

FITNESS

When Activities Heat You Up, Choose Your Drinks Carefully

(NU) - After an afternoon of playing softball or mowing the lawn, you feel like a limp noodle, and a little light-headed.

What's up? You're probably dehydrated because you didn't drink enough before you started and drank the wrong thing after you quit.

"If we don't drink enough of the right kinds of beverages throughout the day, we become dehydrated," says Ruth Carey, R.D., a sports nutrition specialist who works with teen athletes in Portland, Ore.



"When dehydrated, we feel fatigued because our bodies are low on carbohydrate energy and fluids."

"It's important to know how different beverages affect your body's ability to replace essential fluids and minerals when you're active," she says.

"Water is always good to drink to get rid of wastes and rehydrate your body, but it's not necessarily the fastest way to replace fluids and minerals lost during activity," says Bob Murray, Ph.D., director of the Gatorade Exercise Physiology Lab in Barrington, Ill.

"Properly formulated sports beverages keep the body from becoming dehydrated because they rapidly replace fluids lost from sweat," says Murray.

Research shows that Gatorade

Thirst Quencher, which contains 14 grams of carbohydrate per eight ounces, is absorbed into the bloodstream at least 30 percent faster than water at rest or during activity. A carbohydrate concentration higher than 17 grams per eight ounces slows down absorption and can result in stomach upset and nausea, according to Murray.

Fruit juices are good for you nutritionally, but not during physical activity, says Murray. The high amount of carbohydrates they contain (26 to 28 grams per eight ounces) makes it difficult for the body to absorb them quickly during exercise.

Soft drinks also have a high carbohydrate level (24 to 33 grams per eight ounces) and are absorbed slowly, Murray says. In addition, soda's carbonation turns into carbon dioxide when warmed in the stomach, making you feel bloated and possibly resulting in an upset stomach.

"Before sweat forms on your skin, dehydration has already begun, and that's often before you feel thirsty," he says. "The effects of dehydration are cumulative." Dehydration can cause fatigue, lightheadedness or nausea — and dramatically increases the risk of heat illness.

"Drink before you're thirsty," says Murray. He recommends drinking eight to 12 ounces of liquids 10 to 20 minutes before activity, and drinking at least four to eight ounces every 10 to 20 minutes during activity. Afterwards, he suggests drinking a properly formulated sports beverage such as Gatorade, until you're not thirsty, to help ensure rapid and complete rehydration.

AFRICAN-AMERICAN HISTORY SONGS OF PROTEST AND CIVIL RIGHTS

By Gwen Walker

The songs that were sung in the South during the Civil Rights movement, including the sit-ins and voter registration, are in the direct tradition of protest songs used throughout history.

The spiritual Oh, Freedom was sung in 1860 and again in 1960 without the need to change any of the words:



GWEN WALKER

Oh, Freedom
Oh Freedom, Oh Freedom
Oh Freedom over me
And before I'll be a slave
I'll be buried in my grave
And go home to my Lord and be free.

Original Verses
No more moaning, no more moaning,
No more moaning over me
And before I'll be a slave,
I'll be buried in my grave
And go home to my Lord and be free.

Verses from the 1960's
No more shooting...
No more burning churches...
No more jail house...
No more Jim Crow...

In Africa, Africans used rhythm, melody, and lyrics to hold on to reality, hope and the acceptance of Life just as we do today. Blacks during slavery used music to endure the cruelties of slavery. Spirituals and gospel music provided a medium for both communion and communication. As the black experience in Amer-

ica became more complex, so too did the music, which has grown and ramified dramatically affecting American music in general.

Other songs of the struggle are: We shall Overcome; Freedom in the Air; Oh Wallace; If You Miss Me From The Back Of The Bus; Certainly Lord; Come And Go With Me To That Land; My People Will Rise; Sing Till The Power Of The Lord Comes Down; and many, many more.

The Struggle Continues.

BLACK PANTHER

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interested in protecting these children, then they said, 'well we better back off!' We are hoping that there will be no further incidents, or once we hear of any problems, then we will activate the measures that I have stated."

David and Arlene Gaines, parents of the thirteen-year-old student that was violently attacked and shot at twice by white, so-called Neo-Nazis, were walking their son to the bus stop daily while carrying baseball bats to fend off any attackers. Gaines said that the attacks have ceased and the problem is being investigated by the Metropolitan Police Department.

According to Gaines, the ensuing investigation has led to one arrest and no update has been given, to date. In the meantime, Current and the Black Panther Party will remain on standby.

ONLY TO HOST

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throughout the country.

Helene S. Laatikainen (acting) has worked as a commercial artist for more than 22 years and is currently head theater instructor at Cheyenne High School.

Maggie Winn-Jones (acting) is a working professional actress who has appeared in more than

100 productions at top theaters, such as Arena Stage, Folger Theatre, Repertory Company of St. Louis and LaMama Theatre Company in New York City.

A non-refundable deposit of \$50 is due June 30.

For further information, please call the Department of Theatre Arts at 895-3353.



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