1-on-1 with CHERYL FORD

Cheryl Ford is a star forward on the WNBA Champion Detroit Shock. As a rookie out of Louisiana Tech, she helped the Shock to become the first team in American pro sports to go from having the worst record in the league to champions the very next season.

HOOPIN'

Cheryl's Top Five Basketball Tips:

1. Work Hard on the Court
2. Stay Mentally Focused
3. Practice Your Footwork
4. Increase Your Dribbling Skills
5. Play Good Defense

VERB Mag: What's your favorite activity?
Cheryl: Working hard on the basketball court.

VERB Mag: Who was your role model growing up?
Cheryl: My mom.

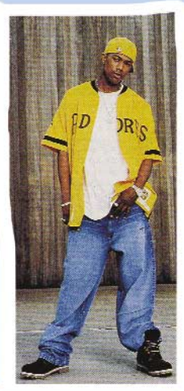
VERB Mag: How did your mom and the coaches help your game?
Cheryl: They were confident in me, and pushed me to be the best that I could be. They taught me to never give up.

VERB Mag: Did you play any other sports while you were growing up?
Cheryl: Softball. I played first base and hit a home run in every game during high school. I love softball.

VERB Mag: What if someone isn't good at any one activity...what should they do?
Cheryl: Find an activity that you are good at and like to do. Look for something active to do besides just sitting around. Just go out and find it!

Nick Cannon

Actor, rapper and producer Nick Cannon, who is currently on tour promoting his new album and can also be seen in the movie *Can't Buy Me Love*, takes time out to say a few things about VERB.



I'm here to talk about VERB. The V to the E to the R & B. VERB is about having fun and being active. So pick a VERB and bust it. Or combine two...like SINGING and DANCING. Every day is game day, so get out there and go play. VERB...it's what you do. Check out VERBNOW.COM. Peace.

RACK YOUR BRAIN

A	H	B	F	R	E	E	Z	E	T	A	G	L	O
S	K	O	B	A	S	K	E	T	W	I	L	L	N
T	I	H	R	O	C	K	E	T	I	A	O	P	E
R	C	B	I	S	T	A	N	D	B	P	O	I	T
E	K	A	N	P	E	N	S	B	R	F	K	N	W
E	B	S	G	A	H	E	K	E	Q	O	N	G	O
T	A	E	A	R	D	O	T	R	U	O	E	P	T
H	L	B	R	K	O	A	P	C	O	T	E	O	H
O	L	A	O	I	W	T	I	S	T	B	A	N	R
C	A	L	R	O	N	A	L	T	C	A	R	G	E
K	B	A	C	R	I	C	L	A	B	O	W	L	E
E	M	R	S	O	K	K	E	R	L	I	T	E	A
Y	A	M	A	J	U	M	P	R	O	P	E	C	S
M	A	I	N	I	C	K	C	A	N	N	O	N	H

The words below are hidden in this word find. Words go forward, up, down, and diagonally. Try to find them all and circle them as you go!

Kickball
KB Ball
Hip Hop Scotch
Jump Rope
Ping Pong
Street Hockey
Marco Water Polo
Horse
Freeze Tag
Mario
Nick Cannon

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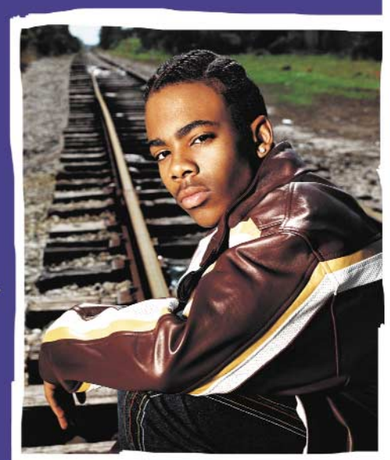
Mario's Got Game



With a self-titled album that debuted in the Top 10 in the U.S., there's no stopping Mario from his appointment with superstardom. Although singing is his meal ticket, the "Boy Wonder" has some other tricks up his sleeve — like acting, which he's already explored, having made appearances on several big-time shows. When he gets some free time away from the spotlight, Mario stays loose with his favorite VERB — PLAYING FOOTBALL with his friends.

VERB LOG

What activities have you done this week? List them below.

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WHAT'S YOUR VERB?

There are lots of ways to **VERB.** It's even cool to make up new ones.

LOG ON TO VERBNOW.COM and tell us what game you play in your local park.