

Think Academically Despite Holidays

'Tis the season to be. That's right . . . To be. The time of year has arrived when special emphasis is placed on being with others and sharing in a traditional experience. And for students, it is a time to be concerned.

As the Christmas season approaches, seniors, if not others, become aware of the rapid passing of time. First semester has ended, and with the coming of second semester comes that final preparation for leaving in May. Yes, graduation will take place in May.

Why should I mention May when it's December? Well, I guess, it's because, for many students, not just seniors, May will be a December in regards to course requirements. We should always be concerned about our academic requirements and what these courses as well as electives will mean to our success as graduates.

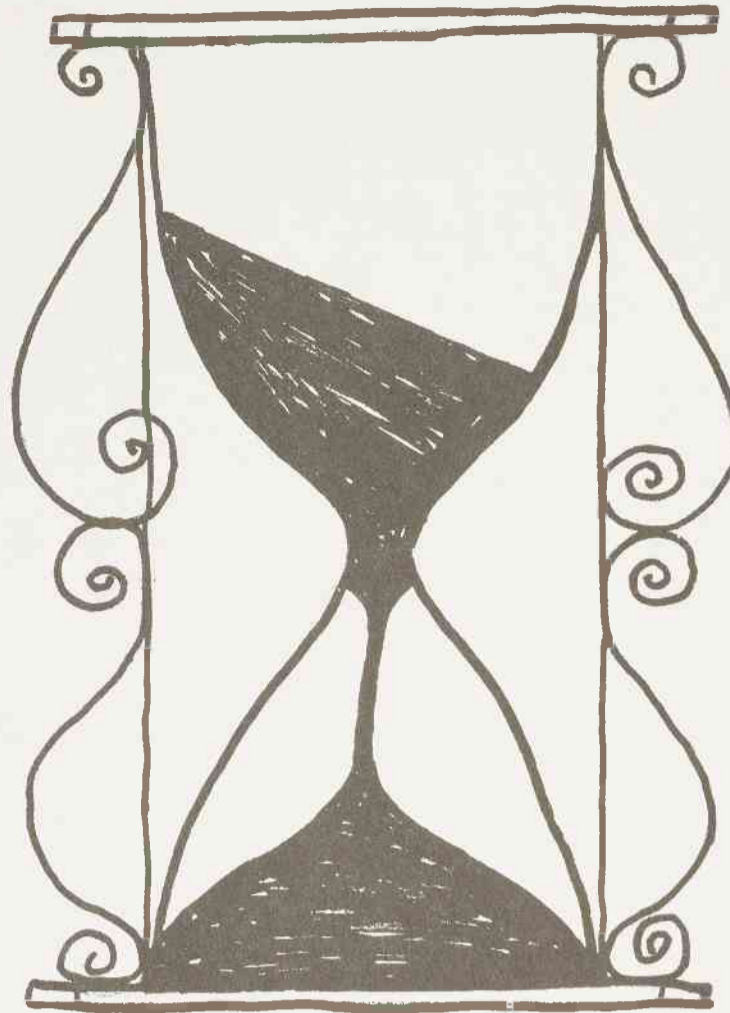
Christmas is traditionally a time of giving from the heart. It should also be a time of giving concern and of giving thought to the past, present and future.

An old year will go and a new year will come. What will you have? What will you be? This is the time to be concerned. 'Tis the season to be caring and sharing, for others and with others. But most of all, 'tis the season to be.

Take with you this holiday these thoughts: There comes a time in each individual's life when she must face situations squarely.

From the Bennett Banner Staff, season's greetings and safe traveling during the coming holiday.

P.S. Good luck with exams . . . and term papers . . . research projects . . .



Time Is Running Out . . .

MD

Summer Program at U.C. Berkeley Accepting Applications from Journalists

The Summer Program for Minority Journalists (SPMJ) at the University of California, Berkeley, is now accepting requests for applications to its 1978 session.

The program, which has increased the number of minority persons on U. S. newspaper staffs, began in 1969 at Columbia University and will hold its third session at U. C. Berkeley's School of Journalism beginning June 18, 1978.

At the end of an intensive 11-week training period, graduates are placed by the program on wire services and daily newspapers across the country as full-fledged reporters. Participants receive tuition, room and board on the Berkeley campus and a small weekly stipend.

Applications will be welcomed from all minorities, including blacks, Chicanos and other Latinos, native Americans and Asians, with a strong determination to succeed in the field of print journalism.

There is a rigorous and competitive admission process to fill the program's 15 openings. Those eligible are persons who desire a newspaper career but have little or no professional journalism experience, or working newspaper reporters with less than a year's experience.

Applicants must demonstrate a marked potential for journalistic reporting and writing, have a basic knowledge of syntax, grammar and writing and a typing speed of at least 35 words per minute.

Inquiries can be addressed to SPMJ at the School of Journalism at U. C. Berkeley, 607 Evans Hall, Berkeley, Calif. 94720.

The SPMJ is a project of the Institute for Journalism Education, a nonprofit educational corporation. Robert C. Maynard, formerly an editorial writer of The Washington Post, is chairman of

the institute's board of directors.

The deadline for completed applications is Jan. 20, 1978. Applicants are not required to have a college education, but must be U. S. citizens or resident aliens with permanent visas, preferably between the ages of 21 and 35.



For Belles Only: Fashion Tips for Winter

by Dotty Brown

Trying to keep warm and look good at the same time can be a big hassle. We either wear too little and freeze, or we wear too much and look like a grizzly bear.

Helena Rubinstein Fashion Spotters suggest long full-sleeved, unconstructed coats for keeping warm. The full-sleeves provide ample room for those thick mohair, cashmere, or wool sweaters you will want to wear underneath.

This season a big shawl is an asset. Shawls are being worn over blazers, jackets, big sweaters and

dresses, even coats. To make even more use of your shawl, drape it around you in those cold drafty classrooms or on those cold, dingy buses.

Believe it or not, according to Helena Rubinstein the key words for this winter are softness, romantic. Blouses and skirts are a must in a practical wardrobe. Skirts are big, flounced, tiered or soft-gathered at the waist. Tunics are worn over dresses or pants. Soft and cut easy, they can be either belted or loose.

Be sure to check your closet and attic for old classics. All they will

need is updating. Pleated skirts, kilts, pleated pants, stovepipe-leg jeans, sweatshirts, and tab-collared grandfather shirts are classics that you'll see a lot of this year. Don't forget to buy a vest or two; they can really give you quite a range of mix and match possibilities.

Shoes are high-heeled and sexy pumps for evening. Classic oxfords with spectator touches and loafers are being worn for daytime.

Hats are very important for warmth. Berets in felt and velour, the rolled turtle-knit caps, and trappers hat will be seen in all the best places.

One thing to remember when living on a budget is to try to stay away from seasonal fads. It isn't a good practice to spend oodles of money on an outfit that will only be fashionable for one season. When in the market for blouses, skirts, and sweaters you will want to buy separates which can be worn in different combinations.

Don't forget the waterproof boots, the gloves, and scarfs; and bundle up because . . . Baby it's cold outside.

Information courtesy of McDavid/Sykes Associates, Inc. Public Relations.

Letter to the Editor

December 4, 1977

Dear Editor-in-Chief,

I would like to voice a complaint concerning the display of attitudes and manners at shows, plays or any production sponsored at Bennett College. Let me concentrate on the Pre-Alumnae Council Talent Show given December 3rd in the Little Theatre.

I was distressed greatly at the lack of manners exhibited by some Bennett students. My impression has always been that a Bennett Belle was a lady; a lady that carried herself very well especially in public. Some of the students at the Pre-Alumnae Council Talent Show were not ladies and did not carry themselves anywhere close to being a lady. Instead they were **Heathens!** Booing and making crude, unnecessary comments

were just a few ways in which some students down-graded themselves. I said some because all of the students were not acting in such an embarrassing manner. I feel for the students that were ladies because the show was attended by a few male counterparts. Their impression will probably focus on the entire student body. My advice is as follows:

Ladies, when a function is being sponsored by any group on campus and you are planning to attend, please remember to act courteously to your fellow Bennett sisters. It takes a lot of courage to perform or speak in front of a group of people. Try and be a little understanding. After all you would want someone else to be. Also remember your manners. You can be assured that someone will always be watching you.

A concerned student,
LaSandra A. A. Muldrow

STUDY BEFORE YOU SLEEP

Are you the kind of student who usually studies hard before going to bed, or the kind who goes to bed, sets the alarm for five or six o'clock and then crams? If you're a pre-sleep studier, GLAMOUR Magazine reports you may be getting better grades as a result of your study habits than someone who does the work afterward.

Recent research into sleep and study habits shows that sleep prior to study disrupts memory significantly, unless considerable waking time is allowed before digging into the material you want to learn. The shorter the period of sleep that precedes the studying, the more this sleep disrupts learning. Sleeping four hours or less was found to be highly disturbing to memory; sleeping six hours disturbed it less.

Researchers aren't exactly sure how sleep disturbs the memory process, but they believe it might involve hormones. In laboratory tests on mice, the hormone somatotrophin, produced naturally during sleep, severely affected the memory of mice injected with it.

If you have a test to study for, study first instead of putting it off until the next morning. Better grades might be your reward.

Material above by courtesy of GLAMOUR Magazine.

Bennett Students Are Encouraged to Use Consortium Library before A&T, UNC-G

by Sharon L. Sanders

Bennett students are encouraged to use the resources of Holgate Library, the James Addison Jones Library at Greensboro College, and the Guilford College Library before seeking to borrow materials from UNC-G or A&T. The resources of the libraries at Bennett, Greensboro, and Guilford Colleges are available to any student who is registered for classes at one of those schools. A student need only present his or her current identification or registration form to use any service at one or more of the libraries.

Although students from Bennett can use library materials at UNC-G or A&T while in the library, they cannot check them out unless they are taking courses at that institution. To borrow materials from UNC-G or A&T, an Interlibrary Loan Form must be filled out and sent via mail by the Reference Librarian at Bennett. This procedure usually takes about a week before the student can have access to the requested materials. Therefore, students should request materials early in order to receive them in time for their assignments.

BENNETT BANNER

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New Financial Aid Applications Needed

by Jacqueline Roberts

Applications for financial aid for the school year of 1978-79 will be available Dec. 10 in the Financial Aid Office.

This year students will have to fill out only one financial aid form for any type of financial aid needed. The parent's confidential form also must be completed, however.