

# Zhane

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with the music from the "Off The Wall" album.

**The Scoop:** In addition to the new CD, what else do you ladies have coming up in the future?

**Zhane:** The August issue of "Essence" features us in a six-page fashion layout. We've always been kind of style-oriented since our college days. And we sort of had our own style and look for the last album but it wasn't intentional - it just kind of happened on its own. We're a lot more glamorized right now but I think we'll be toning it down later. It's really high maintenance and that's tough when you're traveling so much. Jean and I are very much your everyday kind of women. We love being comfortably dressed no matter what. But we strongly emphasize our ethnicity. No matter what we're doing, we like to project the fact that we're some strong sisters in a positive way. It doesn't matter if our heads are bald or if we've got dreadlocks.

**The Scoop:** So are you two ladies married or engaged?

**Zhane:** No, we're not married or engaged but we do have boyfriends. They're not in the entertainment field though. My

guy is a criminal lawyer. I like really smart men. We've been together for about eight months now.

**The Scoop:** Are you and Jean neighbors?

**Zhane:** We live in neighboring cities in New Jersey. We used to be roommates before we got our own places though. We're together for shows and then we go to our perspective homes and live ordinary everyday lives.

**The Scoop:** How many years have the two of you been together?

**Zhane:** It's been nine years now. We've literally grown up together.

**The Scoop:** That's a great track record. What keeps you together?

**Zhane:** Our overall friendship. We really like each other. We get along. We're always there for each other. And we know that's rare. We strongly urge women in the music industry to stay together if they're in a group.

*The Scoop is presented by The National Alliance of Postal & Federal Employees (NAPFE).*

# Health

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These studies have also shown women who delivered babies before age 20, and breast-fed their infants, were also less likely to contract pre-menopausal breast cancer than their non-breast-feeding counterparts.

Researchers believe the reduction in breast cancer is related to the reduction in estrogen levels during breast-feeding.

Breast-feeding does not guarantee that a woman will not get breast cancer. It is important for all women to perform a self-breast exam every month.

**Q: Why is physical activity important to the nutritional well-being of children?**

**A:** National surveys have shown nearly one-fourth of American children are

overweight. Physical activity helps children maintain appropriate body weight and percentage of body fat.

Exercise is much better for a child than eating a low-calorie diet.

Children who consume less than 1800 calories per day may not be receiving the proper amount of important nutrients, such as vitamin B6, copper, magnesium and iron that they need to grow up healthy and strong.

A two-year study at the USDA/ARS Children's Nutrition Research Center at Baylor College of Medicine in Houston is currently looking at how and why children gain weight.

**Q: How important is beta-carotene to children's diets?**

**A:** Beta-carotene is a naturally occurring substance found in plants. Our bodies convert this substance into retinol (vitamin A).

Beta-carotene is an anti-oxidant that prevents oxidizing products, such as hydrogen peroxide, from destroying one's cellular components, which can lead to things like cancer and other diseases.

Beta-carotene can be found in carrots, pumpkins, winter squash, sweet potatoes, tomatoes, greens, apricots and cantaloupe.

*If you have a question about children's nutrition send it to: Kids Nutrition Q&A, USDA/ARS Children's Nutrition Research Center, Baylor College of Medicine, One Baylor Plaza, Room 176B, Houston, TX 77030.*

# Cops

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Investigators believe the cops may have fired 12 to 14 shots.

In a bizarre twist, another off-duty cop - who wasn't with the group - heard the gunfire and called 911, not knowing it was cops who were doing the shooting.

Officials said that, after the attack, Bannerman went to the Sterling Street station on the

No. 2 IRT line, where he was struck and killed by a train at the northbound platform.

Investigators say they have found nothing to support the Bannerman family's claim that the cops were chasing him when he died.

Police sources said the token-booth clerk on duty saw Bannerman enter the station alone.

And the motorman of the

train that struck Bannerman said his leap looked like a suicide, sources said.

"The motorman said he saw Bannerman alone on the platform, and all of a sudden, he jumped in front of the train," a police source said.

Police brass have placed the cops - identified as Orice

Comner, Mark Cooper, Edward Howard, Otis Hunt, Brian Marrow and Chris Randall - on modified duty for failing to report the altercation.

They may face stiff departmental or even criminal assault charges, based on witness accounts of the bar brawl, sources said.

# Sports Quiz

By Aaron E. Tucker  
Special to Sentinel-Voice

1. Name the two opponents who participated in the first-ever regular season overtime football game in 1974.
2. What football team won the first-ever regular season overtime game in 1974?
3. What two teams played in the first Monday Night Football game in 1970?
4. What two teams competed in the first NFL International game in Canada 1950?
5. What year did the NFC and AFC start participating in the Pro Bowl all-star game?
6. What was the New York Jets' original name when they started play in the AFL in 1960?
7. How many games did Tom Landry win during his first season as head coach of the Dallas Cowboys in 1960?
8. Name the first wild-card team to play in the Super Bowl.

## SPORTS QUIZ ANSWERS

1. Pittsburgh at Denver. The teams tied at 35 apiece; Steelers 21-17.
2. The Dallas Cowboys in 1976. They lost to the Pittsburgh Steelers 21-17.
3. The Dallas Cowboys in 1976. They lost to the Pittsburgh Steelers 21-17.
4. The Dallas Cowboys in 1976. They lost to the Pittsburgh Steelers 21-17.
5. In 1971, the NFC defeated the AFC; 6. The Titans; 7. None (0-11-1); 8. The Dallas Cowboys in 1976. They lost to the Pittsburgh Steelers 21-17.
6. The Dallas Cowboys in 1976. They lost to the Pittsburgh Steelers 21-17.
7. The Dallas Cowboys in 1976. They lost to the Pittsburgh Steelers 21-17.
8. The Dallas Cowboys in 1976. They lost to the Pittsburgh Steelers 21-17.

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