

# GRIOT

FALL 2006

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JESSICA BAUMANN, CO-EDITOR; ANGELICA RILEY, CO-EDITOR

In the records of West African history, the "GRIOT" (pronounced "gree-oh") was the honored name bestowed on wise and knowledgeable storytellers entrusted with the crucial task of documenting tribal histories and genealogies.



## DIRECTOR'S CORNER

Can you believe it? Seems like the semester just started and it is already just past midterms! Welcome to the 2006-2007 academic year at Colorado State University! For those of you who are new to the Ram Family this year we welcome you with open arms and trust that your experience thus far has been a great one! We are so glad that you chose Colorado State University as the place where you will pursue your educational journey. Whether it is your bachelors, masters, doctorate or professional degree, you have made a wise decision!


For those of you returning to campus this fall, we are so glad you are back! You too, have made a wise decision! Our mission is to support you in your academic, career, and personal goals. We will also provide cultural enrichment opportunities and leadership development. Your ultimate

responsibility while at CSU is to graduate!

We have an exciting year ahead of us here in the Office of Black Student Services. This year the Office celebrates 30 years of existence on the Colorado State University campus. We pay homage to those who paved the way when our doors opened in 1976. We are thankful to our first director, Vivian Kerr, for her leadership in laying the foundation for what now exists. We also appreciate those directors who continued to carry the torch of the years: Dr. Dawn Person our second director, Dr. Blanche Hughes our third director, and Bruce Smail our 4<sup>th</sup> director.

Our theme for this academic year is "Celebrating 30 Years of Excellence", and what a grand 30 years it has been! There are so many memories over the past 30 years and throughout the year we will find many ways of



celebrating! Have a great semester and we look forward to seeing you in the office and at programs. 

Dedicated to Excellence,

*Dr. Jenn*

Jennifer Williams Molock, Ed.D

## MARCUS ELLIOTT, NEW ASSISTANT DIRECTOR

Marcus Elliott is beginning his first year as Assistant Director after holding a position in the area of Event and Game Management at Auburn University in Auburn, Alabama. He primarily served as the visiting team liaison for all home football and basketball games, as well as being held responsible for the needs and requests of the basketball officiating crews from the Southeastern Conference (SEC), amongst other duties as assigned.


Marcus also held a position as a graduate assistant in the Office of Alumni Affairs at Auburn as the graduate advisor of the Student Alumni Board (SAB), which governs the largest student organization on the campus, the Student Alumni Association (SAA).

His first opportunity in higher education was presented to him at Chicago State University in Chicago, IL, where he served as assistant women's basketball coach during the 2001-2002 season. He helped the Lady Cougars reach the 2002 Mid-Continent Conference Tournament semifinals, while helping the Chicago State Lady Cougars to a school-record 11 victories that season, after they won only five games in the previous year.

Marcus comes from a large, close-knit, southern family where he is the oldest of five children, four of which are females. As a native of Tuscaloosa, AL, he said he enjoys activities such as basketball, golfing, tennis, and bowling in his free time. He lists music as one of God's greatest gifts to mankind. As an undergraduate



student at Auburn, Marcus was a musical director in the AU Gospel Choir for three years. He earned a B.S. in Health Services Administration from Auburn University in 2001, and he has also received a M.Ed. in Administration of Higher Education with a concentration in Sports Management from Auburn University in 2005.

Please join us in welcoming Marcus Elliott to CSU. 

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**BLACK EDUCATIONAL SUPPORT TEAM****B.****E.****S.****T.**

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**Theresa Grangruth: Administrative Assistant**

I am originally from Augusta, Georgia. I am married to a wonderful husband, have three sons and four grandchildren. I have lived in the City of Ft. Collins for 20 years, and have been with the Office of Black Student Services for 5 years. In addition to my office responsibilities, it is my personal mission to be a positive influence and drive home the importance of a college education. I take pride in my role as Administrative Assistant for the office and being available to assist students with various needs and concerns. I enjoy building lasting relationships with students and co-workers. My desire for students is that their experience here at Colorado State University may be one that they will take with them and apply to their personal lives as well as their future careers.

Student retention, developing leadership skills, enhancing social and cultural awareness, and most importantly, their graduation is what keeps me motivated. Once all these things have been accomplished, it is then the students turn to reach back as former graduates and help some other young person get through their college experience. Stop by and say hi!

**Jessica Baumann: Co-Editor of the GRIOT**

I am from Denver, Colorado but I have lived in Thornton for a while. I graduated from Thornton High School. I am a technical journalism major with a concentration in T.V. broadcasting and I am a junior this year. My mom and my high school coach are people who have influenced my life and that I admire. My goal right now is to graduate, get my master's degree, and obtain an internship with a major broadcasting company. My dream is to work in the competitive business of journalism either as a sports broadcaster or a magazine editor. My advice is to stay focused on a goal and even if you do not know what you want to do, you still have your goal to accomplish. I love basketball, writing, dancing, modeling, singing, and relaxing.

**Angelica Riley: Co-Editor of the GRIOT**

I was raised in Lakewood, Colorado and graduated from D'Evelyn Jr. / Sr. High School. This year I am a sophomore, technical journalism major. Although I have several influences in my life, my brother is the most prominent one. He is my best friend and I can always rely on him. I find it ironic that my parents named me Angelica, for it is derived from the Latin word meaning "messenger". This perfectly describes what I dream of doing in my professional life: deliver messages, whether they be through writing, song, or other media. My more immediate goal for the future is to graduate from CSU.



Some accomplishments that I am most proud of include graduating from high school, swimming competitively, receiving talent show awards, being president of the Junior Classical League for the D'Evelyn chapter, and achieving a high GPA in college. I chose to work in the Office of Black Student Services because I want to contribute to the community in the best way I know how. My advice for new students is this: never give up and you will succeed. If I could do anything in the world, I would swim with the whales. Not only that, but I'd be able to breathe underwater so that I could truly experience the majesty of the great, blue deep. But since I lack gills, I usually spend my time writing, singing, playing the piano, playing video games, and hanging out with friends. If you see me around, don't be shy and say hi!

**Angela Bear: Peer Mentor**

I was born in Greeley, but grew up in Aurora, Colorado. I graduated from Eaglecrest High School. Currently I am a sophomore, history-education major, and thinking about a minor in Spanish. My biggest influences have been my parents, my grandpa and my friends. My dream is to travel the world and see as many countries and experience as many different cultures as I can. My goal is to bring those experiences into my classroom as a high school history teacher so that I can make history fun for my students. I really aspire to make a difference in the lives of my students, the way my teachers did with me. I chose to become a Black Student Services mentor in order to enrich my experiences, as I would like to teach a diverse group of students in the future. I feel that this will give me good experience. Advice I have for new students would be to challenge yourself to step out of your comfort zone, because that can teach you a whole lot. Also, be open-minded because you are on a college campus where different people have a lot to offer you.





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**Marques Bellaire: Peer Mentor**

Hi! I am a sophomore at Colorado State University. I graduated from Bishop Machebeuf Catholic High School in Denver, Colo. My current major is sociology with a concentration in criminal justice. My influences in life are my grandmother and my grandfathers. My advice to give to new students is to read ahead in class and find equilibrium between classes and having fun.

**Marlon Blake: Liaison, New Student Activities**

I'm from Hattiesburg, Mississippi. I am a freshman majoring in health and exercise science. The biggest influence in my life is my mother. She raised me to be a southern gentleman. My goals are to finish college and be a professional trainer or strength and conditioning coach. I want to have a wife and kids and just be happy. I chose to be on staff because it's a great way to meet other black students at CSU and to give back to the community. If I could do anything in the world I would try to be the best person I can be everyday of my life. Advice for first year students would be to study everyday, read the assignments in the book, and most importantly, learn time management skills. I just like to hang out, chill, play chess, and have fun in my spare time.

**Justin Gautier: Peer Mentor**

I was raised in the Montbello area of Denver. I am a sophomore seeking a double major in international business and marketing management. I enjoy the fine arts and music: jazz, neo soul, R&B, true school, hip-hop and classical composition. Some of the greater influences in my life have been my mother, Danielle; friend, Anthony Grimes; and fraternity brother, Nate Johnson. My goals in life are to become successful in entertainment and industry. My dreams lie upon influencing the world through music and expression of self. A few accomplishments in my life have been receiving the Daniel's Fund Scholarship, Annual Year Internship with TSN distribution, and my becoming a Kappa fellow. I advise new students to enjoy life and their experiences and be able to realize when they may be having too much fun. If I could do anything for the world it would be to share my thoughts and philosophies.

**Aaron Green: Peer Mentor and Liaison, Student Activities**

I was born and raised in Denver, Colorado and I graduated from Colorado Academy. I am a sophomore majoring in economics with a minor in business finance. My hobbies include playing soccer, basketball, Xbox, PSP, reading, writing, and drawing. The influences in my life are my Grandma Betty and my father, Brother Jeff. My goal is to obtain a 3.5 GPA for this academic school year. I dream of owning my own fortune 500 company or to be a Chief Financial Officer for a major company. I am most proud of graduating high school with honors and being a 2004 Beau (Jack and Jill of America, Denver Chapter; Beautillian). I chose to be a staff member in the Office of Black Student Services because I wanted to become a resource for new students and show them that they have a support system and a place to hang out. I chose to be a peer mentor also in order to give back to the community. I had a great experience with my mentor last year so I want to become a helping hand for new / first year students. My advice would be to enjoy the time that you have in college. These are the best years of your life and they go by quickly. If I could do anything, I would find the cure for HIV/AIDS because it is an epidemic that plagues our community as well as many others.



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B.E.S.T stands for Black Education Support Team This Team consist of Staff and Mentors



**Andrea Hart: Special Assistant to the Director**

I am from Aurora, Colorado. I graduated from Eaglecrest High School and I am a sophomore, business finance major. For me, my dad is the biggest influence in my life because despite all that he has been through, he never gives up. My goal is to one day own a nightclub, be a successful business woman, and be a great mother and wife. I chose to be a mentor and staff member because I enjoy helping others with experiences that I have already been through. I would advise new students to be sure to attend class and study regularly. Also, do not let the social aspects of life

Interfere with what you are really here for. I love playing basketball, lifting weights, and spending time with my friends and family.

**Brooke Ivory: Coordinator, Peer Mentors**

I am from Denver, Colorado and I graduated from Overland High School. I am currently a junior majoring in apparel and merchandising, with a minor in business. My biggest influence throughout my life would have to be my mom. Once I graduate, I plan on attending graduate school and working in the fashion world. I chose to work in the office because I like seeing black people doing big things for themselves. My advice for new students is to stay focused and prioritized. I like dancing, shopping, and listening to music.



**Enjaneek Lewis: Coordinator, Programs and Services**

I'm from Aurora, Colorado and I graduated from Overland High School. I am currently a junior at CSU studying fashion and design. My mom is the biggest influence in my life, followed by my best friend. My dream in life is to travel, become a designer, and to own a business in the fashion industry. If I could do anything in the world, I would start my own clothing line and introduce it at both Paris' fashion week and New York's fashion week. I would do my first runway show in Milan, Italy and I would also send my mom to Paris. I advise students to aspire to a level of personal excellence

and to be the best that they can be. Aspire to have a life of fulfillment, happiness and peace. You have to want things for yourself, and then make them happen. Get a shock out of life!

**Erica Lobato: Peer Mentor**

I graduated from Thomas Jefferson High School. I am an open option sophomore seeking a double major in speech communication and either psychology or technical journalism. I enjoy dancing, learning, modeling, and spending time with my family, friends, and boyfriend. I also like exercising, writing, listening to music, eating, laughing, relaxing, cooking, traveling, and taking pictures. I love quotes that bring me inspiration and faith. If I could do anything in the world, I would become famous in dancing, acting, or modeling. I would also like to help children in other countries and be an author, so that I could write about my life experiences, thoughts, and interactions with people. I chose to be a mentor to further my leadership skills, build my responsibility, and meet new people. My advice for new students is to remember that time management is crucial and sleep is important. I would also advise students to step outside of their comfort zones, be open to all types of people, and try new experiences. My biggest influences in life are my two amazing parents. They are truly blessings in my life and they have made me the woman I am today. My goals are to become successful and have the ability to look back on life knowing that I accomplished everything I wanted to (such as graduate, travel, get married and start a family). I want to live an inspired life. Gandhi once said, "You must be the change you wish to see in the world."



**United Women of Color meets every Sunday @ 6:30 p.m. in the Art Lounge.**  
**For more information, please call (970) 491-5781**



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**Aaron Madonna: Peer Mentor and Graphic Designer**

I am from Denver, Colorado. I graduated from Montbello High School. I am a junior sociology major with a minor in business marketing. My goals and dreams consist of attending law school and earning my master's degree. I also plan on focusing my career in business law and owning my own firm. I chose to be a staff member because I enjoy helping people and making sure that the office is represented well. My advice for new students is to organize effectively, to not procrastinate, and to network with as many people as possible. These words of advice can help you succeed in college as well as life.

**United Men of Color meets  
Sundays @ 4 p.m. in the Lory  
Student Center; rooms**

**207-208**

**For more information, please  
call:**

**(970) 491-5781**

**Rachelle "Rock" Mims: Peer Mentor**

I am from Colorado Springs, Colorado. I graduated from Widefield High School. I am a senior majoring in sports medicine / health promotion and minoring in business administration. My role models are Madame C.J. Walker, Gail Devers, and my coach Charmas Lee. My goals and dreams are to graduate from CSU and go on to beauty school and massage therapy school to get certified and licensed. My ultimate dream is to open up a business here in Fort Collins for women of color. I earned the title of Miss Black Colorado Springs and was a contestant in the Miss Black Colorado USA pageant this year. I plan to graduate with a high GPA. I chose to mentor because this is something I have done for a long time and I love making people happy and comfortable in their surroundings and helping them reach their goals. New students must get involved with community activities in order to get the full effect and experience of college life. One day I would like to go to Africa and the Caribbean to visit, and stay in beautiful spa hotels. I like to dance, create new hair and nail designs, and create new styles of clothing.

**Quill Phillips: Peer Mentor**

I am from Aurora, Colorado. I graduated from high school in May of 2005. My hobbies include shopping and hanging out with friends. I am currently a second year student here at CSU majoring in psychology and taking a minor in business. The greatest accomplishment that I have right now is finishing my freshman year with a 3.0 and receiving the Black Student Services Outstanding Freshman of the Year award. I chose to be a mentor because I was a mentee last year and I had the best mentor ever! I want to fill in her shoes and help someone else as much as she helped me. Advice I have for new students would be to stay involved on campus so they do not feel left out. If I could do anything in the world, I would go back in time and march with Dr. Martin Luther King Jr. to Washington.

**Chantel Reed: Student Staff Assistant**

I am from Denver and was raised in the Montbello area. I graduated from George Washington High School in 2003. I am currently a senior in college with a double major in sociology and ethnic studies, and a minor in business. I plan on graduating in May of 2007. I chose to be a part of Black Student Services staff because I spend a lot of my time in the office, I'm very sociable, and I like working and interacting with people. The advice I have for students is to work hard but play harder. Life is too important and valuable not to take it seriously but it is also way too short not to have fun and enjoy it. If I could do anything in the world I would travel and give back to the community. My ultimate passion and goal is to be able to uplift the hearts and minds of people I come into contact with, specifically the youth. My interests include doing my hair and getting my hair done. I love reading. I also enjoy running, whether it be for pleasure or exercise. One of my favorite things to do is eat. Though I have many more hobbies and interests, I live fairly simply and I'm easily pleased with the naturistic things in life.



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**Brittney Rae Reese: Peer Mentor**

My name is Brittney Rae Reese. I received my high school diploma from Overland High School in Aurora, Colo. I am now a second year apparel design and merchandising concentration, productions major. Some of my hobbies and interests are drawing, designing, sewing, dancing and shopping. One of the biggest influences in my life is my dear departed grandmother, Grammy. She has influenced me to pursue my dream of becoming a famous fashion designer. My ultimate goal is to own a line of apparel that is popular and successful world wide. I chose to be a mentor to help lead incoming students in the right direction, and to make them feel welcome to Black Student Services and everything else in between. A word of advice I would give is to use your resources ... all of them! If I could do anything in the world, I would end war because it is bringing the world down.

**Tyrone Reese: Rites of Passage Leadership Program Co-Coordinator**

I am from Aurora, Colorado. I graduated from Rangeview High School. I am a sophomore majoring in technical journalism. The biggest influence in my life is my mom, Dorothy Reese, who has done everything in her power to make me sure that I am successful and well-rounded. My goals are to graduate from college, attend graduate school, and hopefully pursue a Ph.D. I chose to become a staff member in the Office of Black Student Services because I want to help make the black community stronger and more influential on campus. There is no better way to do that than through this office. My advice to new students is to become involved with campus. Take advantage of organizations, guest speakers, and get to know the faculty and staff. Also, like I've learned from experience, talk to your professor if you need any help, the minute you are having difficulty in a course. If I could do anything in the world, I would like to write a screenplay for a movie or a script for a television show.



**Osharae Steadham: Peer Mentor**



I am from Aurora, Colorado and have lived there my whole life. I attended Riverview Christian Academy my freshman through junior year of high school, and graduated from Gateway High School. Here at Colorado State University, I am a junior studying to be a psychologist. My family is my rock and my biggest source of encouragement in life. I aspire to be a child psychologist and go global to children's hospitals. I chose to be a peer mentor due to the fact that there is a need for our African American students to be involved and know of the many avenues there are to have a successful college career. My advice to new students is to get involved. You have not experienced college life until you have stepped out of the boundaries and doors of the classrooms and campus. If I could do anything in the world, it would be to travel. I have always wanted to dive in the Great Barrier Reef. I would also like to compete in the Iron Man Triathlon in Hawaii because I feel it would mentally and physically challenge my strengths and dedication. I love to play volleyball. I've played since 4<sup>th</sup> grade. I also love to sing and travel. I am a woman of God and without Him I would not be where I am today. It is through Him that I am able to live. Jesus is my savior and hero. Without Him, all things are impossible. It is because of Him that I am able to show who I am.

For membership information regarding Voices of Unity, please e-mail Nate Easley at neasley@simla.colostate.edu

**Sharmayne Syas: Liaison, Student Alumni Connection/Office Assistant**

I am a first year student. Currently, I am an open option major seeking business. I graduated from Northridge High School in Greeley, Colorado. I am looking forward to joining different organizations and meeting new people who have the same goals in mind as me. I enjoy dancing and hanging out with my friends. A goal I have for this school year is to have a smooth year and to learn how to balance my social life and academics. I especially look forward to making long term relationships.





# HISTORY IN A NUTSHELL

ED. BY ANGELICA RILEY



Black Student Services' roots are found in the late 1960's as a result of the great societal upheaval in this country. In 1968, there were approximately 40 Black students attending CSU. These students felt that little or no effort was being made to address the racial disparities on campus, so they staged a series of protests to voice their indignation. The main element that sprung from this dissent was further development of a program called, Project GO (Generating Opportunities).

This program was a retention and services program designed to assist Colorado State's Black and Hispanic students. Project GO later evolved into what is now the Office of Black Student Services and El Centro Student Services. The first director of the Office of Black Student Services was Dr. Vivian Kerr, who developed and implemented the paraprofessional support program (currently called, the peer mentoring program-CSU's Black Educational Support Team), the annual fall retreat, the office newsletter; The GRIOT, a recruiting committee and the original grant for the Academic Advancement Center.

In the spring of 1981 the office's second director, Dr. Dawn R. Person, came to Colorado State. Many new programs and services were added to the office including student professional organizations. During this time the Black Student Services Big Brother/Big Sister program was implemented. The beginnings of the historically black fraternities and sororities came to be on the CSU campus with newly created charters. This began with the Nu Xi chapter of Phi Beta Sigma Fraternity, Incorporated followed by the Xi Eta chapter of Alpha Kappa Sorority, Incorporated, and the Omicron Tau chapter of Alpha Phi Alpha Fraternity, Incorporated.

Under Person's leadership the annual awards and recognition program was created as well as the Spring Leadership Retreat. The Office of Black Student Services coordinated the first annual Martin Luther King, Jr. March in Fort Collins/Larimer County.

In the fall of 1985 the Office's third director, Dr. Blanche M. Hughes, took the reigns for 13 years. Under Hughes' leadership the following programs were implemented:

the annual Kwanzaa celebration, the Black Student Leadership Development Institute, the African American Success Project Seminars and campus-wide diversity training and the multicultural curriculum infusion project. But perhaps the most critical change that happened during Hughes' tenure was the move of the Office of Black Student Services from 205 Aylesworth Hall to its present location in the Lory Student Center, room 204, in 1997. Hughes spent two years (1990-1992) on a sabbatical leave.

During this time Dr. Bruce Smail served as the office's director and focused on making the university more multicultural. Blanche Hughes left the University in June of 1998, when the current director and alumna, Dr. Jennifer Williams Molock began her tenure, bringing the office into the new millennium.

Director Dr. Jennifer Molock renamed the peer mentoring program, "CSU's B.E.S.T." an acronym for Black Educational Support Team. The Leadership Development Institute was also renamed; The Albert C. Yates Leadership Development Institute after the University's 1st African American

**Black Student Services is located in the Lory Student Center in room 204. Fall Office Hours are from 8:00 a.m.— 5:00 p.m.**

president. In addition Molock recreated the former big brother/big sister programs renaming the program M.A.T.C.H. Mentoring-Advising-Teaching-Caring-Helping. Molock also developed and implemented the Rites of Passage Program and the Sophomore Year Experience program, with the intention to improve the academic performance and retention rate of African American students.

As the Office of Black Student Services begins its 30 years of service to the University and Fort Collins community, it continues to provide a "safe-haven" and home away from home for all students in general and African and African American students in particular. ☞

## FIRST YEAR STUDENT FALL RETREAT

BY MARLON BLAKE

The first year student fall retreat was one of the most profound days of my life. It was a day full of exciting, fun, and eye opening events. The day was all about bonding with people I did not know very well. I made friendships with people who I usually would not have spoken to. There were also a few life lessons that I learned, like appreciating where I come from and to be thankful for my ancestors who gave their lives

so that I can be where I am today. I also learned why the black community is as strong as it is.

I learned all of this during the fall retreat. Without it I do not think that black students on campus would feel welcomed or unified. Overall I think that attending the fall retreat was one of the best things I have ever done. ☞



First Year Student Fall Retreat: first year students, BSS staff and Mentors

# FIRST BLACK FEMALE ASTRONAUT COMES TO CSU

BY MARQUES BELLAIRE



Dr. Mae Jemison: First Woman of Color astronaut. Photographed by: Vanessa Nettingham

During this year's Diversity Conference there was a presentation titled "Innovative Science and Human Potential" given by keynote speaker, Dr. Mae Jemison. Born and raised in Chicago, Mae Jemison was the first woman of color astronaut to travel in space. At age 16, she attended Stanford University on a full ride scholarship where she majored in chemical engineering. She also taught at Dartmouth College. She is a medical doctor, an astronaut, a professor, and a host of a TV series on the Discovery Channel.

As part of her presentation, Jemison said that time offers possibilities and that there are no limits to imagination. She also distinguished the similarities between arts and sciences. She stated that they both are avatars or manifestations of the same thing because creativity comes into play. Both science and art represent human creativity through imagination and ingenuity. She also spoke about technology and how it is a tool to help us take advantage of the resources around us.

It stood out to me when she said, "It is important who you interact with because it affects your perspective on the world."

As a person of color, I felt that Jemison, being an African American, proves that people of color have no limits to their potential. We can succeed as far as we want as long as we have passion, love and happiness. Mae Jemison is an enlightening and intelligent individual. Her success in life gives me the motivation to extend to greater heights and achieve higher goals. ☞

"It is important who you interact with because it affects your perspective on the world."

# HOME COMING / FAMILY WEEKEND

BY JESSICA BAUMANN



Homecoming Parade Float

The Homecoming Parade followed right after at 9:00 a.m. It started in Old town Fort Collins and ended on campus. Black Student Services crafted a float with El Centro Student Services that commemorated 30 years of service. Their creativity and charm earned them 2nd place in the parade.

Pre-game tailgating went on before the big event: the Homecoming Football Game with CSU vs. UNLV. Hitting homecoming off right, CSU beat UNLV 28-07, making fans very happy.

Sunday wrapped up with a few different events, including the three on three basketball tournament sponsored by Black Student Services and the Campus Recreation Center.

"I had a great time," said Aaron Madonna, a Black Student Services staff member. "I competed in the free throw and three point competition, and the three on three basketball tournament. Unfortunately my team didn't win but overall we still had a great time."

The team who won received DVD players donated by Wal-Mart. All participants received food cards for the food court in the Lory Student Center. ☞



Homecoming Parade, Photographed By: Jessica Baumann

Homecoming weekend started off at seven o'clock in the morning open to all families, alumni, and community members. The festivities began with a hot pancake breakfast, but you had to wake up early to get the grub. Sharmayne Syas, a Black Student Services staff person, contributed to the homecoming breakfast bake. "I had to get up at five in the morning. It was early and cold, but it was fun."

A Homecoming 5K Race took off at 7:45 a.m. at the University Oval where it began and finished. "It was really early but it was a nice day for a 5K," said Mara Jones-Branch, a volunteer at Black Student Services. "I had a really good time, I felt the burn!"



# STUDENT OF COLOR LEADERSHIP RETREAT

BY SHARMAYNE SYAS



On October 14, 2006, the eighth annual Student of Color Leadership Retreat was held in the Lory Student Center. The hope of this retreat was to strengthen cross-cultural communications and relationships across campus, to proficiently dialogue about issues of diversity, and to strive for social change. I think this mission was well received by the students who attended the retreat.


The first activity we did included the whole group and we were told to pick from a variety of shapes taped on the wall. We were supposed to pick a shape based on how we felt at that moment or which one relates most to us as individuals.

Next, we transitioned into smaller group sessions. In the session I was a part of, we discussed situations where we have faced racism and how it has influenced us. We made a timeline about phases in our life when we experienced both negative and positive discrimination.

During lunch, the tables were labeled with a variety of different subjects concerning diversity. We were asked to choose a subject that we wanted to further discuss. Some topics included leadership, allies, sexual orientation, gender, and multiracial identity. Each table had a facilitator who initiated the conversation.

I chose to sit at the leadership table and we talked about how to become a better leader. Questions asked were: Does a leader have a physical appearance? Does a leader always have to be aggressive or can they also be passive and still get their point across?

We concluded that leaders do not have a certain physical appearance and that passiveness does not equal weakness, so a person can be passive and still be a leader.

At the end of the day we had a chance to make a quilt that represented each person that attended the retreat. The quilt activity reflected the whole day and what we wanted to leave with. The pieces mirrored who we were as individuals and finished as a collective purpose to bring forth change. The quilt will be seen by the students who come to the retreat next year and our memories and reflections will be a lasting symbol of our new understanding. 

**“The hope of this retreat was to strengthen cross-cultural communications and relationships across campus, to proficiently dialogue about issues of diversity, and to strive for social change.”**

## BLACK STUDENT ALLIANCE

BY AARON MADONNA, PUBLIC RELATIONS OFFICER

This year Black Student Alliance started off the fall 2006 semester with “Welcome Black Week” (August 21-27, 2006). The week consisted of programs held by different black student organizations on campus as well as Black Student Alliance. The programs, which lasted all week, were Game Night, Black Student Orientation, African Drumming and Dance, A Women’s Chat Session, College Life 101, and Sunday Soul Bowling. Overall the week was successful in achieving its purpose of introducing new


students to returning students and providing an entertaining welcome back to CSU’s campus.

The next program that BSA presented was UNITY: Developing a Stronger Community, hosted by Brother Jeff, a black rights activist. Brother Jeff gave a powerful presentation which discussed the aspects of a strong community and taking pride in ourselves.

The next event that BSA hosted was Black Awareness Week (October 16-19, 2006), which is a week

long set of events designed to educate and empower black students. The programs for the week consisted of Jeopardy – Black Greek Edition, Education Beyond the Classroom, Male/Female Interactions II, and Are You African?

Hip Hop Explosion, BSA’s biggest event of the year, came November 11, 2006. Hip Hop Explosion is a Greek step show where fraternities and sororities step and compete for a cash prize. Hip Hop Explosion also showcases some other local talents and gives them a chance to perform during the show.

Next semester BSA plans to do Project Progress again, which is a program that brings high school students to CSU and allows them to participate in workshops, lunch, campus touring, and listen to a special guest speaker. BSA also plans to do several community service projects this year and will continue to deliver programs that are designed to educate the campus and the community. 



**¿? FINDING YOU ¿?**  
**BY ESTHER DANIELLS**

You realize that you lack this thing called "uniqueness", so you start telling lies.

It is so amazing how some people do what they want, not wondering how they will be viewed.

Then you get mad when someone else is acting just like you, and just as fake.

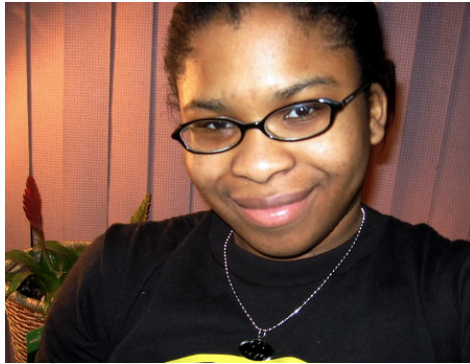
Their personality is not influenced.

Everyone who surrounds you looks like you, but you get mad when you are categorized into a group.

For uniqueness is not forced or gained; it's something within our sprits and veins.

Have you ever thought so way outside the box that you ended up thinking deep inside the box?

Have you ever tried to think inside the box, and ended up finding yourself?



Esther Daniells

**SOLITAIRE**  
**BY ISAIAH KELLEY**

Solitaire what is it, confinement, the choice to be alone, like that of a hermit's? Or is it something more, a punishment of some sort, or perhaps a cruel and unusual punishment?

Ah yes, that sounds more fitting.

Yet how can it be a punishment for those that choose self exile?

A punishment indeed can become ecstasy,

A small space to one might be seen as a mansion to another.

Simple tasks the world to a small child,

And nothing to an adult, After all is not the notion of quality time completely different to that of an adolescent of a person of elderly years?

More questions of course

But shall they be answered An inquiry followed by an inquiry,

But is it not the purpose of an inquisition to be satisfied?

Yet here we are again back on the subject of interest an investigation, trying to determine what seems unanswerable.

Solitaire?

For are you really alone when unaided by human companionship, have you not ever caught oneself seemingly deep in conversation when no other being is present, chatting away at the nothingness that is known as solitaire.

Ah but to the contrary my friend,

Tell me if my proposition is completely absurd,

Do you often ask questions of yourself and seemingly gain a response when there has been no other's voice but your own?

Now this is either an indication of craziness,

Or a supporting factor in the accusation that one is never alone.

So what is the point one might ask,

So what is the point one might ask,

One might inquire, But does one really need an explanation, you have already started to come to your own conclusions,

Do you see yourself watching?



Isaiah Kelley



## EDITOR'S NOTES

### KICK THAT COLD! BY ANGELICA RILEY

Coughing and sneezing can be heard through every class of mine. The same sound seems to echo down the corridors of the residence halls. Even my own trash bin is filled with nothing but tissues. Cold season has returned once again.

The common cold plagues the United States most during the fall and winter months. The bothersome illness has symptoms which we have all come to know and dread: runny nose, congestion, headache, sore throat, sneezing, and coughing. I do not know of anyone who has never experienced a cold. According to "Ah-choo! Prepare Yourself for Cold Season" an article from *MamasHealth.com*, "The average person contracts

about three colds per year." For me, it sometimes feels like I have one giant cold that lasts all the way from September to March. In reality, the common cold only lasts for about a week or two. The cold is so common that the *National Institute of Allergy and Infectious Diseases*, which comes from the U.S. Department of Health and Human Services, stated that, "It is a leading cause of doctor visits and missed days from school and work."

It seems like the cold is an impending discomfort that no college student can avoid. However, there are some actions that can be taken to help build your immune system and prevent the sickness. You may have already heard these tips from your doctors

and mothers, so it is important to remember them. First of all, wash your hands often. Your hands pick up and pass on lots of germs, so it is important to foil germs with good old soap and water. Second, eat healthy. Your body needs plenty of vitamins and minerals to operate smoothly. Third, get sleep. College students tend to get by on very little rest. Not enough sleep can actually lower your immune system, making it easier for you to get sick (*MamasHealth.com*). Hopefully, tips like these can help you avoid the seasonal sickness.

Many of you already have a cold. If you do, remember that the cold is caused by a virus. That means that antibiotics will not help you. If you do have a cold, remember to drink

plenty of liquids. In the article "The Common Cold", NIAID suggested using petroleum jelly for your red nose, gargling with warm salt water for that scratchy throat, and aspirin or Tylenol for the headache. If that cold never does go away, be sure to visit the doctor. You may have an illness other than a cold, like a sinus infection.

The fall semester can be busy and stressful. But it is important to take care of yourself. If we remember what our parents and doctors told us, maybe we can end cold season early this year. A tall, cold glass of orange juice and a long blissful nap sound lovely to me right now. ☺

### CHICKEN NOODLE SOUP WITH A SODA ON THE SIDE BY JESSICA BAUMANN

So many students struggle with their eating habits when they come to college. There are warnings about the "freshmen 15" and how first-year students pack on the pounds. Cornell University found that students gain an average of four pounds during the first 12 weeks of their freshman year. Some people loose the weight as time goes on and some people don't. Sometimes I will see students whom I used to go to high school with. Some look the same and others have gained weight like you wouldn't believe, but everybody's different. It all depends on how your body works and how you take care of it.

College offers many temptations. When you lived at home I'm sure some of you weren't allowed to eat

whatever you wanted. When students come to college they are a lot more free and on their own. They can eat where they want and when they want. You can pile on portions in the dining hall, eat meals of french fries and ice cream, and indulge in sugary and salty snacks to fuel late night studying. You also may not get as much exercise, unless you're an athlete or disciplined to go to the recreation center.

College accumulates stress as well with classes, jobs, and your personal life. All that along with studying and making sure you get some sleep and food is a lot. Sometimes people eat in response to anxiety, homesickness, sadness, or stress.

The best way to

avoid weight gain is to develop a balanced diet, exercise regularly, and get enough sleep.

Here are some steps to take as an approach to eating right:

- Eat slowly
- Eat at regular times
- Watch what you eat in between meals
- Watch your portions
- Be careful of vending machines and fast food
- Keep healthy snacks and fruit around or in your room (dorms)
- Watch what you drink. Beverages like soda are empty calories and not healthy

Also, be aware of how you think about food, like does it preoccupy your thoughts? Learn about nutrition and ask your doctor

or go to the Wellness Center in the Lory Student Center. Make sure you get enough sleep and exercise. Getting sleep can keep stress under control and help those late night cravings if you go to bed at a reasonable time. Exercise is always good for you. Its keeps you healthy and in shape. Exercising 30 minutes three days a week is a good schedule to start off and it doesn't have to be difficult. You can walk, run, lift weights, or play a sport/activity.

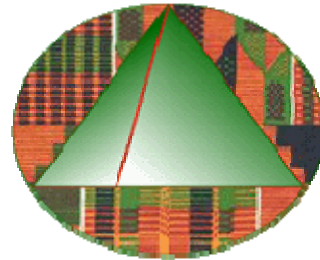
I never went through the gaining weight phase when I got to college because I always stayed off campus, and when you're broke, food is a luxury. However I don't recommend not eating as a way to lose weight. Right about now I'm hungry so I think I will have some chicken noodle soup, skip the soda, and go with water. ☺



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***Black Student Services***

**DECEMBER 2006**

SUN	MON	TUE	WED	THU	FRI	SAT
					1 Black Definition Fridays@5	2
3 United Women of Color Sundays@ 6:30	4	5 Black Student Alliance Tuesdays@5	6 Pre-Kwanzaa Honoring Dec. 06 Graduates	7	8 Classes end	9
10 United Men of Color Sundays @ 4	11 Final Examinations	12 Final Examinations	13 Final Examinations	14 Final Examinations	15 Final Examinations	16
17	18	19	20	21	22	23
24	25 Christmas Day	26 Kwanzaa Begins	27	28	29	30
31 New Year's Eve						