



**ATHLETIC  
APPETITE**  
page 9



**CAN YOU HELP  
ELLIOT?**  
page 5

# The Panther SEASONS GREETINGS



Volume 5, No.4

A monthly publication by and for Students of Philander Smith College

December 1993



## Homecoming Activities Slated at Philander Smith College



It's Homecoming time again at Philander Smith College. SGA President Mark Norman has announced the schedule for Homecoming activities, which will be held the week of December 6-10. Activities Monday and Tuesday will be student-centered; activities for Wednesday, Thursday and Friday will be open to the public.

A Gospel Showcase will be held in the College's M.L. Harris Auditorium 11th and State, beginning at 7PM Wednesday. Admission is \$2.00 for students, \$3.00 for the general public. Student groups and professional performers will feature the best in contemporary and traditional gospel music.

The annual Homecoming Bonfire will be held on the campus at 12th and Izard beginning at 9PM Thursday. Banner night will be held from 7-9PM.

The Homecoming Parade will begin Friday, December 10, at 11:00AM. The parade route will run between Central High School and the college's campus at 14th and Chester. A Pep rally will be held in the Colleges Gym at 12 Noon.

Friday night will pit Philander Smith against Dillard University of New Orleans at Dunbar Community Center, 16th and Chester. The home game will begin at 6PM, and the men's game begins at 8PM. Admission is free for PSC students, \$2.00 for students without a College I.D., and \$4.00 for the general public. Athletic Consultant Mike Summerville said, "We've got a really good team this year. The last time we played Dillard we were up by three points until the final thirty seconds of the game. We intend to not let that happen again this time." During halftime, the College's 1993 Homecoming Queen will be crowned. Following the game, a Homecoming Dance will be held at the Dunbar Community Center, beginning at 10:30PM. Admission is \$2.00 for students with a College I.D., and \$4.00 for the general public.

Saturday morning's activities will include the annual Alumni Breakfast. Alumni Director Winston Muldrew and the Little Rock Chapter of the PSC National Alumni Association are hosting the event, which begins at 8AM in the College's Dining Hall. The featured speaker will be Dr. Myer L. Titus, President of the College.

Saturday at 7PM, "Showtime at Philander" will be presented on the stage of the entertaining program will feature comedy and musical performances by students. Admission is \$2.00 for students and \$4.00 for the general public. The production is directed by Angela Griffin, head of the College Drama Department.

## ASHES TO ASHES

by Stacy George

During the month of October, California had to fight the wildfires that were driven by desert winds. Nearly 600 homes were damaged and destroyed as wildfires burned them to the ground. As some residents returned home to find their dreams gone up in smoke. It still wasn't over, stubborn strips of flame persisted which caused other new fires to roar across thousands of acres of brittle dry land. Just days after firefighter contained wildfires that burned out of control. Though firefighters had difficulty getting crews and equipment the scene, Los Angeles County Deputy Fire Chief Paul Blackburn said "that winds were so strong that added manpower wouldn't have made much difference.

A homeless transient who set a fire while trying to keep warm, which should of been in a Homeless Shelter. So, when we go home for the holiday, tats be thankful that we have a home to go to.



**GO**

**PANTHERS!**

New Business Club	Page 3
Elliot	Page 5
Features	Page 7
Calendar	Page 10

## EDITORIALS



### Senior Class

by Regina Gibson

If you have ninety or more credit hours, you classify as a senior at Philander Smith College. This entitles you to have the honor of attending senior class meeting every Thursday at 12:30 P.M. in the student union.

Class officers have been appointed, and they are followed:

President . . . Jerald McNeal  
 Vice President . . . Regina Gibson  
 Secretary . . . Tonya Swuson-Woods  
 Treasurer . . . John McAllister  
 Ms. Senior . . . Keisha Richard  
 Ms. UNCF . . . Daphanie McAllister

To make this the best and biggest senior class, ever at Philander Smith College, we need you! We have some ideas for activities and fund raisers, but we need much more. Would you like a class ring, or a Kente' cloth over your graduation gown? Do you know what requirements are necessary to graduate, besides your class curriculum? You can find all the answers and more at the Senior Class Meeting. See you there.

Yo-Yo...Did you know?



Yo-Yo...Did you know that in 1991, 19,900 people were killed in alcohol-related traffic crashes? 6,362 of these individuals were innocent victims. Did you know that about two in every five Americans will be involved in an alcohol-related crash at some time in their lives? Did you know that one out of every three people killed in a crash was not drinking, but was the victim of someone else's decision to drink and drive? Did you know that YOU can do something to prevent this? "Friends don't let friends drive drunk." If you are with someone who is drinking, don't let them drive. Do whatever it takes. Take the keys. Call a cab. Take a stand. Taking a stand yields results. The number of intoxicated drivers killed in traffic crashes decreased by more than 2,000 between 1990 and 1991. And, in 1992, there were 17,699 alcohol related crashes, the lowest number of alcohol-related crash fatalities since 1962. So, the next time your friend insists on driving drunk, stop him by any means

necessary. Because, if he kills people who are innocent, how will you live with yourself? Take a stand. And remember, what you don't know CAN hurt you.

Submitted By Kappa Alpha Psi Fraternity, Inc.

Publisher - Vernon K. Lane, Dean of Students  
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The Panther is published monthly (except June - August) by students of Philander Smith College, under the supervision of the Dean of Students Office. Contributions of articles, poetry and photographs are encouraged.



### Editorial

by Regina Gibson

As Christmas Recess approaches, it is appalling to see how commercial America has thrown important holidays to the waste side. Usually the day after Thanksgiving, the stores will put up their Christmas decorations, and other seasons greetings paraphernalia. Not anymore. I remember going to buy Halloween candy in mid-October, and I saw Santa Claus.

Are we going to let commercial America turn us into thoughtless materialists who will only celebrate holidays that we can shop for? The answer is yes! If you think about it deeply, we only celebrate heavy shopping holidays. Holidays such Christmas, New Years, Valentines Day, and Independence Day, we spend countless hours in the malls shopping, and all for the wrong reasons.

We must break this worldly spell commercial America has over us. We have already let commercial America snatch away our day of giving thanks. As we journey home over the Christmas recess, demand everyone to put down their plastic long enough to give thanks to God. We need to thank God for his son Jesus who was born of the Virgin Mary, and sacrificed that we might live eternally. Thank God for food on tables, roofs over heads, and the ability to educate ourselves. Let us get back on the right track and give it for the man above. Remember: "Jesus is the reason for every season!"

## EDITORIALS

### Business Club

by Marcus Murry

On Wednesday, October 27, 1993, the Philander Smith College Business Department, headed by Dr. Anne Currie-Williams, had a reception for all students majoring in business. During the reception the Business Club was reformed, and officers were selected for the following positions:

- President . . . . . Phil Harris
- Vice-President. . . . . John Ford
- Secretary. . . . . Beverly Gatewood
- Asst. Secretary. . . . . Michelle Stather
- Treasurer. . . . . Kristi Lambert
- Chaplain. . . . . Joyce Taylor
- Parliamentarian. . . . . Terri Lewis
- Public Relations. . . . . Marcus Murry
- Asst. Public Relations. . . . . Alberta Marton

The purpose of the Business Club is to act as a representative group of the business students to the faculty and administration, to advise the administration and faculty of the Division of Business and Economics on issues pertaining to curriculum, degree requirements, facilities, services, and activities that impact the quality of learning being provided to Philander Smith college students by the Division of Business & Economics. The Philander Smith College Business Club will actively coordinate student activities and may sponsor events and activities they believe will enhance the educational and professional environment of the Division of Business and Economics.

The goals and objectives of the Business Club are to develop competent, aggressive business leadership, strengthen the confidence of students in themselves and their work, create more interest and understanding of business and industry, and to facilitate the transition from school to work.

The Business Club has successfully completed its first community service project, which was, a Thanksgiving food drive for Water Shed .

Soon a computer lab will be open for business majors. Computerized accounting and several other programs will be available for use. The Business Club meets every second and fourth Wednesday of every month, at 12:30 p.m., in room A230. All business majors are encouraged to attend.



**COLLEGE PROFILE**  
**MR. CURTIS FREEMAN**

DATE, PLACE OF BIRTH: April 27th, 1962 Wabbaseka, Arkansas.

I WON'T EAT: "Soul Food". Got tired of it as a youngster. Besides I hated it.

I LOVE TO EAT: Spaghetti and any meal my wife prepares

FAVORITE PIG OUT FOOD: Pizza. I am a fan of Pizza Inn and Mazzio's.

TO STAY IN SHAPE, I: Ride my 10 speed bike 3 miles every weekday. I also play basketball and enjoy walking.

FAVORITE THEATER PRODUCTION: Driving Miss Daisy. It was touching and very real.

BEST VACATION: Anytime we go to Kansas City, Missouri and Dallas, Texas.

I GET AGGRAVATED WITH OR WHEN: Rude, lazy, loud people. Good manners does wonders for us all.

EDUCATIONAL BACKGROUND: B. S. E. Degree in Social Science Education; University of Arkansas, Pine Bluff ; M. S. E. Degree in Social Science Education, Arkansas State University.

WORST COURSE IN COLLEGE: I will not disrespect my Alma Mater because it did a good job of preparing me for my future. I learned something in all my classes.

BEST COURSE IN COLLEGE: Are you kidding me!!!!!! History is the best course in any college.

HOW DO [I] YOU RELAX: By listening to the stereo. Reading history.

MUSICAL PREFERENCE: Contemporary music, Pop, and Top 40. Sorry no Rap!!

MARTIAL STATUS: Married. By far one of the smarter things I ever did.

CHILDREN: None, but I have neighbors. Seriously, would love to have 3 someday.

PETS: No, but I have neighbors.

IF I COULD NOT BE A TEACHER, I WOULD BE A: Criminal Lawyer or a Politician.

WHY DID YOU CHOOSE PHILANDER SMITH COLLEGE: It has a well earned national and regional reputation. Besides, there's a need.

BEST ADVICE YOU WOULD GIVE TO STUDENTS: To learn all you can at college. Always do your BEST. Prepare for the WORSE and HOPE for the BEST.

ONE WORD THAT WOULD SUM YOU UP: (All) Heart.

CAROL STEWART

## HEALTH

Maryland study confirms need for two shots for college students to protect against measles, rubella



**Baltimore, Md. - Giving two measles vaccinations builds a person's defenses to the disease much better than one shot and lengthens the immunity, a study at a Maryland university concludes.**

Debra Sivertson, student health director at University of Maryland in Baltimore County and one of the researchers, said the shots may also boost protection against mumps and rubella for college women of childbearing age.

Although the number of reported measles outbreaks on campuses is small when compared with the general population, Sivertson said that colleges should still emphasize two-dose vaccination programs since many students live in close quarters and outbreaks are often costly not only for institutions but for the students in missed education.

Colleges also should even consider giving measles shots to students who had two vaccinations before 1980. A high number of students at Sivertson's clinic who had received two shots before 1980 had no immunity to measles or their immune status had waned through the years, she said.

"From a college perspective, that second MMR is a public health issue to keep a community safe," said Sivertson, during an interview with *Health News*. "We also have a chance to protect future children because mothers who are exposed to measles during pregnancy are at very high risk. At our school, we have 4,000 students who are over 25 and many are mothers, so you can see how important it is."

More than 95 percent of the 256 athletes in Sivertson's study who were seronegative became seropositive, meaning they built an immunity to measles after each getting one more shot. All athletes who were susceptible to rubella switched to seropositive after the shots, according to the study, which was presented recently in *Public Health Reports*.

Researchers said their findings confirm epidemiological studies that show increased risk of measles among those vaccinated before 1980. Some of the athletes had only one vaccination when they were young, while some had two shots before 1980, the year the measles vaccination formula was changed.

Health experts say that measles is making a comeback with a vengeance. In 1989, the number of measles cases stood at 18,193, a twelvefold increase since 1983 and an increase that continued until the figure hit 27,786 cases in 1990, according to Sivertson's study.

Since 1980, nearly 4,000 measles cases have broken out at colleges, more than two-thirds in the past two years on 93 different campuses, according to the National Coalition for Adult Immunization.

What's more, rubella is returning, especially among adults in college and prisons, as well as in religious communities that prohibit vaccinations, the study said.

In the same *Public Health Reports*, doctors with the National Vaccine Office called in an editorial for a renewed emphasis on vaccinations, "because the consequences of failure-preventable illness leading to unnecessary costs, disability and death are shared by the entire nation."

"America cannot afford such waste."



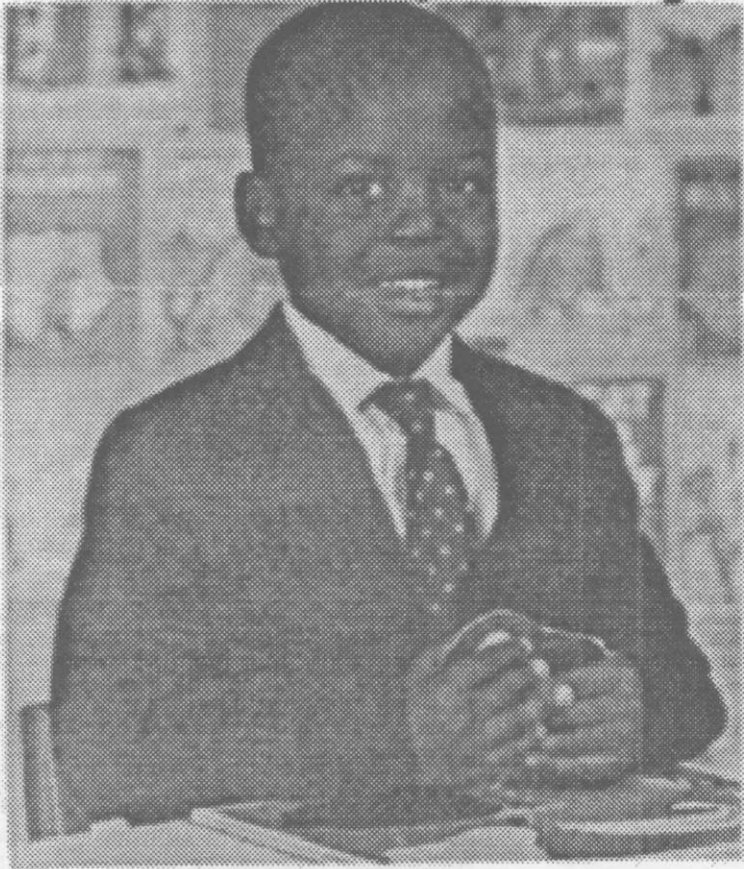
**Final Exams Are Coming,  
Are You Ready?**

IF THERE IS ANY AFRICAN METHODIST EPISCOPAL CHURCH MEMBERS AND YOU CAN EITHER SING OR PLAY AN INSTRUMENT, THERE IS A CHURCH HOME AWAY FROM HOME FOR YOU. PLEASE CALL REVEREND HEZEKIAH D. STEWART, PASTOR OF MT. NEBO AFRICAN METHODIST EPISCOPAL CHURCH.

YOU MAY REACH ME AT THE FOLLOWING NUMBERS:  
378-0176; 490-0561; or 661-1647

THANK YOU  
REV. H. D. STEWART

# You May Be His Only Hope



**ELLIOT**

We are appealing to you and to other colleges and universities around the country on behalf of Linda and Elle Kelly of Englewood, New Jersey, to help save their six-year-old son, Elliott, who has been stricken with leukemia and needs a bone marrow transplant to survive.

Because bone marrow matching is ethnically tied, the Kelly's best chance of finding a matched donor for their son is from another African American. Due to the fact that the National Registry has a very small number of African-American participants, Elliott and his family must resort to recruiting potential donors, hoping for a "miracle match." That is why we have come to you for help.

By contacting the HLA Registry Foundation, Inc., 70 Grand Avenue, River Edge, N.J. 07661, you can host a donor recruitment drive on campus for Elliott and other patients stricken with potentially fatal blood diseases. **TIME IS OF THE ESSENCE**, and we need your participation **NOW**. We would greatly appreciate any assistance you can provide in the exhaustive search to find a compatible donor to help save Elliott's life.

To arrange a testing session for the Kelly Family, please call HLA at 1-800-336-3363.

# Help!

## DID YOU KNOW . . .

In most cases, African-Americans can only receive donors of their own race. However, only 50,000 of the 951,000 donors registered with the National Marrow Donor Program are African Americans. African-Americans should be eager to participate in health tests because of their high rates of high blood pressure, glaucoma, and heart complications.

## EVENTS

**A FAMILY MATTER**

by Regina Gibson

On November 6-8, the Philander Smith College Drama Department proudly presented "A Family Matter", a combination of the best in Gospel music, Comedy, and Drama in two acts. The play was written by our own, Mr. Darius Nelson, and it featured, Ms. Kaya Isabel, Purity, Triumphant, and Ms. Carol Brockman. All proceeds from the production benefitted former Miss Philander Smith College, Ms. JuJuan Chantele' Williams, who has been diagnosed with Lupus.

Darius Nelson, along with the Drama Department have out done themselves on this magnificent production. A Family Matter was based on the Jefferson's, a religious and holy ghost filled family, faced with a problem. The problem being a runaway daughter, mother, sister, Ms. Joanna Jefferson, played by Carol Brockman, who returned to join the family after 18 years. Although the Jeffersons are religious people, Joanna's return is not warmly welcomed. Mother Jefferson also known as "Big Ma", played by Kaya Isabel, is the grandmother and the dominant one in the household. Her stubbornness to letting Joanna back into the house was heart touching yet comical also. Donald Dupre, played by Darius Nelson, was the son of Joanna left behind to be raised by Big Ma. Donald has been wanting to meet his mother for a long time, however when he finally meets her, Donald turned her away. The only family member willing to help, and who has actually kept in touch with Joanna, is her brother, Reverend Joshua Jefferson pastor of Zion Temple Church, played by Reverend Mark Norman. The finale of the play took place in Zion Temple Church. The Jefferson Family and friends accepted Joanna back into the family.

From the opening act this play was phenomenal in every way. Besides the Jefferson family, the added characters like Deacon Sneaky, played by Carl Taylor, and Wilma Jenkins, played by Kathy Cannon, were exceptional and added countless laughs. Let's not forget the melodious choir, comprised of our own college choir members, Triumphant, and Purity. Not only was the story line, acting, and music excellent, but the set design also, by Amber Tweh.

"Although the play was to benefit Ms. JaJuan Chantele Williams, I received personal enlightenment. This play helped me mend some of my own problems." -Kaya Isabel

"This play brought out my total emotions. It just felt good being back home. " - Roshunda Lynn Miller, Miss PSC 91-92

"It was an excellent production. I'm just sorry that our administrators, faculty, and staff didn't have the opportunity to enjoy the production as well as I did." - Terry Esper

**FASHION EXPLOSION II**  
by Chrystal Grandberry

What an event! What a success! What style! What fashion! What elegance! This describes the production put on by the Drama Department in conjunction with the distinguished gentlemen of Kappa Alpha Psi Fraternity Inc., on October 14. Our very own Angela Griffith, instructor of the Drama Department, choreographed this successful fashion/talent show. Moses Chism and Sharon Campbell brought us into the program with a pray and greetings.

This production consisted of Philander's finest talent. Andrea Stevenson, Natalie Collins, Antwoin Holman, Kaya Isabel sang like never before while Alice Bryant and Tammy Thomas read dramatic monologues. Tanisha Fletcher performed a unique African related dance.

The show was opened with the sweetest and prettiest treat, the brothers of "The Godfather Chapter". These debonair brothers were: Dontae Smith, Louis Hamlet, Curtis Woods, Kevin Williamson, Terry Esper, Orande Coleman, Reginald Block, and Ronald Kirby. They dazzled the ladies in the crowd with a suave cane routine. But that was only the cake. The eight young ladies who put the icing on this cake were: Chrystal Grandberry, Katina Flower, LaShan Neal, Lisa Martin, Tasha Gentry, Edmonda Brown, Malaika Torry, and Towonda Fenney. The attire worn by these ladies were sponsored by Dillard's.

The style and fashion of this fashion show was "Just for the Cool," and for those who were there were taken to the "Top of the World."

## FEATURES

## TEACHER STOP SCREAMING

by Al Braney

Teacher Teacher  
 Stop your screaming!  
 All your noise  
 Interrupts my dreaming:  
 I don't mind your Shakespeare  
 Even though he wasn't Black  
 But tell me about Alexander  
 Pushkin  
 Your old books lack  
 All my real important heritage  
 facts.  
 Teacher Teacher  
 Stop you screaming!  
 All your noise  
 Interrupts my dreaming.  
 What about the Civil War  
 And the Black fighters in  
 "Glory"?  
 Your thousands of white books  
 Never told us that story.  
 What about Crispus Attucks  
 And the other guy at Bunker  
 Hill?  
 Three hundred years of lies  
 And your mind is standing still.  
 Teacher stop your screaming!  
 My dreaming is more real  
 Than the stuff that you talk  
 I really do feel  
 I should make you take a walk  
 Deep down inside I feel  
 All my pride you'll someday kill  
 Up there in front of the class  
 With all your European power  
 You make a grand mess  
 Of each passing precious hour.  
 Teacher Teacher  
 Stop you screaming!  
 All you twisted history  
 Interrupts my dreaming.  
 Stop your screaming!  
 And tell us the truth  
 Or we'll all fight back  
 By acting uncouth.  
 Tell the truth  
 Or get out of the class  
 It don't matter  
 Whether we fail or pass

We'll be uncouth  
 If we don't get the truth  
 Guerilla warfare we declare  
 Three hundred years of waiting  
 Just ain't fair  
 Teacher Teacher  
 Stop your screaming!  
 All your miseducation  
 Is blotting out my dreaming.  
 Guerrilla warfare we declare  
 Now hear this-  
 Empty out the schools  
 Since the Civil War  
 We been acting like fools;  
 Now empty out the schools  
 Bring in new teachers  
 Let the students make new  
 rules.  
 Teacher stop your screaming!  
 I'm dreaming  
 About my ancestor kings  
 I'm feeling good  
 About African Heritage things  
 The Queen of Sheba  
 And Nefertiti too  
 They looked more like me  
 Than they ever looked like you  
 They had great universities  
 In Timbuctu  
 When you were still  
 In caves acting wild  
 My smart ancestors  
 Were living in style.  
 Teacher stop your screaming!  
 And tell me the truth  
 Negotiate a peace pact  
 And I'll stop acting uncouth.  
 But first empty out the schools  
 Bring in new teachers  
 We ain't no chumps-  
 We ain't no fools  
 Empty out all the schools  
 Let the student make new  
 rules.  
 Teacher stop your screaming!  
 All your obsolete noise  
 Interrupts my dreaming.  
 Teacher-you had your chance  
 We won't wait any longer  
 While you block our advance  
 We said empty out the schools!  
 Bring in new teachers  
 Let the students make the rules!  
 Teachers stop your screaming!  
 All your failures  
 Have messed up my dreaming!

## COLLEGE PROFILE

DR. JOYCE KELLY-LEWIS

DATE, PLACE OF BIRTH: Date- A few years ago. College Station, Arkansas.

I WON'T EAT: Caviar.

I LOVE TO EAT: Soul Food (especially greens) and Sea Foods (especially Lobster).

FAVORITE PIG OUT FOOD: NONE

TO STAY IN SHAPE, I: I don't. But when I'm trying to stay in shape I walk and play tennis.

FAVORITE THEATER PRODUCTION: Sarafina.

BEST VACATION: Southern Caribbean Cruise.

I GET AGGRAVATED WITH OR WHEN: Students who will not study or use their God given intellect.

EDUCATIONAL BACKGROUND: B.S. in Medical Technology, M.S.W. in Social Work; Ph.D. in Social Welfare.

WORST COURSE IN COLLEGE: Biochemistry or Organic Chemistry.

BEST COURSE IN COLLEGE: Psychology.

HOW DO [I] YOU RELAX: Listen to music, meditate, and read.

MUSICAL PREFERENCE: Gospel and Classical.

PETS: None ( my husband).

MARITAL STATUS: Married to Dr. Robert B. Lewis.

CHILDREN: Four. All grown and gone!

IF I COULD NOT BE A TEACHER, I WOULD BE A: Researcher or go into private practice.

WHY DID YOU CHOOSE PHILANDER SMITH COLLEGE: I wanted to give back to "my people"!

BEST ADVICE YOU WOULD GIVE TO

STUDENTS: Use this time at Philander to get an education, not just a Degree.

ONE WORD THAT WOULD SUM YOU UP: "Different".

CAROL STEWART

## FEATURES

## Orchids

by Regina Gibson



1. Entire cast of "A Family Matter"
2. Ms. Jackson, Thanks for the meal
3. Cheryl & Kevin
4. Bridgette & Tyrone
5. Mr. & Mrs. Jerrold & Stephanie McNeal
6. AKA Sorority, Inc.
7. Wine, herbs, & the damn
8. Monday nights at Applebees
9. Foxy 99
10. Tithing. It really does work!

## Onions



1. Breakfast, Lunch, & Dinner in the Caf.
2. Eudora cousins
3. So-called friends
4. Always trying to get over
5. The new clique
6. Baby Bull
7. Talking much, saying nothing
8. Signing a time sheet
9. Mandatory assemblies
10. YOU

## And You've Got the Nerve to Call Me Colored

Submitted By: Barbara Meeks

Author Unknown

When you were born you were pink.  
 When you get embarrassed you're red.  
 When you get sick you're green.  
 When you die you'll be blue.

When I was born I was black.  
 When I'm embarrassed I'm black.  
 When I'm sick I'm black  
 When I die I'll be black.

And you've got the nerve to call me colored?

## Fashion Criminals

by: The Fashion Police



The older lady who was spotted on the sidewalk, November 3, 1993 at 3:05 p.m.; You were totally out of order. Not only should the book be thrown at you, but a stay of execution should be issued. Violations include: Blue & White Labor Day checkered picnic suit, with a dead of the winter blue 1963 poet blouse. Let's not forget that sporty 1985 plastic Salem cigarette bag you got for free at the 911 liquor store.

The male teacher who insists on wearing daisy dukes and crop tops. If you dare wear short shorts, Nair those legs and french braid your chest hairs! You scare your class werewolf.

The female freshman in the cafeteria at 12:11 p.m., November 29, 1993 dumping her tray. What possessed you to put on a loud yellow smock over a white t-shirt, with Sunkist orange pants, and brown and burgundy suede and leather oxford shoes?

The male greek who wears his G.I. Joe vest wherever he goes. Son, the war is over! Oh, let's not forget your girlfriend at the Monday night basketball game. She wore a white sweater, aqua suede shorts, with off white stockings, and cream shoes. "What's really going on!"

## Spirit

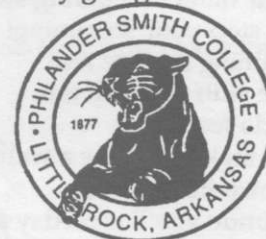
by Velda Hunter

"Here we go panthers, here we go woo, woo!" Here we go, yeah right. Right out the door with our spirit. What spirit you ask, I figured you would because Philander Smith College doesn't have any.

What a shame, what a shame. We have a school population large enough to accomplish anything we want, and yet, we can't get enough student support to show up at a talent show, basketball game, etc...

If PSC was running on spirit alone, there wouldn't be a PSC. Spirit is Students Putting Intelligence and Recreational fun In Together. But, for some reason they are separate. Either people are too intelligent to have recreational fun or they are having too much fun elsewhere. Let's now put them together. Let's go to class and basketball games. Let's go to our major advisor and get help, and attend school functions. TRUST ME! It can be done.

Let's get a hard earned education and have some fun at the same time, now, and as the next semester approaches let's be eager to get into our studies and our school activities too.





## SPORTS



## ATHLETIC APPETITE

by Ann C. Grandjean  
(November 1993 DFA)

Because eating before competition affects every athlete differently, it's impossible to make hard-and-fast rules about the "pregame" meal.

If I could give you one tip, it would be: Learn what works for you. Don't copy other athletes, no matter how successful they are. Experiment during practice and training. Listen to your body, because the best precompetition meal is an individual matter.

Some world-class and professional athletes eat large amounts of food as close as one to two hours before competitions. Others don't eat a thing for six hours before.

Research has shown that while consuming a liquid or solid meal as close as 30 minutes before an event may result in a full stomach feeling, it has no negative effect on performance. The best time to eat before competition varies from athletes to athlete.

You should eat foods you like. Before a big game is definitely not the time to eat liver and onions or spinach if you don't like them.

You also need to learn what foods do and don't "set well" with you. Precompetition stress can cause your stomach and intestine to act up, and this can affect how you react to foods and beverages. Stick with foods you're accustomed to eating. Competition day is not the time to try new foods, because they may cause nausea, cramps or diarrhea.

How do you determine your perfect precompetition meal? Keeping a diary can help. Write down what and how much you eat and drink and how many hours or minutes before your event. Note how you felt just before and during competition. Then adjust.

(Continued Next Column)

Until you learn exactly what works for you, try the following:

- About three hours before game or match time, eat a moderate-size meal.

**\*NOT A FEAST, BUT DON'T STARVE\***

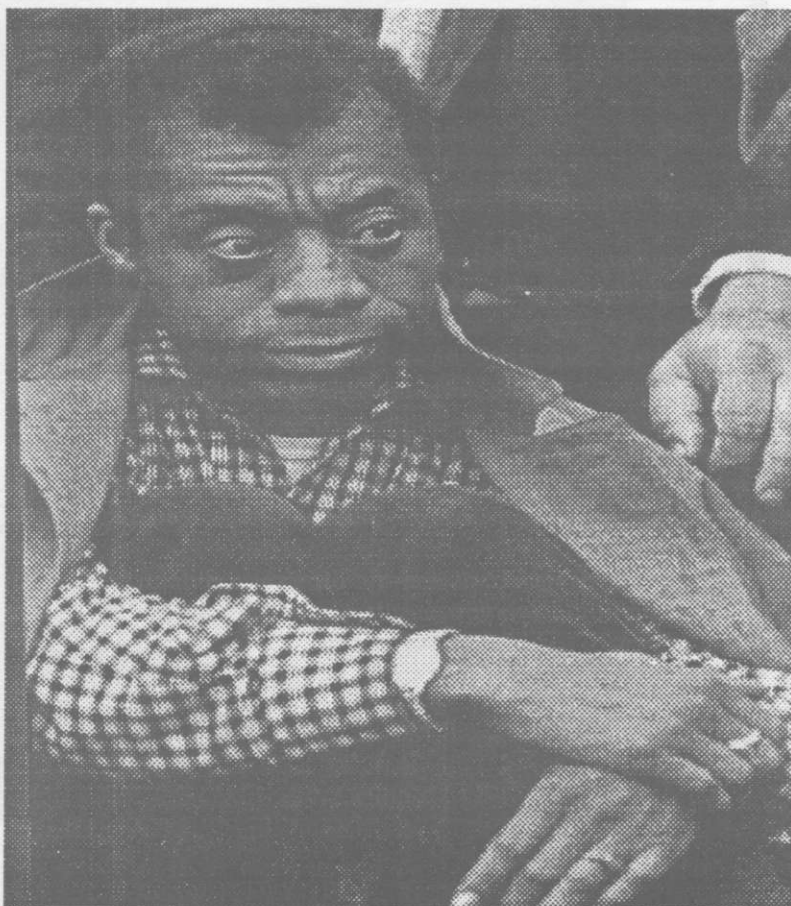
-Be sure to include carbohydrate foods, such as breads, potatoes, pasta, cereal and fruits.

-Go easy on fat. Stay away from fried foods and lots of butter or margarine.

-Don't forget fluids. Water, milk or juice should be part of the meal.

Then adjust accordingly.

## HERITAGE CORNER



**James Baldwin**



# January 1994

## STUDENT SERVICES ACTIVITIES



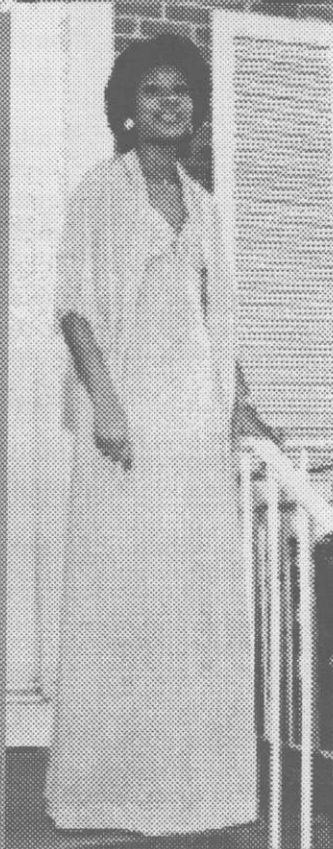
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																																	
						1  New Year's Day																																																																																																	
2	3	4	5	6 No Assembly	7	8 6:00 PM UNCF Telephone TOEFL																																																																																																	
9 10:45 AM Wesley PSC Student Day 3:00 PM Dorms Open	10  12:00 PM Fac/Staff Wkshop	11	12 9:00 AM Orientation for New Students	13 7:00 AM Dining Hall Opens 8:30 AM Reg Ret Students 6:00 PM PSC vs William Bapt. No Assembly	14 8:30 AM Reg. Fresh/New Students	15 6:00 PM PSC vs UAPB GMAT																																																																																																	
16	17  MLK Holiday	18 Classes Begin	19 6:00 PM PSC at Ark Bapt.	20 11:00 AM Assembly-MLK	21 6:00 PM PSC vs Jarvis	22																																																																																																	
23	24	25	26	27 11:00 AM Assembly-Stu Christ Assn	28 Bd of Trustees Mtg Last Day Reg/Sch Chg	29																																																																																																	
30	31	<table border="1"> <thead> <tr> <th colspan="7">December 93</th> </tr> <tr> <th>S</th> <th>M</th> <th>T</th> <th>W</th> <th>T</th> <th>F</th> <th>S</th> </tr> </thead> <tbody> <tr> <td></td> <td></td> <td></td> <td>1</td> <td>2</td> <td>3</td> <td>4</td> </tr> <tr> <td>5</td> <td>6</td> <td>7</td> <td>8</td> <td>9</td> <td>10</td> <td>11</td> </tr> <tr> <td>12</td> <td>13</td> <td>14</td> <td>15</td> <td>16</td> <td>17</td> <td>18</td> </tr> <tr> <td>19</td> <td>20</td> <td>21</td> <td>22</td> <td>23</td> <td>24</td> <td>25</td> </tr> <tr> <td>26</td> <td>27</td> <td>28</td> <td>29</td> <td>30</td> <td>31</td> <td></td> </tr> </tbody> </table>		December 93							S	M	T	W	T	F	S				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31		<table border="1"> <thead> <tr> <th colspan="7">February 94</th> </tr> <tr> <th>S</th> <th>M</th> <th>T</th> <th>W</th> <th>T</th> <th>F</th> <th>S</th> </tr> </thead> <tbody> <tr> <td></td> <td></td> <td></td> <td>1</td> <td>2</td> <td>3</td> <td>4</td> </tr> <tr> <td>5</td> <td>6</td> <td>7</td> <td>8</td> <td>9</td> <td>10</td> <td>11</td> </tr> <tr> <td>12</td> <td>13</td> <td>14</td> <td>15</td> <td>16</td> <td>17</td> <td>18</td> </tr> <tr> <td>19</td> <td>20</td> <td>21</td> <td>22</td> <td>23</td> <td>24</td> <td>25</td> </tr> <tr> <td>26</td> <td>27</td> <td>28</td> <td></td> <td></td> <td></td> <td></td> </tr> </tbody> </table>		February 94							S	M	T	W	T	F	S				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28				
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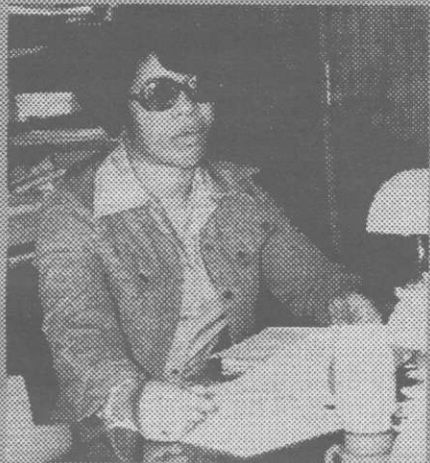


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## FLASHBACKS

## COMING ATTRACTIONS



### The PSC Players present:

Christmas Production  
"Do the Right Thing"  
Dec. 9, 1993 at the Little Rock Public  
Library

February  
Black History Show

March, 1994  
The Final Judgement  
written by Moses Chisom

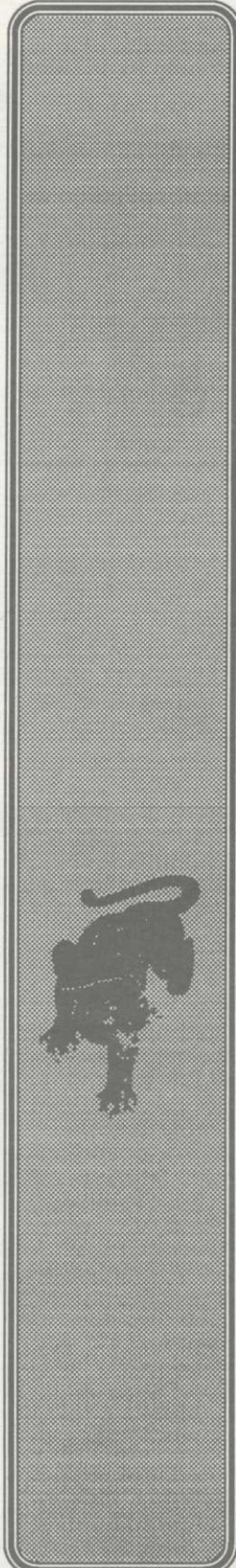


### Valentine Grams

-Order forms available  
on January 24, from  
any AKA member.

PRE ALUMNI COUNCIL \ UNCF BAKE SALE  
WAS A GREAT SUCCESS. THANKS TO ALL  
WHO SUPPORTED. LOOK FOR BAKE SALE  
II COMING YOUR WAY SOON.

PRE-ALUMNI \ UNCF COUNCIL



### Alpha Kappa Alpha Array



February 14-18 1994

#### Mon. Feb. 14- 70's Talent Show

8:00p.m. PSC aud.  
\$2.00 adv. \$3.00 door  
Pick up applications  
on Jan. 24 from Velda  
Hunter or Edmonda Brown

#### Tues. Feb. 15- AKA High Voltage Fashion Show

8:00p.m. PSC aud.  
\$3.00 adv. \$4.00 door

#### Wed. Feb. 16- Pink and Green Social

7:30p.m. PSC aud.  
University Park Adult Center

#### Mini Step Show

12:00p.m. Student Union

#### Bake Sale

12:00p.m.-3:00p.m.  
Student Union

#### Thur. Feb. 17- Mr. Pink & Green Pageant

8:00p.m. PSC aud.  
\$4.00 adv. \$5.00 door

#### Fri. Feb. 18- Formal Dance

Hilton Inn - Broadway  
\$20.00 couple \$15.00 single

### Flashbacks - Answers

1. Dr. Annie Williams
2. Coach McGraw
3. Mrs. Betty Goodwin
4. Dr. C. J. Mims
5. Mrs. Ruth Nash