BLACKWORLD

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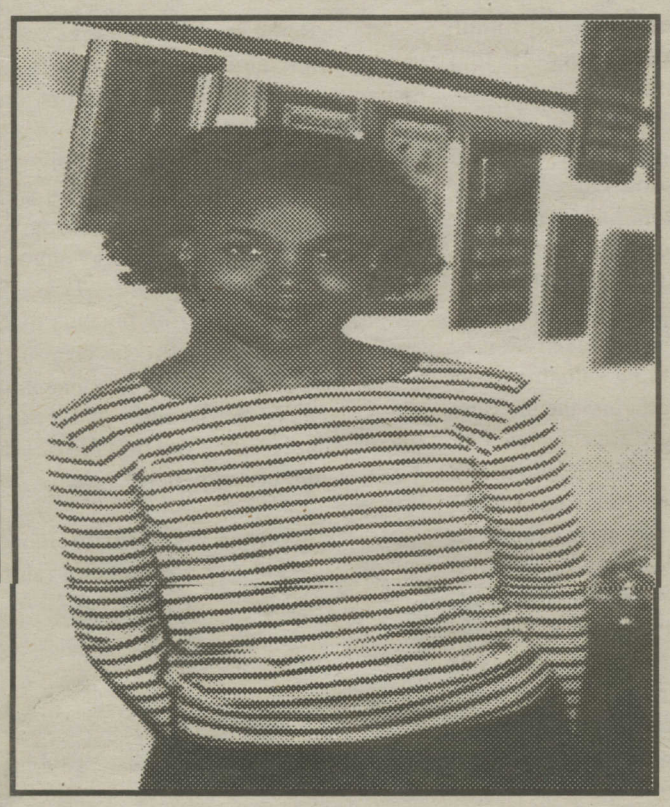
Destroying the Myth



Josette Smith: Minority Planning Board President

The Women of Polity (From left to right): Keren Zolotov, Lata Jani, Laurence Maikarfi, Diane Lopez, Abbey Nyamekye, Monique Maylor

Polity Presidents Past, Present, and Future? (From left to right): Monique Maylor, Annette Hicks, Keren Zolotov

Renee Gonzalez: SPA Security President

See page 3 for cover story

BLACK WORLD

"KNOW THYSELF"

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EDITORIAL

Welcome BLACKWORLD readers to our Women's History Month issue. At this point you should be overwhelmed by BLACKWORLD—coming at you with three issues in a row, but I know that you can handle it and that you don't expect anything less from us.

In this issue you will find articles about women of color and topics that everyone can learn from. Learn about organizational skills and women in business from Aramark Marketing Director Naala Royale. Meet Dr. Lorna McBarnette in our Meeting With the Minds column. Familiarize yourself with women's health issues in our two page spread, and consider a brave sister's story in our Viewpoints column. Although women's concerns are the primary focus of this issue, we also have articles about campus news and events, that are beneficial to everyone.

I have always thought of Women's History Month as an extension of Black History Month. This designated time allows us, even requires us to look back and ahead at the African-Americans who have been instrumental in the shaping of our history. Women, needless to say, have played vital roles in that shaping.

My message to all women is to assert yourselves. For those of you who are: stop being meek, shy, and apologetic. When you continuously apologize for things that are no fault of your own, people will begin to believe that you are indeed a sorry person. Go after what you want. If you believe that you are capable and qualified to get what you want; if you think you deserve what you want, then go after it as though it were meant for you.

Being assertive does not necessarily mean being aggressive. Assertive doesn't mean intimidating, it means confident. Your self-confidence may intimidate others, but that's only because they may feel insecure about themselves. Speak definitively. Don't put yourself down by preceding a question with, "this may be a dumb question, but . . . ." There are no dumb questions. There are questions with obvious answers, but the words dumb and question just don't go together. Don't use being shy as an excuse not to meet people or go places. Be self-assured that you have something valuable to offer to those that haven't had the pleasure of meeting you yet. Be independent. Independence requires inner strength and determination. It requires soul searching—knowing yourself well enough to trust that you can do anything that you put your mind to. Independence doesn't, or at least shouldn't mean, f- - k everybody and everything. It means not relying on someone else to do something that you know you can do yourself.

Being assertive will give you an entirely new aura. You will attract those who are confident and who admire your strength. You will also repel those who are insecure and are intimidated by your self-assuredness, which is just as well, because you don't need to be surrounded by that kind of negative energy anyway. As Dean McBarnette said, "Don't be afraid." Fear is powerful, but only to the person or thing that inflicts it on you.

As you experience another issue of BLACKWORLD think about what instrumental role are you or will you play in the future of our people.

Tischelle George
Managing Editor

ERRATA

BLACKWORLD's edition on "Black Love" was volume 35, number 4-not number 3. Consequently, our special edition on Biggie Smalls was mistakenly numbered 4, instead of 5. However, you can read this paper with the assurance that it is volume 35, number 6.

Compass of Nomads

Greetings,

To all who share a fifth of a drop of the blood that flows through my veins, "Compass of Nomads" is my way of enlightening you. Although the title may seem vague, it is really self explanatory. A compass provides direction, which is what I aim to do, and nomads are defined as individuals who roam about aimlessly.

We all need direction in our lives; that direction can come from your peers, your elders or your religious or spiritual beliefs. I am sharing my thoughts with you, so that you can nourish your mind. No one surpasses you in your deliberations, and I intend to help you remember that you possess a great beauty. Wishing you health, love and happiness.

Shoniece

Today is tomorrow's history.
What good are you doing now, that you can tell your children about tomorrow?
Harriet Tubman, Ida B. Wells, Billie Holiday—our grandmothers. These are women who will always be a part of our history. Yet, they speak only from the grave.
Maya Angelou, Mae Jemison, Susan Taylor—our mothers. They have permanent spots in our history as black greats. We can find them and enjoy the wisdom and conversation of these heroines.
Who will your daughters look to for that same kind of spiritual enrichment and much more? Foxxy Brown, Little Kim, Wendy Williams, maybe that chick... well, anyway.
Hey, what about you???

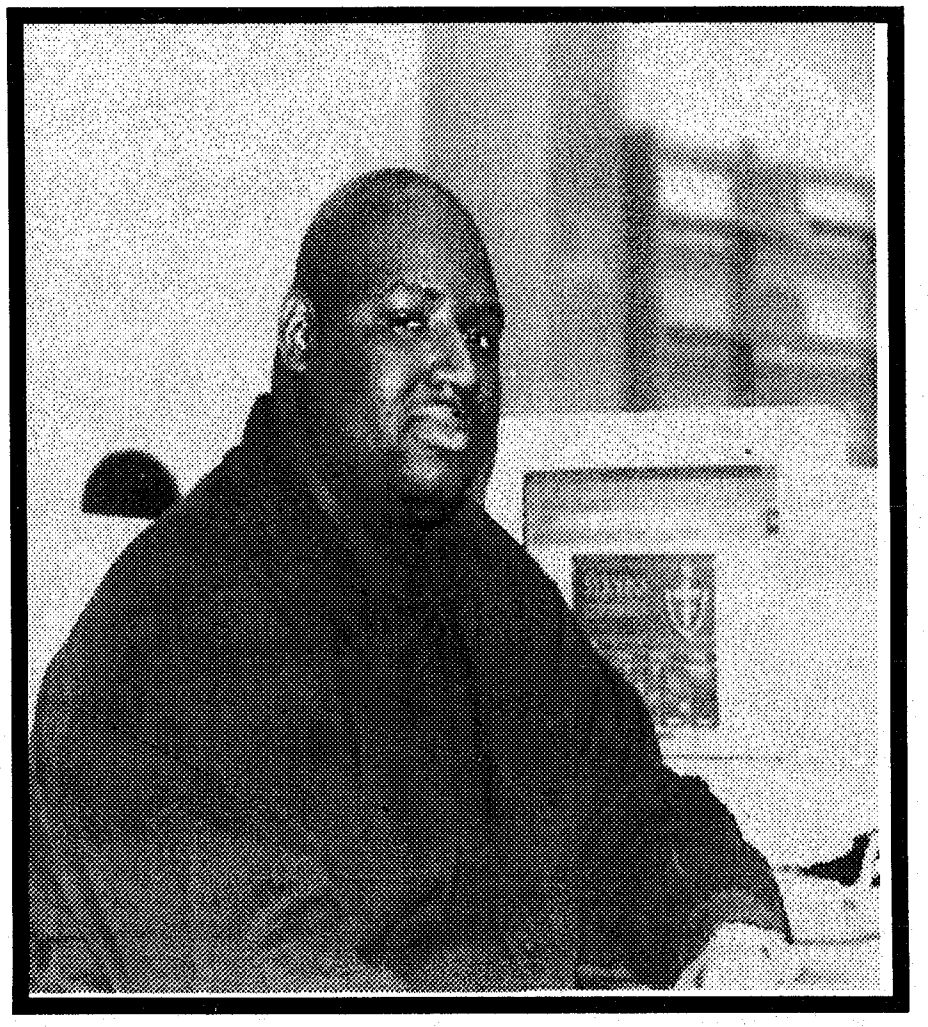
Shoniece M.

THE TOOLS OF TECHNOLOGY, AND WHAT THEY CAN DO FOR YOU

by: Tischelle George

In a world where technology reigns, left in the dust, will be the man or woman who does not have basic computer skills; left completely out of the race, will be the **African-American** man or woman lacking basic computer skills. Knowing this, Dr. McAdoo, chairperson of the Africana Studies Department developed the AFS 410 course, Computers and Third World Issues. This course provides students with the necessary tools, which will help them to compete and succeed in the job market.

A former student of Dr. McAdoo, who took the AFS 410 course returned to the University to talk with students about how valuable the course has been to him. Ainsley Reynolds, an Economics major who graduated in December 1993, spoke very frankly to the class saying, "Taking this class is a step in the right direction. This class will benefit you far beyond this school." He took the course in fall '92, and was quite impressed to see how it has progressed since then. He learned how to use basic programs such as, DOS and Word Star on primitive computers. The computers didn't even have the capabilities of running Microsoft Word, because they didn't have hard drives. Some students were amazed by this, because now the first thing they learn is how to access the internet and they work on new computers with color monitors and the most recent applications. Before taking the AFS 410 course, Reynolds had no previous computer knowledge, nor was he interested in computers. His attitude changed once the new skills he had acquired earned him a promotion at his summer job in an employment agency. He then decided that he would not settle for a Bachelor of Arts in Economics, which would only provide him with a job, but rather excel onward to graduate school to get his MBA, which would provide him with a career. He attended St. John's graduate school to become a Certified Public Accountant. Reynolds' computer skills were so impressive to the admissions board at St. John's, they paid his tuition while he did his graduate studies.



Now out of graduate school, Reynolds has a job waiting for him in September at Price Waterhouse,LLP (a Limited Liability Partnership).

Having knowledge of computers is a necessity in our world. Students at the University at Stony Brook can take advantage of the courses and the facilities that will aid them in becoming more computer literate. For those students who do not have access to the same facilities, Reynolds recommends finding someone who knows something about computers and asking them to teach what they know. He also recommends reading about computers and programs, and if one can afford to, buying a computer and just practicing on it. As for what applications students should be most familiar with, Reynolds says that it varies with each major, but students should definitely know Microsoft Word, regardless of their major.

For Ainsley Reynolds, the computer skills he learned here at Stony Brook, have been the first wrung on his ladder to success. He spoke very fondly of Dr. McAdoo and very nostalgically about the course saying, "This class gave me a little focus; it showed me what I'm capable of doing. It provided a skill, a real skill. It was the most influential class I took while I was here."

Destroying The Myth

by: Curtis Morris

"She's on Welfare. She's not educated. She's on crack or some other drug. She shoplifts from department stores...How else do you think she got all those nice clothes? Her credit is bad. She can't take care of herself. She has four kids by four different men and she's only 21. She's a whore. She's from the projects. She's loud and uncouth and has no class. Her children are all Attention Deficit. She doesn't have a man. " And on and on...

Historically, Black women have been burdened with what author Frances M. Beal refers to as, "Double Jeopardy; being both Black and female." In this male dominated society, Black women unfortunately suffer the oppressions of both racism and sexism.

The accomplishments of strong women of color who have persevered in spite of odds that were stacked against them are overlooked by historians. Sisters like the mighty warrior queen, Nzinga of Angola; the only woman to rule Egypt, Pharaoh Queen Hatsheput; the courageous, Nanny of the Maroons; the undisputable champion of freedom, Underground Railroad conductor, Harriet Tubman; fearless truth-tellers like Ida B. Wells and Fannie Lou Hammer; the Mother of the Civil Rights Movement, Sister Rosa Parks. No, more often than not, the great accomplishments of women like these are marginalized and deemed "insignificant."

In a world that perpetuates slanderous and hurtful stereotypes against them (see first paragraph), it is often "conveintly forgotten" that the genesis of humanity began on the grasslands of the Serrengetti Plains, on the continent of Africa, with a Black woman. Anthropologists have named her "Lucy," while the scriptures refer to her as "Eve."

Although stereotypes and ignorance are still plentiful, recent "facts" can not be denied or, as my Grandmother would say, "No lie can live forever."

Last month, the Frederick D. Patterson Research Institute, part of the College Fund and UNCF, released a report based on a ten year study that showed Black enrollment at colleges were up from 8.8 percent in 1984 to 10.1 percent in 1994. And while Newt Gingrich and his ignorant colleagues on Capital Hill vilify the mythical "Welfare Queen," the Black woman is leading the way in this enrollment increase.

The number of women earning bachelor's degrees has increased 55% since the mid-70's. While the number of law and medicine degrees awarded to Black women has grown by 21.9 percent since 1977. As these numbers indicate, sisters are leading the way at America's institutes of higher learning.

S.U.N.Y. Stony Brook is no exception. Women of color are destroying the myth that they are "underachievers and uneducated" by excelling in key student leadership roles within campus organizations and student government. Polity Vice President Monique Maylor, Senior Representative Abbey Nyamekye, Junior Representative Lata Jani, Freshman Representative Diane Lopez, Treasure Marjorie Eyma, Assistant Treasure Kathy Guce and SASU Representative/ People of Color Caucus Chair, Amanda Angell-Whitehead dominate the student government. In addition to these women, the SASU President is Stony Brook Alumni and former Student Polity President, Annette Hicks. Graduating senior Abbey Nyamekye's interest in student government came "after feeling jaded and learning the 'truth' about politics from a Political Science class."

Aside from their roles in student government, women of color also play powerful decision making roles as: Presi-

Continued on page 6

The Joy of Lesbian Relationships

A Discussion

by: Candace Loregnard

The key to understanding anything or anyone that you are unfamiliar with, is through communication. That was the premise behind the discussion, *The Joy of Lesbian Relationships* that was held in Langmuir College on March 11th.

Contrary to what ideas one might conjure up from the title of the discussion, the sexual aspects of lesbian relationships weren't addressed. The program focused on the emotional and social aspects of these relationships; support groups, and problems that the gay community encounters.

The evening began with a definition of straight and lesbian relationships and the differences between them. Some problems that occur as a result of lesbian and gay relationships include, dealing with daily societal harassment and discrimination that heterosexuals do not encounter. Another problem that is exclusive to homosexual relationships is that they have more difficulty with leaving relationships because many times, their lover is also their best friend. The extent of the friendship makes them feel obligated to remain in the relationship.

Joys of lesbian relationships include a higher degree of intimacy because being of the same sex makes it easier to understand and please one another; women are in tuned to each others needs and can better empathize with each others feelings.

In the second part of the program, members of LIGALY, (Long Island Gay and Lesbian Youth), a volunteer based organization serving approximately 50 to 80 young people per week, discussed their purpose. They aim to provide gay and lesbian youth with a safe haven—refuge from the harshness of society, support groups to talk about it all, and activities to release stress, have fun and interact with others. LIGALY formed in 1993 as a result of there being no social services centers that dealt with sexual identity crisis. Services that LIGALY provides include social support discussion groups for teenagers and young adults, support groups for HIV positive youth and disabled gay and lesbians. LIGALY also offers campus leadership networking, gay and lesbian activities, counseling and special projects.

Members of LIGALY shared their coming out stories that emitted a mixture of support and denial from their family and friends. They also stressed the importance of having organizations such as LIGALY to support gay and lesbian kids and young adults.

The discussion was one of the International Women's History Month events that are happening both on and off campus. This particular event was open to the public, but it was also a part of the Langmuir College Human Sexual and Gender Development Living Learning Centers program.

Moving Outward

by: Karen Wright

Nothing is ever easy the first time around. I remember when I first got up the nerve to tell a friend that I am gay. The conversation had to last over an hour and the process caused my hands to drip with sweat. I knew exactly what I was going to say before I began to reveal the truth about myself, but when the time came I could not formulate the words. I played a guessing game with her, giving her clues to help her solve the mystery. After a while, she asked "Are you gay?" From that point on, I was out and I ended my game.

I thought about telling her for weeks before I actually did it. She was the closest friend I had on campus. In my first semester of college I didn't meet a lot of people and I was very much into my girlfriend. Now thinking back, I realize I didn't tell her that I was gay; I said that I had a girlfriend. The slight difference protected me from a possible negative reaction. I felt comfortable liking one girl as opposed to being capable of liking other girls. She was very open-minded and didn't stop being my friend.

After I made it over the first hurdle, I went on to the next challenge, which was to tell my mother about my secret identity. I had to test the one who loved me unconditionally, to see if her love would stay true. I knew this would be difficult, because my mother did not even like my girlfriend as my best friend. For two years I lied to her about my relationship with my girlfriend and I did not want to lie anymore. Once again my hands dripped with sweat, but this time my eyes followed with tears. I cried, sniffled, and stuttered as I told my mother. Her response was that she would not accept what I was saying as the truth. Then my nightmare materialized before my eyes when she said"This is just a phase." Why would I go through so much for 'just a phase'? The word phase stayed in my mind until I didn't know what it meant. I checked my behavior in order to find out if I was going through some phase or not.

The next step was even harder, because that was when I came to terms with being a black lesbian. I preferred looking at tender shapes of women over muscular shapes of men. I grew excited while flipping through channels with the remote to my favorite shows not knowing why they were my favorites. The women characters lured me to my T.V. screen. I liked Jo on "The Facts of Life," Gina on "Martin," etc. Life was good, scary, and exciting.

My significant other was not going through the same things that I was, so I often felt alone. The only person I could talk to was the only open-minded friend that had. To my surprise, she noticed my trouble and she looked around campus to find outlets for me to release my pain. I was grateful for her support, so I considered her advice. We went to one of "those" meetings, the only one on campus to see if that could help. I wasn't courageous enough to go by myself, because I feared that someone would recognize me and think that I was a member. When we sat down, I thought that I was in another dimension. I didn't fit in. Some of the members sported numerous piercings, tattoos, short and dyed hair. Most importantly, my friend and I were the only blacks there. I knew no one and I left knowing no one.

I remember feeling confused and wanting to quit. Suppressing my feelings kept me sane for a while. Everything seemed hopeless until my mother called. Apparently she had opened her mind and accepted me for the person I was. She told me "I am happy if you are happy." She still didn't like my girlfriend, but at least she didn't hate me. It might have taken her some time to come around, but I am glad she did when she did. My mother and a close friend became my little support network. To make a stronger foundation, however, I needed to be around people who were like me.

Just when things were getting good, I started to get the lonely lesbian vibes. The vibes lasted over the summer, especially after my girlfriend and I broke up. I had no where to turn and I longed for a female to come into my life. I got my wish and found an attractive, older woman. I comforted her and we conversed for the remainder of the summer. The big rebound was there and then it was gone. Afterwards I matured and learned not to mess with anymore straight women.

At the present, I feel comfortable with myself; comfortable enough to consider writing about it and maybe starting up my own organization. My organization will be made up of black gays and lesbians who can relate to some of the events that happened in my life. My goal is to grab those who are afraid to come out, but want to do something about that. I don't think there are a lot of black lesbians on this campus and that makes my task much harder. If more sisters were comfortable with their sexuality and coming out, myself and probably many others wouldn't be single right now. If you are reading this piece and are like me, know that you are not alone, and do not give up.

Meeting with the Minds

Reintroducing

Dr. Lorna S. McBarnette

Dean of the School of Health Technology and Management

"It's been a long time since I've been afraid of anything." This is what Lorna McBarnette, Dean of the School of Health Technology and Management, wants students to know about herself and her position as dean.

McBarnette runs the school of Health Technology and Management and makes plans for the growth and maintenance of the school. In conjunction with that she is also a professor and teaches two courses in public policy and health care management at the graduate level. Her goal as dean is to "bring more students of color into the health care field." McBarnette, herself has always been involved in health care, beginning with working in laboratories, then hospital management, and most recently, government and private sector health care. Her last position before becoming a dean at the University at Stony Brook, was at the New York State Health Department. Dean McBarnette earned her undergraduate degree in the SUNY system and obtained her graduate degree from Harvard University.

In the time that she has been in health care, the dean has faced both sexism and racism. She says, "you learn over the years to keep moving. There's no real reason to laugh or joke with [those who insult you]." She expressed that how one responds to insults is very important. "Your response could contribute to the problem," McBarnette said.

Dean McBarnette's future career plans include "making an impact on some developing countries, specifically countries where people of color are in charge." She aims to help these countries "develop their health and education infrastructure." This dream will probably materialize in the next few years.

This unfaltering woman can be found in the Health Sciences Center when she is not busy at a meeting or in class. Her office walls are lined with plaques and recognitions for her contributions. All of which suggest that McBarnette is quite a prominent woman in her community and to her people.

In light of Women's History Month, Dean McBarnette's message to women of color is, "Don't be afraid. Fear is self-defeating." At a time when more women are entering male-dominated fields it is necessary for women to have strong convictions about their self-worth and to not allow intimidation by anything or anyone to interfere with achieving their goals.

Attention All Students !!

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Randy Thomas, Academic Advising, 632-7082

Environmental Health and Safety: The Career of the Future

by: Tischelle George

One of the hottest new fields for women and people of color is environmental health and safety. "This is a very, very new field for most people. It has been booming in the past 20 years," said Leo Debobese, Director of Environmental Health and Safety at the University at Stony Brook. This field has very low unemployment and is diverse in race and gender even at the senior level.

The University has an internship and post-graduate trainee program in the Department of Environmental Health and Safety, that gives students the experience and hands on training they need to get started on a career in this field. The internship program accepts volunteers and work study students. Interns are paired up with mentors in radiation safety, industrial hygiene, hospital safety, air sampling, and fire safety. Interns also rotate amongst departments to see how broad the field is and to increase their marketability by expanding their body of knowledge about the profession. The trainee program hires recent Stony Brook graduates. The trainees are given a specific position.

Jose Rodriguez joined the Environmental Health and Safety Internship Program while working on his masters degree in environmental health and waste management. He had a bachelor of science in engineering chemistry. He said he was looking for an internship that would put him on the right career path. He chose environmental health because that field "was going to be hiring people in a few years," Jose said. He volunteered for about a semester, doing indoor air quality surveys. After his internship he was hired as a paid trainee to be the Health and Safety Coordinator for the Long Island State Veterans Home. Jose said the internship was beneficial to him because it made him interact with more people, it provided him with contacts that helped him to network. Networking and the good recommendations he received from his supervisors got him a job as a Waste Management Coordinator.

A woman involved in the program, Rowena Akino, said the environmental health and safety field has "vast opportunities for women. It is a male-dominated field, but now that women are starting to get into the program, there are vast opportunities for us." Rowena was involved in the internship program as a work study student. "I was always interested in the environment," Rowena said. She now works at the Long Island State Veterans Home. "I would really like to work at a long term care facility, like a nursing home," Rowena said.

Both Jose and Rowena would encourage other students to take advantage of the internship program if they are interested in going into this field. "Internships help to further your career," Jose said. "A lot of employers are looking for people with experience." Rowena shared in Jose's comment, saying "In our field it is necessary to have experience. Our program is one of the best in the SUNY system because of the Veterans Home, a long term care facility in a university setting," said Rowena

The environmental health field has "gone unusually well," said Debobese. The field developed in the 60's and 70's with the Civil Rights movement. Many social activist went into the field following the movement. "Our profession is more than 50 percent female or minority," Debobese said. Working Woman magazine selected industrial hygiene as one of the top four jobs for women in the 90's. Environmental health and safety is an especially good field for people of color to get into because knowledgeable people in this profession can assist poorer communities in their fight for environmental justice.

Four out of five environmental problems exist in less affluent areas. Take for example the Mott Haven and Riverdale sections in the Bronx. Both areas are located only minutes away from each other on the local subway line, but they might as well be worlds apart. Mott Haven is the poorest section in the Bronx. Two-thirds of the population are Latinos and one-third are African-Americans. Children in this section have the highest hospital admissions rate due to asthma in New York State. Riverdale, however, is a predominantly White, middle-class community, that has the lowest rate of pediatric asthma in the Bronx. Mott Haven children are exposed to lead poisoning in both their homes and their schools. The adults in the neighborhood are not knowledgeable enough or wealthy enough to fight for government legislation to keep their homes and communities safe. Riverdale does have the money and the knowledge to keep their environment safe, which is why their health risks are significantly lower than those of Mott Haven.

People of color who work in environmental health and safety "tend to go back to their communities," Debobese said. It's a growing field with many specialty areas and opportunities for growth. "Environmental Health and Safety is an issue for everyone to be worried about," Debobese said. For those interested in acquiring more information about the internship and trainee programs, contact the Department of Environmental Health and Safety at 632-6410.

Destroying the Myth
cont'd

Continued from page 3

dent of the Minority Planning Board, Josette Smith, SPA President, Renee Gonzalez, AASO Vice-President, Neshanda Walker and COCA Vice-President, Nicole Barrett.

So, the next time a derogatory Republican "sound bite" is aired or the movie you're watching has only one Black female and she's playing the prostitute or poor, single mother with more problems than O.J., remember the phenomenal women of color leaders on this campus. Besides the ones mentioned above, there are more positive and phenomenal Black, Latino, Indian and Asian women of color that perform outstanding duties within their sororities,clubs and organizations. As Treasurer Marjorie Eyma pointed out, "before people sit there and criticize, they should investigate and really find out 'what' and 'who' they're talking about."

No matter how much the media may try to persecute them or society discriminate against them, USB women of color are not giving in to the pressure. As they are assaulted with spiteful words, cut with sharp, jealous eyes and killed with the hatefulness of sexism and racism, "still, like air, they rise."

Protect and respect the Black woman...Queen of the Universe and Mother of Civilization.

GSEU Exempts Members from Transportation Fee

by Scott West

Graduate and Teaching Assistants who were charged a transportation fee this semester can pick up a refund at the Bursar's Office.

Negotiations concluded between the State of New York and the Graduate Student Employees Union on January 16 of this year left graduate and teaching assistants exempt from the Stony Brook transportation fee.

The agreement was reached just as the spring semester began. SUNY Central stopped the charges for Stony Brook TA's and GA's who had not paid tuition and fees at that point. The agreement came too late to prevent charging GSEU members who paid early or through loans.

Bursar Catherine Rehman said that those who were charged may pick up a cash refund at the Bursar's Office in the Administration Building Lobby.

GSEU had won cases last semester against the Albany and Buffalo administrations for imposing transportation fees. The Public Employees Relations Board ruled that imposition of transportation fee without negotiation was in violation of Article 7 of the GSEU contract.

In return for gaining the exemption of its members from the transportation fee this semester and in the future, GSEU agreed not to seek refunds for the transportation fee charged in Fall 1996. At $20 per member, the savings this semester amounts to about $17,000.

GSEU represents the 850 GA's and TA's at Stony Brook and the 4000 TA's and GA's working in the SUNY system.

Women In Business

An Interview with Naala Royale, Aramark Marketing Director

by: Julie Leslie

In a male dominated field, Naala Royale takes the business world head on. Born in Jamaica, this 25 year old Marketing Director shares her experiences and advice.

While attending Stony Brook as an undergraduate, Royale made sure she got involved, making her start as Polity Treasurer. While serving on a program funding board for FSA she was introduced to Aramark. After graduation she took on part-time job as a payroll clerk for Aramark. When Aramark announced their need for a Marketing Director she applied for the position and got it.

In her three years as Marketing Director, Royale has experienced her fair share of ups and downs. She is sometimes not taken seriously because of her young age. To overcome this she's exerts herself and commands respect from all those she works with. Her assertive nature admonishes anyone who undermines her abilities because of her youthfulness.

Although she has not necessarily experienced sexism or racism on the job, she recognizes that women and African Americans have come a long way but still have much farther to go. Reflecting on the unfair conditions that African Americans face daily, Royale said "Whether in a business suit or jeans, when an African American goes into a store, the clerk will go to the other person before he approaches an African American." Royale knows from her own experiences that it is hard for an African American to get a job, and once they get one they have to work much harder to prove themselves. This ambitious woman does not let the realities of life interfere with how she reacts to others or how she does her job.

To help her keep things under control she uses an organizer. Using a system she learned from a time management seminar, she makes a "prioritized list" instead of a "things to do list." The list is divided into three sections A, B, and C. Items that are imperative go under category A. Lesser items that should be addressed go under category B and items that don't require immediate attention go under category C. In her system, she makes sure that whatever she does not get to is moved to the next day.

Stress is an inevitable aspect of life. "If you think it is stressful in college," said Royale, "[wait until you get into the work force], where you have to deal with having to balance your responsibilities [as an adult] and at the same time be able to fulfill your duties at work. It can be very stressful." Royale goes to the gym for a relaxing workout when she needs to relieve her stress.

Even though black women are outnumbered by men in the business world, Royale still encourages women to get into this field, without hesitation. "For a black woman getting ready to graduate from college, looking for a job, you need a balance of a college degree and some experience in the field you would like to go into," Royale said.

Royale said she plans to remain in marketing because she enjoys it. She may stay at Aramark or move on to a more regional level. Her future career goal is to establish her own marketing firm.

Royale's final piece of advice to students is, "Try to give back," even if that means only giving someone advice on how to get into a career.

Carol Moseley-Braun: A Strong Black Woman Makes A Change

by: Alicia Beckford

The people of Illinois made history in November 1992 when they elected Carol Moseley-Braun to the United States Senate. She is the first African-American woman ever elected to the post.

A third generation Illinoisan, Carol Moseley-Braun was educated in the Chicago public schools, at the University of Illinois at Chicago, and at the University of Chicago Law School. She served the state as an Assistant United States Attorney ('73-'77), as a Member and Floor Leader in the Illinois State Legislature ('78-'88), and as Recorder of Deeds of Cook County ('88-'92).

Senator Moseley-Braun is the first permanent woman member of the Finance Committee, a member of the Banking, Housing and Urban Affairs Committee, and a member of the Special Committee on Aging. Formerly, she served on the Judiciary Committee, the Small Business Committee, and on the Bipartisan Commission on Entitlements and Tax Reform.

In the 103rd Congress, Senator Moseley-Braun established herself as an effective and efficient legislator and advocate. The Senator introduced 14 separate bills, more than half of which became law. The first bill she introduced, requiring Congress to disclose the costs of any federal unfunded mandates, became law in 1995 as part of the unfunded mandates bill.

As part of the continuing commitment to education, Senator Moseley-Braun initiated and passed the innovative Education Infrastructure Act, a first effort by the Federal Government to repair and renovate elementary and secondary school facilities and libraries. Along with including a number of initiatives in comprehensive education reform bills, the Senator coordinated Project Synergy, a public/private partnership that gave Chicago public school children a chance to learn on computers, modems and software donated by local companies.

The Senator's strong support of women's and children's concerns led her to introduce successful legislation requiring non-custodial parents to continue paying child support when they move out-of-state; mandating the Armed Services to enact procedures for handling cases of racial or sexual harassment; and setting a goal of five percent of federal procurement contracts for small women-owned businesses.

Creating economic opportunity is a foundation of Senator Moseley-Braun's efforts in the Senate. She co-sponsored and provided early support for the Community Development Financial Institutions Act, allowing people and businesses in underprivileged neighborhoods improved access to capital.

As part of her broader commitment to community, Senator Moseley-Braun was active in amending and passing the Violent Crime Control and Law Enforcement Act of 1994. The law achieves the important balance between prevention and punishment—offering alternatives to communities to prevent crime before it is committed.

Since her years as a state legislator in Springfield, Senator Moseley-Braun has been known for putting together winning coalitions comprised of people of all backgrounds and experiences committed to the principles of good government. Her legislative success along with her continued commitment to bringing people together have defined her first three years serving the people of Illinois and the United States of America.

WOMEN'S

Alternative Medicine For Women

by Candace Loregnard

In light of Women's History Month, it is important to focus on common issues pertaining to the health and well being of women. For those who practice and believe in the power of natural healing, (which has been practiced worldwide for hundreds of years before man made medicine ever existed) or for those who would like information pertaining to natural healing of the body through eating healthy, taking vitamins and herbs or practicing aroma therapy, here are some common female health problems and concerns that can be treated the alternative way.

Menstruation

For a not-so-painful and irritating "time of the month," exercise, refrain from eating sweets and spicy foods, artificially sweetened drinks, (especially, alcoholic beverages) and cold foods and drinks such as ice cream or ice which tend to cramp the stomach. Drink plenty of water—this purifies the body. Cranberry juice is often prescribed for treating bladder infections and can also be taken to soothe the stomach. Peppermint, chamomile or ginger teas are also therapeutic in relieving stomach cramps. Dong quai, an Eastern herbal remedy and blessed thistle are other natural substances that a woman can use to soothe pain and tension due to her period.

Skin

For healthy, clean and clear skin, drink plenty of water, avoid fried foods, confections, and food with high levels of sugar. A daily regime for healthy skin should include getting an adequate supply of vitamin E, taking evening primrose oil tablets, and rubbing pure aloe from the aloe vera plant on the skin. To relieve itchy, dry skin, use vegetable oil, yarrow or bathe with apple cider. To treat oily skin, take vitamin B complex. To aid in the healing of scars, take vitamin E orally and topically. To make stretch marks, sunburns and wrinkles disappear, consume zinc tablets regularly. Capsicum also referred to as cayenne pepper and chaparral can be used to treat skin blemishes and acne.

Weight Control

To control obesity, dosages of kelp, saffron, papaya leaves, hawthorn berries, licorice, vitamins B2, B5, B6, B12, B complex, vitamin C, vitamin E, chlorine and lecithin help to control the appetite. To increase weight gain, ginseng, kelp, zinc, brewer's yeast, ginger root, gotu kola, peppermint and vitamins A, C, D, E and Bl2 are appetite stimulants.

Personal Hygiene

To curb the embarrassing dilemma of halitosis (bad breath), drink plenty of water, which cleanses the body and take oral doses of Chinese cinnamon, parsley, licorice sticks, myrrh, alfalfa, chlorophyll and peppermint. Vitamin A, vitamin B, vitamin B complex, vitamin B3, vitamin B6, vitamin C, magnesium and zinc are additional solutions. To prevent body odor, use cypress oil to reduce excessive sweating and hyssop bush to purify the body along with the atmosphere. To purify and detoxify the body, drink 8-10 glasses of distilled water daily. Citrus fruits such as oranges, lemons, tangerines and grapefruits are also good for cleansing the body. Regular exercise, fasting and massage therapy are other methods of cleansing the body.

Nutrition and Fitness

by: Alicia Beckford

The fast pace of today's world and the increasing demands of a career and a family, make it quite hard for women to maintain a healthy lifestyle. For centuries, women's health problems were poorly understood and largely ignored despite the prevalence of serious medical problems such as obesity, cancer, and diabetes. Not to mention a woman's unique health status during pregnancy, lactation, etc.

Domestic violence and education are issues that affect women in the black community, but health specifically is an issue that women are either misinformed about or have a basic misconception of. Having good physical health can contribute to sound emotional and psychological health as well.

Did you know that eating five fruits and vegetables a day is one of the most important choices that you can make to help maintain your health? The U.S. Department of Health and Human Services, said that increasing fruits and vegetables in one's diet is essential for better health. Americans should eat a balanced diet low in fat which includes plenty of fruits and vegetables because they may lower your risk of cancer. These particular foods are low in fat and rich in sources of vitamin A, vitamin C and fiber.

The low-fat, low-cholesterol diet advocated by a federally appointed panel of cholesterol experts works — but only if dieters add regular exercise to their health regime.

Nutrition and exercise can help women to manage with premenstrual syndrome and abdominal cramps. The exact cause of PMS is unknown at this time. The symptoms, however, can be alleviated through proper diet, nutritional supplements and regular exercise. Vitamins A and B6 are nutritional supplements that can be taken for this problem. Regular exercise increases the body's level of endorphins, a natural sedative; improves circulation, and promotes cardiovascular health. When the cardiovascular system is in sound condition from exercise, muscles are better oxygenated and relax more easily, lessening the severity of cramps.

Eating right and staying fit can also affect the condition of your skin. The foods you eat can either positively or negatively affect your skin. It is wise to minimize your intake of greasy foods and junk food. These foods will only cause your skin to rebel against your choice in diet with unsightly pimples and blemishes. It is advisable to consume eight to ten glasses of water daily to help purify your system. Regular exercise aids in healthy skin also. Exercise will help to purify your system too because as you sweat, you expel the impurities from your body and open your pores.

For further information on health concerns, you should visit the Counseling Center in the Student Infirmary.

Health Tips: Calm your PMS storm naturally with the Aroma Therapy Research Institute's PMS Kit. Use soothing scents such as bergamot, lavender, chamomile and ginger to gently relieve symptoms that may include mood swings, cramps, backaches and food cravings.

Courtesy of *Essence*

HEALTH

Gynecological Exams

All women should be knowledgeable about their bodies and how their reproductive system functions. Women can learn about their bodies through self-examinations and annual gynecological exams.

The Women's Clinic in the Student Health Infirmary offers a variety of services; annual exams being one of the many. Jean Dietz is a Women's Health Practitioner at the Infirmary and a Clinical Assistant Professor at the School of Nursing. On average the Women's Clinic sees between 1,500 and 2,400 students per year. "More students are coming in for exams and not just birth control," Dietz said.

Women should begin to have gynecological exams when they first become sexually active, regardless of age or at age 18, regardless of sexual activity. The exam includes a breast examination that checks for lumps or abnormalities in the breast tissue. Women are encouraged to do these exams themselves on a monthly basis. The best time to check you breasts for changes is about one week after the end of your period. Besides detecting possible cancerous lumps, the self-exam gives women the opportunity to familiarize themselves with their bodies.

The Pap smear is an exam that detects cervical cancer, cellular changes, and inflammation of the vaginal tissues. Promiscuous teenage women have an increased risk of contracting cervical cancer, as opposed to more mature women, because the cervical tissue in their vaginas has not fully developed yet. A speculum is a small metal or plastic instrument used during a pelvic exam to help in the examination of the female reproductive organs. The speculum separates the vaginal walls. Some women find this to be uncomfortable, even painful, but the intensity varies with each woman. The key to avoiding discomfort, is to relax. Tensing up the body only tightens the vaginal muscles making it more difficult for the care provider to do his or her job and making it more painful for you. In extreme cases and when performing exams on virgins, smaller speculums can be used.

An annual exam also includes a chlamydia test. Chlamydia is a type of bacteria that can infect the urogenital tract of men and women. Chlamydia infection may be the most common sexually transmitted disease in the U.S. "Chlamydia is not rampant, Dietz said, "but we're seeing more herpes this year than in past years." She suspects the increase in herpes cases is due to an increase in people having oral sex without the use of a condom or dental dam. Women should be especially careful about protecting themselves from getting chlamydia because it can lead to scarring of the fallopian tubes and ultimately infertility.

All of these examinations are necessary to ensure good health for women's reproductive systems, which are important to society as a whole. Other services that the Women's Clinic offers include contraceptives—birth control pills, Depo Provera (injections), condoms with spermicide, and diaphragms. They teach health education, sex education, self-breast examinations, and health and nutrition programs. Pregnancy testing, counseling, and referrals are available. They also screen for sexually transmitted diseases and provide counseling for date rape, incest and other personal crises.

Diagnosis: B.V.

By Alicia Beckford

"Sandra" woke up one morning and noticed a somewhat foul and unpleasant odor coming from her vagina. While taking a shower, she recalled smelling that same odor after having sexual intercourse with her boyfriend. For the past two days, she also noticed a greyish, white discharge whenever she went to the bathroom. She assumed that it was a yeast infection and decided to treat it with Monastat 7. It helped the situation somewhat, but the symptoms still persisted for a while. Eventually, it cleared up by itself and she never gave it a second thought, until the symptoms reoccurred. After going to the gynocologist, "Sandra" learned that she had a condition called BACTERIAL VAGINOSIS.

Bacterial vaginosis (BV) is a vaginal infection, which is as common as a yeast infection. It is associated with an abnormal growth of natural bacteria found in the vagina. The exact cause of this is unknown, but it is probably due to an ecologic imbalance due to the loss of the beneficial bacteria usually found in the vagina.

The most frequent symptoms associated with bacteria vaginosis are an excessive whitish or greyish discharge that is thin and milky. It can also be accompanied by an unpleasant, foul, "fishy" odor from the vagina, especially after intercourse.

Bacterial vaginosis can only be diagnosed in a doctor's office. In order to diagnose it, the doctor will take a sample of vaginal secretions and examine it under a microscope. This infection can either be treated with an oral antibiotic or vaginally with Metrogel.

Although this infection occurs most often among sexually active women between the ages of 15 and 44, it is not neccessarily sexually transmitted like gonorrhea or chlamydia. If you do not use contraceptives and this bacterial infection continues to reocurr, it is suggested that your partner does not ejaculate inside of you. To prevent this bacteria from constantly reocurring, your partner will need to ejaculate to get it out of his system, otherwise, you will just be transmitting it back and forth to each other.

It is wise to regularly visit your gynecologist or physician. During your checkup, you should feel free to discuss any vaginal symptoms because self-diagnosis, ignorance or false pride can greatly effect your health. Bacterial vaginosis is a treatable infection. Don't let shame cause you to be ill or maybe even something worse.

Effects of Stress: "Women whose children die young or who have unhappy love relationships are especially vulnerable to breast or cervical diseases."

Bernie Siegel
Love Medicine & Miracles

POESY

(Queens Representin'...)

Dreamer Dreaming Dreams

I dreamt *THEY* use to kill because we wanted our freedom.
We died with cause.
We died with pride.

I dreamt that now we kill
ourselves,
our brothers and sisters,
our blood.

We shoot each other in the foot over a simple basketball dispute.
We stab each other repeatedly until our bodies fall lifelessly to the ground over some
parking space.
We brutally beat and rape our women just to prove our manhood or superiority.

Now we die shamefully due to ignorance and stupidity.

Why are we doing this to
ourselves,
our brothers and sisters,
our blood?
Why are we so quick to pick up a gun or a knife and strike down our own kind?

It's about time that we pick ourselves up.
It's time that we hold our heads up high.
It's time that we take a stand for what we believe and know is right.

Turn that burning rage that has been building up inside of us over the centuries away
from you and me,
from our brothers and sisters,
from our blood,
and put that rage into something more useful maybe even beneficial.

So I plead with you now.
Stop destroying one another.
Protect and care for each other.
Respect ourselves and our race.

Do not do what *THEY* did to us many, many years ago
what *THEY* are doing to use now,
and what *THEY* will do to use if we keep on this road of self destruction.

So my parting words to you
my people,
my brothers, my sisters,
my blood,

It's time to wake up!
It's time to wake up!!
Wake up!!!

--- Debbie Dimanche

Kiss

Place your hand into mine and pull me close to you.
Swing our hands behind my back
Cuff my waist and pull me up against your torso
Let me feel my breast against your chest
Brush your lips against mine
Let me sense your moist tongue against my lips
Dip me, search me, overpower me, kiss me and intensify me!

--- a J callisto

His scent lingers
The feelings are there long after he has gone.
His heart no longer belongs to me
just the lust of his bodily desires.
Succumbing to my own body's desires
would only complicate "things"
My heart is still with him?
though he is gone with another
one that he has chosen to call his own?
The sidelines produce limits that need strengthening
"things are different now"
"things are the way that it/they should be"
"things are the way it'll always be"
Remaining as it does
being together isn't going to happen
But if true love never dies
then why am I mourning.

--- Nancy Morbeth

Infatuation

When I awake,
I will think of you
And when I rest,
you will be on my mind
Your scent passes through my system,
renewing me, like the cleansing of a once tainted substance
And your voice,
calm and mellow
You would never sense that
I am witness to all of this
with wisdom to share...

You see,
I can conduct my mannerisms in a method in which,
you would never suspect that I care
I find pride in passing you by,
in every sidewalk, street corner, hallway, party and... bus stop.
My eye lids will not begin to flutter,
nor squint to either corner of my face
You won't find me searching you out,
distinguishing you from uniformal faces in a crowd
That is not my purpose and I...
Refuse to give outsiders permission to read my inner core

You see,
My infatuation with you is none of your concern,
until of course,
I may find it is appropriate for matters to progress
Hmmm...
Strong woman as I may be...
Why should my feelings
remain in the absence of your knowing
When my lack of voice,
will be the direct result of you,
staring dazily into the eyes of another.

— Nicole Bullitt

Creative arts

AYITI PLEN KOULE...

Vivid Haiti

The scorching sun temporarily blinds me, as a gust of hot air hits my body. A sense of relief takes over as I step onto the shaky metal steps. "Je suis arrivez" I climb down the stairs from the plane exit to the hot ground. I think how different it is landing in Port au Prince, from landing at J.F.K. In New York the Passengers are unloaded onto an indoor hallway. In Haiti, however, we are let out onto the runway. I need to set to the immigration booth before the other passengers. I walk briskly to the building with my passport in hand, the ambiance making me nostalgic. I hear "Haiti Cherie," a song I had once known all the words to playing. The feathery song floats to me on a warm breeze. The government allows peasants to play music for people leaving the planes. Tourists-not the natives who think they know better-drop not-yet changed American money into the straw baskets. I had missed the music of my home, light and fresh, filled with sounds I never felt in music abroad. I let the sweet melodies envelop me, nourishing my senses. I watch the old men strike the steel drums in unison. I watch their strong black arms contrasted against their yellow and red shirts. I stand mesmerized by the strength in their hands. I find myself gazing at their shoes which are coated in red mud dancing happily to the Caribbean beat. I look into their faces. I look deep past their friendly nods towards the tourists and far past their toothless smiles. I see into their souls through their eyes I feel their pain and oppression I feel their hardships and burdens. And I stand in awe, amazed at their strength.

--- Madame Dorsainvil

AND NOW...

A COMMERCIAL FOR THE RE-ENSLAVEMENT PLAN OF 1997

THE NOOSE IS NOT MADE OF ROPE ANYMORE. IT'S MADE OF SOME SECRET FIBER. THE FIBER WAS DETECTED BY THE FEW WHO WANTED TO PROVE THEIR MAJORITY AND NOW FOR A LIMITED TIME ONLY IT CAN BE USED ON PEOPLE LIKE YOU. THE SECRET IS THE POTENT CHEMICAL THAT HAS THE POWER TO SEVER THE TIE THAT BINDS (THE CHAINS, THAT BONDED YOUR GREAT GREAT GREAT GRANDMOTHER TO YOUR GREAT GREAT GREAT GRANDFATHER, ARE STRONGER THAN ANY MARRIAGE CERTIFICATE TODAY). OH YEAH, THAT SECRET FIBER CAN BE BOUGHT ON EVERY CORNER. IN HARLEM THAT IS. IT'S PRACTICALLY FREE. YOU CAN OBTAIN THIS GREAT DEAL FOR THE LOW LOW COST OF THE DEGRADATION OF YOUR WHOLE COMMUNITY. ASK GRANDMA OR GRANDPA THEY'LL GIVE YOU THE CONTACT NAME AND NUMBER. IT'S OVER IN SNOW CITY IN THE BIG WHITE HOUSE MARKED:

CORRUPT INTELLECTUAL ASSHOLES
(OR C.I.A. FOR SHORT)
THE TOLL-FREE NUMBER IS 1-800-YES MASTER

--- JOYAL MIASIA MCNEIL

by: Ardissa Phillips

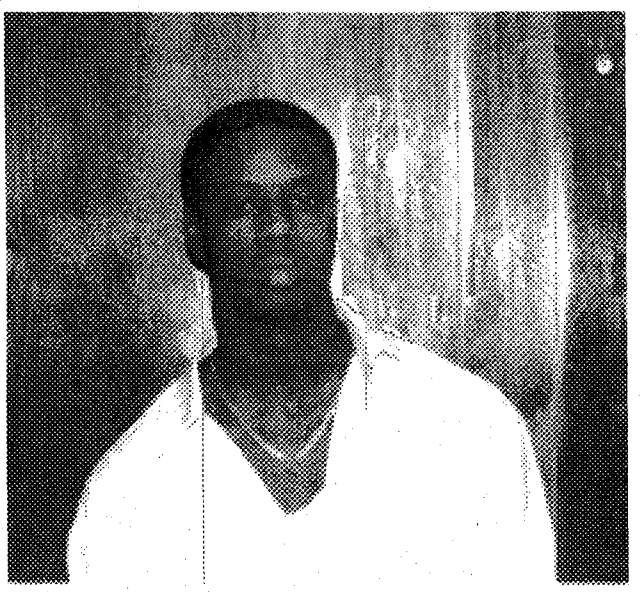
SPEAK YOUR MIND

What do you think exemplifies a Black Woman?

Andre English: Senior, AFS Major : Their strength, and courage. The fact that they've endured all the hardships of America, their still the backbone of our community.

Cecil Orji: Sophomore, AMS major : A real black woman is a woman that is aware of who she is. A woman who knows where she comes from, and tries her hardest to control where she's going. An intelligent woman not just academically but socially and spiritually. A woman who can stand up and say "I am" without being afraid of what other's think. To me this is a black woman, as a matter of fact this is any real woman.

Laqueta Robins: Junior, History Major: What makes a black woman who she is, is love, respect and protection she receives from a black man. As a valuable asset to the black community a black woman contains within herself 360 degrees of power, which controls the existence of everyone. That is why it is essential for the black woman to be recognized as creator of all and bearer of all strength and power. Our enemies "the devils," know and now seek to prevent the black woman's power from radiating and if this is not stopped soon the black nation will be no more.



Derrin Maxwell: Sophomore, AFS Major: Ambition.

Camille Mckenzie: Junior, Nursing major A black women is an extraordinary women. Her strength, strong-mind, sense of security, willingness to grow, independent nature, and most importantly ability to command the attention of others are just a few of her qualities which enhance her empowerment. She possesses a sense of self love that allows her to participate in any facet of life without losing her being in the process. Lastly the unique attributes which she possesses enable her to overcome boundaries so that she no limitations.

Fight the Hike * Fight the Cuts * Fight the Power!!

VOTE YES FOR SASU

Vote YES!!!

HELP FIGHT PATAKI'S BUDGET!

MARCH 18 AND 19

Fight the Hike * Fight the Cuts * Fight the Power!!

STOP THE PATAKI ATTACK ON SUNY!

CALL SENATOR LACK AT 516 - 360 - 0490

AND ASK HIM TO PLEDGE TO OPPOSE THE PATAKI BUDGET

YOU SHOULD:

- Ask to speak with the Senator about the Pataki Budget, or leave a message with an aide, with your name and number.
- Explain how the budget will affect you personally, whether it's the tuition hike or TAP cuts, etc.
- Request that the Senator sign the SASU pledge to oppose the Pataki Budget.
- Call back every week to see if the Senator has signed the pledge!

Moving Day Is Coming

Room selection, a process that allows resident students to choose their housing for the 1997-98 academic semester, begins on Monday, March 31 and continues until Friday April 11.

Residents will be able to renew their housing agreements and select their room assignments and roommate for the coming year. "This is an exciting time to live on campus," said Alan DeVries, Assistant Director for Housing Administration. The residence hall revitalization program is nearing completion. Residential computing and fitness centers are expanding to Kelly Quad, and HBO will be installed in all of the students rooms by the beginning of the fall 1997 semester.

Residents are required to pay a $200 room deposit between March 31 and April 7 to be eligible to select a room from April 8 to April 11. In addition, if a resident owes a balance to the University, he or she must pay the balance in full before being permitted to participate in room selection.

The process of room selection works on a priority basis. First priority goes to students who want to remain in the rooms where they currently reside. Second priority goes to displaced students. Displaced students are those who will be forced to move out of their residence halls because the buildings will be undergoing renovation. Students who will have to move to another location because the gender occupancy of their current room or floor will be changing are considered to be displaced also. Students have until June 30 to cancel the room assignment that they have chosen for next semester.

Students in Tablar Quad will be displaced, because that is the next quad to go through the revitalization process. Dreiser College will be closed for the entire 1997-98 academic year. Tuscanini College and Sanger College will be open in fall 1997, but will close in spring 1998. Douglass College and Hand College will be closed in fall 1997, but will reopen in spring 1998.

Resident Assistants will hold floor meetings to review the room selection process and to distribute informational packets and housing applications to all residents between March 16 and March 20. Campus Residences has scheduled several informational meetings on March 17 through March 19 to help students better understand the process. The schedule for the sessions is as follows:

Date	Time	Location
March 17	7:00 p.m.	Hand College Main Lounge
March 17	8:30 p.m.	Irving College Main Lounge
March 18	7:00 p.m.	Stimson College Main Lounge
March 18	8:30 p.m.	Hendrix College Main Lounge
March 19	12:45 p.m.	Student Union, Room 221

Resident Hall Directors will post a listing of remaining available rooms in their buildings on April 10.

For students interested in living in buildings with cooking facilities there are nine such buildings out of the 27 residence halls on campus. The reason why there aren't that many cooking buildings is because "There are far more students on meal plan that cooking," DeVries said. Cooking facilities were put in residence halls as a result of a meal plan strike in the 70's. To accommodate students who did not want to be on the meal plan, the University president put in tables and overhead fans to blow away smoke and cooking fumes. Students had to provide their own burners, microwaves, toaster ovens, and storage space. This was inadequate for students needing to cook at least five times a week. These amenities still exist in non-renovated quads. Renovated residential kitchens now come fully equipped with electric ranges, a microwave, storage cabinets, and a dining table that seats six.

For students interested in moving into a Living/Learning Center, DeVries suggests talking to the faculty director of the program they're interested in. Preference is given to students who requested to live in a Living/Learning Center on their admissions application. Students who already reside on campus can get into a Living/Learning Center if there is space for them and if they have expressed an interest in the area of study of the center by taking classes offered by the University.

To live in the University Apartment Complexes, one must be a graduate student, in a married couple or domestic partnership, an undergraduate who is a parent or an undergraduate in the Health Sciences Center Program. Students are billed on a monthly basis and have an annual lease that runs from July to June.

The renovations that are being made to the residence halls is means to attract more students to the campus. Alan DeVries thinks that living on campus is a rewarding experience that supplements the academic aspect of the University. "It is beneficial to live on campus, because you meet people from all over the world and you have a place to study."

This Way for Black Empowerment
How America Can Overcome Racism

By Dr. Lenora Fulanli

As we approach the 21st century the fundamental challenge to our nation remains the same as it was at the end of the 18th century: the problem of racism. Racism is not easily eradicated from America because it is such an integral part of the American experience. Slavery was the economic backbone of the original thirteen colonies, and the idea that an African American counted as only 3/5ths of a person was institutionalized in the Constitution.

Certainly, the character of American racism has changed over the past two hundred and twenty years. African Americans are now legally entitled to all the rights of full citizenship.Though this enfranchisement has not been powerful enough to overcome the social and economic obstacles to full equality. Can racism ever be overcome?

Not in America as we have known it. As long as power in America is concentrated in the institutions that predate the abolition of slavery than racism will never be overcome. Reforms, concessions, increased tolerance, yes, we have won these things. But racism has not been overcome.

The Republican Party ended slavery. One hundred years later the Democratic Party put itself at the head of our civil rights movement. But in neither case were African Americans full partners in building a new America. We wrenched our freedom and dignity from a basically white power structure that was more or less disposed - at that particular time in history - to accommodate our demands. The major parties enlarged American democracy to "include" us and other "disadvantaged" constituencies not as partners, but as purely passive voting(or non-voting) blocs.

The politic of coming to white America to get things for black America has failed, and will continue to fail. This approach locks us into the politics of identity victim. We have to reach out to other Americans willing to work with us as full partners and build a new American democracy.

A new democracy means increased citizen participation where all Americans are activists, and take responsibility for the country. It means restructuring the decision-making process to give all citizens a stronger voice, using technology to update the electoral process and make it more accessible. And enacting term-limits to eliminate "professional politicians." It means getting the two parties out of over-controlling America; it means depoliticizing government, our economy and our culture. It means completely overhauling our election laws so that we have truly free elections that are not determined by special interests and providing equitable access to mass communications and debates.

Building a new American democracy requires that black and white Americans engage in a new kind of activity together. We have complex and diverse feelings about one another. But I think it's very clear that there isn't a shared commonality of interest, of collective ownership of the country. Two hundred and twenty years of struggle within this unequal partnership yielded toleration, but not cooperation. The way to create cooperation is to build something together. We must remake, re-create our country. Not in order for African Americans to be "let in," but so that African Americans are among the builders and creators of a new America, an America where the institutions are neither black nor white, but American.

CONNECT THE DOTS

Mother's Against Gangs

by: Roberto Augustus Gayle

This program was developed to address the issue of crimes committed by todays youth. Realizing that not all youth who associate in "cliques, groups, or crowds" are members of gangs, this program focuses on issues and solutions to prevent crime by youth and other misguided individuals.

There are three main components of the Mothers Against Gangs program. Each component addresses a different issue that is part of the overall solution to reducing the high rates of crime, drugs, and violence in neighborhoods all over this country.

Education and Motivation

The organization has identified low self-esteem, lack of proper and complete education, and a dismal outlook on life, to be key factors that contribute to high crime rates and violence committed by todays inner city youth. To change our children's way of thinking, build their self-esteem, and make them more knowledgeable about their own self-worth, mothers must educate their children to these facts: There is more out in the world waiting for them besides house-cleaning, dish washing, serving fast food and other menial jobs; there is more self-worth in a future that does not include robbing, lying, stealing, using and selling drugs and murdering, as a way of life.

Mothers must instill in their children the proper values, motivation, and desire to become educated, law-abiding citizens, who have the same opportunities in life for success that everyone else has. Currently, many urban teenagers feel that they have unequal opportunities to education and employment resources as compared to teenagers in suburban and rural areas. Sadly enough, with the decaying condition of the public school system, this is all too true.

Their outlook on the future is dismal, and they see little that they can do to make any significant difference. This lack of education and opportunity and dismal outlook on life transforms into anger; anger at the world, anger at those more affluent and more educated, and anger at the future they feel has already been etched in stone for them — anger at being born into a situation they see as a well orchestrated "trap."

Mothers Against Gangs is trying to change the negative outlook that many teenagers have, through education and training and employment possibilities for youth. Rather than watch the youth hang out on street corners, Mothers Against Gangs members go out into the streets and gather youth together on a daily basis. The members invite the teenagers to the Nidra King Center (Save the Children). Many come reluctantly at first because most places that they went to previously, rejected them or were afraid of them. A staff member will sit down at a conference table with the youth, asking questions about what lies ahead in their futures? Most teenagers express a desire to get their GED and go on to college. The center provides classes that will help someone prepare for the GED. Others say they just want a job where they can make a good enough living to help their mom care for the family, while still others say they want to own some kind of business, but they need more skills. The center also has a Youth Entrepreneurship Program and a Computer Literacy Program, that will assists these teenagers in achieving their dreams.

Teens who are involved in the programs express to staff and Mothers Against Gangs members that they are afraid to be on the streets themselves — there's too much happening out there — it isn't safe out there — and they just want to get an education and get a good job. Mothers Against Gangs makes the first contact and the teens do the rest. They feel good that someone is taking an interest in their lives and in their futures.

Lobbying and Legislation

The rate of students that drop out of school by age 16 is alarming. Laws that allow a "child" to drop out of school at age 16, undermine the purpose of the educational system in this country. Mothers need to legislate for our children' futures and livelihoods. They also need to find some answers as to why these same youth are made "pawns" in the criminal justice system. Surely the lawmakers know that an uneducated person already suffers low self-esteem, and generally cannot compete fairly in the job market, so why are they surprised at the high rates of crime among youth who are not in school and are uneducated. Oftentimes, the severity of punishment that is meted out to these youth in courts and jails far outweigh the offense. Certification of juveniles as "adults", who have committed "non-violent" crimes only serves to lock away more youth who could have been helped by Mothers Against Gangs.

Programs such as these need public support to make it mandatory that a child remain in school until age 18, and must at least successfully complete 11th grade studies. This will give youth a better chance to obtain a high school diploma, and ensure that he or she has learned enough by age 18 to successfully complete a GED examination.

Mothers Against Gangs believes that they must intervene with positive actions; healing and helping not only through humanitarian services and resources designed to "truly" make a difference, but also through changes in the laws. Parents and educators have lost much ground by way of laws protecting their rights to properly guide youth through the normal growing processes. We need to reinstate laws that allow mothers to maintain control over the actions of their children. This is not to condone child abuse, quite the contrary, it is to protect others from suffering abuse at the hands of "children".

There is a distinct difference between "discipline" and "child abuse". And there is something wrong with laws that place a parent in jeopardy for "disciplining" a child, and waiting for the "undisciplined" child to grow up and wreak havoc on society, before "the law" steps in and "abuses" that child. If parents and educators rights to discipline were reinstated, there would soon be no need to lock these kids away for them to learn real criminality from the "pros." Let other criminals (who can't be helped) fill up the jails. But, let's educate the youth, and give them the proper guidance and tools they need to become law-abiding citizens in this society.

Advocacy

Mothers Against Gangs aims to be advocates for our youth in assisting them in finding their way through education and job opportunities, and cultural and entertainment activities. Integrating different techniques and strategies for building self-awareness, responsibility, and good decision-making skills in these youth, giving them motivation and the incentive to put this new "awareness" and "sense of responsibility" into action.

In closing, the members of Mothers Against Gangs feel that we need to fight for the right of all children to be children for as long as possible. This includes raising the legal age of adulthood, as well as raising the legal age that one no longer is required by law to attend school. There's something wrong with an educational system that fails so many students through lack of providing a decent, "basic" education. A student's basic education should always include good skills in reading, writing, and arithmetic.

If we get down to the business of ensuring that each student is properly educated, then we'll suddenly find that the kids will have something more to look forward to in their futures besides quitting school at age 16, hanging out in the 'hood', and making money at selling drugs, etc.

I'm not saying that we should save the guilty ones, but I am saying that we can protect the innocent before they have the chance to become guilty.

In celebration of Women's History Month, I salute the mothers of this particular program for their loving and concerned efforts and mothers all over the world who subscribe to the themes mentioned here. On a personal note, I'd like to thank my mother for the tough love she's presented to me in my developing years to keep me in line and assist me in maturing in the right direction. I love you.

QUOTABLE

When you're a black woman, you seldom get to do what you just want to do; you always do what you have to do.

Dorothy I. Height

Women's Soccer Indoor Tournament

by: Women's Soccer Staff

Despite dividing their team into the Stony Brook Blue and the Stony Brook Gray, the Women's Soccer team prevailed to challenge the Long Island Lady Riders in the second indoor Women's Soccer tournament held on March 8th at the University Sports Complex.

The tournament opened up with the Blue team and the Gray team playing each other. Stony Brook Blue came out with a close 1-0 victory against their teammates. Stony Brook Gray went on to lose another match to Adelphi before picking up their momentum against the Penn Naturals, scoring three goals to Penn's one. This left the Gray team in third place, missing out on a play-off spot. The Gray team was led by Larissa Mahn, Liz Friedler and Leah Canton, with Erin Schnitzenbaumer providing the key saves in the net. Assistant Coach Eric Teepe said that the Gray team "showed continuous improvement throughout the tournament."

The Stony Brook Blue team continued improving their play since their first match. They beat NYU, 4-0 and tied Adelphi at one, scoring a late goal to tie. Needing to win by five goals to move into first place in the morning bracket, the Blue team won, 6-0 against Penn Naturals. This win was at a cost for leading scorer, Erica Keller, who broke her nose and was unable to play in the semi-finals.

The Stony Brook Blue team faced off against the Long Island Lady Riders. After a hard fought, even-played match, the Lady Riders scored a late goal to put out a 1-0 victory. This loss discouraged the Seawolves, but they left the game confident that they can play and succeed at the level of the Lady Riders, a semi-professional team. "I think it says a lot about our team that despite being split up we showed ourselves that we can play at a higher level," Coach Tepee said.

In addition to the tournament, the Women's Soccer team held their first annual art auction, to raise money for the soccer program. There was a turn out of about 80 patrons. Forty-three pieces of art were sold and the team raised around $700, that will be used for scholarships to attract recruits. Head Coach Sue Ryan hopes to expand the art auction for next year to possibly include wine tasting and food sampling. Both coaches were pleased with the affair and hope to double their profits next year.

ATHLETE OF THE WEEK

Courtney Wilson
Men's Lacrosse-Sr.-Cicero, NY

Courtney led the men's lacrosse team to a season-opening 15-4 victory over the Colgate Red Raiders on Saturday afternoon. He recorded six goals and one assist to finish with seven points on the afternoon. In the game, Courtney tallied his 100th point of his USB career and now ranks sixth on the all-time Stony Brook career scoring leaders list with 105 points.

The purpose and goals of BLACKWORLD are to serve as an unbiased source of information to the campus community, to promote positive attitudes about ourselves, and to celebrate the accomplishments and aspirations of our brothers and sisters, to affirm, our culture and our blackness. Help us continue to achieve our goals by voting YES for the BLACKWORLD Referenda in the Polity Elections on Tuesday, March 18 and Wednesday, March 19.

SEAWOLVES

Week In Review (Mar. 10)

LACROSSE

(D-I, Independent)
Record: (1-0)
Last week: won 15-4 vs. Colgate (3/8).
This week: Wed. Mar. 12 vs. Radford, 3:30 p.m.; Sat. Mar 15 at Lehigh (at Loyola College), 3:30 p.m.

*** Courtney Wilson (Sr., Cicero, NY)** scored a team-high six goals and had one assist in the season-opening win over Colgate. His first goal of the season gave him 100 points for his career at USB.

*** Derek Reyna (Sr., Manlius, NY)** tallied three goals and three assists on Saturday against Colgate.

*** Robb Aitchison (Sr., Marietta, NY)** notched his first goal of the season to go along with three assists on Saturday.

*** Chris Kollmer (Sr., Ronkonkoma, NY)** recorded a hat trick in the 15-4 win versus Colgate.

SOFTBALL

(D-II, New England Collegiate Conference)
Record: (0-4)
Last week: *at the Eckerd College Classic in St. Petersburg, Florida* - lost 7-11 vs. Eckerd College in eight innings (3/8); lost 0-8 vs. Wisconsin-Parkside (3/9).
This week: no games scheduled.

*** Lisa Repper (Jr., East Patchogue, NY)** went 3-4 with one homer and four RBI in the loss to Eckerd College. She went 7-10 in the four games in Florida.

***Stephanie Spader (Fr., Groton, CT)** struck out six in the season opener against Eckerd.

MEN'S TENNIS

(D-II, New England Collegiate Conference)
Record: (0-1, 0-0 NECC)
Last week: No matches scheduled.
This week: no matches scheduled.

BASEBALL

(D-II, New England Collegiate Conference)
Record: (0-0)
Last week: no games scheduled.
This week: Sat. Mar. 15 vs. St. Anselm (2), noon.

MEN'S OUTDOOR TRACK

(D-II, New England Collegiate Conference)
Last week: no meets scheduled.
This week: no meets scheduled.

WOMEN'S OUTDOOR TRACK

(D-II, New England Collegiate Conference)
Last week: no meets scheduled.
This week: no meets scheduled.

OUTDOOR TRACK & FIELD SPRING SCHEDULE

Sat. Apr. 5 at Yale Invitational 10:00 a.m.
Sat. Apr.12 at Columbia Invitational 10:00 a.m.
Sat. Apr. 13 at Millersville Multi's 10:00 a.m.
Sun. Apr. 14 at Millersville Multi's 10:00 a.m.
Sat. Apr. 19 at St. John's Classic 9:00 a.m.
Thu. Apr. 24 at Penn Relays 12:00 p.m.
Fri. Apr. 25 at Penn Relays 12:00 p.m.
Sat. Apr. 26 at Penn Relays 10:00 a.m.
Fri. May 2 at CTC Championships 3:00 p.m.
Sat. May 3 at CTC Championships 10:00 a.m.
Thu. May 22 at NCAA Championships 12:00 p.m.
Fri. May 23 at NCAA Championships 12:00 p.m.
Sat. May 24 at NCAA Championships 12:00 p.m.

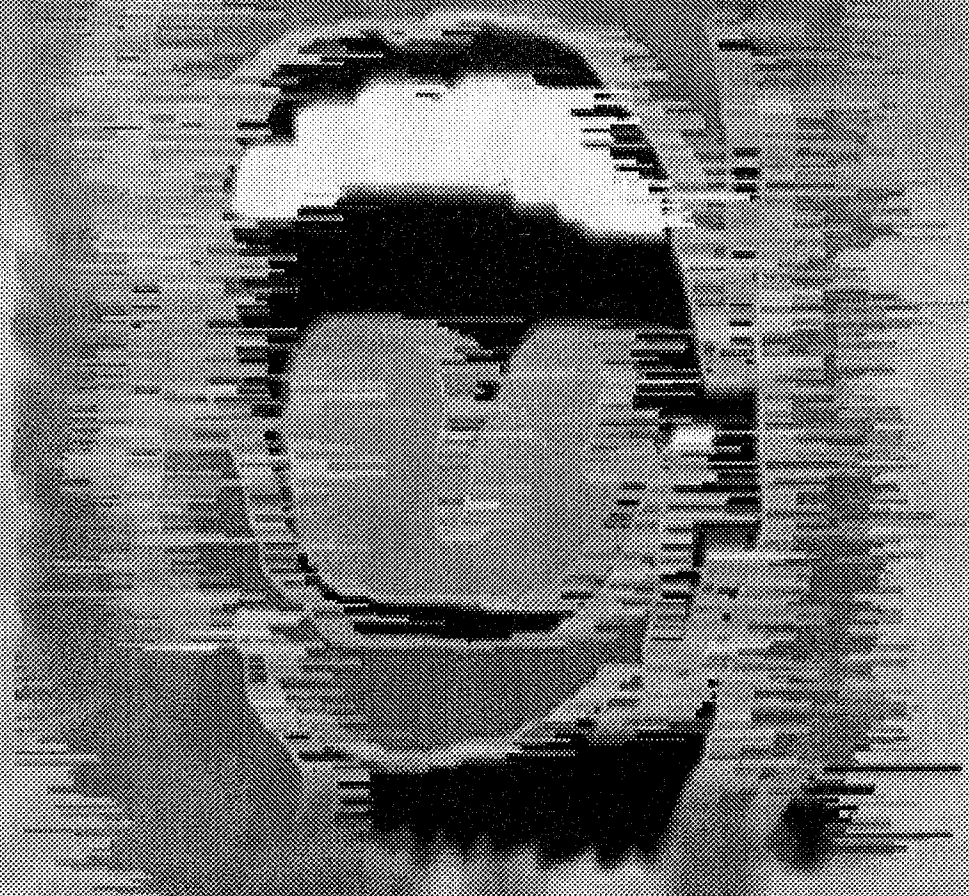
Black Atheletes of the Past

In the 1904 Olympics in St. Louis, Missouri, George Poage, a hurdler and quarter miler, finished sixth in the 400-meter dash, third in the 200-meter hurdles and third in the 400-meter hurdles, becoming the first African-American to win a medal in the Olympic Games. Poage, who represented the Milwaukee Athletic Club, had set a college record for the 440-yard dash and the low hurdles while a student at the University of Wisconsin.

courtesy of *American Legacy*

Use your voice...

BLACKWORLD Newspaper holds General Body meetings Wednesdays @ 1pm Room 072 in the Student Union Basement



If you are interested in writing, typing, distributtion, computer layout, creative arts (or if you have no idea what we're about), come down and get involved.

Unity is power...

Join BLACKWORLD