

Trojan Times

VSU DEPARTMENT OF RESIDENCE LIFE NEWSLETTER

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Briggs' Bytes



DEAR TROJANS:

February is the month that Historically Black Colleges and University across the country celebrate the significant contributions of Black people to this country. It is the month that "Lift Every Voice and Sing", the national anthem to millions of Black Americans, will be song at various occasions. This beautiful song was written by James Weldon Johnson. He was widely known as a man of many talents, all of which he used in some form to help shape America's history. Johnson was a poet, novelist, historian, diplomat, lawyer, civil rights leader, editor, educator, and songwriter.

During this month of celebration, remembrance and education, I challenge you to take a few moments to study the life of James Weldon Johnson, a great American, and the words of this great song "Lift Every Voice and Sing."

"Lift every voice and sing, till earth and heaven ring,
Ring with the harmonies of liberty.
Let our rejoicing rise, high as the listening skies.
Let it resound loud as the rolling sea.
Sing a song full of the faith that the dark past has taught us.
Sing a song full of the hope that the present has brought us.
Facing the rising sun of a new day begun,
Let us march on till victory is won.

Stony the road we trod, bitter the chastening rod.
Felt in the days when hope unborn had died;
Yet with a steady beat, have not our weary feet,
Come to the place for which our fathers signed?
We have come over a way that with tears has been watered.
We have come, treading our path through the blood of the slaughtered.
Out from the gloomy past, till now we stand at last
Where the white gleam of our bright star is cast.

God of our weary years, God of our silent tears.
Thou who has brought us thus far on the way;
Thou who has by thy might, led us into the light.
Keep us forever in the path, we pray.
Lest our feet stray from the places, Our God, where we met thee.
Lest our hearts drunk with the wine of the world, we forget thee.
Shadowed beneath Thy hand, may forever stand.
True our God, True to our native land. *Lift your voice and vote this year!*

WITH TROJAN PRIDE,

Dr. LaVerne J. Briggs
Director of Residence Life

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UPCOMING EVENTS

- Feb. 11- Traveling Art Exhibit "Hateful Things"
- Feb. 13 – Assessment Day for Freshmen & Juniors
- Feb 14 – Happy Valentine Day
- Feb 14 – Community Service Project – Valentines for Veterans

TOP HEALTH ISSUES FOR AFRICAN-AMERICANS

Blacks or African-Americans are people having origins in any of the Black racial groups of Africa. Those who identify themselves as only African American constitute approximately 12% of the American Population which is almost 35 million individuals according to the 2000 U.S. Census. African-Americans have a long history in the United States. Some families may go back many generations in America while others are recent immigrant from Africa, the Caribbean or West Indies.



There continues to be a need for Black Health Care Professionals

THE TOP HEALTH ISSUES FOR AFRICAN-AMERICANS ARE:

1. HEART DISEASE
2. CANCER
3. STROKE
4. DIABETES
5. UNINTENTIONAL INJURIES
6. HOMICIDE
7. NEPHRITIS, NEPHROTIC SYNDROME
8. CHRONIC LOWER RESPIRATORY DISEASE
9. HIV/AIDS
10. SEPTICEMIA

DID YOU KNOW

Black men live 7.1 years less than other racial groups. They have higher death rates than women for all leading causes of death. Forty percent of Black men die prematurely from cardiovascular disease as compared to 21% of White men. They have a higher incidence and a higher rate of death from oral cancer. Black men are 5 times more likely to die of HIV/AIDS than White men. Health care is a matter of survival. Think about it.

Black Inventions: Have you used Something Black today?

Electric Lamp/Bulb	Lewis Latimer	March 21, 1882
Folding Bed	L. C. Bailey	July 18, 1889
Stethoscope	Imhotep	Ancient Egypt
Baby Buggy	W. H. Richardson	June 18, 1899
Mailbox	Paul B. Downing	October 27, 1939
Clothes Dryer	G. T. Sampson	June 6, 1892
Peanut Butter	George Washington Carver	1896
Key Chain	F. J. Loudin	January 9, 1894
Automatic Gear Shift	Richard B. Spikes	February. 5, 1932
Cellular Car Phone	Henry T. Sampson	July 6, 1971
Air Conditioning Unit	Frederick M. Jones	July 12, 1949
Refrigerator	J. Standard	July 14, 1891
Fountain Pen	W. B. Purvis	January 7. 1890
Golf Tee	T. Grant	December 12, 1899

To truly know our Past Miracles is to know the possibilities in our future.



The Personal Side of Barack Obama

Born: August 4, 1961
 Spouse: Michelle Obama
 Honolulu, Hawaii, USA

Political Party: Democratic
 Children: 2 daughters
 Malia Ann & Natasha (Sasha)

Alma Mater: Columbia University & Harvard Law School

Obama played basketball on his high school's varsity team. Architect was his alternate career choice and "chili" is his favorite meal to cook. When asked to name a "hidden talent" he replied "I am pretty good poker player". His books are Dreams from My Father: A story of Race and Inheritance and The Audacity of Hope.

Black History Quiz: Test Your Knowledge of History

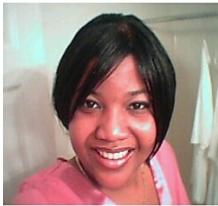
- On November 2 of this year, President Reagan signed the bill that established the third Monday in January a federal holiday in honor of Martin Luther King, Jr.
a. 1982 b. 1980 c. 1984 d. 1978
- This influential author is known for her strong female characters and the preservation of Black culture while maintaining underlying themes that cross all generation and nationalities. Her books include: You Can't Keep a Good Woman Down and Meridian and many other critically acclaimed works.
a. Maya Angelou b. Alice Walker c. Gwendolyn Brooks d. Tina Turner
- This extraordinary female athlete made history when she became the first American woman to win three Olympic gold medals in track and field. She is:
a. Jackie Joyner-Kersey b. Wilma Rudolph c. Marion Jones d. Venus Williams
- Kenneth Gibson became the first black elected mayor of an eastern city when he assumed the post in this city on July 1, 1968.
a. Newark N.J. b. Washington, D.C. c. Cleveland, OH d. Philadelphia, PA
- A native of Detroit and graduate of UCLA, this politician and diplomat was the first Black person awarded the Nobel Peace Prize for his role in fostering an armistice between warring Arabs and Israelis.
a. Frederick Douglass b. Jesse Jackson c. Martin Luther King, Jr. d. Ralph Bunche
- The first Black Coach to win a Super Bowl was:
a. Lovie Smith b. Doug Williams c. Tony Dungy d. "Doc" Rivers
- As a co-founder of the Black Panther Party, he took his fight for Black rights to the Democratic-Convention in 1968, where he was arrested and put on trial for citing a riot. This activist left the Black Panther party in 1974.
a. Robert George Seal b. Malcolm X c. Huey Newton d. John Smith
- This renowned photographer, writer and filmmaker was the first African American photographer to work at Life and Vogue Magazines. He was also the first African American to produce a film for a major motion picture company. This creative genius is
a. Spike Lee b. James Baldwin c. Gordon Parks d. Charles Drew
- This scholar has become one of the most prominent and well-known professors in the United States today. He is the chair of Harvard's Afro-American Studies Program and earned the American Book Award for his 1989 book, the Signifying Money: Towards A theory of Afro- American Literary Criticism.
a. Henry Louis Gates, Jr. b. Gwendolyn Brooks c. Gordon Parks d. W.E. B. Dubois
- Frank Sinatra once called this singer "unquestionably the most important influence on American popular singing in the last twenty years" (1960). Her career saw the highs of great record sales, a stint singing with Count Basie and the lows of drug problems. She will always be remembered for her unique style and her bluesy autobiography. She is
a. Mahalia Jackson b. Billie Holiday c. Diana Ross d. Eartha Kitt
- The author the Black National Anthem is:
a. Langston Hughes b. Gwendolyn Brooks c. John Denver d. James Weldon Johnson
- In 1988, she won the Science and Technology Award given by Essence magazine, and will always be remembered as the first African American woman in space. She is
a. Mae C. Jemison b. Bessie Coleman c. Monique d. Maya Angelou

The Spotlight is on Mr. Scott and Ms. Hyman!

Mr. Corey Scott, M.Ed.
R.E. of Puryear



Ms. Lisa Hyman
R. E. of Nicholas &
Taylor- Williams



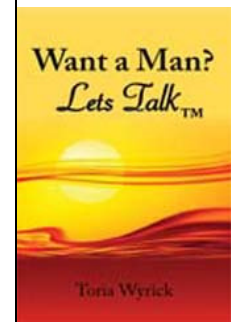
Mr. Corey Scott, the Residence Educator of Puryear Hall, describes himself as a “high energy” counselor with a student centered approach to counseling and teaching. Mr. Scott joined the Department of Residence Life in July 2005 and made an immediate impact as the new RE of Puryear with his “can do” attitude. Puryear Hall a freshmen male hall requires both commitment and high visibility. He sets high standards and expects commitment from both his resident assistants and residents. He previously spent two years in Residential Counseling and one year with the Richmond Public School System. He is a graduate of VSU, with a BS degree in Criminal Justice and a Masters in Counseling Education, who is committed to fostering the development of young people. This is why he continues to be committed to Virginia State University. Mr. Scott plans to continue his career development by earning his Doctorate of Education in Administration and Supervision with an ultimate goal of becoming a school system superintendent. As an educator his philosophy is that “Every child is teachable, and we must find a way to meet every child where they are to ensure they get the skills and education they need to become successful and productive adults.”

Ms. Lisa Hyman is often mistaken for a student. But make no mistake; Ms. Hyman is the Resident Educator in charge at both Nicholas (Freshmen-Coed) and Taylor Williams (Upper-Class Female) Halls in the Student Village. She strives to provide excellent customer service and is committed to the development of her residents. She started her career with Residence Life as a tutor while a student at Virginia State University. She has real empathy and understanding of the problems faced by residents. One of her top priorities is making sure residents are comfortable in their “home”. She modestly acknowledges that she has earned a Bachelor of Science and a Master of Science with honors. Ms. Hyman’s roots are in Philadelphia, PA. where she was born and reared. She loves to cook and inspires her colleagues by promising them a real “Philly cheese steak”. Ms. Hyman has been a Residence Educator at VSU for approximately five years. She has managed a variety of living situations including the Department’s only hall for “Non Traditional Residents – Trinkle Hall. Ms. Hyman’s high energy and creativity shows her love for her work.

NEW BOOK – EXPLORES FINDING HEALTHY RELATIONSHIPS

Author offers help in finding healthy relationships in her new book. Ms. Toria Wyrick interviewed more than 500 men and women for her book-Want a Man? Let’s Talk. The book offers a practical guide to prepare for, find and experience more meaningful relationships. The book focuses on the female perspective; however, her practical advice can be used by both males and females as they seek their soul mates. Ms Wyrick maintains that in order for there to be success in love women or men must explore their past to resolve emotional concerns, remove barriers and unpack any excess baggage from previous relationships. This requires self-discovery. She offers the following tips on meeting men to date:

- ♥ SAY HELLO
- ♥ LOOK CONFIDENT AND IN CONTROL
- ♥ GIVE A FRIENDLY SMILE
- ♥ IF HE WORKS AT AN ESTABLISHMENT YOU FREQUENT ASK HIS OPINION OR FOR HIS ASSISTANCE
- ♥ DON’T BE AFRAID TO ASK FOR DIRECTIONS OR FOR THE TIME AS A WAY TO BREAK THE ICE
- ♥ LISTEN TO YOUR INTUITION WHEN SPEAKING TO MEN



FEBRUARY IS RELATIONSHIP MONTH

February is the shortest month of the year and it is also relationship month. Relationships are important for our overall health. A relationship implies a reciprocal commitment to interact between two or more people. Doctors stress the importance of a healthy heart and social scientists stress the importance of healthy relationships for social development.

What makes for a relationship healthy? Healthy relationships are fun and “make you feel good about yourself”. A person can have a healthy relationship with anyone in their life – family, friends, roommates and the people you date. Relationships take time and care to make them healthy. The most important part of any healthy relationship is communication. Communication means that the person is able to share things about him/her self and about their feelings. It means listening while the other person shares. Communicating is crucial to a relationship. Communication takes place by talking, e-mailing, writing or even using body language. It is important that there is mutual understanding in a relationship. When talking with someone, look him or her in the eyes to show you are listening. Social scientists maintain that regular communication keep relationships going. When there is healthy communication, the people involved feel at ease. They share openly and they feel supported. In healthy relationship there is honesty. People do not lie. It is impossible to build healthy relationship if the parties involved are being untruthful.

In healthy relationships, there is respect and trust. Respect is a mutual regard or consideration for another and trust is relying on the truthfulness of another. In healthy relationships, there is respect for each partner’s right to have her/his own feelings, friends, activities and opinions. It is problematic to expect or demand that he or she have the same priorities, goals, and interests as the partner or to expect that one’s partner will “give-up” other interests, activities or friends “for the relationship.” It is comforting to know that what one’s partner share is honest and truthful.

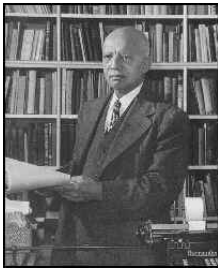
Fights still happen in healthy relationship, but the individuals involved stay calm and talk about how they feel. Talking calmly helps people see the real reason for the problem and what factors are involved in not getting along. This makes it easier to figure out how to fix the problem. In healthy relationships, working through problems often makes the relationship stronger. People feel good about one another when they work through tough times rather than giving up too easily. Couples who view conflict as a threat to the relationship and something to be avoided at all costs often find that accumulated and unaddressed conflicts are the real threats to relationships.

Feeling good about self and having good self esteem along with knowing that you deserve a health relationship is also very important. Historians believe that knowing about one’s culture increases one’s overall good self esteem. This is one of the arguments used to promote multiculturalism. Experts on relationships view relationships as complex requiring on-going work. Using the vehicle analogy- to keep a vehicle moving in the desired direction requires not only regular re-fueling, but also ongoing maintenance and active corrections to the steering to compensate for changes in the road. A similar situation applies to continuing relationships. While people may work hard to get the relationship started, expecting to “cruise” without effort or active maintenance typically leads to relationship “stall” (or crash!). Though gifts like valentines and getaways are important, it is often the small nonmaterial things that partners routinely do for each other that keep the relationship satisfying. Because these behaviors are often small “corrections,” they are not always things we have noticed in other successful relationships.

Here are some Basic Steps for Maintaining a Healthy Relationship:

1. Be aware of what you and your partner want for yourselves and what you want from the relationship.
2. Communicate about needs
3. Realize that one’s partner will not be able to meet all your needs. Some needs will have to be met outside of the relationship
4. Be willing to negotiate and compromise on relationship issues
5. Do not demand that a partner change or attempt to use emotional blackmail
6. Try to see things from the other’s point of view.
7. Where critical differences do exist in expectations, needs or opinion, try to work honestly and sincerely to negotiate. See professional coaching (counseling) early rather than waiting until the situation becomes critical.

On a personal note, if you are feeling distressed about a relationship, you may wish to consider individual or couples counseling. Counseling can help you identify problematic patterns in current relationships and to look toward other relationships in the future.



Dr. Carter G. Woodson
Father of Black History
Month

BLACK HISTORY FACT:

The first Black woman to serve as a mayor of a major city was Sharon Pratt Dixon Kelly of Washington, D.C. 1991-1995

Carter G. Woodson the Father of Black History

“Those who have no record of what their forebears have accomplished lose the inspiration which comes from the teaching of biography and history.” These are the words of Dr. Carter Godwin Woodson outstanding Black author, publisher, educator and historian (Dec. 1875 – Apr. 1950) and who is known as the “Father of Black History”. Carter G. Woodson was born in New Canton, Buckingham County, Virginia to former slaves Anne Eliza (Riddle) and James Henry Woodson. Although his parents could neither read nor write, Woodson credits his father for influencing the course of his life with his strong value system. His father, he later wrote insisted that “learning to accept insult, to compromise on principle, to mislead your fellow man, or to betray your people is to lose your soul.” As part of a large, poor family, it was difficult for young Woodson to get a formal education. He was not able to attend school during much of its five-month term because helping on the farm took priority over formal education. Ambitious for more, Carter and his brother, Robert Henry moved to Huntington, West Virginia where they hoped to attend the Douglass High School. However, Woodson had to earn his living in the coal fields and could devote only a few months each year to his schooling. In 1895, a twenty-year-old Woodson entered Douglass High School, where he received his diploma in less than two years. Hungry for an education, he received his Bachelor of Literature Degree from Berea College, Kentucky. From 1903 to 1907, he was a school supervisor in the Philippines. Later he traveled throughout Europe and Asia and studied at the Sorbonne University in Paris. In 1908, he earned his M>A> from the University of Chicago, and in 1912, he received his Ph.D. in history from Harvard University. In 1915, he and several friends in Chicago established the Association for the Study of Negro Life and History. The following year, the Journal of Negro History appeared. In 1926, he developed Negro History Week in February which has evolved into Black History Month. The national theme for Black History Month this year is Carter G. Woodson and Multiculturalism. Dr. Woodson often said that he hoped the time would come when Negro History Week would be unnecessary: when all Americans would willingly recognize the contributions of Black Americans as a legitimate and integral part of the history of this country.

THE DEPARTMENT OF RESIDENCE LIFE – PLAN BLACK HISTORY & RELATIONSHIPS PROGRAMS

FEBRUARY PROGRAMMING

FEB. 1 -29 BLACK HISTORY MONTH TRIVIA BOARD – LANGSTON HALL

FEB. 3 – HEALTHY RELATIONSHIPS– WHEN LOVING YOU IS WRONG? NICHOLAS HALL LOBBY

FEB. 5 – JEOPARDY: WITH A COLORED TWIST – EGGLESTON HALL BASEMENT - 9 P.M.

FEB. 7 – “THROUGH OUR OWN EYES” 7:00 P.M. CONFERENCE ROOM VSU ANNEX HOWARD JOHNSON – MR. LUCIOUS EDWARDS, SPEAKER

FEB. 11 – REMEMBER WHEN?? INTERACTIVE GAME ON BLACK HISTORY LANGSTON HALL LOWER LOBBY 8:30 P.M.

FEB.14 – UAE –BLACK RELATIONSHIP - JONES DINING HALL

FEB.10-15 BLACK HISTORY BULLETIN BOARD CONTEST – THEME IS CARTER G. WOODSON – MULTICULTURALISM – ALL RESIDENCE HALL PARTICIPATING

FEB.18 – WILLIAMS HALL BASEMENT– BLACK MALE EMPOWERMENT @ 8 P.M.

FEB. 20 – HOWARD HALL BASEMENT- 7:30 P.M. – REV. DANIELY – SPEAKER

FEB. 20 – POETIC DISCUSSION ON THE MIS-EDUCATION OF THE BLACK MAN FOSTER HALL 6:30 P.M.

FEB. 21 – WHITING HALL – WHERE DO WE GO FROM HERE? “CHALLENGES AND ISSUES FACING THE EDUCATION OF AFRICAN-AMERICANS” MS. NICOLE J. SEALEY – SPEAKER 4:00 P.M. LOBBY

FEB. 22 – DO YOU KNOW THE HISTORY OF BLACK WOMEN? AND MULTICULTURAL FEAST 7:30 P.M. EGGLESTON HALL LOWER LOBBY

FEB. 26 – BRANCH HALL @ 7 P.M. BLACK IS BEAUTIFUL FORUM

FEB. 27 – LANGSTON HALL – MOVIES OF THE MOTHERLAND

FEB. 27 - HISTORY OF HER STORY – BYRD HALL BASEMENT 7 P.M.

FEB. 28 – SEWARD HALL BASEMENT – 7 P.M. YOU THINK YOU KNOW BUT YOU HAVE NO IDEA- BLACK HISTORY

FEB. 28. – BARRETT-JACKSON - BLACK HISTORY TRIVIA