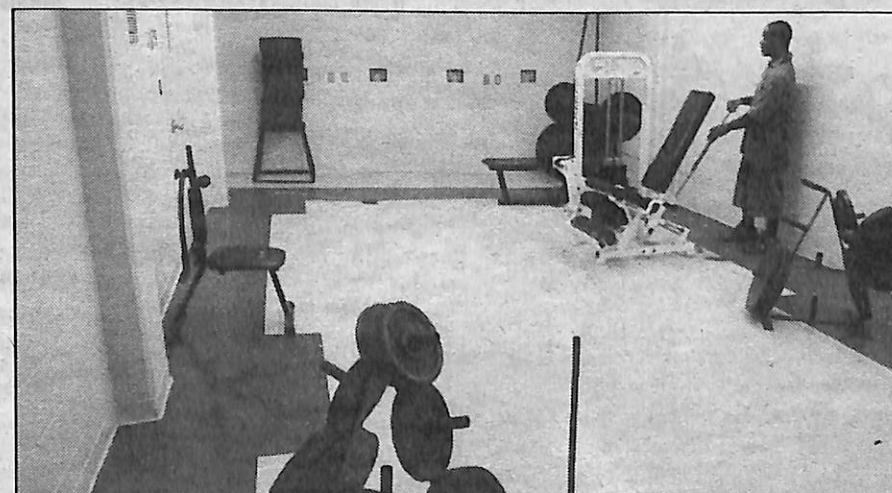


PHOTO BY KENNETH CUMMINGS

Above is the weight and fitness room in Boyd Hall. Boyd has one of five on campus fitness centers available to students.

rowing machines, and trainers.

"TSU wellness center is beneficial for students who like to exercise," said April Banks, a junior business administration major from Los Angeles who also works in the Wellness Center. "Working out is very cleansing, not only for your body but also for your mind."

According to the tstate.edu, the Wellness Center has a diagnostic training room that has a hydrotherapy unit, massage tables, ultrasound carts, whirlpools, treatment tables, and other medical

recovery stations for injured athletes.

"The Wellness Center offers kick boxing, yoga, weight lifting, aerobics, swimming, and friendly staff members," said Banks.

The Wellness Center is open seven days a week for faculty, staff and students with TSU identification cards required to enter the facility. The Wellness Center hours are Monday through Friday, 6 a.m. - 10 p.m., Saturday 10 a.m. - 4 p.m. and Sunday 12 p.m. - 6 p.m. •

Forum

What We Think

Students should take health seriously

As college students, often times we don't focus on our health even though these are the best years for us to begin taking it seriously.

While it seems like every other week one organization or another is hosting a blood drive or sponsoring some type of health awareness seminar, how many times can we honestly say that we've taken the information we've received to heart? Yet, at the same time, how many of us have parents, grandparents, or uncles and aunts who are suffer from high blood pressure, dialysis, or diabetes? By taking action and informing ourselves in these early years we'll have a leg up on problems that pose a greater risk for us down the line.

The issues of health awareness and prevention are of particular concern for those of us who are Black. Studies have consistently stated the fact that Blacks and other minorities on average suffer more from diseases such as cancer, heart disease, and HIV/AIDS. These conditions affect Blacks at such a higher rate that the Department of Health and Human Services initiated a campaign called "Closing the Health Gap," with the sole purpose of addressing disparities in the health care of Blacks and other minorities.

Blacks, for example, are 19-percent more likely to die from all types of cancer than Whites. Blacks men are 50-percent more likely to die from prostate cancer than whites. Some doctors have even begun to suggest that Blacks need to be tested for prostate cancer earlier than whites. And while breast cancer is diag-

nosed less frequently in Black women than in whites, Black women are 33-percent more likely to die from the disease. While both breast cancer and prostate cancer are treatable and in many cases curable when discovered early, they continue to disproportionately affect Blacks. While this is certainly due in part to the fact that so many Blacks don't have access to adequate health care, those of us who have access to health care and health care information should make an effort to help and inform those who don't.

We as students have a unique opportunity to directly play a role in treating many of the condition that affect our family members and may one day affect us. The fact that we're in Nashville, a city that boasts not one but two medical schools, gives us this opportunity. Both Meharry and Vanderbilt often use students in research studies and trials. Meharry, for example, is currently seeking Blacks 50 years of age and older for a study on prostate cancer. While a student may be too young to participate in the study, certainly informing those who are eligible to participate couldn't hurt.

According to the DHHS Office or Minority Health, heart disease is the leading killer for most racial and ethnic groups accounting for 28.5-percent of all deaths in 2002. Blacks are 29-percent more likely to die from heart disease than whites. This despite the fact that 9.6-percent of Blacks have heart disease versus 12.2-percent of whites.

Black women are more likely to die from heart disease than other groups of

women. While genetics plays a part in occurrences of heart disease a lack of exercise, smoking, and a lack of information is putting the Black community at an even greater risk of dying from heart disease.

Additionally there are other health issues that are plaguing the Black community that we can actively take a role in preventing and eradicating, namely the continuing spread of HIV/AIDS. In 2001, according to the CDC, HIV/AIDS was among the top 3 causes of death for Black men aged 25-54 years and the No. 1 cause of death for Black women aged 25-34 years. Also according to the DHHS, 30 percent of new HIV cases in the US are female and out of those, 63 percent are Black. Also according to the CDC Blacks accounted for 21,304 of the 43,171 estimated AIDS cases diagnosed in the U.S.

While we can rely on the government to provide us with numbers of those who we have lost, we can only rely on ourselves to make changes. It's the responsibility of our generation to help stem the health crisis that weighs on our community by taking a stance in changing diets, exercise routines, and educating ourselves and others of the need to making these changes to not only lengthen the amount of years but also to improve the quality of them.*

The Meter Mission Statement

The Meter's mission is to accurately and responsibly report the "highlights and lowlights" of Tennessee State University and its community so that we may foster positive changes in the world around us, while reflecting the university's multi-cultural student body.

Submission Requirements

The Meter invites submissions by all members of the Tennessee State University community. Opinions contained in submitted articles do not necessarily reflect the views of TSU faculty, students, SGA, or administration. Timeliness and clarity are factors in selecting material for publication. Materials must adhere to the following guidelines:

- a) All contributions must be typed, double-spaced (submitted on 3.5" disks or e-mailed) by Monday, and must include the writers name and title or classification.
- b) Opinions and letters should not exceed 500 words.
- c) *The Meter* reserves the right to reject letters, articles, or ads without explanation and to edit others as necessary.

The Meter

The Measure of Student Opinion and Sentiment

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The Meter capitalizes the letter "B" in the word "Black" when it refers to people of African descent in accordance with the Oxford American and other dictionaries.

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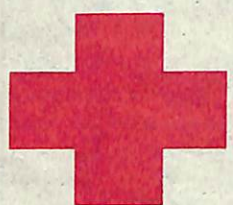
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Breast cancer unites thousands this month

By Stephanie Woodruff
A&E Writer

October is nationally recognized as Breast Cancer Awareness Month in America where thousands of women are diagnosed everyday with this debilitating affliction, according to the American Cancer Society.

As a result of breast cancer patients getting younger and younger every year, early detection is the goal of National Mammography Day, Friday, Oct. 21.

This day was designed to inspire women across the globe to care and to celebrate their bodies, including their breasts. National Mammography Day is also a way to celebrate the survivors as they have conquered this battle.

Most women do not start getting mammograms until their late 30's and

early 40's. Doctors are now advising that women at least start self mammograms in their 20's because of many different factors.

According to Elizabeth Frazier, a registered nurse at TSU's Queen Washington Health Center, states there are many factors that may cause breast cancer in young women. Genetics, over exposure to the sun, and dietary habits are just some of the known causes. There are a number of different tests that are performed other than mammograms such as biopsy, ultrasounds, and a magnetic resonance imaging (MRI) to indicate if the patient is affected by this deadly venom.

"Women can perform a self-breast exam very easily," Frazier said. "There are two kinds of breast exams. There are the clinical exams that you can get at the

doctor and there are the self breast exams that you can perform in the shower. The moment you feel something, take action. It can mean all the difference in the world."

Some of the symptoms of this cancer are breast pain, nipple discharge, rash, and lumps in the breast tissue, according to cancer.org.

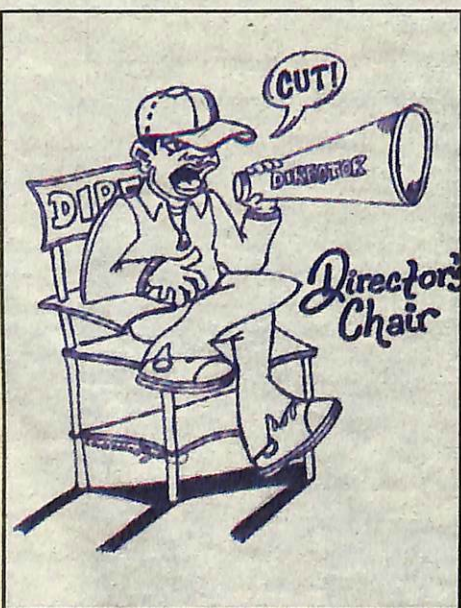
One of the biggest problems with breast cancer is detecting it too late. Many women are afraid of going through the test and what the outcome might be. The doctors have found that early detection is the key to fighting and surviving this type of cancer. Getting regular tests for breast cancer is the safest way to give women the upper hand on this disease.

"Your family history may be a huge impact," Frazier said. "Since breast cancer usually comes from the maternal side

of a person's family, if you have aunts, cousins, or even your grandmother who have this cancer, please take the necessary steps to find out your status."

This Saturday, Oct. 8, the American Cancer Society is sponsoring "Making Strides against Breast Cancer", a five-mile, non-competitive walk to raise money for research. The walk will begin at 9 a.m. at the Nashville Coliseum. The American Cancer Society stands firm on the four missions for which this walk was created: research, education, advocacy, and patient services.

Last year's walks across the country, "Making Strides" raised over \$32 million for cancer research. For more information about Saturday's walk, call 615-341-7323.



SuperSize Me—B+

In 2004, consumers were rocked by a startling revelation — America's most beloved food giant, McDonald's, is extremely dangerous to the health of Americans.

This shocking revelation was revealed in an in-depth documentary by

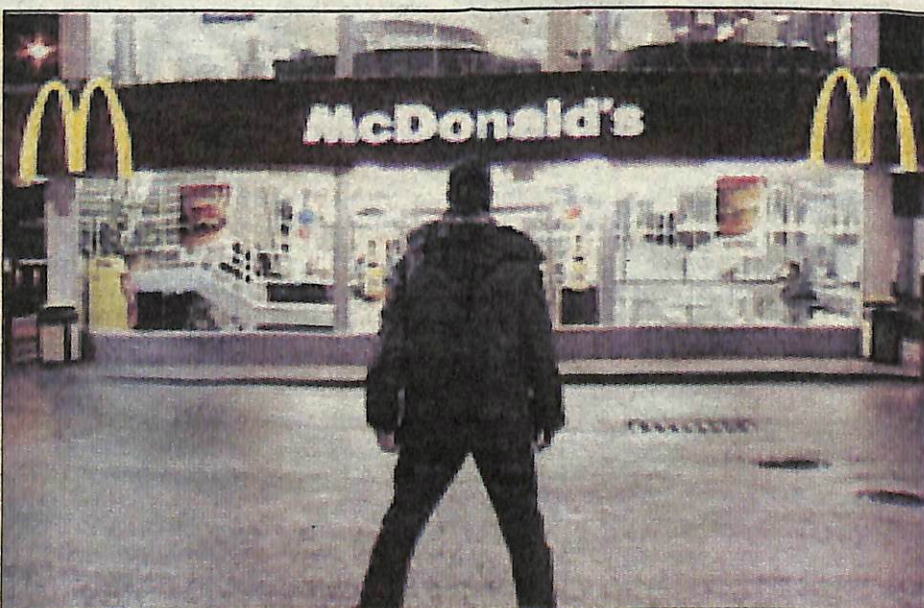


PHOTO COURTESY OF YAHOO.COM

Morgan Spurlock, a native New Yorker and documentarian, stares at a McDonald's fast food restaurant. His feature-length film, *Supersize Me*, features Spurlock eating McDonald's all day for a month.

native New Yorker and documentarian, Morgan Spurlock. His feature-length film, *Supersize Me*, went through the bowels of this fast food company's empire to discover that the wholesome

image of this food giant was a sham covering up food with the potential to cause disaster.

The film opens with Spurlock looking to examine the food of the

McDonald's Corporation that is widely publicized as a part of a healthy well-balanced diet. The film takes meticulous note to help the viewer understand that he is a healthy member of the general population with clean physicals and above average healthy test readings.

So, before the melee begins, Spurlock is a healthy citizen with a better-than-average overall level of fitness. With this knowledge he decides to take a full month out of his life and eat nothing but McDonald's food to study the effects the food has on him all while documenting it every step of the way.

In Spurlock's goal for his McDonald's consumption marathon, the mission was simple. For an entire month, he had to eat everything on the restaurant's menu at least once, have McDonald's for every meal and he could only have supersized food if the cashier asked or recommended it.

Though he began the month enjoying the plethora of fast foods McDonald's had to offer, after a while he began to feel the effects of the food he

See "Documentary" on page

Arts & Entertainment

Celebrity health may not be very healthy



Kirsten D. Watkins
A&E editor

In the fight to stay thin in Hollywood's limelight, many celebrities have packed in the gym or under the knife in order to obtain what many claim is "the right body."

It is commonly suggested that the movers and shakers in Hollywood put pressure on movie stars and entertainers to stay thin. Lately, we have seen *American Idol* alum Ruben Studdard as he has publicly documented his weight loss regimen with his fans, talk show host/lawyer Star Jones-Reynolds lose over 100 pounds in less than a year, and actress Kirstie Alley join the Weight Watchers bandwagon while filming Showtime's *Fat Actress*. And each of these stars are battling their problems with the eyes of the public constantly watching.

With all this major weight loss and the new image makeovers, I am left to ponder of what the current promotional state of health has become. Some of these stars have lost a substantial amount of weight in very short periods of time,



PHOTOS COURTESY OF YAHOO.COM

TV Personality Star Jones-Reynolds can be seen before and after her massive weight loss. Jones-Reynolds lost over 100 pounds in less than a year.

like Jones-Reynolds for example. Will the need to please Hollywood negatively affect some stars' health?

I admire women like Queen Latifah and Kelly Price. Latifah did not give into Hollywood's slimming scale. She seems to be very confident in her skin and has one of the best wardrobes that I've ever seen. Granted, she is what Hollywood considers "plus size," but she gets more than has my thumbs up because she kept it real. Price also lost a sub-



stantial amount of weight, 100 pounds to be exact, but she battled with health problems and depression resulting from deaths of family members, and she did so in a total of three years.

The reality is that most celebrities have personal trainers and chefs who help them maintain a diet regimen that fits their lifestyles. The average person cannot afford to have a personal trainer or fit a treacherous workout schedule into their daily routines,

Celebrity Health Watch

so ladies and gentlemen, be comfortable in your skin. I know that it is easier said than done, but learn to love who you are and take care of yourself and, with time, you will shed the pounds. So remember, losing weight is not an overnight process and if it is, you are probably doing it wrong.

I have never been a skinny girl and I'm okay with that. Sure, I would like to say that I'm healthy and fit, but I don't beat myself up if I can't make it to the gym. Be comfortable in the skin that you're in. Change the perception on this campus that every woman comes in one shape and size. Leave an indelible mark of yourself on this campus and know that the Most High had a divine purpose for the shell that He placed you in.

So whether you are a size 4 or size 14, take care of yourself. Schedule an appointment with your primary physician and find out how healthy your weight loss will be on your overall body. Your doctor may tell you that losing so many pounds should happen in so many weeks. Also, allow your doctor to refer you to a nutritionist and learn how to eat right. However, it is not a small feat. Eating right is more expensive than many believe. Exercise a few times a week and always give yourself a pat on the back for good effort.

Documentary slaps heavy weight on the fast food giant

Continued from page 5

once enjoyed. Suddenly staircases that he used to breeze through became treacherous energy-zapping obstacles and his general overall health began to decline.

His body fat and weight even suffered under the effects of the popular fast food. He gained more than eight pounds in the first five days of the experiment.

At this point those with weak stomachs are advised to stop watching. Vomiting, sweats and pains from lack of McDonald's food began to overtake Spurlock as he was becoming more and more addicted to the tasty, yet, dangerous foods.

The remainder of the film follows Spurlock as he experiences the effect of consuming a diet consisting totally of this fast food chain's selections. He even takes the documentary on tour, while consuming the food in different regions gaining more weight and partaking of the different regions' larger portions.

For the U.S., the film marked a nerve-shattering wake up call for the type of reality that it suggests. Because of the effects the food had on the life of an "Average Joe," other Americans had to face the music as well. Am I killing myself every time I eat out?

The documentary is videotaped in

the most plain and regular fashion possible to push the idea that Spurlock is a regular guy. It works in much of the same manner as Michael Moore's *Bowling for Columbine*. The film is nothing more than just a regular guy aiming to inform the "uninformed" public.

The only issue with the film is that the entire plan and premise is a little crazy. Everybody knows that eating nothing but fast food of any kind will kill you. There was no need to show us that fast food is dangerous. That's the reason it's called fast.

The film does make you think about the cost of being able to eat on the run, however, that may be the ultimate lesson behind the cellulite lumps.

Bottom Line: The film is full of insightful information even if only an insane person would go to such lengths to find it out. Maybe that is where Spurlock is a genius.

Gregory Brand Jr.



PHOTO COURTESY OF YAHOO.COM

Spurlock (above) needed hospital attention after eating McDonald's for a month. The effects of eating fast food took a serious toll on the health of Spurlock by the end of his film *Supersize Me*.

Athletic diet determines success, failure

By Dairanetta Spain
Sports Editor

For some TSU students, it may be hard to maintain a healthy diet. But for Tiger athletes, the aid of their coaches' advice in sustaining healthy and balanced diets makes it easier.

However, many athletes sometimes tend to ignore the nutritional guidelines provided to them with the claim they just don't have the time or one merely lacks the knowledge of a healthy diet, according to TSU head strength and conditioning coach Chuck Losey.

"Athletes know what to eat, but they're just too lazy to plan their meals," Losey said. "Just as many things today, students always look for the quick fix or easy way to do things, which includes eating. There is always time to get a quick piece of fruit in. Sound nutritional health is directly associated with improving athletic performance."

According to Anderson and McMurray's *Nutrition in Exercise and Sport*, sound nutrition is based on the wise selection of foods and beverages depending on the stage of life of the individual and the individual's nutritional needs.

"It's important to have a healthy diet to prevent injury," said junior political science major Marcus Shute, Jr. of Atlanta.

But this reality of the significance of nutrition becomes prevalent each day an athlete misses a meal and expects to perform to his full potential.

"I feel like it depends on the food you eat," said TSU men's basketball

sophomore point guard Reiley Irvin. "Like me, if I eat something heavy before a game, like Burger King, it slows me down and I feel bloated. If I eat something light, such as pasta, I feel quicker on my feet and my body is able to digest that easier."

But in addition to pre-game meals, coaches and trainers urge players to not just eat right for dinner, but to start the day off right by eating breakfast.

"First and foremost, eat breakfast," Losey said. "If an athlete comes to me and complains about being unhappy with the food they are eating or the food that they are not eating, my first question is always 'Are you eating breakfast?' Eight times out of 10 they are not and I tell them to start eating breakfast for starters and then come see me once they have developed a regular schedule for breakfast."

And just as health and nutrition are interchangeable for an athlete, discipline is prevalent for an athlete's health just as every other aspect of sports.

"You reflect what you eat by the way that you look," Losey said. "Be smart when it comes to food and use common sense."

If you have a choice between fried chicken or baked chicken, which is the more nutritional choice? Knowing that the baked chicken is the healthier choice is the easy part, but having the discipline to choose the baked is the tough part. Have discipline."

Tigerbelles quick to track diet

By Dairanetta Spain
Sports Editor

Besides providing her athletes with years of running experience and life advice, TSU head women's track and field coach Chandra Cheeseborough goes a step further.

Cheeseborough requires a food log for her runners as part of the Tigerbelle's historic track and field program.

"The reason why I started doing the food log is so the young ladies could see what they were eating," Cheeseborough said of the program that's over five years old. "If you can see it, then you might get a better feel of what you need to eat. So, it is to basically let them know that they are at the next level and they need to put healthy and nutritional things in their bodies."

So, in order to achieve a healthy diet, the Tigerbelles are instructed to cut out various foods such as sweets and carbonated beverages.

"Sometimes we think we can put anything in our bodies as athletes, and we think our bodies are going to perform at the best of its ability," Cheeseborough said. "But if you put junk food in, then that's the type of performance you're going to get from your body."

Junior Tigerbelle Joycelyn Gardner agrees.

"It's a way of letting your coach know that you're getting the proper nutrients," Gardner said. "And it helps to maintain your proper weight especially during the season when it counts the most."

The effectiveness of the food log depends on the athlete. According to Cheeseborough, the first thing one should look at is the mentality of the athlete and how far they want to go. If they want to go to the next level, they are willing to make sacrifices, according to Cheeseborough.

Cheeseborough said she often finds herself comparing her athletes to other athletes. This helps to give her an idea for how much the competition is working out in comparison to the Tigerbelles.



PHOTO BY TRICIA KELLEY

The Tigerbelles know that staying fit determines on track success.

"...(Y)ou look at your athletes and they don't look like their getting like the other athletes, it kind of reminds us that we need to make sure that we are doing what we need to do as far as nutrition wise and just eating healthy," Cheeseborough said.

Now, in addition to being a visual reminder to what the Tigerbelles eat, the food log has produced results such as trimming down, the development of a sound nutritional diet and a long-lasting habit. Cheeseborough even said that some former Tigerbelles have returned and admitted that the food log is effective.

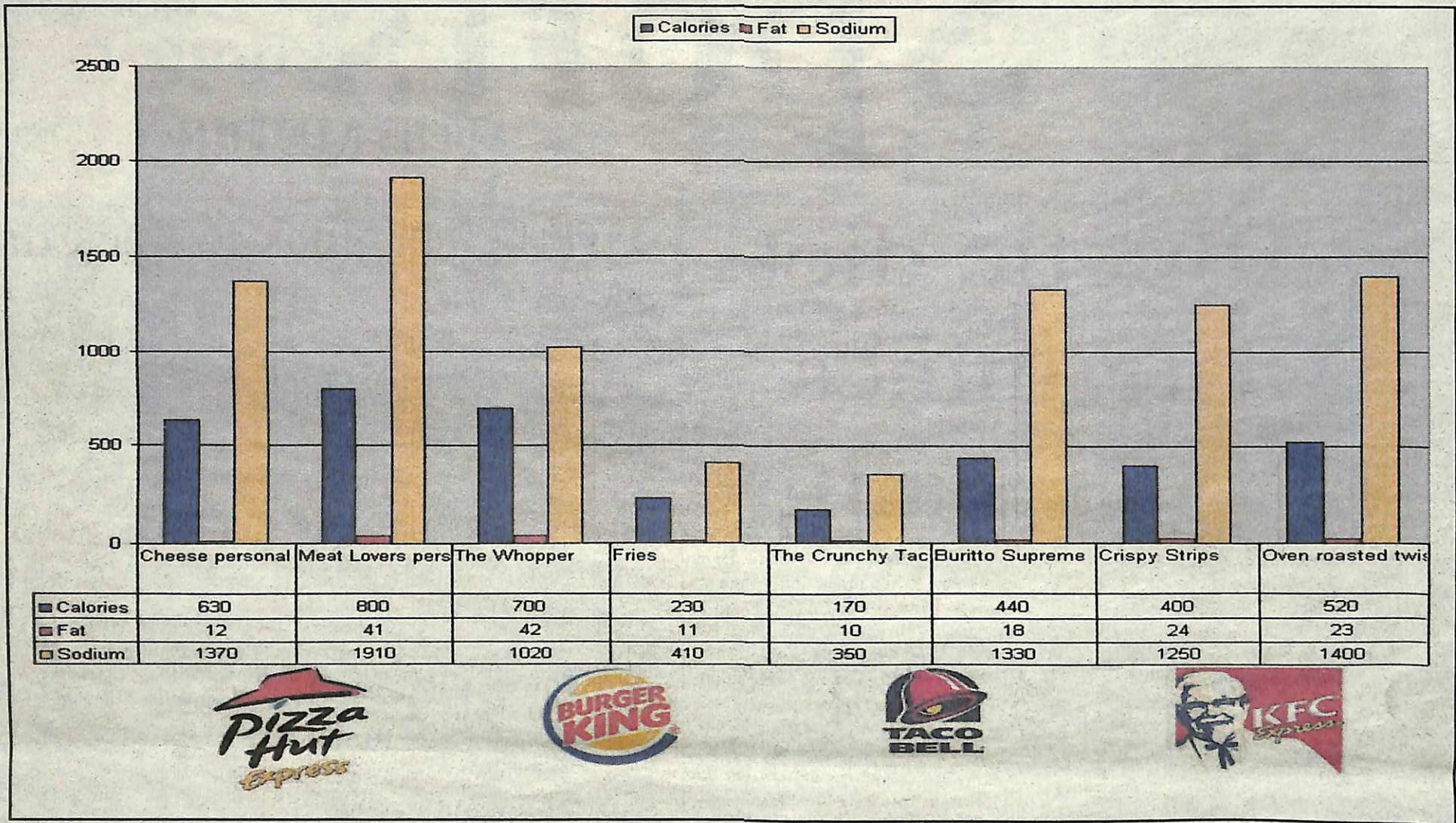
"I have had athletes to come back and tell me 'I still don't drink pop,'" Cheeseborough said. "Because once they take it out of their diet, they feel like it's not a part of them; they realize they really don't need it."

Junior Tigerbelle Mariele Hill said, "I must admit it helps me tame my sweet habits and it also aids in maintaining a healthy diet."

Cheeseborough said without eating healthy, being able to perform and train for any sport will be a challenge.

"It is going to be hard to take on the workout, getting up at 6 in the morning for weight training and then coming back at 3 to do interval workouts," Cheeseborough said. "So you're going to have to be healthy, number one, and then quality work is going to help also."

Health Special



National Depression Screening Day

Mental Health Awareness Week
October 2-8, 2005



When: Thursday, October 6, 2005

10:00 a.m. - 3:00 p.m.

Where: Kean Hall, Room 040

(Basement)

Informative Seminar to precede screening on:
Wednesday, October 5
PPCC Forum Room 210
1:45 p.m. - 2:45 p.m.
Featured Speaker
Dr. Roosevelt Faulkner,
Director
Risk Counseling Ctr.

• For more information, contact TSU Counseling Ctr. (615) 963-5635 or 5629

The Counseling Center is making a special plea to all Hurricane Katrina evacuees and students already enrolled from the Gulf Coast area to please attend.

Screenings confidential and free of charge.

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