

FSU Inspiration On Wheels

By KIM VERBAL

This man is a good example of God using ordinary people. The only difference between him and us is our means of transportation; we have legs; he has his wheel chair.

He is a man of love, unselfishness, self-confidence, motivation, determination and high intellect. His life and charming personality is an animation with themselves. To those who do not know him, he is indeed an inspiration on wheels. He is better known as "Beaver."

Beaver was originally born in England on September 29, 1959. At the age of five his family moved to Bear Creek, North Carolina. Presently, he is a student at FSU. His intended major is psychology.

Beaver speaks of the goal he hopes to accomplish while attending FSU: "I hope to make Fayetteville State a more accessible school for other individuals in wheel chairs who plan to come here, because right now it isn't that accessible, but I plan to be here for the next two years make it more accessible for other students. I feel that there's a great need for an

institution of higher learning to be more accessible. Since Fayetteville State University is that type of institution, I feel it's sad that it's not more accessible."

Beaver speaks of his hobbies and future plans after college: "My hobby is photography. I also enjoy sports like archery, and most other outdoor sports." His long range plan is to start a good home for the mentally retarded. Beaver also talks about who and what motivates him the most: "I feel that not many people today really like themselves or are insecure about what they do or what they get out of life; not being selfish or self centered, not looking out for number one but caring mostly about yourself. If you don't care about yourself or enough about yourself how can you help someone else or teach that to them."

Beaver has not let the inability of his legs stop him from enhancing his society. Instead he uses his inability as a motive to reach out and help others. His life is an inspiration on wheels.

Quitting Cigarettes Depends On Skill

Durham, NC — Giving up cigarettes depends on skill more than willpower, according to a psychologist who directs one of the most successful quit smoking clinics in the country.

"The most effective strategies for quitting address both the addictive and psychological aspects of smoking," according to Dr. Robert H. Shipley at Duke University Medical Center.

In five evening sessions, Shipley and his colleagues at the Duke Quit Smoking Clinic teach people the skills needed to keep from lighting another cigarette. The sessions last an hour and a half each.

"Ninety-five percent of America's 53 million smokers want to quite but don't know how," according to Shipley. "Many try but find it hard to avoid the pitfalls along the way."

After a stressful day, for example, someone trying to quit may reason that, "Just one cigarette will help me relax, and after that, I won't smoke any more."

But the reformed smoker is seldom able to stop with just one, Shipley said. Statistics indicate one cigarette leads to another.

"There may be certain times in the day when smokers crave a cigarette, such as with their morning coffee," he said. "We teach people how to combat the urge to smoke as they reduce their dependency on nicotine."

In a new book, "Quit-Smart: A Guide to Freedom from Cigarettes," Shipley shares the methods that have been used at Duke to help thousands kick the habit. The book has become the text for the quit smoking clinic.

"Ours is a professionally

developed and operated clinic based on research at Duke and elsewhere," said Shipley, who is himself a former pack-and-a-half-a-day smoker.

One phase of the program, called 'cognitive ecology,' involves "cleaning up one's crazy thoughts about cigarettes."

"People think they can't get through a crisis without a cigarette, that they need a cigarette to concentrate, or that they'll begin to gain weight if they stop smoking," he said.

Psychological obstacles can be overcome, Shipley said, and research indicates only about a third of those who give up smoking gain weight. Another third lose weight.

One of the methods used in the clinic give new ex-smokers a strong reminder about the naturally unpleasant aspects of their old habit.

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"We ask participants to hold cigarette smoke in their mouths for 30-second periods without inhaling," Shipley said. "After a person quits for a day or more, smoke holding underscores their body's negative response to cigarette smoke—it tastes foul, burns their mouths and produces muscle tension and headaches. They don't usually want another cigarette after that."

The clinic also offers optional training in self-hypnosis for relaxation to ease withdrawal.



A Band With Pride

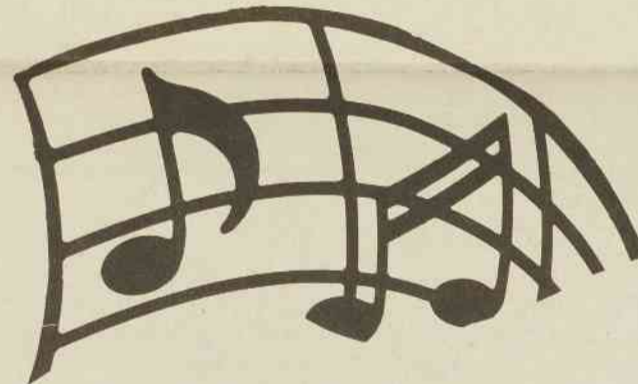
Fayetteville State's marching band under the direction of Dr. Victor Hebert is strong and performing well. The band consists of 80 members. A little larger than in the past years. Royal Treasure, a twelve member dance group, under the direction of Ms. Macio Squire is a new attraction to the band. There are approximately four females in the percussion section. Twelve girls make up the flag line. The prospect of the band growing in the next few years is excellent. FSU is hoping to reach 128 members strong. When the band gets larger, things get better. Jasper Cooks is the first freshman to lead the band. He was chosen by his ability, experience, and showmanship.

There seems to be more variety in the shows compared to past performances. It takes approximately 60 practice hours to develop a typical show. For some of the best bands it can take up to 100 hours. The FSU band can not achieve 100 hours because of the short time they have to prepare a show. The band helps in choosing their own music. They choose easy adaptable music with knowledge and

sentiment of the band. Students generally make up the dance steps they want to do. They all work together and consider all the members in the band so no one is asked to perform a step that may be difficult. The burden is put on the percussion section because they have to do the cadence, at times are challenged by other bands, and section (block show) shows.

Dr. Hebert said, "The outlook for this year's band is excellent. He is overjoyed with this year's band. There is still a lot of hard work to do, but he anticipates no problems in achieving their goals. It takes much dedication to be a part of this organization. For the size of the band there is a lot of power. It often takes a larger band to sound the way we do."

FSU has a reason to be proud of their band. They give the university their all so in the return the community should come out and support them. There are still openings for the following bands: concert, jazz (especially guitar players), and basketball pep band. If the basketball pep band can be formed fast enough they will travel to the CIAA Tournament.



A Freshman Leads The Band

Jasper Cooks, a freshman music major from Crockett, Texas has been chosen to serve as the drum major for Fayetteville State University's Marching band. He is the first freshman in FSU's history to hold this position. He plays seven band instruments.

Cooks became interested in music in the sixth grade. Music ran in his family, but he was the only one who took it seriously. He has been playing music for seven years. Cooks was the first male drum major in his high school in Texas. He participated in the Texas State Twirling Association (TSTA), taught at several drum major camps, and participated in the Texas Area Drum Major Invitational, where he won several first places. He was the first drum major for the Lions of Texas All State Band.

He felt he was strong enough to lead our band, so he decided to try out for the job. His love for band and music gave him the extra push he needed to try out for drum major. He wanted to play a strong role in the FSU Marching Band. He has had several influences in his life which made him decide to reach for the stars, among them John Carrol, band director of Crockett High School, who feels he (Cooks) can be a very successful band director with a lot of hard work.

Cooks hopes the band will continue to grow and strive for excellence and to get people motivated in the area of music. He has been getting a good response from the band and they have given him a lot of support. His main goal in life is to teach music on a college level and to become a band director.

Career Planning and Placement Office

NOVEMBER

Friday, November 1
9:00 a.m. - 4:00 p.m.

United Virginia Bank
Richmond, VA 23261
Seeking business or business-related majors

Thursday, November 7
10:00 a.m. - 3:00 p.m.

Florence School District #1
Florence, SC 29501
Seeking majors in Elementary Education, Art, Math, Science, Social Studies, English and Foreign Language

Friday, November 15
9:00 a.m. - 4:00 p.m.

Bell Communications
Piscataway, NJ 08854
Seeking majors in Math and Computer Science

Wednesday, November 20
10:00 a.m. - 3:00 p.m.

GRADUATE SCHOOL DAY
STUDENT CENTER
(Multi-Purpose Room)

Friday, November 22
9:00 a.m. - 3:30 p.m.

Chesterfield County School District
Chesterfield, SC 29709
Seeking elementary and secondary majors

Students interested in signing up for interviews should call 436-1205/6 or stop by 241 Butler Building.