



Dr. Jewett Walker
Dr. Walker
Earns FCBA

Recognition

Dr. Jewett L. Walker, Fellow in Church Business Administrators, Church Business Administrator of the Afridan Methodist Episcopal Zion Church has been designated a "Fellow in Church Business Administration" (FCBA) by the National Association of Church Business Administrators.

Dr. Walker was one of the 33 candidates approved by the Professional Training and Standards Committee of the National Association of Church Business Administrators for successfully completing the prescribed training. He joined the 500 Church Business Administrators who have attained this hallmark of professionalism.

He qualified for the certification as a result of fulfilling specific prerequisites over a period of years, in management experience, education, association activity and completing seminars at approved educational institutions.

The seminars contain such subjects as strategic Planning Management, Stewardship and Financial Management, Church Accounting, Personnel Management, Multiple Staff Development, Time Management, Congregational Leadership Development, Office Management, Information Systems Management, Property Management, Legal and Tax Matters, Christian Perspectives, Theology of Church, Polity and Specific denominational requirements.

The certificate was presented at the 27th National Association of Church Business Administrators Annual Conference in Des Moines, Iowa by C. K. Madison, P. T. & S. Chairman and William Ross, President of National Association of Church Business Administrators, and F. Marvin Myers, National Association of Church Business Administrators Executive Director.

High School

Summer Blood

The second annual Burger King and Red Cross "High School Blood Donor Campaign" is underway. Charlotte area high schools can participate by recruiting people to give blood at the Red Cross Center, 2425 Park Road. The contest started July 1 and will run through August 31.

Any current high school student or friend of the high school can recruit blood donors. The high school that recruits the largest number of donors will receive a traveling trophy in the fall. Last year, Charlotte Catholic High School won top honors.

Blood donors participating in the campaign, simply sign in under the name of the school to receive credit. These sign-up sheets, displayed in the Red Cross Center's lobby, will keep everyone informed of each school's progress.

Blood donations can be credited to only one school and no other group, company or church.

Anyone participating in the campaign should call the Red Cross at 376-1661 to make an appointment to give blood. Red Cross Blood Center hours are: Monday, 10 a.m. - 6 p.m.; Tuesday through Friday, 9 a.m. - 4 p.m.; and on Sunday, from 12:30-4 p.m.

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ROBERTA SMITH OBTAINS
...Energy from exercising

Americans Are Seeking Fitness?

By Teresa Simmons
Post Managing Editor
Fitness...it is something more and more Americans are seeking. They are finding out also that it is not easily attained without sacrifice and determination.

There are so many ways to lose that extra poundage. The variety is so wide that it even affects our shopping...which get slim quick magazine do I buy today, we ask ourselves. Or "If I reduce my thighs in 30 days, that only leaves my hips, arms, lower legs, back and double chin."

Seriously there are ways to lose weight and the opportunity is right in our own backyards. There are people like Roberta Smith who want to share the

enthusiasm of attained discipline and the confidence to take on a regimen that guarantees fitness and firmness.

Ms. Smith, who is presently conducting aerobics classes at Hair Original, has some tips for the weight conscious, for those who want to maintain as well as lose.

"First of all I would like to stress that no particular diet is needed. To keep weight down just cut down on fried foods, carbohydrates and try eating earlier in the day. Exercising after eating burns up twice as many calories.

And it is not recommended that one undertake a diet of less than 1,000 calories per day without a doctor's supervision. Most people gain weight after they become:

older. Mainly because the metabolic rate is not the same. I want to help anyone who is weight conscious. No one, I believe, wants to carry weight around," she continued.

Ms. Smith obtained her desire for structured exercise in an exercise class she attended after work at Presbyterian Hospital. She has taught aerobics for ladies at the Salvation Army Boys Club and has always been a sports enthusiast by swimming, jogging and playing tennis.

Presently her classes at Hair Original will involve exercising to music non-stop for 40 minutes (the strategy of aerobics is to keep moving); work-outs on the tread mill; the arm and leg pulley; the exercise bike; and the access to the sauna. Shower stalls are also available.

If you ever feel the need for the commercial favorite Geritol because you are tired and run-down it may be time for you to try something different and invigorating. In addition to aiding a diet, exercising, according to Ms. Smith, gives one energy.

"I have more energy after exercising. I would like for others to feel the same way," Ms. Smith shared.

Nothing miraculous is being offered. Results aren't promised and overnight changes are null. What Ms. Smith does promise is that exercise is an energy booster. "After you exercise you are not as tired. Your entire body is excited."

First Aid Course

The Greater Carolinas Chapter of the American Red Cross will offer an "Advanced First Aid And Emergency Care" course.

The course will meet on July 25-26, and on Tuesdays and Thursdays in August and September, from 6-10 p.m. Time: approximately 56 hours.

Instructors will be Kim Strader and Greg Strader. The course fee is \$25, and pre-payment is required.

For more details on the course, call the Red Cross at 376-1661, Monday through Friday, from 9 a.m. - 5 p.m.

Wedding Date Set

Mr. and Mrs. Alston Bellamy of 2001 Monterey Street in Charlotte announce the engagement of their daughter, Miss Jackie Elaine Bellamy, to Theodore Roosevelt Wall Jr., son of Mr. and Mrs. Theodore Roosevelt Wall Sr.

A July 30 wedding is planned at Statesville Avenue Presbyterian Church, 2806 Statesville Avenue at 4 p.m. A reception will follow immediately at the Johnson C. Smith University Student Union.

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BSC Receives Kellogg Foundation Grant

Special To The Post
Barber-Scotia College has joined with several other colleges and universities who are members of the United Negro College Fund, Inc. (UNCF) in a major project designed to improve member institutions' governance and management.

President Mable Parker McLean recently announced that Barber-Scotia College has received a \$90,100 grant from the W. K. Kellogg Foundation of Battle Creek, Michigan, making it possible for the institution to participate in the comprehensive activity known as the Integrated System Approach to Improving Management (ISATIM). The Project is being administered by the United Negro College Fund, Inc.

Activities at Barber-Scotia College will be conducted through March 31, 1984. Grant monies will provide technical assistance in developing an up-to-date management program in all units of the institution: academic and administrative operations; student recruiting, admissions, and financial aid; business affairs; and development. Additionally, facilities and training will be provided in data processing-computer science, and in technical assistance for the Board of Trustees to participate in the Association of Governing Boards Mentor Program.

Founded in 1867, Barber-Scotia College is a four-year, liberal arts institution located in Concord, N.C. It accepts students without regard to race, color, or creed and offers the bachelor's degree with majors in the following areas: Sociology, Biology, Business Administration, Secondary Education, Elementary Education, Medical Technology, Secretarial Administration, Math-Computer Science, Physical Education-Recreation and pre-professional training for medicine, dentistry and nursing.

Specific areas upon which improvement efforts are concentrated at colleges participating in the UNCF sponsored project are determined by an assessment team made up of experts in the various areas of institutional management and representatives of the American Council on Education, the Association of Governing Boards of Colleges and Universities, and the National Association of Colleges and University Business Officers. These three Associations are working in cooperation with the UNCF in implementing the project. The UNCF is conducting



Dr. Marble Parker McLean
...Barber-Scotia president

the comprehensive management improvement program over a three-year period through a grant of \$3,662,600 from the Kellogg Foundation. Institutions within the 42-member UNCF which participate in the program will receive follow-up monitoring and consultations from the assessment team.

It is anticipated that the services offered through this special project will be

continued by the national organizations serving on the assessment teams and assisting with the technical work once the project is completed.

Acknowledging receipt of the Kellogg Foundation grant, Dr. McLean said,

The Black Press
News About You
And People You Know

"Barber-Scotia College is greatly challenged by this unique opportunity to improve and expand the quality of service to both its student clients and to the community."

The W. K. Kellogg Foundation, established in 1930 to "help people help themselves," has distributed more than \$643 million in support of programs in agriculture, education, and health. Areas of emphasis within those broad fields include adult continuing education; betterment of health; coordinated, cost-effective communitywide health services; a wholesome food supply; and broadened leadership development. The Foundation is today among the largest private philanthropic organizations in the nation. It supports programs in the United States, Latin America, and the Caribbean, as well as international fellowship programs in other countries.

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