

"You Have The Power To Live Your Dream"

by Angela Corbett

Would you like to improve your motivational skills and set new directions for your future? It can be done! Les Brown, a world renown speaker says, "You Have The Power To Live Your Dream."

Les Brown is a former three term Ohio State Legislator, a veteran broadcaster and a professional motivational speaker from Miami, Florida. He is also chairman of the National Institute for Personal Development.

Although Brown never attended college, he has received approximately eighty awards over the past 17 years. Brown has gotten inspiration and courage from his mother during his travels to New York, Detroit, Michigan, Columbia, South Carolina, Philadelphia, Atlanta, Canada and many other places. During his travels Brown has conducted motivational workshops "to help individuals achieve maximum potential in key aspects of their lives." All these travels are funded by Dudley Products.

Brown's training focuses on three basic principals. 1) people have a basic right and

a moral obligation to participate fully in the processes that affect their well being; 2) in order to fully participate in key aspects of their lives, people must remove barriers of ignorance and low self esteem; and 3) once people understand and fully appreciate their capacities they can achieve the full extent of their potential.

Brown has reached out to the Winston-Salem Community through his programs on WAAA and will also be conducting a seminar on April 5, 1986 at the Holiday Inn North. This workshop will give people the chance to see his abilities put into action.

Hopefully the Winston-Salem community and WSSU students will support Brown's endeavors to help people fulfill their dreams. This is made possible because in every workshop the powerful words spoken by Brown gives you determination and incentive to prosper in life. During the workshop Brown divides his audience into groups so that they can interact and give one another food for life.

Let Brown motivate you by attending his seminar Saturday morning on April 5.

New Dormitory Admittance Policy To Begin in Fall 1986

by Angela Corbett

Next semester when students return to WSSU a new procedure for checking into the dorm will be enforced by the Business and Housing Offices.

This new procedure for reporting to the dormitories will require the boarding student to receive clearance from the cashier's office before being admitted into their perspective dorm rooms.

Students will be expected to report on August 25th the day the dorms open for the upperclassmen. According to Joe Daniels of Student Housing Office students should bring their conformation with them and be prepared to take care of their financial obligations. The cashier's office will be opened from 10 a.m. until 4 p.m.

Those students, who fail to receive clearance from the financial aid office will not be admitted to the residence halls and will be subject to forfeit his or her room assignment.

Previously the Housing and Business Offices have had to deal with numerous students who were financially unable to reside on campus and were occupying a bed in the dormitories.

On the other hand, students who had funds to pay to stay on campus were unable to do because there were no beds available. Due to this inconvenience, these students had to either move off campus or go home.

Hopefully this new procedure will eliminate the on campus housing problem.

Campus Roofs Receive Repairs

by Kenneth Raymond

Unpredictable weather, throughout the past few years has caused the roofage over several buildings to decay. Necessary repairs are being initiated by the Statesville Roofing Company, which is under contract by the University. The company has just completed their work on the roof of Hill Hall and are currently working on the roof of Fine Arts Building, which is one of the buildings in the project which they are under contract to repair. The others included are the Kenneth R. Williams Auditorium, the Hall-Patterson Communications Building, the old Chancellor's House, Blair Hall, Eller Hall, and the Heating Plant.

Although the roofs on each building are badly damaged, some need to be repaired sooner than others.

"The work is being done according to the urgency of the situation of each building,"

said Irving Hodge, director of the Physical Plant. "Hill Hall needed to be attended to first and the others will follow immediately afterwards," he continued.

The section which covered the lecture room in Hill Hall needed to be replaced while the rest simply needed to be repaired.

Out of many companies that could have been selected to handle the project, Statesville Roofing was chosen because of their bid of \$360,000 dollars, which was the lowest bid, to do the job.

Last year the same work had to be done to the roof of the Kelly Library. The job was done by Southeastern Waterproofing Company, who were selected because of their bid of 260,000 dollars.

The repairs are expected to be completed in May.

WSSU Hosts Historically Black Collegiate Choral Festival

by Debbie Smith

Kenneth R. Williams auditorium rang with the rhythms of the Historically Black Collegiate Choral Festival which was held Saturday, March 1, 1986. This premier performance was hosted by Dr. James Kinchen, the choir director at WSSU.

The historically Black institutions which participated in this event were: Livingstone College, North Carolina A&T State University, Saint Augustine's College, South Carolina State College, and Winston-Salem State University. The choirs came together with great enthusiasm for the day's activities. The full day's schedule included not only performances, but breaks for lunch and dinner, and a social gathering which brought the festival to a close.

Dr. Kinchen says, "The purpose of the festival was to provide an opportunity for choral groups from institutions of a similar heritage, to come together in order to sing for each other as well as hear each other. Which is something that the choirs don't often get the chance to do." The choral festival also functioned to promote goodwill and fellowship between these various institutions.

The musical selections presented at the festival represented a wide variety of musical interest. There were classical, contemporary, and gospel selections presented with songs ranging from Johann Bach's "Glory to God" to Dionne Warwick's "That's What Friends Are For." Each choir was responsible for choosing the selections which they were to present.

However, the high point of this musical extravaganza was when all five choirs came together for a joint singing session. It was during this time that some of choirs' favorite or more familiar hymns and spirituals were sung. According to Dr. Kinchen this was a lot of fun, not only for the choir members but for the conductors as well. Each conductor was responsible for directing a different number during this section of the program.

This was the first time an event such as this has taken place, but because of its success Dr. Kinchen hopes that the idea will catch on and eventually become an annual event. If this happens the festival will be held at a different participating institution each year.

Spring

Karla's Korner

by Karla Barksdale
News Editor

Karla's Korner
Health: Beauty

Since your body is generally programmed to function properly, your doctor's job is simply to assist its tendency to radiate good health.

You can become your doctors helpmate by being aware of, for example, the sometimes total link between high blood pressure and salt. You can eat, exercise and rest properly, neither smoking or drinking excessively and always monitor your weight. You should have physical checkups at least once a year.

There is research evidence that exercise may strengthen your heart and lungs, lower your blood pressure and protect you against the start of adult-onset diabetes.

Exercise can strengthen your bones. It can also strengthen and tone your muscles and help you move more easily by keeping your joints, tendons and ligaments more flexible. Exercise may help you sleep better and feel less tense, improve your appearance and self confidence and contribute to good mental health by keeping you socially active. Hence, exercise is recommended for most health problems summarized below.

Ailment

1) Backaches

Causes

Stress, muscles spasms, tumors and disc disorders

Treatment

Rest, Relaxation

Weight control

Firm mattress

Exercise

Ailment

2) Hypertension

Causes

Salty diet

Environmental hazards

Treatment

Diet control,

Relaxation

Exercise

Ailment

3) Headaches

Causes

Diet

Stress

Emotional factors

Treatment

Medical checkups

Muscle relaxants

Relaxation

Visit Greece And Earn University Credit

You can experience the civilization of ancient Greece this summer, and earn university credit, too, if you wish, with San Jose State University's Greek Civilization tour July 1 - 20, 1986.

The major focus of the tour is the drama, monuments and archeological sites which make Greek history come alive for you.

On the island of Crete and in the Peloponnese, you will explore the vestiges of the Bronze Age, the expansive labyrinth palaces of the Minoans and the impressively-fortified citadels of the Mycenaeans.

Exquisite monuments in Athens illustrate the finest artistic achievements of the

Classical Age. Visits to the important museums of Greece will fill the empty spaces between the soles and highlight the art which has served as an example to all generations. A special treat is a cruise to the Aegean islands.

Cost is \$1455 ground cost, plus \$1170 airfare from San Francisco or \$894 airfare from New York.

For full itinerary and registration assistance, call (408) 277-3781 or write: International Travel Study, Office of Continuing Education, San Jose State University, San Jose, CA 95192-0135.

A free schedule of all 1986 tours is yours on request.

The News Argus' Staff wishes A
Happy Birthday to
Angela M. Corbett
Editor-in-Chief