

# THE GOODIE BAG

## Sista 2 Sista

## Brotha 2 Brotha

### The Fragrance of "YOU"

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Attention all sisters! Have you tried the newest perfumes on the market; Mambo, Pleasures or whatever you like? How about checking out the fragrance "YOU?" It's the one that people will remember the most.

Have you ever been around a sister who made you feel good and sharing your heart with her wasn't a struggle? She never made you feel intimidated or less than? Chances are, she learned the secret of just enjoying who she was. She was real, and that's something that we as sisters should work on. There's nothing like the real thing. The real "YOU" is waiting to be spread around. Sisters should be bonding and loving like no one else. We're all in this world together and believe it or not, we really do need one another.

There is something about the fragrance "YOU" that is unique and special. No one can beat "YOU" being "YOU." So many times we sisters try to be someone we're really not. We often compare ourselves to

other women, which is never a good thing. There are great qualities in all of us.

Every sister has something valuable to offer the world. You may have a great personality, a kind word, a sweet smile, or a hug that can make a person's day. Perhaps you are always encouraging people or stopping gossip in its tracks. Look inside of "YOU" and see the beauty within. What's most important is how beautiful you are inside.

Let's make a pact to empower one another to love, be honest and real. Let's make friends not enemies. In unity, let's share our hopes and dreams, our strengths and weaknesses. There's no harm in putting away the 'I'm better than you' attitude. What one sister may not have, another one does. Let's clothe ourselves with compassion and understanding and get on with the business of being real and smelling like roses.

The fragrance of "YOU" can leave a lasting impression. Some may not always appreciate "YOU", and that's ok. But spread a little around. "YOU" may be the best fragrance they've ever known.

### We Need A Savior

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As people, I truly believe we need a savior. Sometimes it's hard to find answers to questions just when we need them the most. Questions like: how can God help me during my difficult times? What am I worth-what is my value to God? How can I find hope in a hopeless situation? Jesus understands our struggles during our difficult times. When the world hates you, remember that it hated Jesus before it hated you. You will have many more difficult times on earth but you can find peace in those times when you begin to understand that Jesus has already overcome the world. Why worry? Trials teach us to endure. And endurance develops strength of character in us, and character strengthens our confident expectation of salvation.

God made us in his own image, so he must value us highly! He also emphasizes how important our

souls are to him. God purchased you at a high price; therefore, don't be enslaved by the world. Before God made the world, he chose us to be born as his unique creations, holy and forgiven. To find hope in a hopeless situation, you have to know where hope comes from. The Lord is the source of hope because God has given us both his promise and his oath. These two things are unchangeable because it is impossible for God to lie.

Therefore, we who have fled to Him for refuge can take new courage, for we can hold on to his promise with confidence. Each day we can visit God's word and have our hope renewed and reinforced. God's word never fails. In conclusion if we die with Him, we will also live with Him. If we endure hardship, we will reign with Him. If we deny Him, He will deny us. If we are unfaithful, He remains faithful, for He cannot deny Himself. So be patience because God is not through with us yet!

### WAKE UP

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Who sets limitations for you but yourself? A wise man sets no limitations but believes in breaking barriers, attacking challenges, and reaching new heights.

Brothers, the green box was there long before you came to school and it will be there long after you are gone. It is going to be there before, after, and during class. Do not lose focus and integrity chasing an image.

We need to wake up and get back to our agenda and mission at hand. I encourage and challenge you to expand your mind and step outside of your comfort zone. Be self-reliant; do not depend on people to tell you what happened in class. You should have been there to find out. Stop going to class late, sitting and sleeping, then asking for help. Help yourself. The lounging

and laughing is over; it is time to get down to business. Be more constructive and attempt to be a better man and a better student than you were yesterday.

You're next at bat and it is either homerun or strike out; there is no in between.

Knowledge is money and power, so take advantage of the situation you're in.

Elizabeth City State University is a vital resource for your growth. We must soak up all information from professors, staff, students and friends because you never know what they can do to help and affect your life positively.

The real world is rapidly approaching and now is the time for preparation. Persevere through hard times, and eventually you will see the rewards from your struggle. Prepare yourself for the future because the future is and always will be prepared for you.

### CRYPTOQUOTE

Substitute the letters below with the correct letters.

Example:  
LONGFELLOW =  
BPADHTBBPE

YV Q SBKJJUHUT TUIA IYWDI

Q SBKJJUHUT CYDT, EV

MXQJ JXUD YI QD UCFJO

TUIA Q IYWD?

—QBRUHJ UYDIJUJD

Tip: D = N

### WORD SCRAMBLE

Unscramble the words below.

TIIDG     \_ \_ \_ \_ \_  
                  \* \* \*

RDEDI     \_ \_ \_ \_ \_  
                  \*     \*

NIOBGR    \_ \_ \_ \_ \_  
                  \*     \*

LRDIDE     \_ \_ \_ \_ \_  
                  \*     \*

Now unscramble the letters above the \* to get the answer to the question below.

How did the dog walker feel after a hard day's work?

" \_ \_ \_ \_ \_"

### VIKING'S WACKY CHALLENGE

Find the words listed in the word bank.

l l a b t e k s a b n v g b v h y f o o t b a l l  
w g m d v k r m i n i i m r i u v d w i u g v r e  
b a t i h v k j f k h y i y o i j i b b  
o e e t p e i v n i v n e d g a n f l g i a n e  
o c c j i n v i n v l k u n e a t f j p l l a t l  
k s e o b v i g m b m t f i x o s g v n v n o u  
s u n i v e r s i t y k s v b j a g f h a i u b l d  
u w e i v h b c l a s s u v b e i l f b a f a t i e  
o h b v i n v b f i l s t n e d u t s u h  
v b i l s t a d i u m b v i v g b w a k l v g l c  
i h v o i v n v h s i v l s e m e s t e r h e b i s  
d g y u i m p l d s c i e n c e a e i o i l t h q  
a s h f h e i h f o g s h d o a j e a j o e k f o x  
j j d i j d w q n w m t h l z s c j e i r i t a  
h t a m e r u i q j a x c e r u t h r u y i v d f  
a d e r t e r d f y w q u n v b v n m k m l b m n l  
q e r t h f a s r o s s e f o r p p y u i o m s o p  
e r g t y e t y y u i l j m b n h m h j k u t r y u  
a q t i r g h h y u j u k i l o l u t y t l w e r  
y r a r b i l y g r e y r g f s j e u o w u w v c b

### Word Bank

- |            |            |          |
|------------|------------|----------|
| viking     | students   | stadium  |
| ECSU       | books      | schedule |
| basketball | semester   | class    |
| football   | university | study    |
| lab        | neat       | bus      |
| science    | math       | read     |
| teach      | professors | library  |