

## Wheeze Into Shape

Campus Digest News Service

Summer is just around the corner, but many people are discovering that their bodies are still in winter hibernation.

If you're one of these people—if you lose your breath while dressing, or break into a sweat picking up the morning paper—then it's time to shape up for the warm weather season.

The best way to shape up is by cardiovascular exercise. Cardiovascular exercise is any prolonged rhythmic movement of the large-muscle groups that strengthens the heart and lungs. Cardiovascular exercise benefits your total body whereas strength exercises such as weightlifting benefit only certain muscles.

Probably the most popular cardiovascular exercise is running. One nice thing about running is you can just go out your door and start right there.

But a running program must be started slowly. Don't try to do too much the first time you begin running.

The first step (provided you have a doctor's consent if your family has a history of heart disease or if you are over 35 and have been fairly inactive), is the "talk test." This is a breathing test that determines your anaerobic threshold—how long you can run without the threat of injury. You can determine this threshold by running at a

moderate pace until you're so short of breath you cannot carry on a conversation. For most people, it's between 12 and 14 minutes. That's where you should start your program.

Once you know your threshold, you can begin the hardest step—running regularly. Try to run three times a week or on alternate days. And you should progress one to two minutes a run—the optimal running time needed to maintain fitness.

Stretching before running and having a good pair of shoes are important.

But many people do not like running, and if you don't like it, you're likely to quit soon. It's very important to find an exercise that is enjoyable.

Bicycling and swimming are also cardiovascular exercises, but like running, they are individual activities. Some people need motivation.

That's when organizations and health clubs are helpful. Many people find the group atmosphere makes getting in shape easier.

But whatever your path to fitness, exercise has mental as well as physical advantages. People who exercise are more self-confident and assertive than they were before they were in shape.

And, most importantly, exercise can help you from tiring while dressing or picking up the morning paper.

## Touch

By Jimmy Gibbs

The Division of Humanities and Fine Arts presented, "Touch," The Mime Trio of the Arts School in Calboro, N.C. on Monday, April 4.

"Touch" gave a lecture and demonstration of the mechanics of mime, which is an act of gesture without words.

In the evening "Touch" presented an outstanding performance in the Butler Little Theatre in a standing room only audience. Accompanied by pianist-composer Paul Whetstone, "Touch" performed routines from "UFO" and "The Automatic Friend" to motivate the audience. By this performance, Fayetteville State University has certainly proven to be the center for the Performing Arts in Cumberland County.

## Show Time

By Cheryl Brown

The Fayetteville Showcase Theatre, Inc. presented the musical folk comedy "Simply Heavenly" March 10-12 in the Seabrook Auditorium.

The play was produced through special arrangements with Dramatic Play Service, New York City, New York. Lanston Hughes was the author, and Clyde Wayne McMillian directed, designed and staged the play with a touch of class added by the special guest appearance of Ms. Klicky Robinson.

The Fayetteville Showcase Theatre gives a special thanks to Mr. Ambrose Pemberton for his support of the production.

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## This Month In Black History

Research By Marion Crowe

April 2, 1790

The United States Congress accepted, from the State of North Carolina, territory that comprised the present state of Tennessee with the promise that "no regulations made or to be made shall tends to emancipate slaves."

April 4, 1874

Isaac S. Hathaway, sculptor and ceramist, was born in Lexington, Ky. He studied in the Art Department of the New England Conservatory of Music and the Ceramics Department of Pittsburg Normal College. For many years he was the head of the Ceramics Department at the Alabama State University. One of his most eminent contributions was the designing of the Booker T. Washington half dollar and the George Washington Carver half dollar. His works are to be found all over the United States and in the Sorbonne University in Paris. Hathaway produced over 100 busts of prominent blacks.

April 7, 1909

Matthew H. Henson, adventurer and explorer, was the first man to reach the North Pole. Admiral Robert Edwin Peary, the leader of the expedition, was

honored for the achievement. Henson was awarded the Congressional Medal of Honor for the feat many years later. He was born in Maryland in August, 1866.

April 7, 1940

The Booker T. Washington stamp went on sale at Tuskegee Institute marking the first time that a stamp honoring a Black had been issued by the U.S. Government. Approximately 200,000 of the ten cent-stamps were sold on the first day of issuance.

April 9, 1872

The Soldiers and Sailors Monument on Cadillac Square in Detroit, Mich., was unveiled. One of the statues in the monument depicts Sojourner Truth, the great woman abolitionist.

April 11, 1881

Spelman, the first college for black women was founded at Friendship Baptist Church in Atlanta, Ga., by white New Englanders Sophia B. Packard and Harriet E. Giles. Eleven women, some of whom had been slaves comprised the first student body.

April 19, 1723

An ordinance was passed in Boston which prohibited blacks and Indians from congregating in the streets.

## Register For Aid

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If you are a male and are planning to apply for financial aid to go to college next fall, you had better be prepared to prove yourself. That is, to prove you have registered for the draft.

A new law goes into effect July 1, 1983, which says that students who are required to register with the Selective Service must prove they have done so before they will be eligible for financial aid.

Supporters of the new law say that if the students are willing to take the assistance of the federal government, they should also be willing to provide assistance to their country if called upon. Opponents say that colleges and universities should not be involved in enforcing compliance of draft registration.

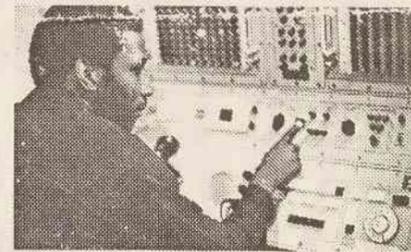
## Lyceum Meeting

The Lyceum Committee is scheduled to meet April 21, 1983 at 3:10 p.m. in the Conference Room of the Student Center.

The agenda includes: Plans to formulate, execute, evaluate and select lecturers, dramatic productions, musicals, recommend a budget, and to coordinate the appearance of outstanding artists at this campus for 1983-84 academic year and the first summer session in 1984.

If there are programs of individuals that you feel would enhance the Lyceum Series during 1983-84, please forward them to Dr. Irving Weazle as soon as possible. Information should include contact address and phone number.

## WANT INSTANT RESPONSIBILITY?



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