



Members of SOLA from left to right: Felicia-Renee Mosley, Dojer James, Jr., Debbie Smith, Dr. Shirley Manigault, adviser: Zenobia Nelson, Pamela McClain, Kenneth Raymond and Cheryl A. Lide.

Photo By: Mickey Harris

“Is SOLA For You?”

By Cheryl A. Lide

There is a common misconception among the students of WSSU concerning the purpose of S.O.L.A., the Society of Literary Arts.

S.O.L.A., one of many outstanding organizations on the campus of Winston-Salem State University, is designed to heighten the literary awareness of all students.

S.O.L.A. is not only aimed at English majors and minors but to all students interested in literature.

The organization is currently working on a bulletin board project and has several other activities planned for the spring and semesters. A fall tea is scheduled for

December and a poets' session is scheduled for next semester.

Those students who write poetry or short stories are urged to participate in the poets' session.

S.O.L.A. is also involved in the development of a literary magazine. Those students interested in submitting material may do so by contacting, Dr. Shirley Manigault, S.O.L.A.'s advisor, Dr. Hazel Harvey, Dr. John Holman or Ms. Felicia Renee Mostley, president of S.O.L.A.

S.O.L.A. would like to extend an invitation of membership to all interested students. Meetings are held on Mondays' 10 a.m. in the Hall Patterson, Communications building.



Help bring the world together. Host an exchange student.

As part of International Youth Exchange, a Presidential Initiative for peace, your family welcomes a teenager from another country into your home and into your way of life.

Volunteer host families from all segments of American society are being selected. If you'd like to be one of them, send for more information.

Help bring the world together, one friendship at a time.



Write: YOUTH EXCHANGE
Pueblo, Colorado 81009

 A message from The Advertising Council and The International Youth Exchange.

Winterizing Your Body

By Ann Hawkins

Now that Fall and Winter are upon us, you want to start conditioning your body from head to toe. Even though you work harder at looking good when the weather is warm, beauty experts suggested you make a habit of doing all these things year round.

First, start at the top, meaning with the hair. Because the sun can still bleach your hair, you want to keep it covered when planning to spend long hours outdoors, by wearing hats and scarves. These items will also protect your hair from other weather conditions that can dry your hair and cause breakage. Shampoo and condition your hair as frequently as possible.

Now for your face! If you have oily skin, there are various soaps on the market made just for you! One good brand is Ivory. It helps to cleanse away oily dirt, and leaves the skin feeling fresh and oil-free. After cleansing, go over your face with some sort of astringent using cotton balls to apply. To help fight oiliness, go over your face with Medicated Noxema Skin cream. For those with dry skin, cleanse the face with a moisturizing soap, apply a cleansing cream, remove with warm water, pat dry, then apply a moisturizer. For normal skin, apply a cleansing cream, remove with cotton balls, wash with soap and water, rinse with clean, cool, water, pat dry, apply an astringent with cotton balls, let dry, then apply a moisturizing cream. Keep these steps up every day and you'll have a healthy, glowing complexion.

For your overall body, the key is moisturize. Good old fashioned Johnson's Baby Oil is the best. Use it in the tub and in the shower to help condition the skin and help keep it from drying out. After your bath or shower, apply a light layer of lotion from your neck to your ankles to keep everything soft and supple (give lotion time to dry before putting on clothes). As a cleansing agent in the bath or shower, try Tone or Ivory soaps, they're both mild and have refreshing fragrances.

Now for those problem areas, such as elbows, knees and heels, here are some steps to help you keep them soft and supple.

1. Apply Keri Oil to the area; rub in gently.
2. Gently rub with soaped up Buf-Puf to remove dead dry skin.
3. Apply Vitamin E to the area to control those dark areas.

Keep this up year round and you'll never be afraid to expose your skin.

For your feet, remember to scrub between toes and around nails every single day, please don't forget those heels!!! After cleansing the feet, dry them thoroughly. Apply a moisturizer to keep them soft. Dust with foot powder to keep feet smelling clean and fresh and to help fight bacteria.

Now that you've covered your body from head to toe choose your outfit!!! There is no doubt you'll be the Main Attraction of any Main Attraction.

Answers to Crossword Puzzle

TETE	PIVOT	CAIN
OPAL	AMEBA	OLDY
DEMOCRATIC	CSWEEP	
DESPTS	TOPSEED	
ELI	MOM	
REPRESENTATIVES		
ERR	ALIA	LYLE
CROW	NIXIE	KIEV
AONE	DONT	NNE
PRESIDENT	REAGAN	
TBA	URN	
ERASERS	ASININE	
POLITICAL	CAUCUS	
IBID	NADIA	LAMP
CEDE	GREEN	SLAY