

## The Thrill of Victory and the Agony of Defeat

by Christopher Colley

O.K. students lets talk about the "Thrill of Victory and the Agony of Defeat" as it applies to you and your schoolwork.

The first thing that should be noted is that we all find ourselves at times not performing as well as we would like to. The need to perform in college can be frightening at times, but never-the-less we must. Our ability to perform well can either determine if we will experience the thrill of victory or the agony of defeat. We experience the thrill of victory by doing well on our exams and the agony of defeat by doing less than our best.

We can spend our time studying and studying and still experience the agony of defeat. This to me is one of the most frustrating things to have happen, but it does happen.

And then there are those who spend very little time on a certain project but seem to always make the highest grades in the class. These are the people who experience the thrill of victory.

Lets face it students, "LIFE IS NOT FAIR." Incidents like the ones listed above happen all the time. The thing we as students must remember is to endure. I chose to write this editorial now because I believe many students are experiencing some burnout. Burnout tends to lead to an apathetic attitude which in effect cause a lack of endurance.

How can a student tell if he/she is experiencing burnout? Ask yourself; these questions. Do I find myself procrastinating more and more when it comes to doing my assignments? Do I find myself arriving to class later and later? If you can answer yes to either of these two questions, there is a possibility that you may be experiencing burnout.

"So what can be done for the burnout victim who neither cares to experience the thrill of victory or the agony of defeat?" There are many things that one can do to get back into the routine of things. First try not to be too hard on yourself, realize that you are only human. There will be days that your studying will pay off. On the other side of that coin you must realize that there will be times, when for one reason or another, your studying will not reap the consequences you would hope for. The key again has got to be endurance, do not let the agony of defeat pin you down, get back up and start over. Let the next test or next paper be your thrill of victory.

Another thing you can do is observe your study habits, it may be time for a change. This change may be in who you study with, where you study or perhaps how you study. These changes may aid you in your quest for the thrill of victory.

Finally make sure you have some motivation within your day to day studying. I can remember a friend saying "Where is your motivation?" At the time I did not understand that what he meant was simply, what are you working for today? In high school we called them study breaks. In college we get a little more sophisticated and call it motivation. It is not important what you call it, but take at least one hour out of your study time and devote it specifically to yourself. This may be spent watching T.V., listening to music or perhaps even exercising.

The hard part is not drawing your hour out, but being disciplined. Remember your studies are waiting for you, so watch the time.

"So students, what's it going to be, the thrill of Victory or the Agony of Defeat?" A few changes in your routine of life may enhance your outlook of classes and future goals and thus decide between the two.

## AIDS Awareness on College Campuses

by Hershela Washington

Are college students ignorant about the fatal disease AIDS? The disease transmitted sexually and through blood transfusions.

According to a Winston-Salem Health Clinic official, Robert Wooten, college students aren't as aware of the disease as they should be.

"Society in general is ignorant of the disease and being that college students are made up a cross segment of society, they're going to be unaware of the disease, as well" said Wooten.

In a study done on the campus of Winston-Salem State University, a survey showed that the students only knew what they heard about the disease AIDS and that it was just a homosexual disease.

Daniel Jolly, a sophomore transfer student, said he knows enough about AIDS to be careful when it comes to sex. Jolly said having sex these days is nothing to play around with and the best thing to do is not have sex at all. Jolly also said most students are excited over a pretty face and they don't think about the possibility of that pretty face having a venereal disease.

So far there is no cure for the AIDS virus. AIDS is no longer considered a homosexual disease, anyone is susceptible.

Wooten feels that colleges should have AIDS educational awareness programs to educate students and let them know it's not safe to have sex with someone you don't know. "The number one way to prevent AIDS and other sexually transmitted diseases, is through abstinence, but if sex is performed, the use of condoms should be mandatory," explained Wooten.

## Educational Loans from College Foundation Now Available for Out-of-State Students

College Foundation Inc. (CFI) announced this week that, for the first time in its 25-year history, out-of-state students attending colleges in North Carolina are eligible to benefit from CFI's educational loan programs. Heretofore, the Foundation's loans were for the benefit only of North Carolina legal residents attending colleges in or out of state.

In May 1987, the N.C. General Assembly modified the enabling statute of the N.C. State Education Assistance Authority to guarantee educational loans of nonresident students and parents of benefiting students attending postsecondary educational institutions in North Carolina. Because the State Education Assistance Authority is the guarantor for most of CFI's educational loans, this statute change enables the Foundation now to make educational loans to out-of-state students and parents of benefiting students attending colleges in North Carolina. The borrowers and benefiting students must, of course, meet the other eligibility requirements for these educational loans.

N.C. Insured Student Loans (N.C.ISLs) are for dependent or independent students who show financial need in order to attend their colleges. For these loans, the federal government pays the interest while students are in college. N.C. Supplemental Loans for Students are for independent self-supporting students who do not qualify for interest-subsidized N.C.ISLs or who need more loan funds than the maximum N.C.ISLs. N.C. PLUS Loans are available to parents of dependent students, either undergraduate or graduate/professional. Like the Supplemental Loans for Students, PLUS Loans are not based on financial need.

Additional information and applications are available from college financial aid officers or directly from College Foundation Inc., P.O. Box 12100, Raleigh, NC 27605 (919/821-4771).

## Blacks in Communications

by Hershela Washington

Talent, vitality, patience and dedication are qualities one must possess when moving up the ladder of success in the entertainment and communications business. However, Blacks, as well as other minorities, must strive 110 percent harder to receive respect and recognition from the "big-wigs" in the business.

Resolutions to these challenges will be difficult as Blacks struggle to be equal participants in the evolution of the new age of high technology and the news information media.

Despite social, political and economic obstacles, Blacks must accept a large amount of responsibility of their presence and influence in the media. It is no longer enough to be educated and employed. Success requires being well-informed and influential.

Everyone knows that Black Americans are today's largest minority group, with a consumer market of over \$170 million dollars and heavily populating the top 25 cities of this nation.

These facts are definitely stepping stones for minority's progress in America media. Yet in 1984, Blacks owned less than two percent of the more than 10,000 U.S. broadcasting outlets, represented only eight percent of the nearly 170,000 broadcast employees and produced less than one percent of prime time television programming.

The Rev. Jesse Jackson once said, "If your mind can conceive it, and your heart can believe it then you can achieve it."

In 1976 Jasper Williams, a prominent Black obstetrician/gynecologist, as well as being a successful Chicago banker, put Rev. Jackson's words into action by changing this non-progressing minority in the media. Initially Williams had very little interest in television. But just three years later he and 33 other Black businessmen put together one million dollars, formed Seaway Communications, Inc., and purchased WAEO-TV in Rhineland, Wisconsin, which became the first Black-owned VHF TV station in the United States. As a result to Williams venture, three VHF stations have been purchased by Blacks and a license contained to construct a new UHF station.

But this is not enough and it is not as easy as it sounds. The struggle up the ladder of success is a rough climb. Whether it be purchasing a TV station, becoming an actor/actress or becoming a newscaster/sportscaster. Blacks have to make first steps toward improving minority status in the communication/entertainment business; by being well-informed, having a commitment to excellence and having a sense of leadership.

The windows of opportunity are wide open for those who are willing to sacrifice time and those who are solely prepared.

## Gift Giving

By Hershela Washington

Gift-giving and Christmas simply go together. However, choosing the right gift for the right person can be difficult.

The giving spirit of the holiday season puts everyone in a yuletide mood where we're all guilty of spending just a little too much on "cute" gifts. These are the gifts you wonder why you received from someone else...such as a tie with a fish printed on it or 32 ounce bottle of perfume named "Nights in El Segundo."

The main reason for gift-giving is to bring pleasure to the person receiving it. There's one thing to keep in mind when buying a gift for someone--put yourself in that person's place, then ask yourself "Do I really want or need this gift?"

Remember, a gift is from the heart and it brings meaning, friendship and love throughout the season, whether it's a pair of jeans or a Mercedes sports coup. Merry Christmas!!

## What's New with "The Pill"

by Mia Wilson

There are many different types of contraceptives on the market for women. However the most common especially among college women is oral contraceptives or "The Pill."

When taking "the pill", one should be aware of the special responsibilities you must take against certain dangers.

One of these dangers is cigarette smoking. Cigarette smoking increases the risk of abnormal blood clots and heart attacks.

Another danger is a reduced effective and increased incidences of of break-through bleeding has been associated with the use of the pill with certain other drugs, such as barbituates, phenylbutazone and tetracycline. Other additional means of contraception needs to be taken during any cycle in which any of these drugs are taken.

If you are on the pill, you should remember to take one a day, and if you suspect that you are pregnant, you should stop taking the pill right away.

Oral contraceptives is most effective method, except sterilization. It is a very convenient method of preventing pregnancy.



## Anorexia Nervosa and Bulimia: Health Notes

by Andrea Crosby

Many young women feel that if they are over weight or if they gain too much weight others will not associate with them. They feel insecure, so they don't eat or try to get rid of the food previously eaten by "self-induced" vomiting. This may cause Anorexia Nervosa or Bulimia.

No, they are not the same things, but one, could lead to the other and they both could be deadly.

Anorexia Nervosa occurs by "frequently fasting for prolonged periods which causes the body to have an all consuming pursuit of thinness that overrides physical and psychological well being."

The dieting provides an artificially dangerous sense of control. As the weight loss progresses, a starvation state arouses, which eventually develops a life of its own.

When a person is dieting or fasting to lose weight and decides to eat something then make themselves vomit (so that food will not dissolve) that person can easily become bulimic if they continue this process.

Most of the time Bulimia patients eat, eat and eat. They develop a habit of eating rapidly, not even tasting the food. After they have finished eating they will make themselves vomit. Others develop Bulimia from laxative abuse.

Both Anorexia Nervosa and Bulimia can be treated but it takes time, patience, and determination. Just like drugs, these diseases are dangerous and if you don't seek help soon, later could be too late.

