

March 22, 2010

**Special points of interest:**

- From Vals Desk
- Loyalty
- Shameless Plugs..

# Word On The Yard!

## Sistahs..What's the Problem?...

*As I get older it seems to get worse and worse. I seem to come across a sister with the worse attitude. And it's not that she is having a bad day, this is everyday! All women have issues within themselves, but sisters seem to become more defensive then necessary. In fact, more unnecessary problems develop quicker then real issues can be solved. This is clear to see here on campus, and seems to be becoming more and more common.*

*Everyone is so concerned with being noticed, but for what? Who do are we trying to impress? Who do we think we are? Let's Talk!*

*We have become so blind to a major issue that is among us as African American women, and it is time for it to be addressed. Sistahs, it is time for a change. There is no more time for us to be bitter toward one another. For whatever reason we have forgotten that we are all in this together. (cont...)*



## From Vals Desk... "Word Is Bond"

As young professionals, you all will find yourselves being called upon more often, to sit on committees, be part of programs, ect... and believe me when I say that the feeling can be quite overwhelming to know that people are starting to recognize your value. There is, however, a possible downside if you are not careful, and that is the inability to say "no" when necessary.

While I appreciate your willingness to "help", it should be reminded that giving a 50% effort or missing another deadline because of spreading yourself too thin does not make for any extra friends or supporters, rather it makes people say that you are not a man or woman of your word. No one cares about your excuse when it affects their deadline. We should all remember, self in-

cluded, that it is far more honorable to Just Say No when you know you cannot take on more. You can always make up for it when time allows. Being seen as a person who keeps his or her Word is the "walking reference"- and I can guarantee you that it will benefit you both professionally & personally in the end, because people who give 100% effort & decline when they know they cannot, are the ones others seek in the end.

*“Happiness starts from within...”*

## What's the Problem...

*We all struggle, dealing with school, work, men, and friends, we can all find a common ground between us all.*

*First, we must start with ourselves. It is impossible to make someone else happy or confide in another individual without knowing who you are first. Building a strong and healthy bond with God is an important step to take.*

*We have to learn our self-worth. As young women in this time do not realize what we're worth, and this is where the defensive attitude comes into play for the majority. it, you start to 'hate' on that I I also think as women we're starting to limit ourselves to what we can and cannot do. So many opportunities available to us, but everyone if so focused on the*

*quick dollar, that no one is willing to work hard anymore. Being a young African There is so much focus put on what someone else has, and because you don't have it, you start to "hate" on that individual, when they should be the last of your worries, especially when everyone is in school trying to obtain the same thing. have American women, I realize how much work I have to put forth in order to gain the respect of my peers, and also how much I had to learn in order to respect myself as well. I think that it's important for young women to understand how much true happiness starts with self. It isn't a material item that you can buy off of a shelf, it is a fulfilling emotion that comes from*

*deep within someone.*

*We have to learn how to open up to our fellow sistah and let her know, just as you are here for me, I am here for you. Uplifting each other cannot be stressed enough. Everyone needs someone to talk to, sometimes its not even about having to say words, or advice to your fellow sistah, you listening is often enough.*

*Wake up ladies, we need each other. Learn to Love Each Other, Just as I Love You.*

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**Loyalty vs. Morality...****Cturner20@indstate.edu**

It seems like the youth of today have become overly obsessed with displaying their loyalty, rather it be to their cliques or a special someone. The question that presents itself for me is, how loyal can someone be?

When how loyal you are to someone or something begins to conflict with your personal morals and values then that's where the problem begins. That is the time to step back from the situation and say, "ok well, it's either me or you?" Personally, it's always going to be me. A person should never have to alter themselves to fit in or to get along with a group of individuals. More importantly, no one should ever feel as if they have to adopt the beliefs of someone else in order to have something in common with that person. Making alterations to your character should never be an option, and it doesn't prove how loyal you can be. It's almost a sign of weakness. You want to appeal to someone so badly, you are willing to go against the very guidelines that distinguish you as an individual in the first place.

Morals and values are things that are set out for a person at a very young age. Parents typically install in their children what has been installed in them...typically. These are things that you are brought up on, so it's beyond me how a person can allow a group of individuals to come in and tweak the very things that you use to attract people.

The point is to attract individual that have the same mind frame as you. Individuals, that's very important to remember. You do not have to agree completely with your comrades just because it sounds good. You don't have to have the same point of views, don't have to have the same walk, or talk, or even wear the same thing. True, there has to be a common ground, but the main thing is maintaining individuality.

Pretending to be something that your not does nothing but cause problems. You set yourself up for doing something you really do not want to do. Which could end up getting someone hurt, mainly yourself, family, or the real friends you had before you started trip-pin'.

All or this for what? Loyalty? Is in not more important to remain loyal to self first? Because truth be told you can not remain truly loyal to someone else, if you can not decide who you are and remain loyal to yourself first.

