

FEATURES

Yawn ... I'm in Winston-Salem for the weekend

Stephanie Douthit
ARGUS STAFF

"Winston-Salem is boring." "There is nothing here to do." "Going home every weekend is better than staying here." These are some of the common complaints from Winston-Salem State students.

However, going home every weekend may keep students from learning about the area in which they attend school.

"Winston-Salem is boring, the only reason why I have things to do is because I play volleyball," said Jasmine Watkins, a junior business major. "During the spring semester, when I'm not playing volleyball, I sleep a lot."

Many students think that all Winston-Salem has to offer is Wal-Mart, Hanes Mall and the other stores on Hanes Mall Boulevard. Another option is Thruway Shopping Center at South Stratford Road and Knollwood Street and Reynolda Village on Reynolda Road. Thruway Shopping Center is Winston-Salem's first shopping center, established in 1955. It is located near several historic neighborhoods.

The shopping center offers a variety of shopping, dining and services.

"Thruway Shopping Center is a great area for students to eat and hang out

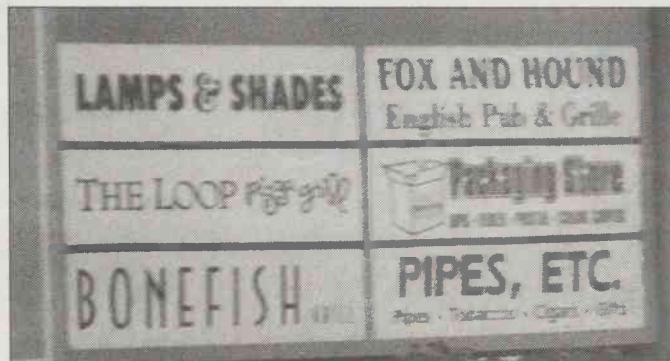


Photo by Stephanie Douthit

Thruway Shopping center offers a variety of shops.

and just get away from campus," said Craig Williams, a Winston-Salem resident. "I love going to The Loop to eat and later shopping at Great Outdoor Provisions Co."

Restaurants and shops in the center include Moe's Southwest Grill, Baskin Robbins, Sprint PCS, Party City Superstore, The Loop Pizza Grill, Borders Books Music Café, Hair, Body & Soul, Joseph A. Bank, Liz Claiborne Shoes, Wachovia Bank, and more.

Reynolda Village is also not far from WSSU, and takes approximately 10 minutes by car. Reynolda Village was first part of the founder of R.J. Reynolds Tobacco Company's 1,067-acre estate. Now the village is home to shops, restaurants, and offices with historical significance and charm.

Shops and restaurants in

the village include Village Book Shop, 4 Runners Only, Village Hair Designs, Mayberry Ice Cream and Sandwich Shoppe, and the Village Tavern.

In addition to shopping visitors can tour the historic Reynolda House Museum of American Art which was built by the Reynolds family in 1917. It opened to the public as an institution dedicated to the arts and education in 1965, and as an art museum in 1967. Reynolda Gardens is 129 acres of woodlands, fields, and a four-acre formal garden which is open 365 days during daylight hours. The gardens are a part of Wake Forest University. Reynolda Village is at 2201 Reynolda Rd.

Getting in shape at WSSU

Staci Harris
ARGUS STAFF

With the winter season approaching, many people will need to continue being active in order to stay in shape. Since the cold weather discourages people from exercising outdoors, many are looking for a warm place to get fit. Fortunately, Donald L. Evans Fitness Center is open year-round.

The fitness center is open Monday through Friday from 1 p.m. to 9:45 p.m. and 1 p.m. to 6 p.m. on Saturday and Sunday. The fitness center offers a variety of activities and programs for students and faculty.

For people who want to work out, there are several classes and personal training sessions available. The fitness orientation and personal training programs take place in the fitness center, while the group exercise sessions occur in Thompson Center room 207 on specified dates. There are wellness classes such as yoga, Pilates, and Tai chi. These classes help people improve their fitness level. All classes are free of charge.

The fitness orientation program provides 20-minute tutorials to provide participants with knowledge of using the equipment and their applications. Open fitness allows people to work out during specified times during the day. Personal training gives people the opportunity to meet one-on-one for approximately 30 minutes with a trained student or staff.

The fitness center promotes large crowds on a daily basis.

"We get over 80 or 90 students a day," said Vanessa Hood, Director of Campus Fitness.

"Students learn to adapt to a lifestyle as part of their educational development and

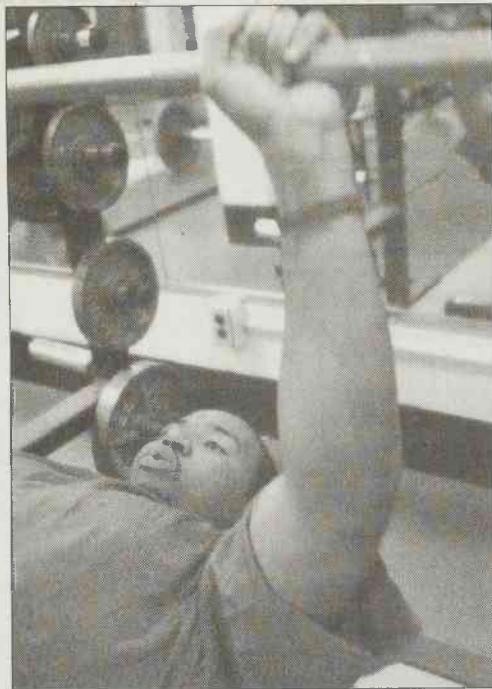


Photo by Garrett Garms

The fitness center is open Mon-Sun.

learn to incorporate it as far as a daily routine," Hood said.

Exercising can be very beneficial. For example, it can reduce stress, aid in disease prevention and cause weight loss.

Sophomore James Walker says he uses the center as a sort of therapeutic refuge. "It's something to do outside of class, like a stress reliever," he said.

Senior Juan Rodriguez says the center provides him with an outlet to work out. "It gives me the opportunity to be active and physically fit."

BACK in the DAY

Erik Spencer
ARGUS STAFF

50 years ago this week:

American missile programs are trailing behind Russian programs. The New York Times estimates that the U.S. is anywhere from a few months to a few years away from catching up ... The tenth national conference of the Public Relations Society of America experiences record newspaper sales, even though television is on the rise.

Source: *The New York Times*, Nov. 19, 1957

35 years ago this week:

A violent clash at Southern University, the nation's largest Negro campus, in Baton Rouge, La., leaves two students dead and two others injured. The protest, which started out peaceably, turned sour when students seized the administration building — that's when "all hell broke loose," according to reports ... Gordon Lightfoot put on a rather lackluster performance at Wake Forest University. Jim Shertzer of the *Winston-Salem Journal* described the concert as being, "poorly rehearsed" ... An editorial on peace-making criticizes the Vietnam War. The editorial staff writes, "Peace-making, as we are discovering to our sorrow, is a far more elusive art than making war." The *Journal* continued with, "It will take, in effect, nothing less than an awakening of the American people to the lessons of the Indochina war. And as yet there is no real sign of an awakening."

Source: *Winston-Salem Journal*, Nov. 19, 1972

25 years ago this week:

The Reagan administration is arguing over forced busing policies, urging the Supreme Court to restrict racial desegregation efforts in Nashville, Tenn. For nearly two years, Reagan and his aides fight to limit busing plans, adding to the racial imbalance already present in Nashville public schools ... Steven Spielberg's movie, "E.T.," hits theaters ... A complete hard disk computer system sells for \$5,578 at Radio Shack. Apple Computers is selling a similar system for \$2,350 ... A Spanish dance troupe performs at K.R. Williams Auditorium at WSSU. Deemed a "fiasco, not fiesta," the Spanish dance troupe was not Ballet Gran Folklorico de Mexico, a popular dance group in Mexico.

Source: *Winston-Salem Journal*, Nov. 19, 1982



10 years ago this week:

Avis Bond, a former student of WSSU, joins the Department of English and Foreign Languages. Bond says her student years at WSSU were well spent and she excelled academically. "If I came back here [WSSU], I would be with my family," Bond said ... N.C. students gather in Raleigh to protest tuition hikes in public universities ... A movie review of "Just Cause," lists the cast as Laurence Fishburne, Blair Underwood and Sean Connery ... The "Ram Watch" is formed to escort students safely back to their dorms at night from various locations on campus.

Source: *The News Argus*, April 1995

RIT

Rochester Institute of Technology



A Category-of-One University

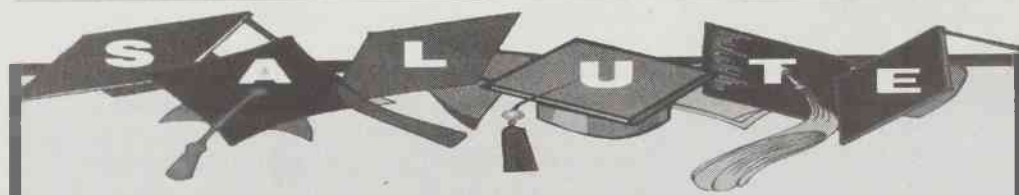
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The staff of The News Argus offers congratulations and best wishes to our December '07 graduates:

Tamika Green, news editor
Garrett Garms, photo editor

We will miss your top-quality work!

The News Argus
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