

THE
DECREE

STUDENT Life

SGA Minutes: Feb 2

Current President Calls Meeting to Order
Past President Resigns
Advisor Resigns

By: Monique Gill, SGA Secretary

The SGA held their first meeting of Spring Semester on Monday, Feb. 2, in the Carlton Board Room. SGA president, Keyanna Peoples called the meeting to order at 12 noon and the roll was called by the secretary. The following organizations were absent: Alpha Phi Sigma, Cheerleaders, Math Club, SNCAE and Psychology club.

After the roll was called, former SGA president, Tony White, offered words of apologies to the SGA student body for no longer being able to hold his position. He told the students that he had a lot to deal with last semester and encourages the students to continue to go forth and make being at Wesleyan a great experience and to push for what you want and feel to the administration.

Following Tony Whites words, the SGA advisor, Erica Braman gave her report and informed the students that her last day at NC Wesleyan will be on Wednesday, Feb. 4,

Braman also informed students about "Get On Board Day".

After Erica's report, organizations were called on to give announcements. Several of them planned activities to commemorate events celebrated during Black History Month.

What is Bad About Sugar?

By: Khalaf Spencer

In "How to Stay Young and Healthy in a Toxic World," Ann Louise states that sugar is toxic.

Sugar has contributed to the rising numbers of heart disease, adult-onset cancer and diabetes, which are the country's most common diseases and, at an all-time high, obesity affects one in every three people in the United States.

The American population is, also, developing an insulin resistance at a rising percentage, which is associated with other problems, such as high cholesterol levels and high blood pressure.

What can you do about this?

The first thing you should do is keep your daily sugar intake below forty grams. Your intake should be

less than twenty grams if you are obese, have heart disease, cancer, blood sugar problems or any kind of immune dysfunction.

Remove refined white sugar from your diet. You can use small amounts of natural sweeteners as you move away from white sugar to a diet with little concentrated sugar, but be consistent as you steadily decrease your use of sweeteners. Do not use artificial sweeteners.

Use the glycemic index, which classifies and organizes carbohydrates by their sugar/blood sugar/insulin interactions. The glycemic index will tell you if you should eat something frequently, moderately or occasionally. Foods high on the glycemic index should be avoided because they are rapid inducers of insulin.

Use blood-sugar sustaining nutrients if you have sugar cravings or blood sugar problems. Examples of blood-sugar supporting nutrients are Chromium, B-complex vitamins, and Manganese.

DO YOU PLAY AN INSTRUMENT?

DO YOU LIKE TO SING?

DO YOU WANT TO COLLABORATE WITH OTHER MUSICIANS AND SINGERS?

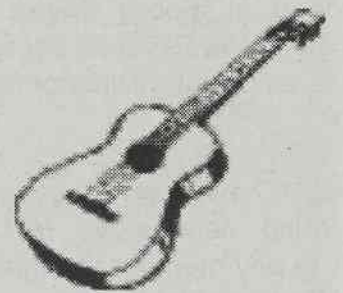
DO YOU WANT TO START A BAND?

IF YOU SAID YES TO ANY ONE OF THESE QUESTIONS, THEN HELP US START A NCWC MUSICIANS CLUB.

For more information please contact:

- Dr. Jay Quinan at ext. 5133 or at jquinan@ncwc.edu
- Gabe Raynor at ext. 5550 or at graynor@ncwc.edu
- John Trifilo at ext. 5259 or at jtrifilo@ncwc.edu
- Lucille Garrett at ext. 5549 or at lgarrett@ncwc.edu

Or stop by the Leon Russell Chapel Wednesdays from 7:00 - 9:00pm



Robert Lynch Collection In Four Sisters Gallery

Sixty two selected sculptures, drawings, and paintings from the internationally recognized Robert Lynch Collection of Outsider Art are on view in the Four Sisters Gallery in the Pearsall Building on the Wesleyan College campus. The Lynch Collection is the centerpiece of the gallery's permanent collection of self-taught and visionary contemporary folk art from the Coastal Plain. The Lynch Collection has been featured in art books and magazines on both sides of the Atlantic. Wesleyan has loaned sculptures, furniture, and paintings to the NC Museum of Art, the High Museum in Atlanta, Philadelphia Museum of Art, and the Museum of American Folk Art, just to name a few of the many important venues where it has been seen. The exhibit will continue until October 2, 2004. Gallery hours are 9-5 Monday through Friday, and 9 - noon Saturdays. Wesleyan is 15 minutes off I-95 exit 138 in Rocky Mount. Additional information and tours can be arranged by phoning 252-985-5268; contact Curator Everett Adelman.

CAAP CERTIFICATES OF ACHIEVEMENT

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|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Critical Thinking <input type="checkbox"/> Michael Ochsenhirt <input type="checkbox"/> Sara S. Rudolph | Mathematics <input type="checkbox"/> Ashley M. Joyner <input type="checkbox"/> Melissa D. Viverette | Writing & Mathematics <input type="checkbox"/> Jeffrey R. Carter <input type="checkbox"/> Carolyn P. Mathews |
| Science <input type="checkbox"/> Brandon M. McIntosh | Reading <input type="checkbox"/> Christi W. Gay | Mathematics & Reading <input type="checkbox"/> Merry S. Sullivan |
| Writing <input type="checkbox"/> Margaret E. Parrish <input type="checkbox"/> Erin D. Swiger <input type="checkbox"/> Gary B. Poff | Mathematics & Critical Thinking <input type="checkbox"/> Michael P. Hamilton <input type="checkbox"/> Matthew S. Boone <input type="checkbox"/> Chester B. Williams | Critical Thinking & Science <input type="checkbox"/> Leslie Y. Taylor <input type="checkbox"/> Laney E. Renn <input type="checkbox"/> Milton M. Brannon |
| Writing & Critical Thinking <input type="checkbox"/> Charis E. Morgan <input type="checkbox"/> Peggy D. Maines <input type="checkbox"/> Lucretia R. Kinnin <input type="checkbox"/> Suzanne F. Fruits | Reading & Critical Thinking <input type="checkbox"/> Jairo A. Ortiz <input type="checkbox"/> Ashley T. Harris <input type="checkbox"/> Gretta L. Zammiello | Writing & Reading <input type="checkbox"/> Maureen Willis <input type="checkbox"/> Shirlene D. Alexander <input type="checkbox"/> Angela B. Carter <input type="checkbox"/> Vicky B. Cox <input type="checkbox"/> Cynthia B. Cashion |
| Reading & Science <input type="checkbox"/> Barkeiya D. Ormond | Writing, Mathematics & Critical Thinking <input type="checkbox"/> Stephanie A. Griffin <input type="checkbox"/> Jeffrey D. Schindler | Writing, Mathematics & Reading <input type="checkbox"/> Jessica A. Richardson <input type="checkbox"/> Betty F. Wynn |
| Mathematics, Critical Thinking & Science <input type="checkbox"/> Regina A. Silver <input type="checkbox"/> Ashley L. Waltemath <input type="checkbox"/> Ashley P. Meredith | Writing, Reading & Critical Thinking <input type="checkbox"/> Justin C. Cooper <input type="checkbox"/> Adam R. Gupton <input type="checkbox"/> Samantha L. McAuliffe <input type="checkbox"/> Ashley L. Driver <input type="checkbox"/> Christoph G. Keown <input type="checkbox"/> Teri L. Kulik | Writing, Reading, Critical Thinking & Science <input type="checkbox"/> Tina M. Boring <input type="checkbox"/> Robert S. Cook <input type="checkbox"/> Kelly J. Martin |
| Mathematics, Reading & Critical Thinking <input type="checkbox"/> George C. Gillenwater | Writing, Mathematics, Reading & Critical Thinking <input type="checkbox"/> Patrice A. Sims | |