



MISS HOMECOMING AT FSU

Beautiful Joy Van Hook, a native of Cedar Grove, North Carolina, will be crowned "Miss Homecoming 1976" at halftime ceremonies when the FSU Broncos host Elizabeth City October 30 for its Centennial Homecoming Extravaganza. Joy is a senior physical Education major and participates in many extra-curricular activities at FSU.

(FSU Photo—John B. Henderson)

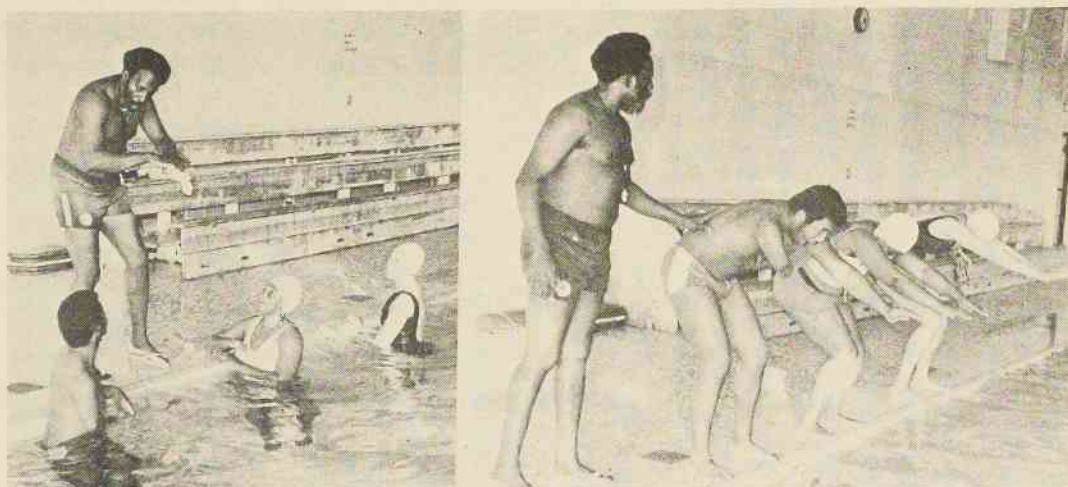
IEP Announces Events

Fayetteville State University's International Education Programs will sponsor an International Cultures Week, November 17 - November 23rd. Dr. Elkin Sithole, one of the featured lecturers for this week of emphasis on international cultures, will give a lecture - demonstration on "African Origins of Black Music in America", at 7:00 p.m., November 22nd in the Multi-Purpose Room of the Ruldoph Jones Student Center. On Tuesday, November 23rd at 12:30 p.m., Dr. Sithole will address the Division of Arts and Science Faculty on "Curriculum Development In The Arts", in the Choir Room of the Rosenthal Building.

Dr. Sithole's areas of expertise include: African cultures; Ethnomusicology with special emphasis on the music of Africa, the West Indies, and Black America; Theories of Social Change. He is an experienced educator, musician, lecturer, researcher, and humanitarian, with excellent academic credentials and numerous professional affiliations.

Other programs during International Culture Week include: November 17, 1976 - 8:00 p.m. - Seabrook Auditorium - Olantunji and his Drums of Passion
November 19, 1976 - 7:30 p.m. - Colston Westbrook Lecturer.
November 22, 1976 - 3:00 p.m. - Continuing Education Building Art Exhibit Opening: The Language of African Art.
November 23, 1976 - 6:30 p.m. - An Audio-Visual Presentation of travels in West Africa as experienced by Joseph Lawrence, a Fayetteville State University Student.
Place: To Be Announced.

These programs are free and open to students and the public. For further information contact: Mrs. Valeria Fleming or Mrs. Sylvia Heath Renwick, 843-6144 Ext. 256, 384 or 132.



DR. HOLMES TEACHES HANDICAPPED

Dr. Holmes Teaches Handicapped

No student at FSU need miss the pleasure and benefits of participating in games and sports because of a physical handicap. Handicapped students can now learn how to utilize the movements they can make in ways that compensate for those they cannot make in a special physical education class offered each semester.

The young man in the above photo is learning to swim with a modified stroke that helps him overcome the body imbalance caused by his upper extremity loss. One of the other two students is learning to avoid strain on a weak back. In addition to learning swimming skills, the students will learn various other modified skills of popular activities such as tennis and basketball.

The special physical education class was developed by Dr. Roosevelt Holmes, Chairman of the Dept. of HPER, who teaches the class. It is part of the department's expanding curriculum that is designed to serve the needs of all students on campus, regardless of the nature of those needs. Assistants in the class instruction are students majoring in physical education, who in this way receive practical experience that can be applied when they themselves become teachers of the handicapped.

A Mind Is A Terrible Thing To Waste

I am sure you have heard the above statement a countless number of times on television, and I often wonder if most students at Fayetteville State University are cognizant of its real significance.

As Placement Director at Fayetteville State, I am becoming increasingly alarmed that too many of our students are wasting their minds.

Today's world is a demanding world. Above all, it demands quality and competency. If you are one who is contented with just getting by and not acquiring the best possible education during your four years here, I suggest you withdraw im-

mediately rather than be faced with the frustration of trying to secure employment if you accidentally graduate.

Students, it is imperative that you set your priorities and discipline your mind. Too many of you appear to be majoring in such things as "student unionology, cardology, partyology, fraternity, sorority and social clubology."

Grant you, these things are fine in their proper perspective, but not a priority for attending college.

I have often said that the very freedom that we have gained could be the freedom that will destroy us. Freedom without discipline is chaotic. You must set your goals,

realize your purposes for attending college and move methodically to accomplish these ends.

During a recent interview, Dr. Benjamin Mays, an outstanding black educator was asked, "What advice would you give the black youth of today?" He answered, "As for black youth, I have said and I still say, 'Yes, I am for black awareness and I am for black power - and black is beautiful'. But rhetoric doesn't train your mind. Rhetoric doesn't give you a skill. I say to them as I would say to whites or to anybody, a man is respected in this world only because he

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BEING WHAT I AM

I am what I am. This raises a question - "What am I?" To begin, I am somebody. I am a creation of God. I can do more than was intended for me to do. I am Black and do not wish to change my color. I am a woman, supposedly weaker than the opposite sex. I cannot change or rather I have no desire to change what I am.

Being what I am does not make me wish to be different. I think each of us should be proud to be what we are. Being what I am I know I can get nowhere unless I am determined. I cannot sit back and let the things I want come to me - I must go out and get the things I want.

To be somebody in this world, I have to reach my goal. I mean a somebody makes himself important and respectable in the eyes of others. To be important one

does not have to be president nor does he have to land on the moon, all he has to do is something he can be proud of. An important person is only as important as he thinks he is. To be somebody one has to have determination and has to be able to fight, without fists or weapons, for his rights. Each of us has to consider ourselves a somebody before we can expect anyone else to respect us in this manner.

I, as a creation of God, know that I am special, therefore making me a special somebody. As I stated before I can do no more than was intended for me to do and without God, I could do nothing. I believe that for anyone who does not consider himself somebody that there is time - but remember time waits for no man, woman, or child.

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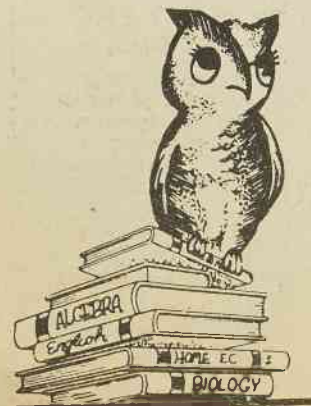
radio

Entertaining

Informative

Responsible

mutual black network affiliate



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