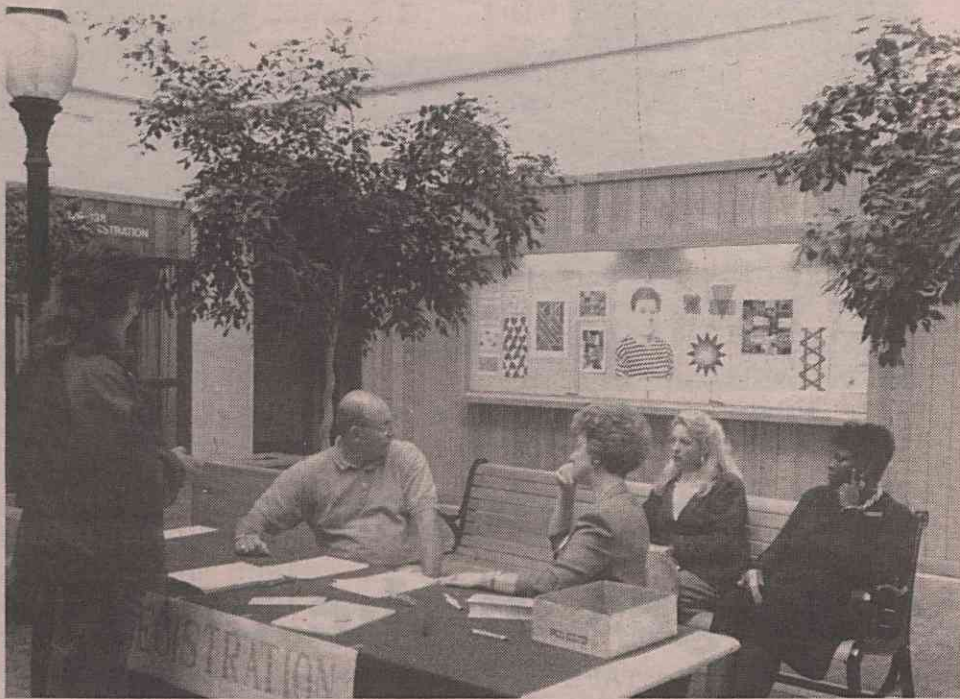


Wellness Day emphasizes health, fitness



Mike Saylor confers with other committee members at the registration table. PHOTO: CATHERINE GERRINGER

By CATHERINE GERRINGER

On March 24, 1995, the Student Development Department sponsored its second annual Wellness Day at WCC.

The Wellness Day committee consisted of the following: Debbie Harris, Chair; Sharon Price, Co-Chair; Mike Saylor, Carolyn Walston, Marie Lewis, Lee Jackson, Beth Jones, Yvonne Crespo, Norma Dawson, and Bill Bennett.

Price said, "The purpose of Wellness Day is to enable participants to become aware of their present state of health and to pay attention to their physical and mental well being."

Skylight glass in disrepair

Mediator to settle issue

By JENNIFER L. TAFE

WCC seems to be close to resolving the broken skylight issue, according to Linwood Anderson, Vice President for Research and Organization Development.

He said a mediator, Lawrence M. Watson Jr. of Orlando, Florida, has been contracted to decide which party is responsible for the cost of replacing the glass.

Watson is an expert in construction mediation, Anderson said.

The mediation, an alternative to taking the case to court, will take place on July 25.

The committee contacted health representatives from the college and the community to donate their time and service for the exhibits.

At the Body Fat and Fitness exhibit participants paid a small fee of \$2.00 for a test to check total body fat.

Susan Bailey, a YMCA representative, conducted the tests.

Marie Newsome represented the Sickle Cell Disease Association.

The Wayne County AIDS Network representatives were Jack Johnson and John Belmonte who distributed pamphlets about HIV and AIDS.

If all parties are satisfied with the negotiations, Anderson said the conflict will be resolved. He said WCC attorney Phil Baddour feels positive about the mediation efforts.

Last month a glass expert surveyed the damaged skylight, but Anderson said his findings must remain confidential, as of now.

Anderson feels that the findings could help WCC's case.

Although no official estimate of the cost was available, Anderson has heard estimates varying from \$40,000 to \$100,000.



Students check out literature from The American Heart Association of Wayne County on Wellness Day. PHOTO: CATHERINE GERRINGER

Information pamphlets were available about heart, cancer, and communicated diseases.

The Nursing and Medical Assistant students handled blood pressure checks.

Christine Smith from the Wayne County Agricultural Extension Service provided samples of fast foods and information about calories.

The Dental and Medical Assistant Departments measured heights and weights.

Michele Kornegay, a part-time aerobics teacher at WCC, gave an exhibition on aerobics in the Lecture Hall.

An exhibition by Breeden's Tae-Kwon-Do informed students and staff about self-defense.

Approximately 200 faculty, staff, and students attended Wellness Day.

Registration was handled by Marie Lewis and other committee members.

At the conclusion of Wellness Day students and staff were eligible for door prizes if they visited at least 4 exhibits.

The winners were Cindy Parker, Melissa Johnson, Janice Jones, Doris Jacobs, Amy Norris, LaWanda Pickett, and Benji Shirley.

Price said she and the other committee members would like to thank everyone for making Wellness Day a success.

Health Tip:

The number of moles we have is an accurate gauge of our melanoma risk. People with 6 or more moles larger than 5 mm. in diameter should schedule frequent skin exams.

--from *Vitality* magazine, June 1995



Students from Breeden's Tae-Kwon-Do demonstrate movements for students. PHOTO: WADE HALLMAN