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Feast may lead to fat



Photo by Sharrod Patterson

If you're not careful, comfort foods can do more than soothe your soul.

Is the Freshman 15 fact or fiction?

Tiffany Ross
STAFF REPORTER

An increase in obesity is plaguing America, and students should become more concerned about improving their eating habits and avoiding weight gain.

Researchers at a private northeastern university recently conducted studies concerning the weight gain of college students.

The study included 382 freshmen, with each student being weighed once at the beginning and once end of spring and fall semesters.

The study showed that during the same time span, male students gained more weight than female students. Another recent study showed that the average amount of weight gained for males and females was less than 15 pounds within their first year.

While researchers recognized that students were not necessarily gaining the expected "Freshman 15",

they noticed that students continued to gain additional weight their sophomore year.

Contributions to weight gain were drinking, more socializing that involved eating, and decreased physical activity.



Photo by Sharrod Patterson

Poor food choices and lack of exercise can make the Freshman 15 a reality.

Natasha Jeffreys, public health educator at WSSU, shared vital information for WSSU students concerning healthy eating habits and avoiding weight gain.

"Students should watch their portion sizes, remain physically fit and drink lots of water," she said. Jeffreys

mentioned that food choices such as fruit, vegetables, nuts and grains are among the variety of foods that students should eat regularly.

Exercising regularly also contributes to improved health and students should

include warming up and cooling down in order to avoid straining muscles."

Many students at WSSU who care about their health, influence their friends to do the same.

This semester, Latoya McCluney, 19, sophomore, has been more concerned with maintaining better health habits.

"My roommate and I have started going to the fitness center and plan to go at least two to three times a week," she said. "I think it is important to develop better health habits now because our generation needs to learn how to take better care of themselves, regardless of how fast and convenient life is now."

"The Freshman 15" can be a myth or fact for students according to the daily choices they make. Regardless of whether students have or have not gained their "15," healthy eating habits can be an important part of every student's life.

"Students should also remember that exercising

do so at least three times a week for 15 to 20 minutes.

"The key is getting a good cardiovascular workout — students can walk or run on treadmills or participate in kick-boxing or cycling," she said.

"Students should also remember that exercising

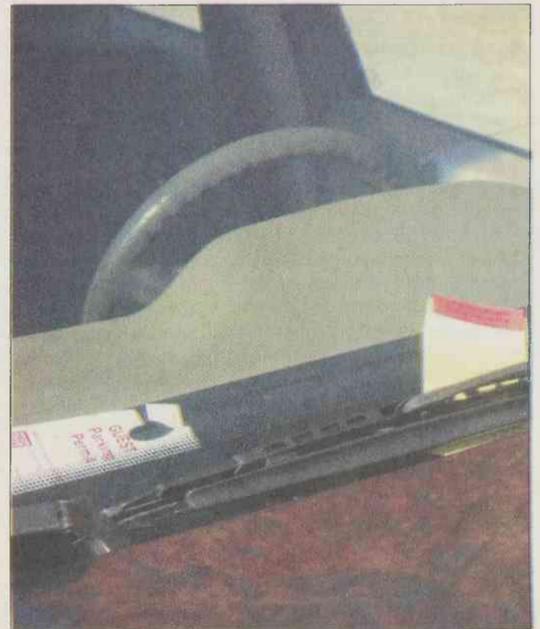


Photo by Sharrod Patterson

Anyone caught parking illegally will be ticketed.

No more parking tickets — please!

Nathaniel E. Woods
STAFF REPORTER

It is a white slip of paper with a red banner across the top tucked inside a yellow envelope. What is it? It is a parking ticket.

"Enter to learn and depart to serve," one student says sarcastically. We want to learn, but we have a hard time entering to get a parking space.

According to WSSU's "Regulations Governing Motor Vehicle Parking" pamphlet, the school has 27 parking lots. Thirteen of those 27 lots are for students, both commuters and residents.

If there are so many parking lots, what is the real problem?

"The problem comes from the people that don't purchase decals and park in areas that require decals," said Sgt. Norris Gullick, who has been with the Winston-Salem State University police force since 1997.

"If students park in faculty parking lots which are designated by signs and the red markings at the end of the parking spaces, the student will get ticketed," Gullick explains while jump-

starting a student's car.

When faculty park in student areas, he said, "Faculty also get tickets for parking unlawfully." Resident student parking spaces are color coordinated with purple, brown, and yellow. Student commuter spaces are green, and visitor's, blue.

While the plans for parking expansion are being discussed there is an overflow lot available for permit holders by Bowman Gray Stadium. Students who decide to use this parking area can take advantage of a shuttle service. Because the shuttle stops running at 6 p.m., the school has taken precautions and hired safety patrol to give escorts to students who have late classes and need to get to the overflow lot and retrieve their vehicle.

According to the WSSU Website, there are 5,567 students enrolled, and according to Gullick there are 1,229 parking spaces and 37 handicap spaces.

All drivers should avoid parking in front of fire hydrants and orange cones since the majority of traffic fines have doubled to show the seriousness of the rule.

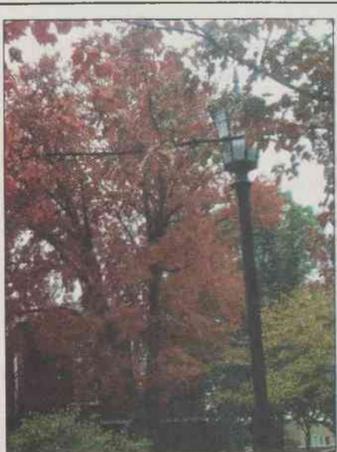


Photo by Sharrod Patterson

WSSU campus awash in fall colors.

WSSU to offer new master's degree in teaching

COURTESY OF MEDIA RELATIONS

Winston-Salem State University will begin offering a new Master of Arts in Teaching (MAT) degree starting January 2007. This is an alternative teacher certification program to initial teacher licensure for those with qualifying undergraduate degrees. It will address the teacher shortage in the Piedmont region and the state. The program provides advanced preparation in the fields of Middle Grade

Education and Special Education.

According to Dr. Cynthia Jackson-Hammond, dean of WSSU's School of Education and Human Performance, this program will provide individuals an opportunity to enhance or redirect their careers to the teaching profession, in turn increasing the teacher work force in the Piedmont region and throughout the state.

The program is divided into two phases. The first will consist of coursework designed to address the

competencies for beginning teachers. Those who complete the first phase will qualify for a North Carolina A-level (initial) teaching license. The second addresses the advanced competencies for an M-level (master's) license.

The curriculum includes a minimum of 39 credit hours, and these graduate-level courses include course content and training consistent with guidelines prescribed by state and national accrediting agencies.

Although the target group for the program includes those

with baccalaureate degrees in Middle Grades or Special Education related areas, candidates who do not have prerequisite graduate-level courses will be able to complete the necessary academic courses through a combination of undergraduate and graduate coursework.

Once graduates have successfully completed the MAT program, they will be armed with the necessary knowledge and skills required to pass the Praxis II Specialty Area Examinations for North Carolina teaching licenses.