

Cross country team disqualified from conference meet

BY CANDANCE EVANS
Staff Reporter

The 1999 Aggie Homecoming seemed to be more important to some of the members of the Bennett College cross country team than a conference meet at Salisbury, Md.

Bennett's cross country team was disqualified at the Mason-Dixon conference meet Oct. 23 because only four runners were present to

compete. The team has nine members.

Coach Carl Bibbs, athletic director and cross country coach said he was upset because team members gave him what he thought were "insufficient" excuses for not attending the meet.

"A&T's homecoming became more important to them than their commitment to the team, and these ladies don't even attend A&T," Coach Bibbs said.

Team Captain Kiyona Brewster, a junior psychology major from Harrisburg, Pa said, "We were able to work on our PBT, since we couldn't qualify, but it would've been great if everyone had shown up."

Brewster improved her time to 24.2 minutes in a 3.5 mile race and Brewster finished 53 out of 69 runners.

Tianna Curry, another member of the team, said she was angry that

some of the team members gave "flaky excuses" for their absence.

"We were depending on team members who arrived extremely late or didn't show up, and because of that we couldn't qualify."

"People like Ihsan Muhammed, Melody Caldwell, Avian West, Shayla West, and myself are dedicated," Curry said. "The rest of the members are flaky," said Curry, a

sophomore biology major from Sickerville, N.J.

"Cross country and winter track require dedication and teammates that depend on you," Curry said.

"If you're not going to stick with it, don't try out for it. Don't waste our time."

Bibbs said overall his team did well. Bibbs also said to improve, his runners need to become more dedicated.

Depression, symptoms explained

BY DARNITA HOWARD
Staff Reporter

A person may feel sadness, anger, and gloom for no apparent reason. Maybe, one may feel this way from events or people that have affected our lives.

If such feelings of hopelessness, disappointment, and frustration have consumed your thoughts and body, you could have possibly had a form of depression.

Depression is one of the most common psychological problems, which affect 17.6 million adults a year. Depression often interferes with normal emotional and physical functioning.

This psychological condition alters the way a person thinks and feels, and affects his/her social behavior and sense of well-being.

Jacquelyn Lightsey, counselor at the wellness center, said she believes there is a high rate of depression at Bennett. Lightsey gave a number of reasons why the majority of students are experiencing depression.

"Some possible reasons for depression are a chemical imbalance, poor grades and study skills, poor time management, family situations, and relationships," Lightsey said.

According to Psychology Information Online, Dr. Donald J. Franklin wrote that women are more likely to become depressed than men.

Franklin's online site provides a list of symptoms of depression and other topics. A person with depression may experience a sad, anxious mood, loss of interest or pleasure in your usual activities,

restlessness, irritability, or excessive crying, feelings of guilt and hopelessness and thoughts of suicide.

"There has been a low rate of suicide attempts at Bennett," said Linda Watkins, director of health services and wellness. "However, one attempt is one too many."

Lightsey said she uses steps to follow in these emergencies.

"The first step is to make sure that student planning to commit suicide is not left alone. The next step is to have someone contact security. After that, security will handle the situation."

"If you think that you have depression, talk about your problem with peers, counselors, or someone who will listen," Lightsey said. "However, if the conditions persist for more than a few days or a week, seek professional counseling."

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guardians, faculty, and staff are eligible to complete the surveys.

Mosby said she hopes to collect and tally 300 to 400 surveys to complete the assessment.

Lauren Estep, a sophomore English education major from Indian Head, Md. completed a survey for the post office. Estep does not think the survey is effective. "The questions do not pin point the actual problems," Estep said.

However, Deanna Harris, a junior English major from New Haven, Conn. said she thinks the survey she completed about Holgate is an excellent opportunity to suggest specific improvements for the campus library.

Harris suggested that more private study areas be constructed, library staff be more respectful of students who are studying, and library hours be extended during the

week.

"The survey results will be announced at the December faculty/staff meeting," Mosby said. She said that students will be given the results before the end of the fall semester.

All suggestion boxes and surveys will be available until Nov. 15. The surveys will be administered again at the end of the spring semester.

Speaking

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braced the voices of various women," Brogdon-Wyatt said.

Ward is an assistant professor in the English and Foreign Languages department

Dr. Aristides Gamez, an assistant professor in the English and Foreign Languages department read an original short story.

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and senior Courtney Moore, an English major from Houston, Texas and two alternates: Kellie Mayfield, a senior biology major from Virginia Beach, Va., and Violet Baffour, a senior political science major from Ghana, will compete at the National Championship Tournament in Orlando, Fla., March 22 - 26.

The Honda Challenge is sponsored by American Honda Motor

Co., Inc. According to its press release: "The National Championship Tournament is the academic version of 'March Madness.'" The tournament will feature 320 students (four per team) competing for their institutions.

Teams representing 87 HBCU's from around the country compete for a share of \$305,000 in grants. A preliminary round-robin tournament narrows the field to 16 teams.

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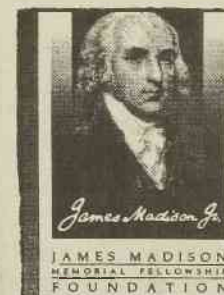


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