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# High-achieving students honored at convocation

By Candace Jeffers  
Argus Reporter

On April 8, Winston-Salem State celebrated academic excellence.

The Honor's Convocation was held at 3 p.m. in K.R. Williams Auditorium. The program is held to acknowledge students who have achieved high academic achievement.

The program included students on the dean's list, honors list and students who have achieved high honors. Students who have the highest grade point averages in their respective majors were also recognized.

The program was highlighted with a keynote address by D. Hector McEachern. McEachern is

the executive vice president of Wachovia Bank. He is also chief diversity officer and manager of Corporate Human Resources. He spoke about students taking their futures into their own hands and shaping the world through hard work and dedication.

"I thought that the program was great. It is good that WSSU has an event to honor those who achieve," said Stephanie Mitchell, a participant in convocation.

The program also contained two musical selections by Dorothy Childs, an alumnus of WSSU. Convocation was full of students, faculty and most of all parents who came to watch many students

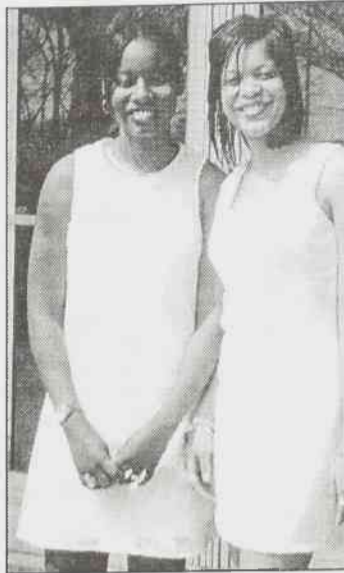


Photo by Kim Hickman  
Juniors Stephanie Mitchell and Eboni Howell at the convocation.

receive awards. The program ended with the singing of the alma mater and was followed by a reception in the lobby of the auditorium.

# Don't let graduation, exams stress you out

By Keisha Satterwhite  
Argus Reporter

Are you a tense person who worries about everything? Are you the one who says that there isn't enough time in the day to complete what you need to have done?

If you are, then you could really be doing yourself a grave disservice. Dr. Ervin Hastings from Webmd.com says everyday stress is killing you.

There is a difference between "good" stress and "bad" stress. It's the "bad" stress that kills. A simple headache can lead to a migraine, stomach pains and ulcers, and pre-existing conditions can

become worse with "bad" stress.

It's OK to worry about what to wear to a club or who will ask you out on a date. That is "good" stress. But don't overdo it.

For students who are embarking on final exams week, Dr. Hastings suggests getting plenty of rest the night before so you will be relaxed and rested.

And after the exam treat yourself to something that you always wanted.

Everyone stresses out from time to time, but don't let yourself get caught up in the worries or everyday life ... that might kill you one day.

# People often develop eating disorders to cope with their stress

By Melde Rutledge  
Argus Editor-in-Chief

According to the National Association of Anorexia Nervosa and Associated Disorders (ANAD), more than 8 million Americans suffer from eating disorders.

The ANAD estimates that 10 percent of all college students are struggling with some type of eating disorder, with women accounting for the vast majority of those affected.

Though many eating disorders start before a student enters college, the situations students face on campus may exacerbate the existing problem or create a new one.

College life is stressful. Leaving home, family and friends and being placed into a land of unknowns can lead to insecurity.

"Just who will turn to food as relief from stress is difficult to

determine," said Vivian Meehan, the founder and president of ANAD. "But people use food exactly as they use drugs and alcohol, as a way of escape. By focusing on food, or lack of food, you avoid life's problems."

Founded in 1976, ANAD is the oldest national nonprofit organization that helps eating disorder victims and their families. In addition to its free hotline counseling, ANAD operates an international network of support groups for sufferers and families and offers referrals to health care professionals who treat eating disorders across the U.S. and in 15 other countries.

"Dieting has become a national pastime. Who do we know who hasn't been on a diet?"

"When the need to lose weight becomes an

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# RAPTIVIST

## Blacks must use education to help people, Souljah says

By Melde Rutledge  
Argus editor-in-chief

When Sister Souljah receives an invitation from college students to speak at their university, she feels that it's extremely important.

For her, it's another step closer to her goal for the betterment of African-American people.

"I'm hoping that your approach to your education is to achieve excellence, because you should

understand that there is a need for you to return to your community," said Souljah during a speech at Winston-Salem State University on April 17.

As a graduate from Rutgers University in New Brunswick, N.J., Souljah knows the value of higher learning.

She tells students to always take advantage of

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slain civil rights activist to a community in her own right. While working toward her sociology degree at Pomona College in Claremont, Calif., she wrote a book about her husband titled *For Us, the Living* and made several personal appearances on behalf of the National Association for the Advancement of Colored People (NAACP). After graduating from Pomona

College, Evers-Williams became assistant director of planning and development for the Claremont College system.

She later took a position with the Atlantic Richfield Company and moved to Los Angeles. In June 1988, she was appointed by Mayor Tom Bradley to the five-member Board of Public Works, which managed a nearly billion-dollar budget and staff of 5,000 employees. She was the first African-American

woman to hold a seat on that board.

In 1995, the same year her second husband, Walter Williams, died, Evers-Williams made history when she became the first woman to chair the NAACP.

Four years later, her memoir, titled *Watch Me Fly: What I Learned on the Way to Becoming the Woman I Was Meant to Be* was published, an extraordinary account of the life of an extraordinary woman.