



Gym Under Construction

photo by Head

By the fall semester of 1976 Winston-Salem State will have one of the largest gymnasiums in the area.

The Physical Education Department is currently undergoing a \$2 million expansion project. With the expansion, more room will be

provided for physical education needs.

In addition to a new basketball court, the gym will have volleyball and badminton courts. A bowling alley and therapy rooms will also be included.

The major addition will be a modern, Olympic-size swimming

pool. The pool, which will be one of the best around, will be equipped with diving boards and other facilities.

The present gymnasium seats about 1400 people. It is estimated that with the new addition, our gym will seat 2400. The balcony alone will seat 572.

## More Alumni Accomplishments

Continued from P. 3

President of the National Alumni Association, Chairman of the Board of Directors for the Danville Sickle Cell Anemia, Inc. Being listed in **Outstanding Young Men of America** (1973) is one of his major accomplishments.

**Wallace L. McDonald:** Home in Greenville, South Carolina.

The National Educators Association selected him as one of the top educators in America 1974-1975.

The State of S.C. also cited him as "Distinguished Teacher" 1974-1975. He is a teacher at Vere Middle Demonstration Laboratory School, where he serves as a specialist in the open school concept.

**Miss Sylvia Sprinkle:** A 1967 Alumna of Philadelphia, Pa. has been selected to Marquis (1974-1975)—8th edition of Who's Who of American Women.

**Dr. Golden B. Wall:** A 1956 WSSU magna cum laude graduate.

She received the Outstanding Teacher Award while working in the Thomasville City School System. She is listed in the 1975 edition of "Personalities of the South." She is returning to WSSU as Director of Student Teaching

and Coordinator of Early Childhood Education I. She received her doctoral degree in education for Southern Illinois University, Carbondale, Illinois, in August, 1975.

**Haywood L. Wilson, Jr. '63:** Director of Student Affairs.

A native of Winston-Salem, Wilson graduated magna cum laude from WSSU in 1963; received his master of science degree in educational administration from North Carolina A&T University in 1968, and received his doctoral degree in education from Southern Illinois University, Carbondale in May, 1975.

Among his accomplishments Wilson was selected Outstanding Teacher of the Year for Winston-Salem - Forsyth County Schools in 1965 and is listed in the 1975 edition of "Personalities of the South."

**Mr. Henry Nesmith, '58** of Philadelphia, Pa., was recently appointed as the Executive Director of the Haverford Community Center.

**Mrs. Kay Whitley, '56** of Philadelphia, Pa., served as discussion leader during the Progress for Teaching Conference sponsored by the Philadelphia Federation of

Teachers.

**Mr. Ronald Reese,** of Philadelphia, Pa., was awarded two letters of accommodations for making an arrest which cleared a massive burglary ring on the premises of the "Hour Messenger Corporation of Pennsylvania."

**Mrs. Barbara G. Scott, '58** of Philadelphia, Pa., was recently chosen to serve as a member of the Social Studies Curriculum Guide Committee for the Philadelphia Public School System.

**Mrs. Catherine C. James, '72** of Philadelphia, Pa., a teacher of the 6th grade at John L. Kinsey School, organized an Afro-American Dance group which has received an overwhelming response in District 6.

**Mrs. Wilhelmenia B. Long, '53** of New York City, N.Y., a former Miss Alumni, was appointed Project Coordinator for State Urban Education for School District No. 23, Brooklyn, N.Y. She coordinates a remedial reading and mathematics program for 18 elementary schools in the district. Mrs. Long is enrolled in a second masters program at Brooklyn College, in Supervision and Administration.

**Mrs. Madie Ingram, '42** of New

York City, N.Y., is Assistant Educational Director of Stage Child Care Center with pre-school and school age children in Brooklyn. She has been a teacher in day care 13 years.

**Mr. Elmore Lyons, '61** of Danville, Va., was recently

appointed assistant principal at Westmoreland Middle School.

**Mr. Joseph Galloway, '48** of Chatham, Va., was recently appointed Coordinator of Title VII Program for the Pittsylvania County Schools.

## Law Program Scheduled

A program designed to attract more minority students to law schools in North Carolina will be held Saturday, November 15, 1975 at the UNC School of Law in Chapel Hill.

The program, which is becoming an annual event, is sponsored by the Minority Law Students Association in cooperation with the Student Bar Association. Recruitment is primarily directed toward college level Blacks and Indians from throughout the state who are interested in attending a North Carolina law school.

The goals of the program are outlined as follows: 1) to interest minority students in law and careers in the legal profession; 2) to assist students in applying to law school, and to aid them in their selection of a particular law school; 3) to provide information

at an early time as to the nature of law school curriculums in general.

The discussions are designed to inform students on admissions policies and financial aid matters. Students will also gain valuable information concerning legal careers in the various areas of the law.

The program will begin with registration at 8:00 A.M., Saturday, November 15, in the law school and will conclude with a buffet style dinner for all participants.

The number of participants in the program last year totaled approximately 138 students and an even larger group is anticipated this year.

Thomas Hilliard, III,  
UNC law student

# Develop Your Reading With Practice

Like any skill, reading requires practice. In order to develop the habit of good reading you must train your eyes and mind to perform well together. You don't have to take a speed reading course.

The rewards will be most worthwhile if you take the time and persevere.

Set aside 15 to 30 minutes every day to practice reading, much as a pianist, typist or golfer would. Start off your exercises with light material, such as Reader's Digest, that has uniform page length and short articles. Your objective is to read with understanding at your best speed.

Compare your speed to established norms. The speeds generally accepted for average readers are: easy or light material, 250-350 words per minute (wpm); medium to difficult material, 200-250 wpm; and difficult material at 100-150 wpm.

Time yourself exactly for two pages with a clock that has a second hand. Calculate the minutes and seconds and divide

the time into the number of words on the page. This will tell you what your current reading speed is in words per minute.

You can get the average number of words on a page by taking the average per line and multiplying it by the number of

lines, omitting headings.

Ask yourself questions on the material and review it to see if you are correct. If you miss important details your speed is probably too fast for your present reading ability. Don't get discouraged, just keep

practicing.

Read 3 or 4 articles each day for two or three weeks. Use the same length and type of material each day. Push yourself but use discretion, making sure you check your comprehension of the material. Record your speed

faithfully each time so you can check your progress.

Then switch to something more difficult in vocabulary, style, and content. Do this for two more weeks, questioning yourself and recording your time. After a total of six weeks you should have increased your reading ability considerably.

Try to get your speed on easy material to about 300 words per minute. Once you have reached this level you will know you can do as well as the average good reader.

Maintain the habit by reading at least a half hour a day. You will be enriched by keeping up with newspapers, magazines and books. You will also enjoy reading more as your proficiency increases.

The series is also available in booklet form free of charge to students. If you would like copies please write to: AAP STUDENT SERVICE, One Park Avenue, New York, NY 10016.



photo by Head