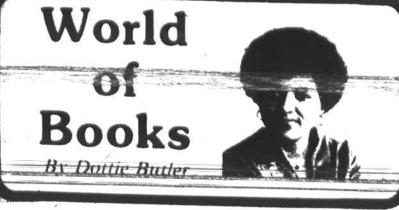
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## THE SKY'S THE LIMIT

By Dr. Wayne Dyer (Simon and Schuster, 383 p., \$11.95)

The Sky's the Limit by Dr. Wayne Dyer expands the thoughts and philosophies of his earlier two books -- Your Erroneous Zones and Pulling Your Own Strings. Here, in addition to reinforcing the concept of eliminating erroneous zones and self-deprecating behavior, Dycr activates the theory of no-limit behavior or mastery of life.

I believe anyone can refuse to accept immobilizing reactions to situations or problems. And that they, not some mystical force of heredity, astrological sunsign or personal psychology, are in charge of how they think, and consequently how they feel.

Quoting from Deuteronomy 30:19 he writes, "I have set before you life and death, blessing and curse; therefore choose life ... " Dyer's belief is that by looking within we can live more fully and creatively. By using our internal indicators more than external limitations we are more prone toward happiness and therefore more readily appreciative of the beauty of nature, of ourselves and of others. We can only recognize our inner signals through' self-trust and -honesty. He asks nine questions for helping one get at self-honesty. How would you change your life if you knew you had only six months to live? Those who answer honestly and act accordingly will realize that "given the perspective of eternity, you have only a few months left anyhow and the "wait until later" people are gambling on there being a future." All nine questions create food for thought. They help us to release our inhibitions and self-limitations thereby expanding our potential for total growth.

By employing religion, philosophy, psychology, sociology and mother wit to explain his theory of no-limit living, Dyer presents another prospectus on positive attitudes and motivation. The Sky's the Limit is dedicated to the memory of philosopher Abraham Maslow who believed in humanity's greatness, who devoted a large portion of his life to the study of "self-actualization," or the very highest levels of being. Dyer offers this book as a practical philosophy course in being fully human. "At the core of my philosophy is the belief that you can motivate yourself and choose greatness even if you've never done so before." He has incorporated into nine chapters his philosophy giving suggestions on discarding negative behavior and learning to "first be a good animal," "be a child again," "trust your inner signals," "respect your higher needs," "cultivate a sense of purpose," and "win one hundred percent of the time." He ends with an attitude and behavior chart for transcending from neurotic to no-limit living. This is the third in Dyer's series of books on "living." It equals in content and scope his earlier bestsellers. May it serve as a guide for those brave souls determined to supercede the status quo. For those authoritarian thinkers who are governed by outside forces -- the Church, the President, the Boss or the ruling norms of society-may they re-think their priorities and start on a new path of life headed for total happiness.

By Joey Daniels Special to the Chronicle

their way.

if in an happy experience surrounding Stevie, re- to the Capitol Center gig (I'm sure it is) but posses arranging microphones. and did "Master Blaster"

At 3:30 p.m., I leaned over when working with a blind sure it all has becom someand asked the sound engigenious. neer what time the sound By now it was 4:45 and the WFMY's (Channel 2-Greencheck was to begin. "Usually around four o' clock," the short old looking young

Englishman replied in his master himself. traditional English accent. The company, Brit Row from England, was very and personal assistant the Master Blaster LP that presise; not very many of Keith Harris, many person- was not performed at the them but they all knew nel of the large crew begin concert, he stopped the

Steveland Morris' band ments. Light men, sound "these are the wrong glasshas the same meticulous men hollaring back and mood. They play around as forth and five or six people ones." The "other ones"

Joplin and Debussy Examined By Center

What started at a saloon in Sedalia, Missouri and became the rage in the salons of Paris, London and Berlin? No, it was not western wear. It was ragtime -- a piano music full of rollicking riffs and syncopated rhythms. Its sound was so infectious that it eventually influenced classical composers like Debussy and Stravinsky. The evolution of ragtime music in the Missouri Valley and its influence on 20th century classical composers is examined in The

12th Street Rag, a 60-minute documentary airing Wednesday, December 17, at 8:00 p.m. ON CENTER Channels 4 & 26. In America around the turn of the century wouldbe composers were flocking to Sedalia, Missouri to learn the music of a selftaught pianist who was absorbed in the complex rhythms of his Afrocombined these rhythms with lilting melodies and keyboard rags -- using shifting rhythmic accents over a steady beat. The pianist's name was Scott Joplin. Late 19th century European music was harmonically rich, but rhythmically bland. For Europeans, ragtime music copated rhythms was a breath of fresh air. Ragtime

the century photographs of with the horns on one of his lok somewhere to storng Kansas City and Central songs that was made up leadership and guidance, it Park in New York set the two days prior in Washing- is now inevetable that we scene during many of the ton. Also in D.C. it was put our message in the musical selections. An noted that Bob Marley who music, like Stevie Wonder original Scott Joplin was to do the tour with and Bob Marley and Gil Leaf Rag" played on an antique player piano also is featured.

In interviews,, ragtime musician Eubie Blake, Kansas City jazz and ragtime clarinetist Lawrence Denton and composer-music critic Virgil Thomson talk about ragtime -- its times, its people, its style and its influences.

While a major portion of the program was taped in Kansas Eity, The 12th Street

the displine and necessary moving his piano, etc. On with him. The reggae King pationce that is required concert number twenty i'm didn't make the three

month expedition due to a

Although I didn't attend

the concert, pople have

commented, and commen-

ted about the two-hour

affair. It was found out that

normally the concert last

about as hour and a half but

if the crowd makes him fell

good, he'll go longer. Even

though the video that was

Birthday" was not shown

(Greenbsoro's Coliseum

was not well enough equip-

ped), the twenty songs that

It was an occassion of

a

certain very warming.

discovery of cancer.

what routine.

The Wonders of Stevie

entire band is in place sboro) Glenda Suber was on including Rhythm, Horns, hand to interview and do Vocalists and finally the film for the 11:00 news. While in the middle of As Stevie was ushered in "Ain't Gonna Stand For by Motown road manager It", one of the tunes from to make post final adjust- song, stood up and blurted to accompany "Happy es. Bring me the other he spoke of were the sparkle framed glasses he he performed were I'm wears during his perfor-mances. After about a minute, the glasses were accasions, possibly

brought and they procee- chance in a lifetime to see ded to play again. someone of Stevie's magnigroups and band. Turn of Steveland also worked tude. In this day, as Blacks "piano roll" of "Maple Wonder accompanied him Scott Heron.







Ella Fitzgerald - SOUNDSTAGE, Dec.5



Joan Armatrading - SOUNDSTAGE, Dec. 12





Covington From page 7

joy cooking, but I enjoy

interior decorating the

most. I like old art ob-

jects and handcrafts and

I try to incorporate them

into my home. I like the

free time that I find that

I have and I enjoy the

special moments I'm

able to share with my

husband, "but, I'm hap-

piest when I'm with my

family and we are all

together," said Mrs.

In the three years she

has been in Winston-

Salem, Mrs. Covington

said that she has tried to

encompass a close family

homelife with active

community involvement.

family

Covington.

"My

World Mutual Services of the YWCA and is a committee member of the YWCA's World Mutual Services organization this year. She is a past chairman of the YWCA.

A member of the LINKS, Inc., she is also a member of the city's "Clean and Green" committee.

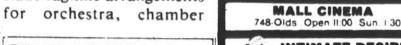
"Being actively involved and participating is a form of recreation for me; it also helps me forget that my boys are both away in college," she said.

"Although I miss my children, I have been unconsciously preparing myself for the day when really not

BEYNOLDA University Plaza Cinema 182 Cinema 18-2 748-1188 . REVINCLOA MANOR CENTER 722-5845 . UNIVERSITY PLAZA CADDY SHACK SONG of THE SOUTH SHO WS: M-F 5-7-9 Sat. & Sun. 3-5-7-9 -Fri. 5-7-9 S-S 3-5-7-

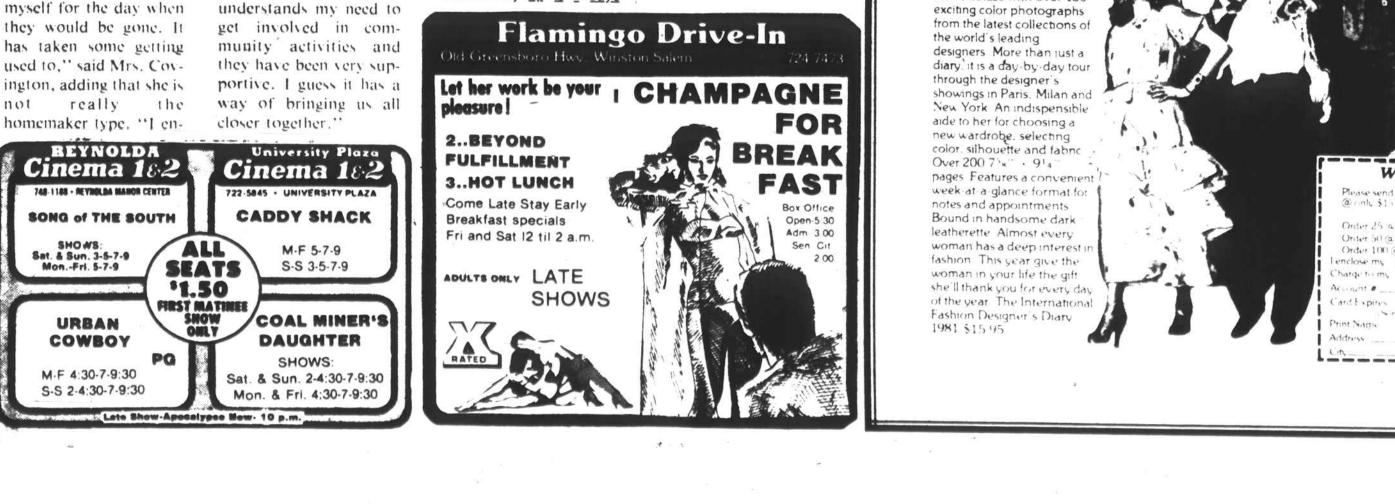
Debussy, in his "Golliwog's Ives' "Central Park in the Cakewalk" was the first Dark," and the last moveclassical composer to draw upon ragtime rhythms and melodic structures and

Named after E.B. Three programs on jazz Bowman's famous ragtime featuring live concert composition, The 12th Street Rag is a combination of commentary, interviews, McShann and Big Joe classical and ragtime music. The musical segments include ragtime arrangements



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his lead.



Rag also includes onlocation footage from New York City, Sedalia, Missouri and along the Missouri River.

In addition to Bowman's "12th Street Rag" and Joplin's "Maple Leaf American heritage. He Rag," the program's musical selections combine traditional rags such as James Scott's "Ophelia Rag" with other compositions that show the influence of ragtime themes and rhythms upon 20th century classical composers. Included are: Igor Stravinsky's ragtime dance from "L'Histoire du Soldat" with its vital and syn- ("The Soldiers's Tale"), Claude Debussy's "Golliwog's Cakewalk," and its dances, such as the Darius Milhaud's "Crea-Cakewalk, swept Europe. tion of the World," Charles ment of Thomson's "Symphony on a Hymn Tune."

The 12th Street Rag is the many others soon followed first of several public television programs about music. material of Count Basie, Mary Lou Williams, Jay Turner are currently under development. MALL CINEMA

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