

OPINION

Women and Assertiveness

by L'Asia Brown

It is an ancient philosophy that women should be pampered, and silent. In the recent centuries, women have fought for every right imaginable. They've lost some and won many. From the right to own property and vote in the United States or to have pre-marital relations in Ethiopia to the right to drive and attend school in Saudi Arabia, women have always desired to live as proper or preposterous as their male counterparts. It has been debated in both political and religious terms, argued in English, French, Spanish, and German, and discussed everywhere from BBC to CNN. Unfortunately in the United States, women still earn about 82 cents to each dollar that men earn. Men are promoted 6% more than women. Women hold approximately 22% of the administrative positions in the top 500 corporations in the world. Women still have a little to go before they can call themselves completely equal to their male counterparts.

Society can never aim to change the mindsets of its entire populous through rhetoric. Instead, it should attempt to demonstrate change through action. Women, now more than ever, are quite active in the workplace. From your lo-

cal McDonald's to the corporate headquarters of Apple-Bee's, women can be seen navigating entire companies through both financial hardships and successful growth. At Fayetteville State University, women play a significant role in the University's function. From Dr. Janice Haynie's role as Vice Chancellor of Student Affairs to Monica Carson's position as President of the Student Government Association, the female sex has proven itself to be no less efficient than men. One key trait to career advancement for a women, is knowing exactly how, when, and where to assert the necessary aptitudes required for receiving the due respect you deserve.

There is a fine line between aggressiveness and assertiveness. Women can also fall victim to passiveness. An assertive woman holds a strong self-image, practices direct, honest, appropriate communication and leads by example. She is direct, but considerate, flexible with guidelines and punctual with deadlines. She is able to stand up for her own rights while remaining sensitive to authority, is respected by her colleagues, and builds others up, creating a positive aura in the workplace. It is also important,

that women choose appropriate attire. Women are more easily subjected to "attire discrimination", a new type of corporate prejudice that prevents individuals who do not dress accordingly with company standards from receiving deserved promotions, praise, clients, etc. Women are naturally more emotional than men, meaning they must work harder to separate their family and social lives from their careers.

Sexual harassment and verbal abuse from male and female counterparts should never be tolerated. If a woman is made to feel uncomfortable because of suggestive, inappropriate, or mean comments, she should immediately act to resolve the situation. If she feels comfortable approaching the perpetrator, she should do so privately and professionally, keeping a steady tone and expressing a sincere want to end the hostile circumstance. If she doesn't feel comfortable, report to a trusted supervisor. For veteran CEOs and new secretaries alike, positivity and professionalism are key to keeping a level playing field... and still scoring the touchdown.

I'm Addicted to YOU!

What's Your Cyber Addiction?

by Monique Vaughn

It's more addictive than any drug on earth; and the funny thing is, it's legal. When you have a project due, but can't seem to pull away, when something new pops up and you leave your friends waiting, or when you have class, but haven't logged off yet; you have a Cyber Addiction. There are many social networking sites; to name a few Facebook, MySpace, Twitter, BlogSpot, OoVoo, and Skype all cause cyber addictions.

A few famous questions inquired by not so "internet savvy" adults are: What draws people to spend numerous hours on these sites? Why can't people just meet in person? What happened to the good old days? Surveys revealed these answers: Facebook allows freedom and comfort, you can say things that you normally wouldn't in person, some people create a different identity on the internet, and the "good old days" are gone; this is the technology generation.

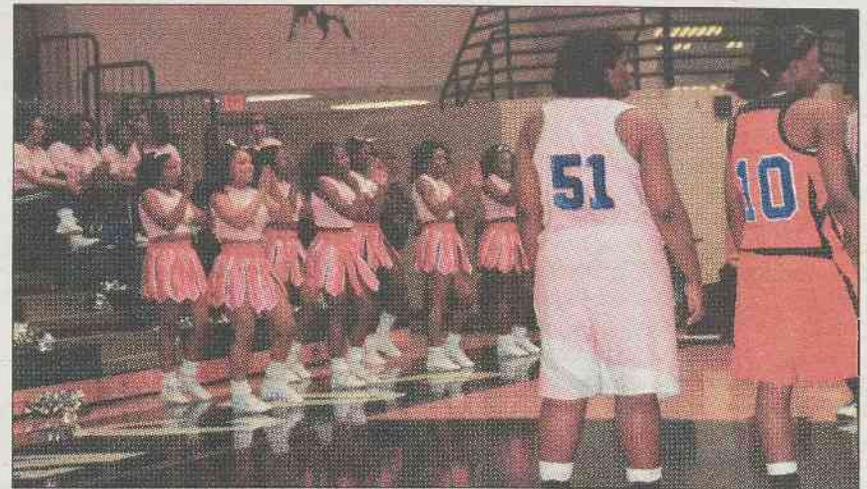
Whether it is for entertainment purposes or just to liven up your life, college students enjoy these sites; maybe even live by them. Most cell phone devices come with Facebook, MySpace, and Twitter applications so you can access it at anytime. FSU Student Janae Majette stated "I'm addicted to reading people's statuses, it tells a lot about a person." FSU student Keirra Smith stated "I'm not what you would call addicted, however I keep the website up all the time, and if someone sends me a

message or IM's me, I respond; nothing too serious."

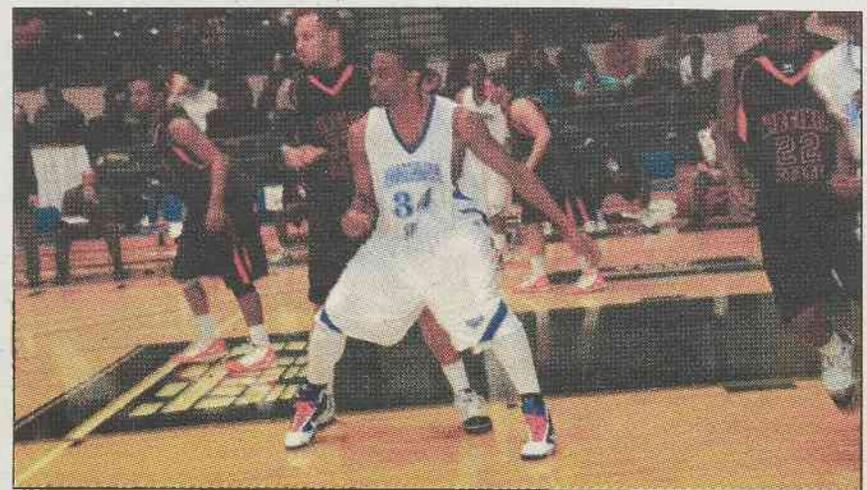
Although many college students find it appealing to spend numerous hours on these sites, there are some students who do not spend much time. They just log in, check email, and catch up on funny statuses. FSU student Tia Evans stated "I am not addicted to Facebook or any site because these sites can cause unneeded drama, and I simply don't have time for that." Another student FSU scholar Julisa Williams stated "I mean it's just a social network, I get on when I'm bored and need entertainment."

These websites were created for people to spend extensive time on them. There are many applications and programs that these sites hold, to keep the average teenager/adult's attention. If you are snowed in, it's raining, or just stuck in the house with nothing to do, these social sites are there waiting for you. You do not have to be addicted to get caught up in the hype. One attention grabbed can have you restricted to your computer unknowingly for hours. If you are going to have an addiction, it might as well be a legal addiction; one that won't harm you.

In The Zone!!



The Lady Bronco Basketball team plays in pink uniforms to support Breast Cancer Research.



#34 Larry Ross, center, guards a VSU player as he plays in pink shoe strings to support Breast Cancer Research

photos by Tia Gilliam