

Special Issue for Bennett Sisters

As you have probably noticed, this is a special issue of THE BENNETT BANNER, and it's for you. Yes, for all of our Bennett Sisters, near and far.

As Bennett women, we should take pride in the accomplishments of our graduate sisters. Their efforts and successes make our endeavors here as their undergraduate sisters a bit more meaningful. They have proven that Bennett women are "special" in every sense of the word and that they achieve and strive for a higher plateau in life.

To our Bennett Sisters of yesterday, today and tomorrow, we commend you and wish you ever-continued success as you reach that higher ground.

Belles: Be Optimistic in '78

Welcome back Bennett Sisters and greetings to our faculty and staff. There is no question that each of us had the most prosperous of holidays and thoroughly enjoyed the break away from the nine to five routine.

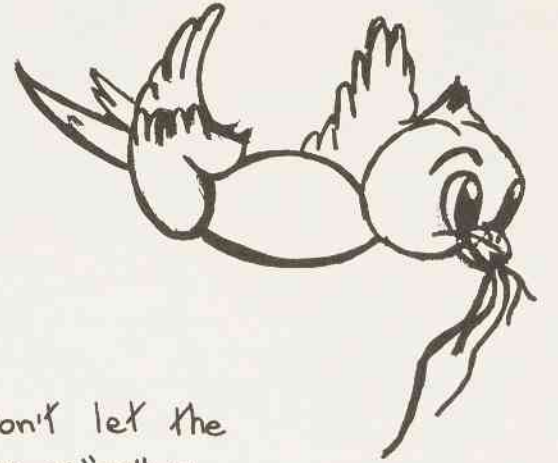
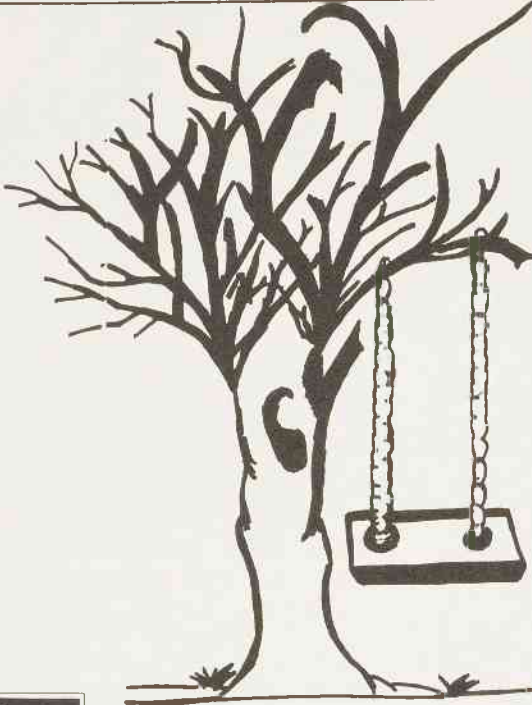
Now, with 1978 well underway, we must look to the new year with an optimistic vision. A new century is just around the corner. We should take each day and make the most of it. There is no time for trivial matters and dilly-dallying around. Make your time here count.

Many old things are taking on a new appearance. For instance, have you been inside the chapel lately? Have you looked at your academic standing lately? Students who were once the average college student have taken on a new mission. What is the mission? It can be stated as "to reach my highest potential as a college student and not cease this effort until I am satisfied." And isn't that what it's all about. Are you trying to satisfy someone else or are you doing as well as you want to do?

For many of us, time is slowly slipping away, and all the things we want to do will not get done. They will go unaccomplished.

We as Bennett sisters have a great deal to be thankful for, and it's time we gave thanks for those little things and became concerned with making them better.

Dear Bennett sisters, it's time we took a positive attitude towards our lives here and made the most of the opportunities we have, not just opportunities for 1978, but for black women of tomorrow.



Don't let the year of '78 fly by without your getting into the swing of things.

Karen Lewis



For Belles Only: Take Care of Yourself

by Dotty Brown

There is an old adage which says: "Beauty is only skin deep." Actually this phrase holds a little irony, for it is popular belief that beauty starts from within.

However, good nutrition, proper rest and exercise hold a great deal of credit for beautiful skin, hair, teeth and personality.

As I look around the dormitories on our campus, I see that the average person here gets enough rest. In some cases, maybe too much rest. But, let me say that a nap here and a nap there does not account for much sleep. Here on our campus, we run into

trouble when it comes to nutrition and exercise.

Many of the freshman and sophomore students who are taking their P.E. requirements are probably getting a good amount of exercise. But, I find that many of the juniors and seniors who have completed their P.E. requirements never give exercising a thought until they find that they are either over- or underweight.

Exercising to stay in shape does not necessarily mean that you have to get up at the first suggestion of dawn to jog around campus. On the contrary, exercising can be as much fun as the

"Hussle." The traditional "Jumping Jacks," "Running-in-Place" "Sit-up" exercises can be very beneficial and refreshing when done to your favorite record.

If your desire is to strengthen, tone or slim down a specific area, such as your waist, hips or thighs, I suggest that you refer to most any woman's magazine, a fitness guide, or a P.E. instructor.

Ever since we were babies our parents have been stuffing us with milk, vegetables and the like. We would squinch and squirm in our seats and choke until we had finished the meal. Then we would run outside and play for hours as if we had an infinite supply of energy. And, to a degree we did. A popular excuse for our lack of energy is "I'm getting old." A better excuse would be, "My mom is no longer around to stuff me with the right things."

Many young adults, especially college students, do not eat enough of the right foods. To produce and maintain a healthy and smooth-functioning body it is essential that our bodies are supplied with a certain amount of vitamins and minerals.

Almost all of the necessary vitamins and minerals can be found in the Five Basic Food Groups. "The Basic Five" are: dairy foods, meats, fruits, vegetables and bread and cereals.

Although we may consume well balanced meals daily, we may not be getting the needed amount of vitamins and minerals through the foods we eat. Therefore, it would be a good idea to include vitamin and/or mineral supplements in your diet. Also, since women use a great deal of iron, you may want to include iron tablets also.

Taking care of our health should not be looked upon as a chore, but should be as habitual and routine as taking showers. Your reward for practicing good eating, sleeping, and exercising habits could be a glowing complexion, healthier hair, and a body that's fit and full of energy. When you feel good, you look good. And isn't that what beauty is all about . . . looking and feeling good?

Signed
Concerned

Letters to the Editor: Weather, Sororities are Spotlighted

Who will be next? This is the question that many Belles are asking themselves as a result of various incidents which fall under the category of "bad luck."

The most recent incident that fits the untimely category happened to a senior resident of Player Hall. This young lady left her dorm Sunday morning on her way to the parking lot to get in her car and go to church, only to find that her car had been stolen. Yes, stolen right out of the parking lot.

Case number 2 falls under the category of acts of nature complicated with bad luck. When the ice storm hit the Bennett campus, icy sidewalks and falling ice from trees weren't enough. Nature took her hand and relieved the Bennett students (and a number of other school residents) of their heat, hot water and of their electricity as well.

Matters were worsened during the course of the ice storm for those students who had cars. One young lady had to call on the assistance of five other of her Bennett sisters to help her "rock" her car out of an icy hole, only to have a flat tire in the driveway on her way off to the bank to cash a check. After these events, the girl and her wet, muddy companions parked the car and went back to the dorm, with icy fingers, muddy clothes and no money.

Matters worsened during the course of the past weekend for dormitory residents. When the

temperatures dropped in the dorms, the Belles didn't panic, as we've been said to do.

Instead, we just gathered blankets, small electric heaters and doubled-up in rooms. A few of the girls were lucky enough to have relatives in the area, while still others went home to thaw out!

All in all, it was a trying experience. However, late Saturday night, all prayers were answered when Duke Power Company turned on the "juice" and the heat.

My purpose for writing is to commend my college sisters for their patience and understanding. It takes a lot of maturity to accept acts of nature such as no heat and no hot water.

But Bennett women did it! Bless you sisters.

Signed,
A Winter Observer

Throughout the United States and various foreign countries there are thousands of black women holding membership in undergraduate and graduate chapters of national Greek sororities. The three largest public service sororities are Delta Sigma Theta, Alpha Kappa Alpha and Zeta Phi Beta sororities.

During the last decade, these fraternal organizations were criticized as irrelevant organizations by radical black activists. Granted many of the more visible aspects of black fraternal organizations have been trivial, there are public service projects being

sponsored throughout the country. Each of the three largest sororities has a history of involvement in educational development and scholarship support, economic development, prison rehabilitation, childcare and housing.

Example: Delta Sigma Theta was the first fraternal organization to receive a federal grant for its public service commitment. Several years ago, it received \$192,000 to implement one of the components of its Five-Point Project Program. Its educational development component seeks to recruit high school students and dropouts for advanced training or education. The service provides counseling, college tours, recreational enrichment activities, job referrals and high school equivalency tests.

So often these are the facts that sororities fail to emphasize during the college experience. Service projects and community involvement are almost secretive. It was most refreshing to see the involvement of one campus sorority this semester. Not only did the group present a donation of \$300 to the United Negro College Fund drive, but it also sponsored a health fair and engaged in a tutorial program.

Sorority membership, quite to the contrary of most beliefs, is not time consuming. If anything, it should be rewarding and educational. It offers a wholesome way to spend your extra time. Extra time is exactly what is meant. The traditional lament that "grades drop" during sorority involvement is unfortunate. The amount of time each member spends in sorority activities should vary with the individual's class and study requirements. This goes for pledging persons also.

Sorority life should include parties and other social events, but also charity drives and volunteer work in campus and community organizations. These activities help you to develop your own interests and abilities. They provide valuable experience in leadership, personal development and life-long friendships.

It is a false assumption that there is a big difference in most sororities, although each should believe that it offers something

extra and strive to show it. In fact, this is what the rush period is about—to tell new students why sorority A is so great.

Therefore, the rush period is very important. It is at this point of the sorority experience that new students become acquainted with each organization. And they should have that privilege to objectively weigh the pros and cons of one sorority against another. Rush periods allow objectivity and give the young woman time to determine if she wants to be involved in sorority life.

In the past, black sororities have stood for finer womanhood. They were founded to give black women an outlet for expression and action. College freshmen should be given the opportunity to explore the founding principles which are the backbone of each organization without being penalized for "having attended both the Delta and Alpha rushes."

It is time that each organization gives attention to the important sides of sorority life and less to "stepping" and line shows. Dare to be different from sorors on other campuses. This is what made Bennett Belles special in the past and can be done again. Show that Greek life here is finer womanhood and public service.

Prexy on Co-op

Briley Takes over Sophomore Class

by Debbie Hodges

The sophomore class is under new leadership this semester. Elected class vice-president, Angela Briley, a biology major from Lumberton, N. C., became top-ranking class officer when president Debra Wingo resigned to go out on a cooperative-education-program work assignment this semester.

The sophomores and their officers have planned various activities this semester including the spring fashion show held Feb. 26 in the Little Theatre. Senior Day, March 16, is the next event on the sophomores' calendar. On this

day the sophomores honor and robe their senior big sisters.

Tentatively scheduled is a quiz game "Class Feud" in which members of different classes will compete against each other.

Sophomore Weekend, originally slated for Jan. 27-29 has been postponed to April 21-23. The sophomores hope that a warm-weather outing or cook-out can be planned for this time. Proceeds from the fund-raising activities will be used to help finance Sophomore Weekend, Senior Day, and a suggested class trip for their senior year.

BENNETT BANNER

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