

OPINION/EDITORIAL

Your health: Maintaining a quality lifestyle

Tecarra Sutton
STAFF REPORTER

As the days warm up, many people are ready to shed the holiday pounds and get in shape for summer. Those who are anxious to get their ready for the beach, especially Winston-Salem State students, may find that getting healthier and looking better is easier than it seems.

Exercise is a fundamental part of any fitness regimen and easy to implement into one's lifestyle. Students can visit one of four gymnasiums to sweat off the pounds. One gym, Donald L. Evans Fitness Center, is located in the Thompson Center and offers a variety of equipment, tailored fitness services, and personal training sessions.

Marie Dias, assistant to gym director, Valerie Hood, said that the gym has recently started a new program called "Ask The Trainer." This program offers students a specific time to go to the gym and speak to a certified personal trainer about any health concerns and questions.

Another initiative, the "No Equipment-No Excuse Work-out Program," was designed for students who wish to be healthier but do not have the time to visit the gym. This program includes comprehensive lists of exercises that can be performed from the comfort of home or dorm room, as well as

detailed directions about how to design a do-it-yourself exercise program. Some easy exercises that can be done at home include push-ups, lunges, toe touches, and abdominal crunches. With options like these, students and faculty alike can grace the local beach in a bikini or Speedo with confidence in no time.

It is a simple fact—everyone doesn't do the gym. As a matter of fact, some people cannot stomach the idea of performing conventional exercise moves at all. For those who want to exercise without converting into regular gym goers or aerobic junkies, there are many other options.

Students should consider walking to class, no matter how far it may be. In addition, those who drive can also maximize their daily activity by parking far away from classes and taking the "long" way to class. Another way to get moving and keep the heart rate up is to avoid the elevator and take the stairs. It takes great endurance to take the stairs, but your legs will look fantastic in the process.

While pursuing a fit and toned summer body, it is important to maintain a healthy diet. For student whose food choices are limited to the selection available in the Ram Shack, Java City, the C-Store, and the Café, healthy options are within reach. It is important to be serious



Photo by Garrett Garms

Winston-Salem State offers students a chance to "Ask The Trainer."

about making food choices that are high in nutrition and low in calories.

For example, instead of grabbing a double bacon cheeseburger, seasoned fries, and Pepsi for lunch while in the Ram Shack, be kind to your waist line and opt for a lower fat cold cut sandwich, baked potato chips, and a bottle of water. Similar healthy options can be found in all the food venues on campus. "Java City" has a selection of salads and

low calorie beverages. The "C-Store" offers Lean Pockets, wheat bread, and turkey meat, while the "café" has a salad and sandwich bar as well as vegetables available with the higher fat "homestyle" foods.

Whether you desire to look great in a sundress, toned in a pair of swim trunks, or just slimmer in general, the healthy body that you want is easy to achieve. All you need is a pair of comfortable shoes, a good attitude, and a plan.

Here's what they said ...

In Response to "[Cleo] Hill's jersey should be retired"

ANDRE JENERSON POSTED 3/16/08 @ 8:26 AM EST

I first heard of Coach Hill from my uncles, who won a state title at Central High School in Newark. They said he was the best of all time and they would go out to the playgrounds of Newark to witness his skills.

I played against Coach Hill son's in high school and on the local playgrounds of East Orange and Orange.

The biggest break I received in life is when I enrolled at Essex County College. From 1986-1988 I played for, in my opinion, the greatest coach ever.

Although Coach Hill developed me into a Junior College All-American as a player, he also prepared me for the challenges of life. Coach stressed academics which left an lasting impression on me. I've since went on to earn my bachelors and two masters degrees.

In my opinion it is a tragedy that Coach Hill's jersey is not retired at not only Winston Salem State University, but also Newark Shabazz High School (then called Southside), and Essex County Junior College (where he won almost 500 games as a coach).

Coach Hill is a living legend. I'm honored to have played under his tutelage.

Log on to www.thenewsargus.com and let your voice be heard.

WSSU students learn what it means to be politically active

Tiffany Ross
CONTRIBUTING REPORTER

For two consecutive presidential terms, the nation has complained about the war, oil prices and health care issues; however, no major movement has taken place to push for changes that would conquer these issues.

Last presidential election, only 40 percent of Americans voted; although many Americans have complained about what is occurring in our government. It seems as though more Americans are realizing that in order for circumstances to change, everyone have to take action, and make sure our voices are heard.

Lately, the demand for change is greater than ever, as presidential elections approach. Surprisingly, the group that is fueling the greatest demand for change in America, are young voters.

In the past, young voters have been stereotyped for lagging behind in the election process and lacking interest or concern with politics in general.

As two historic Democratic candidates press for the party's presidential nomination, college students across America have established their role as the power source behind both campaigns.

Last month, a group of students from Winston-Salem State decided to take action and become

involved in this movement for change.

At 7 am they boarded a rental van and headed to Roanoke, Va to campaign for Barack Obama. For many students this was their first time participating in a political campaign. Others who traveled to Columbia, SC to campaign for Obama in January were back for more.

The students arrived at the Democratic Headquarters in Roanoke and were greeted with applause. Other campaigners were astonished to see a group of young adults dedicated enough to make a trip to campaign for their candidates.

Students spent their time in Virginia campaigning door to door, making sure residents were informed for a the upcoming election.

Sophomore Sonia Ndambiri, a student born in Kenya says that she supports Obama.

"He is half Kenyan, which I am proud of, also because of his plans for education captured me because he is really trying to make it possible for as many people to attend college which is vital. Obama appeals to the working class because after he graduated from law school, he decided to work in the community instead of working in corporate America."

"He has done more than help the people, he has lived with the people, and understands their needs," said junior Dao Vang.

With young adults across America shattering



Photo courtesy of MCT

Last month, a group of WSSU students hit the campaign trail for Barack Obama.

stereotypes and statistics concerning their interest in politics and the future of America, there is no doubt that change can take place beyond this election.

Graduating seniors must answer the ultimate question: What next?

Jerrod Johnson
STAFF REPORTER

As many seniors prepare themselves for graduation and what lies beyond, it is interesting to know what prompted some to come to this Historically Black College/University (HBCU) for their educations.

Having passed several famous alumni — from former Miami Dolphins wide receiver Oronde Gadsden and NBA player Earl "The Pearl" Monroe, to Louise Smith (she helped form the first kindergarten program in North Carolina) and Nation of Islam leader Louis Farrakhan — WSSU is an institution to inspire people in multiple arenas.

So now, the question must be asked: What is the next step for these soon-to-be

WSSU graduates?

There are some instances in which a person graduates without knowing what he or she is going to do next. The main thing is to not panic or stress yourself out.

"I think it's great when students graduate knowing what they want to do," said Marilyn Roseboro, WSSU internship coordinator. "But if you're not there yet, don't despair; look for some opportunities and internships."

Some students plan to attend graduate school, to continue their educations in a given field of study.

"I plan on going directly to graduate school to get my master's in Law and

International Relations," said WSSU senior and political science/economic major Merid Fetahi.

Still, as many students and faculty will attest, just having a college degree is not enough to get a job.

"A lot of students come out of school with a college degree thinking that jobs will just be thrown at them," Fetahi commented. "All it shows is that you graduated college. It doesn't prove that you're qualified for that particular job."

"You have to put yourself out there and show your marketable skills," Fetahi said. "Don't ask what the employer can do for you, but

what you can do for the employer."

Above all else, graduates should search for jobs they truly enjoy and have a passion for.

"Go with your heart," Roseboro said. "If you love what you do, it will pay you well. It's not worth getting a big paycheck if you spend half of it on medication and doctor's visits due to stress."

Regardless of which path a graduate chooses to walk after college, she has a piece of advice for them all:

"Learning doesn't end at college...it's just the beginning of the professional phase of it."

Editorial Policy

The News Argus is a student publication of Winston-Salem State University Winston-Salem, N.C.

The views and opinions expressed on the

Opinion page are those of the writer and do not necessarily reflect the views of *The News Argus* staff or of the faculty, staff, students, or administration of the university.

We welcome letters to the editor and opinion columns. Letters and columns should not exceed 400 words in

length. E-mail your columns and letters to newzargus@yahoo.com. Or, deliver them in person on a CD or DVD at Carolina Hall, Room G005. E-mailed submissions should be sent in MSWord format.

With each article or letter, please include your name, major or department, classification,

e-mail address and phone number so we may contact you for verification and confirmation.

The News Argus editors reserve the right to edit letters and opinion columns for length, grammar, clarity, profanity and style, but not for ideas. Anonymous letters will not be printed.

The News Argus

The Student Newspaper of Winston-Salem State University

Editor-in-Chief
Steven J. Gaither

Managing Editor
Sharrod Patterson

News Editor
Stephanie Douthit

Advertising Manager
Tecarra Sutton

Photo Editor
Grant Fulton

Online Editor
James Cherry

Staff Writers

Shadonna Boyd
Terri Day
Jerrod Johnson

Trygeania Dowell
Charlene Wheeler
Larry Williams

* *The News Argus* is a weekly newspaper for the students, faculty and staff of WSSU.

* Opinions expressed in *The News Argus* are not necessarily those of the faculty, staff or administration at WSSU.

* For advertising information e-mail newzargus@yahoo.com or call 336-750-2327 www.thenewsargus.com