

Graduates

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remarked jokingly. "it's difficult, it's a task because you're trying to juggle the family life, you're trying to juggle the kids, having dinner cooked for a husband that sometimes gets impatient and working in the study time ... Sometimes, burning the midnight oil is the famous thing to do."

It was a bittersweet moment for 53 year-old Andrea Rowdy, a sociology major.

"I lost a dear friend ... we were supposed to walk together," she said, tears running unabashedly down her cheeks.

Rowdy's comrade, Jacqueline Redd, passed away in October. The two had been friends for more than 30 years and embarked upon their college journeys beginning in 1977.

"When I stopped that semester back in '77, I said I was going to go back, but I never went back," Rowdy said. "It took me 30 years to go back."

When Rowdy did return to school in 2004, Redd was again at her side.

"She was going through some difficult times so, therefore, she stayed out a semester, but we were determined to get this done together," Rowdy said. "It was her that really pushed me to go, and it's because of her that I'm here, so therefore, she's still with me going across the stage ... I have my sadness for her, but I know she's looking down and she's walking with me."



Sonja Glass

Ashley Freeman, a transfer student, was the first biotechnology major to graduate from Winston-Salem State. Despite being the proverbial "guinea pig" for the program, Freeman says that she received a top-notch education.

"I feel like I got a lot more at Winston-Salem State, my first semester here than I did in my (whole) experience at the community college," she remarked. "Just the experiences that I've been able to do; I've been able to go into a lot of different industries of research ... I've just had a lot of experiences that a lot of other undergraduates don't get."

Mother and son team Sonja and Andrew Glass had much to celebrate, as both graduated with honors on Friday.

Andrew, a Justice Studies major, said the school provided a valuable learning experience for him, both in and out of the classroom.

"I'll be going into law



Corbett



Judge Joseph Johnson

enforcement and I'll be dealing with a lot of diverse cultures. Winston-Salem State has given me a lot of diverse knowledge on how to understand people and how they think and operate," he said. "That I could not



Smoot-Hairston

have found anywhere else."

Graduation Day was a long time coming for Sonja Glass, who obtained a BSN to enhance her 32-year nursing career.

"I'm 52 years old and I never thought I would go back to school," she admitted. "But it's been kind of fun because my son's been in school at the same time - it's been kind of competitive around grade time."

Filled with pride and exultation for both Andrew and herself, Sonja's voice quivered slightly when she spoke of her son.

"We're just so proud of our son. He's just a wonderful young man," she said. "This is a very exciting time for both of us and you know, I think we thought it was never going to come and today it's here."

That pivotal moment had come in fact, for all of those who walked that day, but before they made the trip across the stage and beyond into their futures, they were privy to some



Freeman

sage advice from the Honorable Judge Joseph D. Johnson, a district court judge in Shawnee County, Kansas' 3rd Judicial District Court and a 1973 graduate of Winston-Salem State.

One of seven children born to illiterate parents in the Jim Crow South, Johnson rose from the throes of poverty to greatness, silencing critics at every turn.

"I cannot tell you how proud I am to carry the moniker of Winston-Salem State University everywhere I go," he declared.

Johnson regaled the audience with tales of his trip to the top, relating the tales of triumph, tempered by the upsets and heartaches, that he has known.

"Sometimes the Lord will put extra obstacles in your way in order to give you extra lessons," Johnson stated.

He urged the audience to seek out their passions in life.

"I wish you a magnificent obsession that will give you a reason for living," he exhorted. "If you take nothing else ...



Andrew Glass

please embrace this - as you go forth to continue the pursuit of your dreams, please, please, please live life with conviction and firmness and hope. Commit yourself to finding a passion to live life to the fullest."

Johnson implored the new alumni to remember their alma mater in their giving.

"Your pursuit of a higher education is courageous, but it comes with a price tag other than student loans," he boomed. "Do not be selfish; remember our alma mater, support her, not only with your funds, but with your time. Take pride in her and display her name whenever and wherever possible."

Dynamic in his delivery and artful in his prose, Johnson captivated the audience and left them with many things to consider.

"You are now armed with the very tools that I have; you may do the same," he remarked. "You have been touched by the soul of Winston-Salem State, and I know you are better for it."

Kwanzaa

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The years passed and the celebration gained popularity.

"The interest in the community (grew), there were individuals who really got excited about it," she recalled. "Then we started celebrating seven days, having it in different homes."

The small intimate affair once shared among friends snowballed.

"We did it for several years (in people's homes), but then it began to get bigger and the interest began to grow so we decided that we would expand it to the community," Andrews stated. "It became the city-wide Kwanzaa celebration where, instead of families hosting the day, there would be churches and agencies hosting

it." The Winston-Salem Urban League will host this year's kickoff event Wednesday, as it traditionally has.

"It's really exciting; we're honored to be able to host the kickoff night because we think that sort of sets the tone - it gets people in the mood for our Kwanzaa celebration," commented Patricia Sadler, public relations director for the Urban League.

"Most of the Kwanzaa principles are in line with our mission in terms of empowering the community and changing lives, so when we think about determination and we think about unity, people coming together, building businesses in our own community - we think that those are all important principles that we at the Urban League support."

The opening event will be

centered around the first Kwanzaa principle "umoya," which means "unity," and will feature a feast and performances by several creative groups, Sadler says.

This year's celebration will include some new elements as well.

"One of the things we've added ... this year is that we will honor someone that exemplifies the principle; during each celebration, someone will be honored," Sadler explained.

Youth will play a much more important role this year than they have in the past, she says.

"It's an educational process - we want them to learn, we want them to understand the importance of Kwanzaa," she commented. "... so all of the celebrations will feature youth in different kinds of activities."

Entrepreneur Dana Suggs says she is also looking forward to the celebration. Suggs owns the popular Afro-centric Body & Soul boutique on Trade Street, which will co-sponsor the observance of the second night of Kwanzaa along with Goler Memorial AME Zion Church.

"I think it has been our fourth year to sponsor the second night of Kwanzaa, which is Kujichagulia, in English words, self-determination," she commented. "We wanted that principle because we felt it was so important and it was something that really drove us."

Suggs says she has enjoyed sponsoring the event in recent years and feels it has been good for the store as well.

"If your customer base is involved or concerned about different issues, I think you

should be involved in that too," she remarked. "We service a large African American community, Kwanzaa being an American holiday that pays tribute to African Americans, we felt it was just something that we should be a part of."

For the first time ever, a Kwanzaa Ball on December will complement the Kwanzaa events. The Ball will be held Dec. 28 at Whitespace Gallery and will feature musicians Tichina Vaughn and Keith Byrd.

The Kwanzaa schedule of events is as follows:

Wednesday, December 26 - Principle: Unity - Umoja, Urban League Bldg, 201 W. 5th Street; Thursday, December 27 Principle: Self Determination - Kujichagulia,

Goler Memorial AME Zion Enrichment Center, 620 N. Patterson Avenue; Friday, December 28 - Principle: Collective Works and Responsibility - Ujima, Location: Neal Place, 1306 Tyndall Street (between 14th & 13th Streets); Saturday, December 29 Principle: Cooperative Economics - Ujamaa, Location: Sims Recreation Center

1201 Adler Street; Sunday, December 30 Principle: Purpose - Nia Location: Grace Presbyterian Church 3901 Carver School Road; Monday, December 31 - Principle: Creativity - Kuumba, Location: Central Library, 660 West 5th Street; Tuesday, January 1 - Principle: Faith - Imani, Location: Emmanuel Baptist Church, 1075 Shalimar Drive.

AKAs

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return to their roots include five former international presidents, and high-profile members like Actress Phylicia Rashad, Florida Supreme Court Justice Peggy Quince; and 102-year old Hazel Hainsworth Young, a retired educator from the Houston public schools and one of the sorority's most senior members.



Quince

The campus will be bedecked with historical markers that will chronicle pink-and-green-letter-dates in Alpha Kappa Alpha's history. In an act of remembrance, members will re-enact the ceremonial process that led to the birth of Alpha chapter and Alpha Kappa Alpha Sorority.

As the historic birthplace, AKA history is embedded in the fabric of Howard University. Because of this, Moorland-Spingarn Research Center, the official home for Alpha Kappa Alpha's archival records, will add a Centennial exhibit to its vast Alpha Kappa Alpha collection.

The Centennial birthday celebration will feature the launch of the Sorority's official publication, Ivy Leaf, in digital form. Taking the magazine to a new technological level represents a milestone in Alpha Kappa Alpha's long and impressive history.

And, in keeping with the Sorority's credo "to provide service to all mankind," members will participate in a series of projects where they will outreach to seniors, cancer patients and respond to the needs of the community. A climactic high point of the weekend will be the dedication of a library. Sorority members will donate books to the library and solicit donations of reading material from area bookstores.

The weekend is being driv-

en by the theme, Extra Special Preservation, which embraces President's McKinzie's ESP programmatic theme. Heading the Centennial Birthday Celebration Committee, which is overseeing the celebratory festivities, is Faye Bryant, Alpha Kappa Alpha's 21st national president and former Alpha Chapter member.

McKinzie said the Alpha Birthday Celebration is the first

of two major celebrations to take place during its Centennial year. She announced that more than 20,000 members will converge upon Washington, D.C. for its Centennial International Conference from July 12-18. At that time, more tributes and commemorations will take place. At the same time, the sorority will engage in a week-long series of meetings, plenaries and "conversations" about how to deal with today's pressing issues while charting a course for the Sorority as it enters its second millennium. The public will be invited to some of the events.

Flexibility

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The United States, in large part, because if its commitment to flexibility such as compressed workweeks, flex-time, job sharing, and remote or telework. Employees with a wide variety of jobs and responsibilities completed the HRA, including executives, administrative support staff, and warehouse and production workers.

"These weren't all office workers - that's an important point," Grzywacz said. "This isn't just about high-level

office workers - these people perform a wide variety of tasks within the company."

The data was analyzed to determine if lifestyle behaviors differ between employees with different levels of perceived flexibility and to identify if changes in flexibility over a one-year time period predicted changes in health behavior. The study focused on frequency of physical activity, engagement in stress management programs, participation in health education activities, healthful sleep habits, and self-appraised overall lifestyle.

"Overall, the results

showed that nearly all the health behaviors examined in this study were associated with perceived flexibility," Grzywacz said. "Although further research is needed, these results suggest that flexibility programs that are situated within a broader organizational commitment to employee health may be useful for promoting positive lifestyle habits."

Co-authors of the study are Patrick R. Casey, B.S., also of Wake Forest, and Fiona A. Jones, Ph.D., University of Leeds, United Kingdom.

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