

The GRIOT

JOE GOINGS, EDITOR
DANIELLE MCCONNELL, EDITOR

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

2009 Homecoming King and Queen

Colorado State University

Danielle McConnell



Ashley Griffin and Joe Goings before Homecoming parade

This year Black Definition put a new spin on homecoming royalty. It started with an application process followed by an intense race to get the most quarters.

These quarters counted as votes and the battle for them waged on until a victor was crowned.

People were asking any and

everyone, making signs, sending text messages, anything they could do to get people to come into the B/AACC office and give them a vote.

There were several people with ten and twenty dollar bills in their jars, all in the hopes of being homecoming queen.

The point of this process, however, was never lost. Candidates remembered that the money was for a good cause, raising money for Black Definition, as well as an organization of their choosing.

Ashley Griffin and Joe Goings were crowned homecoming king and queen, blowing everyone else out of the water with the amount of money raised in their jars.

Ashley Griffin felt that this was a wonderful way to raise money and support other organizations.

Both winners felt the process was very beneficial. When asked how they earned their victories, both Joe and Ashley said that they just told people to vote for them and where the money was going.

Most people were willing to help once they knew that it was going to a good cause. Compared to most candidates, the king and queen were modest in the way they went about gaining their votes.

Winning not at all fazes the king and queen. To them it meant that people around them cared enough to help them and their efforts for an organization.

The title of being king or being queen was not important to them at all. Ashley Griffin chose to give her winnings to Alpha Kappa Alpha sorority.

"I chose this organization because they do not get the kind of funding that they really need," Griffin said. "The money can help them with both programming and helping the community around them."

Joe Goings gave his money to United Women of Color. He had shared Ashley's reason for choosing that organization.

Black Definition put on a beneficial fundraiser this year for their organization.

Although there were some difficulties that the organization faced through this process, the end result was exactly what they were hoping for.

Next year, a mixed group of candidates would be a great change. Black Definition is striving for continued success in future events.

B/AACC Name Change Follow-up

Joe Goings

It has been nearly a full semester for people to get used to the office's name change. Students were again asked of their opinions, now that they have become more accustomed to hearing the new name. There are a mixture of opinions from the same people as well as opinions from new people.

"I think it's confusing. I feel like it still says the same thing. Having 'Black/African American' in the title is doing the same thing as having 'Black' in the old title. I don't feel like the goal is really being accomplished."

---Ashley Griffin

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New name



Black/
African
American
Cultural
Center

Former name



Black Student
Services

Tips to Help during Finals Week

Joe Goings

Common mistakes made during finals week

1. Students often feel as if they have a lot of time to study because they do not have their regular workload of classes to attend.

While this is true, it can lead to procrastination, which will end up in students cramming the night before the test.

Solution: Set aside time to study and time to relax to create a balance.

2. As mentioned before, cramming is never a good thing to do before a big test. Students tend to put off studying until the last minute and cramming ensues.

Psychological studies show that cramming before a test often does not work. The best way to study is to study over a period of time. Repetition is a key aspect of learning material.

Solution: Begin to study well in advance of the final and continue to study up until the day of the test.

3. Not getting adequate sleep is a good way to waste a night of studying. Staying up too late and not getting decent rest is how students forget many of the things they studied.

Solution: Plan to sleep for at least 7 hours the night before the test.

4. Lots of times students are mentally on vacation even though it is finals week. **Some students don't have the drive to finish the final week with the same effort given all semester.**

Finals week contains a lot of free time which causes students to become lazy and procrastinate.

Solution: Remember that you grade still depends on this last test. Get adequate rest and study well to do your best.

Ask for Help

- Study groups
- Ask a classmate that understands the material better
- Meet with the professor

Tips to relieve stress during finals week

- Practice deep breathing. This will help to relax your mind and calm you down.
- Share your feelings with those close to you. Sometimes it can help to be with people you care about and that care about you.
- Set aside time to relax and have fun. Working all day is only going to make you burn out.
- Keep from overloading yourself with too much to do. Doing too much brings unnecessary stress upon you. Bring larger tasks up into smaller tasks and take short breaks in between completing them.
- Set realistic goals for yourself. An unrealistic expectation may go unfulfilled and can add unwanted pressure and tension on a person.

Distribute Exposure to Material

- Use the "24-3-7" plan. Within 24 hours of lecture reading, review the info. Review it again after 3 days and again after 7. Study weekly until test.
- Try different study methods
 - State info in your own words
 - Relate info to what you already know
 - Elaborate/apply the info to real life issues
 - Translate info into another format (i.e. a diagram)

Be an active learner with school work

- Spend the time. Take 2 hours outside of class for every hour in class to study.
- Find what works. The strategies used in high school may not work for you in college.
- Generally people remember :
 - 10% of what they read
 - 20% of what they hear
 - 30% of what they see
 - 50% of what they see and hear
 - 70% of what they say and write
 - 90% of what they do

Information from:

www.edutechie.ws/.../cone-of-experience-media

Discover Your Best Study Rhythms

- Take a break every 45-50 minutes. **Don't do anything that will distract you from studying again such as video games and TV.**
- Schedule times when you will study. Use shorter periods for tasks that can fit in 15-30 minute segments. Schedule longer periods for tasks that are harder to get started.
- Create a study-enhancing environment. Make sure you are comfortable and have everything that you need. Reduce distractions. Go to places such as the library.



A Story of Sisterhood

When I think of sisters, two things come to mind. I think of all those people who were lucky enough to be blessed biologically with a female sibling; I was not.

Beyond that, my thoughts are immediately filled with beautiful visions and wonderful memories of the women who are my chosen sisters.

In 1996 I joined a sorority but, more specifically, a historically black sorority on a predominantly white campus.

I joined Zeta Phi Beta Sorority, Inc., Omicron Omicron Chapter at Colorado State University.

I had done my research. I had met the women of the chapter and I seriously thought I could gain some advantage for networking after college and perhaps a vehicle to participate in some charitable work which I was drawn to.

What I got was access to some of the most impactful experiences and relationships of my life.

There have been many insights offered as of late, regarding the “pledging” process for Black Greek Organizations.

Rest assured that circumstances and situations change as do the members and the tenure.

While the recent expulsion of my chapter at CSU is painful, the organization, as it always has, will keep the consistent flow of service and sisterhood alive, as they were in 1920.

The founding principles of Zeta Phi Beta, that my sisters and I live in dedication to every day, are everlasting.

In my life, my sorority sisters have served as my sounding board for over 13 years.

They have been my best friends and confidants, my business partners and babysitters.

I have an array of professionals at my disposal and more than anything, I have love. There is so much love that thrives in sisterhood, and this, dear readers, is the ultimate reward.

When drama abounds, as it frequently does in college and beyond, people are naturally drawn to it, perhaps embellishing or just judging.

People appear to investigate while

secretly they are afraid of how the drama reflects upon them.

But as a concerned yet proud member of Zeta, which has come under heavy local and even national scrutiny, I am humbled and honored to have my strong group of sisters to turn to first.

For no matter how bad things may get, I know the bonds we forged through the years will scale any mountain in our path.

This is what it means to be a member of Zeta Phi Beta Sorority. This is what my chapter has and continues to provide me in my lifetime.

I would offer this gift to anyone willing to truly extend themselves beyond who they think they are to help your sister become the best she can be, for there resides the true bond of sisterhood.

Let not one more moment endure under any false pretense of Zeta’s reputation. Our relationships are our legacy.

-Renata Bernard

A Season to Build On

Danielle McConnell

This year the CSU Rams football team struggled. They started out strong, a 3-0 start, giving both themselves and their fans hope that the season would be one to remember.

With their first win against the major rivals, the University of Colorado Buffaloes, fans were now ready to follow the team to the end.

They continued this streak with a win against Weber State and Nevada, but this wonderful streak would not continue, and the Rams would have to face a season not reflective of what they are capable of.

“[This season] was rough,” said

Marcus Shaw, a corner back for the team. “We went through a lot of turmoil and things just didn’t work out the way we wanted them to.”

Everyone continues to wonder, why did the Rams have such a rough time? Many blame the coach, while others would say that it is the team’s lack of effort that caused their downfall.

Marcus believes that their biggest problem was that they were not a family; the team wasn’t as close as they should have been.

When asked what their greatest success was, Marcus’ answer was easy: “Beating CU!”

Next year’s season will hopefully be

more promising. There will be new starters eager to prove themselves and hopefully a better team chemistry.

The team wants to have a winning record and make it to a bowl game.

The fans share that same hope. Although they struggled this season, the fans continue to support the football team, the seats stay filled, and continue to say that they are proud to be CSU Rams!



Photo of CSU Rams from: www.csurams.com/sports/m-footbl/csu-m-footbl-body.html

EDITOR'S NOTES

American Sign Language

Joe Goings

Not many people know about this class. Only two sections of it are offered at CSU and it is not offered as a major.

Personally, I did not find out about it until my sophomore year (currently a junior).

I happened upon the class one day while perusing the University's course catalog. I have always wanted to learn sign language and I thought that taking this class would be a great experience.

It was indeed that. Professor Vasquez made class fun each day. The way he teaches is different than any other class I have ever taken.

He spoke using gestures and

common movements before any of the students learned ASL signs. The students soon discovered why Vasquez used gestures and movements.

Vasquez is deaf, so he is unable to speak. Upon first recognition of this, I thought the class would be much more of a challenge than I anticipated going in, but this only added to the experience.

Because he did not allow students to talk in class, we learned to better recognize signs and picked up on some of the intricacies of ASL and the deaf culture.

Vasquez's ASL class was by far the most fun I have had in a collegiate classroom.

The classes are always engaging and students actively participated by acting out scenes with the professor, rather than just sitting around for 50 minutes each day.

The only drawbacks of the class are that it is five days a week (five credits) and is only offered at two times, not to mention being hard to get a spot. Only 25 seats are available in each section.

Though there are some challenges in registering for the class, I strongly urge everyone to take this class if you can fit it into your schedules. It'll be an experience you won't forget or regret.

"I don't really like the new name. I think it's doing too much. They should have picked one or the other: Black or African American. I think 'black' is more inclusive."

---Twyla Rouse

"I feel that the name change doesn't change who comes into the office. The same people who come now that it is B/AACC are the same people that came when it was Black Student Services."

---Kennisha Ayers

"I don't like it. When I read that people didn't feel comfortable because they weren't black, I thought it was silly. Everyone has always been welcome in this office regardless of race, and the name still has 'Black/African American' in it anyway."

---Leah Andrews

"I still don't like it. I don't call it by that name. I call it 'BSS.' Everyone still knows what I'm talking about."

--- Raven-Olivia Kellum

Letter from the Zetas

Washington, DC

September 15, 2009

Dear Editor,

This letter is in reference to the August 27, 2009 article on the alleged hazing incident involving the Omicron Omicron Chapter of Colorado State University's Zeta Phi Beta Sorority, Inc.

I have been a proud member of the sisterhood of CSU's Omicron Omicron Chapter of Zeta Phi Beta Sorority, Inc. since 1996.

A few days ago, I was shocked and saddened to read about the incident reported in the Coloradoan involving the organization.

Zeta Phi Beta Sorority, Inc. is a lifetime membership organization founded on scholarship, service, finer womanhood, and sisterly love.

Those of us who, as undergraduates were members in the Omicron Omicron Chapter, have always recognized that membership is a privilege.

We proudly carry the torch of its legacy by committing ourselves to the Zeta Phi Beta mission. We strive to work and serve as leaders and role models to our fellow man and woman.

Since its inception, the Omicron Omicron Chapter at CSU has worked diligently to serve the campus and the Fort Collins community.

During my 4 years at CSU, Zeta Phi Beta Sorority members were highly active in an array of initiatives including the Fort Collins Martin Luther King Celebration, we organized

an annual charity ball donating the proceeds to the advancement of research for sickle cell anemia, breast cancer and participated in the annual Fort Collins Riverwalk Clean-up.

In addition, the Omicron Omicron Chapter received Greek Life's top honor for academic achievement among all Greek organizations.

In the past, we also supported and contributed to CSU's Diversity Day, Homecoming events, Black History Month activities, and campus Cinco de Mayo celebrations.

The Omicron Omicron Chapter is best known for the leadership and achievement of its members on and off campus.

Our members have excelled in and held leadership positions in other notable campus organizations such as the Mortar Board, the Order of Omega, Phi Alpha Theta, and the National Pan-Hellenic Council (NPHC).

In 1996, one of our esteemed members was a candidate for student government and a number of our members were nominated and selected to the Presidents Leadership Program and the Presidents Minority Student Advisory Council.

In addition, our members have been employed by various offices within CSU including El Centro, Black Student Services (now Black/African American Cultural Center), the Durrell Center, Asian Pacific American Student Services (now Asian Pacific American Cultural Center), the Service Learning Office, and Campus Life.

The Omicron Omicron chapter has been recognized locally, nationally and internationally for its commitment to

community service, academic achievement and professional achievement.

We were awarded the Undergraduate Chapter of the Year for Zeta Phi Beta Sorority, Inc for these achievements and won the Outstanding Greek Organization Award from Black Student Services in recognition of academic achievements and community service.

Today, past members of the Omicron Omicron Chapter consist of successful women working in diverse professional fields ranging from the federal government and education to the nonprofit sector.

Some of us teach English as a second language in Japan, some are working toward a Ph.D. and others work in the professional sports industry.

Some other members coordinate federal programs at the national level and have served in the U.S. military.

The list goes on and on. We are leaders and exemplary women who are proud of the positive legacy of Omicron Omicron.

It is with great hope that our history and track record within the Greek community, at CSU, and throughout Colorado is not overshadowed by the current allegations.

Sincerely,

Lorena Cedeño-Zambrano /s/
Omicron Omicron Chapter 98-99 Basileous
Zeta Phi Beta Sorority, Inc.

"My opinion on the new name hasn't changed. I don't like it. It doesn't make anything different about the office or the people that want to enter it. Everything about this office is the same except for its name. The name doesn't mean anything to me or anyone else I talk to."

---Joe Goings

"I think it's ignorant. Black/African American? It's the same thing to me. If we had to change it, I would have rather we did it ourselves."

--- Ashley Knight

Creative Corner

The Dreamer

Joe Goings

8 am
 Sunlight
 making its routine intrusion
 Breaking through the gateway to the gateway to
 the soul
 Forcing open what once was closed
 Once
 Upon a time
 There still, off in a land of wonder now,
 that dream so sweetly dreamt
 Just a few moments ago
 Realism
 Falsely provided
 But a realism so real
that it's unfair, that at
 8 am,
 the sunlight,
 on its routine intrusion



Breaking through the gateway to the gateway to
 the soul
 Forced open what once was closed making it...
 Unreal
 Blame circumstance for that, "reality"
 Although a good "reality" it is
 It's a "reality" in which you stand atop the world,
 eyes fixed upon the prize.
 The light at the end of the tunnel
 Your mind moving and thinking and speaking
 words
 that guide you on your journey,
 though temporarily separate of the path you want
 Not to worry though
 The yellow brick road is just around the bend
 There's a quote about this sort of thing
 "Everyone knows the destination, but no one
 knows the route."

Photo from:

[www.eso-garden.com/images/
 uploads_bilder/dream_a_z.jpg](http://www.eso-garden.com/images/uploads_bilder/dream_a_z.jpg)

Well, this GPS works fine
 Says head east
 Towards the sunrise
 Towards another 8 am
 Another burst of sunlight,
 breaking through the gateway to the gateway to
 the soul
 Yet again forcing open what was once closed
 Only to reveal
 The real.
 Eyes that are fixed upon the prize
 The light at the end of the tunnel
 At long last revealing
 The real that is the end of the journey
 At last
It's over
 The prize is finally yours

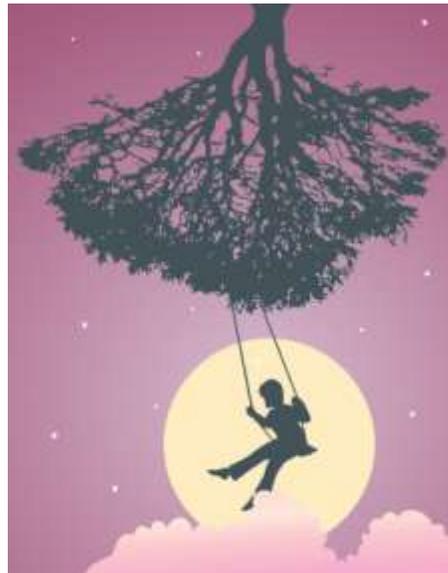


Photo from:

[ladyfi.files.wordpress.com/2008/12/
 /midnight_dreams.jpg](http://ladyfi.files.wordpress.com/2008/12/midnight_dreams.jpg)



The next issue of the GRIOT will be published in Spring 2010.

If you would like to contribute to the GRIOT send articles, drawings, poems or short stories to jegoings@rams.colostate.edu

Visit the Black/African American Cultural Center in 204 Lory Student Center.



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Office Hours: 8:00 a.m. – 5:00 p.m.

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January 2010

| SUN | MON | TUE | WED | THU | FRI | SAT |
|---------------------------|---|-------------------------------------|--|---------------------------|---------------------------------|---------------------------|
| | | | | | 1 <u>New Year's Day 2010</u> | 2 <u>Winter Break</u> |
| 3 <u>Winter Break</u> | 4 <u>Winter Break</u> | 5 <u>Winter Break</u> | 6 <u>Winter Break</u> | 7 <u>Winter Break</u> | 8 <u>Winter Break</u> | 9 <u>Winter Break</u> |
| 10 <u>Winter Break</u> | 11 <u>Winter Break</u> | 12 <u>Winter Break</u> | 13 <u>Winter Break</u> | 14 <u>Winter Break</u> | 15 <u>Winter Break</u> | 16 <u>Winter Break</u> |
| 17 <u>Winter Break</u> | 18 <u>MLK Day</u> <u>No Classes</u> | 19 <u>Spring semester begins</u> | 20 | 21 | 22 | 23 |
| 24/31 | 25 | 26 | 27 <u>Student Involvement Fair @ 10a.m.</u> | 28 | 29 | 30 |