MISS BENEDICT COLLEGE PAGEANT

Tight race but an extraordinary event

Nadia Muhammad is the new Miss Benedict 2006-2007

BY CARSHA JONES
CONTRIBUTING WRITER

I magine getting up on stage in front of all your peers and showing them that you’ve got what it takes to be the next Miss Benedict College. It takes a lot, but on a lovey Wednesday evening a few weeks ago, six young women did just that. In Antisdel Chapel, the Student Government Association held its annual Miss Benedict College Pageant. Six young women — Pamela Hall, Laterce Clark, Jametia Wimbush, Ashley Arrington, Christina Cason, and Nadia Muhammad — competed head to head for the title of Miss Benedict College 2006-2007.

Jameetia Fertil, student representative to the Board of Trustees, and Clyde Lemon, First Vice President of the SGA, presided as master and mistress of ceremonies over the event. “It is going to be a tough choice this year because all of these young women have what it takes to be the next Miss Benedict College,” Lemon commented.

So what exactly does it take to be Miss Benedict College? Miss Benedict College has to take on a challenging role. She has to be an example of what it takes to be the next Miss Benedict. The panel of judges came from different backgrounds and even included two former Miss Benedicts. The judges were Patricia Swinton, DeVonne Risher Smalls, Bernice Tobin Young, nice Barbar, Carla McC., statistician was Derrick Fogg; and the portfolio judges were Dr. Gowenda Grubin, Dameah Hightower and Dr. Ronne Hopkins. In the oratorical competition, the contestants were given the topic “HBCU’s: The Root of a Black Community.” “Some of the contestants got very creative with their way of presenting the topic. Laurence Clark, a mathematics major and native of Atlanta, Ga, held a potted plant as an analogy of the roots of HBCUs. The contestants were also judged on their talent and what made them stand out from all the other contestants. ‘The talent was the best part of the pageant. It showed each of the contestant’s individuality,’ said Ashley Sinclair, a senior and criminal justice major. ‘I liked how Pamela Hall showed that she can do anything if she puts her mind to it,’ Sinclair added. Pamela Hall, an art studio major and native of the Bronx, N.Y., performed a mime dance to R. Kelly’s famous song, “I Believe I Can Fly.” Even though Hall is wheel-chair bound, she moved around the stage gracefully and showed that she can accomplish anything. At the end, she received a standing ovation. The talent selections ranged from monologues to praise dancing. Some of the contestants have held different campus queen titles. Ashley Arrington, an elementary education major and native of Yonkers, N.Y., was Miss Mather Hall 2003–2004. Nadia Muhammad, a mass communications major and native of Atlanta, Ga, held the titles of Miss S.C. Phi Beta Sigma, Miss Southeastern Phi Beta Sigma, and Miss Capital City Classic.

Not only does Miss Benedict College have to have excellent oratorical skills, she has to present herself well and show spontaneity in a selection of evening wear. It is very likely that Miss Benedict College will go out to represent the college at many functions. “I enjoyed the evening wear part of the pageant. The dresses were extremely beautiful,” said Natasha Wilkes, a junior and biology major. The six young women slowly and elegantly walked on the stage in their evening wear as students shouted Continued on page 5

Campus News

“T’s all about business. Make the right choice!” shouted Joshua Stroman, a rising junior, political science major, and candidate for 2nd Vice President for the Student Government Association, as students strolled through the campaign block party, between the Mini dorm and Stuart Hall on the recent Election Thursday.

Many of the other candidates had the same idea — they set up campaign tables under white tents with creative decorations, posters, and snacks — catching students eyes and ears.

Pamela Hall, a Miss Benedict College contestant and art studio major, got so creative with her campaigning that she not only gave out snacks and candy, but turned a little battery powered remote car into a roving campaign flyer.

“I thought that the remote car would catch the students’ attention,” she commented.

Another Miss Benedict College contestant Ashley Arrington, a junior and elementary education major, was also creative, handing out CDs, magazines, posters, and DVDs.

“Everything was donated by Def Jam in Atlanta. Felt that it would help with my campaign. Students like CDs,” Arrington said.

The sun was shining just perfectly and the right songs were blasting as BC students pelted in the Swinton Center to cast their votes.

Many of them, such as Citra Proctor, a mass communications major and sophomore, said she enjoyed herself. “It’s a good way to promote the candidates. Plus, it is a beautiful day, and everyone is getting along well,” she said. “We need to do this more often.”

Not only did election day here catch students eyes, but it also drew 16-year incumbent Columbia Mayor Bob Coble and At-Large Councilwoman Tamecia Devine to campus to push for votes for the city’s mayoral and council race.

All in all, it was a day for the vote. “Vote for me! Make the right choice!” was all you heard over the blaring music, posters, and special treats as you walked down ‘the campaign block’.

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Photos by Zakiyyah Woods
Benedict hosted the fourth annual Xtreme Technology Week last month with student hands-on experiences in science, technology, engineering, and mathematics.

The two-day Extreme Technology event, sponsored by the National Science Foundation, Michelle’s Gift, and the National Nuclear Security Administration, Wilbur Smith Associates, SCANA Power for Living, and Watts, executive vice president of Benedict College, explaining the purpose of the recent fifth annual Women’s History Month All-College assembly on campus. The theme of the assembly was “Women: Builders of Communities and Dreams.” Communities come in many forms and dreams expand and come true,” said Betty B. Davenport, professor of education at Benedict College.

The theme of her address was “Women have been the backbone in the African-American family. And what will the future say about you?”

By R. Nathaniel Roberson

Members of the Puerto Rican high school delegation pause to take a photo during the Xtreme Technology competition.

Women’s History Month

Benedict recognizes importance of women

By R. Nathaniel Roberson

“Women have been the backbone in the African-American family. And what will the future say about you?”

By R. Nathaniel Roberson

Television news anchor Curtis Wilson delivered the commencement address during Xtreme Technology Week.

Women have had to stand in the shadows of men for too long. Some have moved forward to let their bright light shine, but they have to overcome obstacles and challenges in order to get where they are today,” said Wilson. Women have been the backbone in the African-American family. And what will the future say about you?”

By R. Nathaniel Roberson

Students in the Division of Science, Technology, Engineering, and Math at Benedict College are recognized for their achievements.

Religious Emphasis Week

Diverse religious topics focus of the week

By R. Nathaniel Roberson

Praying up with the hymn, “Leaning on the Everlasting Arm,” approximately 100 students, faculty, and staff came together to talk and preach to you for a cry for holiness.

“So take a step and begin to move. God will use the least person in the group to be the greatest blessing for you, and to him whom much is given, much is required.”

By R. Nathaniel Roberson

STEM offers exciting Xtreme Technology Week

Dr. Hrabowski, distinguished academician, delivers address

By Allan Page

The topic of her address was “Women’s History Month” and its importance.

The distinguished guests who came from near and far included the Rev. Joseph English, founder and pastor of Kingdom Builders Ministries, Inc. of Columbia; Pastor Elder James Goodman of New Greater Faith Temple of Columbia; Elder Deacon Boutte with a plaque. Afterwards, the Female Vocal Ensemble sang the song “His Eye Is On the Sparrow.” Rev. Glenn M. Prince, dean of chapel and campus minister, gave the benediction.

Carolyn Powell, an instructor of business, gave the invocation at the beginning of the program.

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News from Greeks and Social Organizations

AKA’s host “Think Pink Week”

BY NADIA J. MUHAMMAD
STAFF WRITER

The ladies of the Psi Chapter of Alpha Kappa Alpha Sorority Inc. showed service to mankind during their Think Pink Week March 20-24 on Benedict’s campus.

This was the time that the students could see what the sorority has to offer. A variety of planned activities for both men and women were held on the campus. On March 19, the South Atlantic Regional Director of Alpha Kappa Alpha, Mrs. Irene McCollom, of Orangeburg, kicked off the week by visiting Benedict and meeting with the Psi Chapter members. As the guest speaker for the chapter’s Founder’s Day program held in the David H. Swinton Campus Center, her words of inspiration to the women of Alpha Kappa Alpha brought smiles to the ladies of Psi Chapter.

March 20 and 21 were dedicated days towards the “Pennies for Pages” in which money was raised to donate books to the St. Martin De Porres Catholic School in Columbia. Pink and green cups along with a creatively designed display table attracted students, faculty, and staff who gave coins and dollars towards this good cause.

March 22 showed the Alpha Kappa Alpha characteristics of promoting unity and friendship among students on campus through the “All Greek Forum,” an event that allowed sororities and fraternities at Benedict the opportunity to display their table and answer students’ questions about Greek-lettered organizations.

The chapter’s graduate advisor is Tondaleya Jackson of Benedict. She provides the supervision of chapter events.

“Think Pink Week is the opportunity for the ladies in the chapter to promote unity and collaboration among students of the campus and other organizations” said Jackson. Of that, most students, especially young women can agree.

A “Green Tea” was held on March 23, in which Myrtle Sumter from the Student Leadership Development Office was the guest speaker.

“It is tea time,” said Chapter President Tiffany D. Williams, a junior majoring in psychology, as tea and cookies were served.

Sumter brought inspiration to the ladies and reminded them “to love you and appreciate the education we have today.” As the ladies gave Sumter a standing ovation, those in the room were all smiles. This was the tea that will never be forgotten.

The Think Pink Week concluded on Fri., March 24 with a thank you event for the students on campus. A cake celebration was held from 4 to 7 p.m. in the Caf. The ladies enjoyed their week and wore specially designed shirts which highlighted Think Pink Week events.

“Think Pink week was a success and we look forward to sponsoring the event next spring,” said Jackson.

Grooves host probate show

New Swing sisters join them in stepping out

On Wed., March 22, the Fellowmen of Groove Phi Groove Social Fellowship Inc. presented their Spring 2006 Probate Show. Charles T. Smalls Jr., advisor of the fellowship, said it was a special event because their sisters encouraged the new inductees.

Social Work honor society inducts new members

The Kappa Psi Chapter of Phi Alpha Social Work Honor Society inducted four new members into their national organization at the Benedict College Business Center this semester.

The new inductees are: Sandra Hollis, Fallon Lloyd, Tonequa Murrell and Belinda Pearson.

Phi Alpha is a national social work honor society whose mission is to provide a close bond among students in the social work field and to promote humanitarian goals and ideals.

Religious Emphasis Week

Continued from page 2

first honor to be my first home and I encourage you to just keep the faith in the mighty name of Jesus,” stated Patrick Kerton, a sophomore music major.

The truth has to be told and there is life and death in the tongue. We must start calling those things that are not as if they were, and being a Christian means that we must be real at all times,” said Landrum of Washington, a junior religion and philosophy major. We cannot speak of holiness if we are not living it,” he said.

“I am holy because he is holy and I am holy because of the Bible,” stated Yolonda Goodman, wife of Pastor Elder James Goodman and a seminar instructor at Benedict College and advisor of the chapter of Phi Beta Lambda at the college.

Congratulations to Student Government Association Officers for 2006-2007

SGA President: Ryan David
1st Vice President: Keisha Knight
2nd Vice President: Joshua Stroman
Business Manager: Solomon Hill
Recording Secretary: Danielle Newton
Corresponding Secretary: Devonn Fray

Miss Benedict College 2006-2007:
1st Attendant to Miss Benedict College: Nadia J. Muhammad
2nd Attendant to Miss Benedict College: Jametia Wimbush

Sophomore Class President: Lawrence D. Green
Business Manager: Mayokun “Mayo” Aiyelokun
Secretary: Tierra Johnson
Student Government Association Representative: Kyethia Williams
MiRanda Robinson
Kishanda Simmons
Jasmine Dunn
Ryan Hickman

Junior Class Election President: Kendra Miller
Vice President: Eboni Epps
Business Manager: Thomas Nelson
Secretary: Laretta Gray
Student Government Association Representative: Angela Young
Shalice Sabra
Ebony Thomas
Jeffery Guillaume

A surprise proposal at the Alpha Phi Alpha Probate Show

True Diversity

BY ASHA BYERS
STAFF WRITER

During the middle of the recent Alpha Phi Alpha Probate Show, BC student Michael Roberts came out as an Alpha. Nothing unusual in that, but when this “White Gold” Alpha decided to get down on one knee and ask his girlfriend, Marquita Watson, for her hand in marriage during the show, the crowd went wild.

To this surprise proposal, all Watson could do was say, “yes.”

The happy couple have been dating for a year and half. Twenty-two-year-old Watson is a junior mass communication major from Atlanta, Ga., is a sophomore majoring in business.

They haven’t set a wedding date yet, but the couple say they plan on supporting each other by staying together.

New Zeta sorors with Basilus Ethel Adams (far right) of the Beta Beta Zeta Graduate Chapter and Beatrice Cassey, Kappa Beta Chapter Advisor (far left).
Benedict’s Honda Campus All-Star Challenge team wins 5th ranking in tournament

BY MARQUITA A. WATSON  
STAFF WRITER

Out of 64 competing historically black colleges and universities, Benedict’s Honda Campus All-Star Challenge team won fifth ranking at the National Honda Tournament held in Orlando, Fla. March 30 to April 2.

Benedict ranked first in their division, the James Beckworth Divi- 
sion, with a record of 7-0 in the entire competition; North Caro-
olina Central placed second, and Central State placed third. Dr. Ronnie Hopkins, dean of the School of Honors and the team’s coach, makes sure that the team gets great preparation. Asked what the team does in order to prepare for these competitions, team member Bolanle Balogun said, “Lots of practice, research, and praying.”

According to Balogun, there were no tough questions. “You just had to be really fast on the toss ups,” she said, adding that Benedict’s HCAC team has lots of energy and chemistry. Some categories in the competi-
tion included literature, science, and African American history. “Though Benedict accomplished a lot by being undefeated in our division in Florida, we still have higher goals,” said one team mem-
ber.

“Our goal is to rank even higher in next year’s competition,” said team member Michael Roberts, a sophomore and business major.

Ebony Escape Tour

BY STEPHANIE JONES  
STAFF WRITER

Mid terms, finals, tests, quizzes, jobs, financial aid. These are just some of the things that stress stu-
dents out. With so much stress from school and everyday life, it is so relieving to get some much needed TLC.

On a lovely Tuesday in April, students from Benedict College and Allen University got the chance to do just that by experi-
encing spa like activities and receiving free beauty gifts thanks to Ebony magazine.

Earlier this year, Ebony Maga-

This Ebony magazine makeup artist showed how professionals work on their special magic in hair and skin care during the Ebony Escape Tour that came to Benedict this spring.

Dr. Raychoudhury, Benedict science professor, named 2006 Excellence in Teaching Award recipient

D r. Samrスーヒbas Raychoud- 

hury, a professor of bio-

logy in the Biological and Physical Sciences Department at Benedict, was given the 2006 Excellence in Teaching Award this spring by the South Carolina Inde-

pendent Colleges and Universities, Inc. (SCICU).

The SCICU made the announce-

ment and held its first annual Excel-

lence in Teaching Awards banquet on April 4 at the Columbia Metrop-

olitan Convention Center in Columbia. This banquet coincided with the South Carolina Indepen-
dent Higher Education Week (April 3-7) as proclaimed by the Gover-

nor’s Office.

During the banquet, faculty recip-

ients of the 2006 SCICU Excellence in Teaching Award were honored with a certificate and a professional development grant of $3,000. This award is given to one faculty mem-
ber at each of the twenty SCICU member colleges and universities. Each recipient was chosen by his or her institution according to rigor-
ous criteria. The most important characteristic of the nominees was their demonstration of the highest standards in teaching methods that encourages students to strive for excellence in their studies and par-
suits.

The remaining recipients of the SCICU Excellence in Teaching Award are Dr. Willese Sanders of Allen University; Dr. Dorota A. Abramo

Arnowitch of Anderson University; Aaron Baldwin of Charleston Southern University; Dr. Alex Lac
t of Columbia International Univer-

sity; Dr. Rebecca Bullard-Dillard of Claflin University; Dr. Dawn Lay of Coker College; Dr. Christine Hahn of Columbia College; Dr. Richard Keen of Converse College; Dr. Mary Lang Edwards of Erskine College; Dr. Gilles Einstein of Furman University; Dr. Suzanne E. Lindley of Limestone College; Dr. Patricia M. Ali of Morris College; Dr. Timothy Elston of Newberry College; Dr. Thomas C. Allen of North Greenville University; Dr. James T. Wetzel of Presbyterian College; Sally S. Woods of South-

ern Wesleyan University; Dr. Mark Gibbs of Spartanburg Methodist College; Dr. Bernard Moses of Voorhees College; and Dr. Clarence Abercrombie of Wofford College.

Benedict’s participants on the move in national walking campaign

BY JACQUE EDWARD  
STAFF WRITER

I nch by inch, step by step. That was literally what a group of Benedict faculty, staff, and students did and are doing as part of a national campaign titled “America on the Move.” The program here called “Bene-
dict On the Move” began March 1. The national program started in January. The nationwide effort is designed to bring health aware-
ness and group participation to communities throughout the country.

As part of the program’s crite-

rion, participants are required to moni-
tor the steps they take on a daily basis while walking about. “Benedict’s decision to partici-
pate in this campaign is a result of our wanting to be more active on campus, and around the com-

munity, where there are dispari-
ties regarding diabetes, and car-
diovascular care,” said Service Learning Coordinator Katrina Pitts. Pitts.

The actual steps a participant takes are logged into America’s on the Move web based software, which calculates everyone’s indi-

vidual total. According to Pitts, a small device called a pedometer counts steps by capturing movement while placed around the hip area.

“I’m always on the move around campus, so aside from health awareness, I always want-
ed to know how far I walk each day,” said Mass Communications Instructor Susan Dagun.

“I monitored myself on a busy day and discovered that I had walked 10 miles just on campus,” she added.

Dagun, who joined the campa-
gain shortly after it began, is one of several campus participants who took part in the national pro-
gram. She is still active in the pro-
gram.

Some other faculty, staff and stu-
dents were also in the program. Yolanda Goodman, a seminar instructor, was on board in the program along with her entire seminar class at one point, but not everyone finished up the program when Benedict’s official participa-
tion ended.

Still, it appeared to be an excel-

lent way to help participants get on the road to good health and even shed some unwanted pounds in the process.
Exemplary students recognized at spring luncheon

The Benedict College Recreation Club has produced a new promotional DVD entitled “HERP-An Introduction,” which presents information about the Health, Physical Education and Recreation Department and opportunities in the field.

Hosted by HERP’s Administrative Specialist Davida McDonald, the 20-minute program includes interviews with students and faculty from the department. It also includes an overview of the department and comments from students about their personal experiences.

Copies of the DVD are available to the public and can be obtained by calling 803-231-2180. The HERP Department also held its annual spring luncheon in early April, which featured a message from Dr. Pamela Diggs, a 2001 Benedict graduate. She is now the spots/adventure guides director with the Lexington Family YMCA.

Persons honored at the luncheon included Dwan Gause, Miss Public Health; Latisha Bailey, Miss Recreation; and Dominique Rogers, Miss Benedict College Pageant.

Continued from page 1

out their names to show support. Miss Benedict College is a challenging position to hold. Tina Ivory Sanders, Miss Benedict College 2005-2006, did an excellent job holding down her title.

Sanders, a senior, mass communications major from Columbia, Tenn., gave a tribute to Benedict College. “I challenge you to overcome the obstacles set by society and to be the best Miss Benedict College you could be,” said Sanders giving inspirational words to the contestants. To conclude the pageant, Sanders helped with the Question and Answer portion of the pageant.

Each contestant had to randomly pick from seven sealed envelopes outside of Sanders’ hands. They had 20 seconds to respond to the question inside of the envelope. The questions varied in topics. Janema Wimbush, for example, a biology major and Georgia native, had to describe herself in one word. “If I had to describe myself in one word, it would be blessed,” Wimbush replied to the question.

Christina Casen, a mass communications major and native of Chesapeake, Va., was asked if she could trade places with anyone in the world, who it would be. “If I could trade places with anyone in the world, it would be with my mother. She never gives up for what she believes in,” Casen answered.

Ebony Howard, a senior and criminal justice major, was all smiles as she left the pageant. “I really thought the pageant was exquisite. I enjoyed the question and answer. The answers let us know that our future Miss Benedict College can answer impromptu questions and that they express and possess the necessary verbal and communication skills required for such a title,” Howard said.

Even though the pageant plays a major role in the selection of Miss Benedict College, 2006-2007, the students have a say in whom they want to crown.
S
prings are one of the most important aspects of the year. The weather is beautiful, flowers are blooming, and the sun is shining. This is also the time of the year when people begin to lose their inhibitions and opt for more revealing clothing.

Springtime is also a good time of the year to get in shape for the summer. It is essential that people keep their inhibitions and opt for more revealing clothing. Getting in shape and staying healthy is not as easy as it may sound. Many people have problems with maintaining a healthy eating and exercise regime. It can be done, however. Here are few steps on how to get in shape for the warmer weather.

- **Step one** - Realistically assess where you are now. Measure your body, weigh yourself and find out your BMI (Body Mass Index). You can not reach your goal without knowing your start point.
- **Step two** - Set the goals that you think are real-istc so that you will not get dis-couraged easily. Be specific about your goals. If you want to lose 5 lbs, you want to lose 5 lbs. By April 35. Reward your- self when you reach your goals so that you will be motivated to con-tinue.
- **Step three** - Create a plan for attaining your goal. Find an exer-cise regime that is specific to your goals and your problem areas.
- **Step four** - Choose an eating plan that is right for you. Pick a realistic eating plan. One that you can easily stick to without starving or depriving yourself.
- **Step five** - Monitor your mea-surements and progress. Monitor your progress at different intervals over the year. If you are not reaching your goals, decide to change your goals. It is not difficult to change your goals if you are not reaching your goals. It is not difficult to change your goals. It is not difficult to change your goals. It is not difficult to change your goals. It is not difficult to change your goals.

Strength training is the process of exercises with progressively heav-ier resistance to build or retain mus-cle. An increase in muscle tissue causes a corresponding increase in the number of calories your body will burn, even at rest.

Flexibility is a critical element of any exercise program, but it is often overlooked. Stretching is also important for a number of reasons; it increases physical performance, decreases risk of injury, increases blood supply and nutrients to the joint, reduces soreness, improves balance and reduces stress in mus-cles.

The best exercise or activity is one that can enjoy enough to really pur-sue enthusiastically. Experiment with different forms of activity. Alternating new activities with old ones will keep your enthusiasm high.

Losing motivation is one of the most damaging effects on exercise. For this reason, it is essential to stay motivated. Some things that can help you to stay motivated are find-ing a fitness partner, starting a log or journal, scheduling your work-out, entertaining yourself, evalu-ating your progress, and making exercise non-negotiable.

If you follow these tips, you should be well on your way to get-ting in shape for the warmer weather.

Here is a list of a few local gyms which can help assist you with your efforts to be healthy. Bene-dict College Fitness Center, Tay- lor Street; Charles Drew Fitness Center, Harden Street; the Colum-bia YMCA, Summer Street. There are several others. Check them out and stay fit!

ROTC

‘My experience at Benedict taught me the importance of unity’

BC ROTC grad delivers flag once flown over Baghdad to Benedict’s military science instructor

By G. A. Shabazz

When she was a social work major here at Benedict, little did she know that one day she would have someone’s life or death in her hands, or at least the responsibility for help- ing making sure her life was safe. She’s a fourth-year Washington also said students should consider the military for a possible career. “There are great benefits,” he said, including taking advantage of military opportunities that pay off student loans.

BY STEPHANIE JONES

S
pring has sprung and sum-mer is on its way. Just as the seasons change every year, so do the trends and fash-ions. This year’s trends mix old school fashion with a new school twist.

The hot new color of the year is white. Exudes chic-ness, and it makes everything look crisp. This year white will be pieced with bright colors and pas-tels for a white hot look. Metallics are also making a big appearance on the fashion scene. Metallics are best worn as acces-sories. Metallic bags, shoes and belts make almost any outfit stand out.

Here are some more specific trends for…

Women

Some of the key fashion themes this season are African safari, retro sport and Victorian. African- men.

They key themes for men are casual and crisp. The shirt and tie look is very popular this season as well as tailored jackets, pants, and suits. Polo shirts are also a hot item for men this year.

For the men the main focus is col-or. Bright orange, green, blue and yellow are the summer colors for men.

This year’s fashion trends are chic and feminine for women, and casual and chic for men. The focus is placed more on individ-uality and creativity rather than conformity. Make sure you remember that it is ok to follow trends, but it is always best to add your own flavor to everything you wear.

Attention Sophomores & Juniors

You, too, can…. “Leadership Training Course” is a leadership training camp in Fue-Know, Kentucky that is designed by the U.S. Army ROTC. You and other college students from across the country will undergo the same leadership training that has produced our nation’s finest military officers!

“Leadership Training Course” will teach you to build and motivate teams and to make decisions under pressure. Equally important are skills such as public speaking, land navigation, and physical fitness. Additionally scholarships will be issued to deserving students based on their performance during this summer training program.

Interested in this great opportunity? Then contact the Benedict College ARMY ROTC today at 803.253.5309 or 803.253.6513.
Thanks for a fantastic ride

Tiger News advisor/mass comm instructor planting roots in north Carolina

By G. A. SHABAZZ

H ow do you get 16 years of labor and love into a two page essay? In two words, you can’t.

Now I understand what some of my hard working students tell me when I limit them to a page and a half or two pages for a story, if it is one they are trying to tell. It is hard, especially if you are talking about yourself.

As I constantly remind my mass communication writing students, “take yourself out of the story; it’s not about you; you are the reporter, not a part of the story. Keep your opinions out and the facts in, but make it interesting and inviting.”

Yet, when it comes to opinion writing, essay writing, opinions do count. You still have to do research; present your arguments, facts, include contrary or opposing viewpoints, and then come back to your classes’. I hope I have done that and more.

As I get on my soap box almost every day, telling my charges of what they need to do to get prepared, to take advantage of this or that opportunity, I have also learned a lot about young intellectuals and students who, while they may believe you, just can’t seem to go that extra mile and actually grab the brass ring.

Their saying how great they are or that they will succeed is a far distance from actually doing those things that will help get them there. I’m busy, many say. I’ve got to do this; I’ve got to do that. I know you are busy. I know how many classes you have. I know how much you have to do – school, work, taking care of children, sometimes, catching up with what’s past due. We all get busy. Students. Teachers. Staff. Administrators. Sometimes take time, but yet for those things that really count, you must find a way.

I hope I have taught my students much more than book knowledge.

I hope I have shown them that success comes not always with a dream, a goal, and then hard work, and perhaps some good fortune, too. But nothing comes without a try. You have to do your very best. You have to complete the small steps in order to reach the big ones. Excuses don’t cut it; actions do. If you can’t do something then there, and you have a reason not to, you must not do it. If you don’t refuse to do it. You may not understand exactly why you are doing it. But you have decided not in a haphazard way, don’t turn anything in. Take pride in your work; if you don’t do your best, don’t ask, and not two months after it’s been assigned. Students should know that their finest competition is themselves.

My years at Benedict have not been without angst at times… the paperwork, the deadlines, the students who just don’t want to do it. “Teaching at Benedict, attending conferences and workshops in my field, and gaining first hand knowledge of the almost limitless opportunities for the truly educated today has been a blessing. I have tried to give my students the best that I can; I have been told ‘you’re tough, Ms. Shabazz; you give so much work; but we really need something in your classes’. I hope I have done that and more.”

Ms. G. A. Shabazz Abdul-Rashied

Wishing Everyone a Pleasant Summer

From the Tiger News Staff, (left to right) Travis Simpkins, Abya Byers, Nadia Muhammad, Alan Page, G. A. Shabazz, Jimmie Edwards, and Kim Webber

“…” is so hard for African-American men who have sex with men to come out. They’re more likely to identify themselves as heterosexual and have sex with women… AIDS is one of the leading causes of death in young black women.”

Epidemiologist Rob Janssen

Centers for Disease Control, Atlanta, Ga.

New sexual orientations leading to higher HIV/AIDS rates in the black community

By KRISTEL L. ROLLE

Another blow was delivered to the African American community after a recent study revealed that the number of young black men having sex with men (called MSM) has doubled in recent years, with one of the largest or fastest growing groups with HIV/AIDS.

According to the Centers for Disease Control and Prevention, in the United States, HIV and AIDS have had a tremendous impact on young men who have sex with men. MSM accounted for approximately two thirds of all HIV infections among men in 2003, even though only about five to seven percent of men in the United States identify themselves as MSM.”

“The number of HIV diagnoses for MSM decreased during the 1990s and 1990s, but recent surveillance data from 2000 shows an increase in HIV diagnoses for this group,” the study says.

Researchers. AIDS service providers and activists say that the stigma of being both black and gay has kept the black community from reaching the high infection rates.

Homosexuality used to be largely condemned in the black community, as it was in many others, but that may be changing. Less than a decade ago, in most black communities, it was unthinkable for men to have sex with men, or even women to have sex with women. Although it is still taboo, in recent years more gay African American couples have ‘come out’. HIV/AIDS has been raping the African-American community, and the black race in general for some years now. The epidemic that began more than 20 years has taken the lives of thousands of blacks.

Increasingly, there is more local and national attention to this growing problem. Many campaigns have been launched to help stem the number of HIV/AIDS cases. There are more advertisements advocating ‘safe sex’ and more forums, conferences, and seminars to discuss and find solutions to the spread of this deadly virus and disease. However, one of the most disturbing trends is that among those engaged in MSM, many are also continuing to have sex with women.

This occurrence is particularly sensitive to members of the black community, including HBCU students, because of the shame associated with it. However, the trend itself has a different impact on the community. The epidemic may be more pronounced in parts of the country, with rates of infection varying widely from one region to another. The epidemic may be more pronounced in parts of the country, with rates of infection varying widely from one region to another.
2005-2006
Various Scenes of Benedict’s Activities

Photos by Kim Webber
Diverse Faculty & Staff
Thanks to all for Another Great Year!

Photos by Todd Haley, Bennie Brown, Floyd Ingram, Tawain Kelly
The Benedict College Gospel Choir ties for first place at major competition

By T. J. HUNTER

The nationally award winning Benedict College Gospel Choir is once again on top. The choir recently tied with South Carolina State University (SCSU) at the 2006 National Collegiate Gospel Choir competition as the most outstanding choir. The competition was held in Brooklyn, N.Y., at the New York College of Technology.

We are proud to announce that the Benedict College Gospel Choir has ranked,” stated Benedict’s Admissions Director Phyllis Thompson, speaking in an eager group of high school students, visiting the college.

“The Benedict College Gospel Choir, the number one in the country for the most outstanding collegiate gospel choir!”

The announcement was followed by screams, roars, hugs, and tears by the choir members.

The choir won six of the awards and scored high marks. The judges decided there would be two first place winners – Benedict College and S.C. State. The National Collegiate Gospel Choir competition is one of the toughest and most prestigious in the country. It kicked off at the beginning of April with five schools vying for the championship trophy and a year’s worth of bragging rights. This annual event is hosted by the Black Music Campus of New York, founded by Dr. Camille Taylor 28 years ago. It is the oldest collegiate choir competition in America.

The choir practiced for weeks and months for this was a very special competition. They were hyped. On the evening of March 30, members gathered in the chapel for the trip to the competition. In the wee hours of the morning the next day, they headed off to New York City.

“The ride was very uncomfortable, but it was a small matter when you think about what our purpose for going was,” said Byron McKee, a junior and elementary education major and a third year tenor, who serves as the uniform coordinator and part of the technical support team.

“Every year we enter the competition with the idea ‘We will go on the road and practice,’ ” said B. J. Izzard, mentor and director of the choir.

“Benedict won that night. Everything around the auditorium blazed the line to begin Benedict’s performance to come from the four-time number one ranked choir in the nation. We’d had a testimony time,” shouted Jada Hopkins, a junior and computer science major, who trailed the line to begin Benedict’s show.

“For a testimony,” she shouted, with the choir arouses the audience to a high energy of praise and fun. Their show began with a pre- performance to the song, “My Hands Go Up.”

Benedict performed such songs as “Set Me Free,” “Dwelling Place,” “Imagine Me,” “Put All Your Trust,” “My Hands Go Up,” “Dwelling Place,” and “Imagine Me.”

The choir also performed “Dwelling Place.” The song was dedicated to practicing the choir’s confidence, for the choir’s confidence, for the choir’s confidence, for the choir’s confidence, for the choir’s confidence, for the choir’s confidence, for the choir’s confidence, for the choir’s confidence.

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BY JOANNA WATFORD
CONCERT CHOIR DIRECTOR

T he Benedict College Concert Choir are preparing for their annual Spring Tour from March 10 to 19. Following several months of continuous performances, choir members were well-deserving of their spring break yet, these dedicated members gave up their spring break in order to help attract high school students to Benedict College.

So, most students were enjoying their break with some R & R, a team of over 35 singers, including the Concert Choir, alumni members, and the director, Dr. Lin-da L. Kershaw, appeared in formal concerts at many high school and community performances in Augusta, Columbus, Atlanta, and Savannah (Georgia) and in Florence (South Carolina). The choir returned with many completed applications to BC, and several of the high school counselors have been calling for more information.

The recruitment efforts included the presentation of mini-concerts, talking with high school janitors and seniors about band and its many curriculum and extracurricu-lar offerings, social and spiritual life of the campus, and opportunities for service to the college, awards and aca-demic scholarships. Additionally, the director, Dr. Linda L. Kershaw, auditioned over one dozen students interested in being on the choir.

Here is what some of its members had to say about their experience: You bring the choir together. There’s always more unity even though we’re constantly in each other’s face.” Kayron Nesmith, senior, business major.

“For me it was a learning experience about how to get the atten-tion of your audience: If you have energy, a positive attitude, and expressiveness, then your audience will join in and have a good time.”

Angela Young, sophomore, ele-mentary education major.

“Spring Tour 2006 was a great experience for me,” commented Carlos Brown, the choir’s vice pres-ident and business manager.

“I had a chance to meet new peo-ple, touch lives, and restore hope to several old and young people through song. Spring Tour gave many people a faith that will not shrink, and I was blessed because of it,” added Brown, a sophomore, political science major.

“Tour was a great learning expe-rience. It gave me an opportunity to share a positive outlook on the col-lege. We focused on the recruitment of high school students, but at the same time had fun and got to know each other.”

Amber Jackson, fresh-man, biology major.

Despite the rigors of tour, it was not all work and no play. Choir members had the opportunity to enjoy St. Patrick’s weekend-long celebration in Savannah, indulge in the endless eateries and novelty shops on River Street, and learn about the historical sites, particu-larly in Old Town Savannah.

The Concert Choir has a demand-ing schedule that kicks off in the fall with increasing momentum leading up to graduation in May. The mem-bers are comprised of nervous, incoming freshmen to anxious gradu-ating seniors who sacrifice many hours practicing to maintain the expected level of excellence. Although the ensemble consistently delivers what appears to be effortless encore performances, membership is not for the faint of heart or the uncommitted. The choir members sacrifice many school hours, evenings, and weekends to perform in campus assemblies and for church and community pro-grams throughout the region. Many of the college’s alumni clubs call also upon the choir to perform ben-efit concerts and raise money to con-tribute to Benedict.

For further information about upcoming concerts by the Concert Choir, please refer to the college’s website.For information on being a part of the group, contact the director, Dr. Kershaw, at ker-shaw@benedict.edu.

Eight steps to getting in the music biz

‘Keep it short and make it hot’

BY T.J. HUNTER
STAFF WRITER

S o, you are thinking about becoming a professional musician? You spend hours trying to write your own song or listen to others while trying to figure out how to take your act to the next lev-el. Here are some tips that will help you get started on your way to the top.

The steps may not guarantee you fame and money, but if you have the goods, they should work for you.

One of the first things you should know is that you must stand out.

There are thousands upon thousands of people recording demos trying to be the next star. A&R is not inter-ested in a duplication of 50 Cent or Beyoncé.

They won’t even give you the time of day if you copy someone else’s act. They are interested in the next hot thing that no one has ever seen before or who will bring money to their company.

You should have your own style, flavor, and contribution in music.

By standing out, that will make you more marketable to record labels, talent scouts, and A&R people.

Here are some more tips:

• Make it Hot — Send only hits or forget about it. A demo should show the artist’s creativity, style, and tastes. Don’t be too creative; stay close to current trends. Don’t just send songs because you had the opportunity to record some. The music world is very stiff and very competitive.

• Get Connected — In this busi-ness, it is who you know that will get you in. Many artists get in because they know someone who knows someone who knows someone. And it’s not just any A&R only deal with good friends, well known managers, etc. It is rare for them to give respect to someone from off the streets, or to “a nobody.” If you mail your demo in without permission, it is consid-ered unsolicited material. Many A & R people do not even accept unsol-icited material. It’s thrown in the trash. Someone once said, “It’s not who you know, it’s who you know.” Well, this definitely applies, especially in the music business.

• Go After Your Dream — Don’t ever stop working on your dream. Work at your craft everyday. Be per-sistent. Realize that nothing comes eas-ily. Work at your craft everyday.

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• Keep It Short — Your demo should only include three or four songs. Three songs are enough to display your ability. If the A&R people have it on CD.

• Package Your Act — It is not enough to have an act and not have it on CD.

Live talent shows are great. However they are not the only avenue to use to getting discovered. “You must make a demo. The demo tape is a pre-sentation of you, whether it’s vocalizing, songwriting, or produc-tion.” Most record companies, DJ’s and production companies request demos. When developing a demo package, you should include a demo CD, an 85 by 11 glossy photo, a business card, a bio, commercials from you relavant to your work, and a schedule of your shows. Keep the package very professional.

• Rehearse for the audition — Do not listen to a demo with 10 cuts on it.

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Scenes from ‘Flying West’

Another Solid Play by the Theater Ensemble & Director Charles Brooks

Benedict Theater Professor Charles Brooks brought another fine performance to the college with his Theater Ensemble players in the form of the Spring 2006 production of ‘Flying West’, written by Pearl Cleage. The play was the story of the lives of four brave African American women pioneers who forged ahead and went west, staking claims, and battling internal and external forces including racism, long, cold winters, and domestic violence. There was tenderness, hope and terrible bravery in these women, their companions, and the forces they met along the way.

The cast included several veteran and new actors on the scene this year, such as Maranda Robinson, Bilal Sulahaddin, Kimberly Lucas, Keshanda Simon, Kayla Young, and Tristan Smith. They had the assistance of a fine staff and crew including Dr. Brooks, Shonda Ridesinger Francis as stage manager, Gerald Hunt as technical director, and Terrance Tindal as program and ferry designer, besides William Sellar and Zarisa Watkins, plus Terrance Tindal as make up and costume designer.

Benedit can expect nothing but the best from the ensemble as each new season rolls around, with exciting tales and delicate possibilities.

HIV/AIDS & the black community

Continued from page 7 with being gay and the un-acceptance and prejudice against gays in black communities.

DeWayne Wickham, a columnist for USA Today explained in one column, “Homophobia among black men, and the slow response of the black community to AIDS has driven a lot of black [MSM] underground, leading to greater risk taking in both their selection of sex partners and the way they carry out sexual acts.

“It’s hard to educate gay men about the dangers of reckless sex if intolerance forces them into hiding and denial,” Wickham continued. He concluded that in order to move forward, institutions of higher learning must encourage students at HBCUs to be “more understanding, if not accepting, of gays and lesbians.”

The cumulative effect of HIV/AIDS, according to the CDC, shows that an estimated 503,000 MSM (440,887 MSM and 62,418 MSM who inject drugs) had been diagnosed with AIDS, accounting for 67 percent of all men and 54 percent of all people who were diagnosed with AIDS. An estimated 295,981 MSM (257,898 MSM and 38,083 MSM who inject drugs) had been diagnosed with AIDS, accounting for 68 percent of all men and 56 percent of all people with AIDS who died through 2003.

For many African American males, it is extremely difficult to ‘come out’ in a community that is intolerant of their sexual preference, which leads to many men leading double lives.

Phil Wilson, director of the African-American AIDS Policy and Training Institute at the University of California in Los Angeles, explained, “Young black gays fear that if they ‘come out’, they will lose their place in the black community and their safe harbor in a white-dominated society. If I’m black, I depend on my black community for sanctuary because of my race.”

CDC Epidemiologist Rob Janssen expressed the same sentiment saying, “It’s so hard for African-American men who have sex with men to come out. They’re more likely to identify themselves as heterosexual and have sex with women.”

“AIDS is one of the leading causes of death in young black women,” he added.

However dismal the situation may sound, the reality of it is much, much worse. The acceptance of MSM may eventually come, but the acceptance of MSM deceivers is not likely to come. So be careful. Be truthful. Be safe and always use protection.
First-class seats already being sold
Benedict’s ultra modern new stadium complex opening up a whole new business corridor

Prime Seats Already Being Sold

According to Benedict College Public Relations Director Kymm Hunter, the college has already begun receiving calls about prices for seats at the new stadium, and to date, 200 of these 1500 ‘prime’ stadium seats have been purchased on the $5,000 level. There will be other less expensive seats, of course, but these top-notch seats are already being purchased.

The seating at this price level is located near the 50 yard line, and will be part of the “President’s Circle.” These seat holders will have several amenities, beginning with bucket seats that are designed for maximum comfort.

In addition, the purchaser may claim a seat and have that seat engraved with a name of his or her choice, along with season passes and the opportunity to screen seating for five years.

“Response has been tremendous. We have received support from the community, and alumni alike,” said Hunter. “People feel that they are participating in history because this is indeed a historical moment for Benedict,” she added.

“Anytime you have your own community, and alumni alike,” added Director of Benedict Allen Corporation, Larry Salley, who will house retail businesses, offices, residential lofts, and a restaurant.

“We wanted to create an attractive atmosphere that would also be comfortable to visitors, and have lots of green space surrounding the structures,” said Salley.

“There are 15,000 square feet of retail space available, which should accommodate 10 businesses,” he added.

“The Shoppes on Read will have a number of features including a rear patio with seating that faces a pond with fountains all designed for aesthetic appeal,” said Hunter.

The corridor and complex, according to Hunter, will involve expanding Read Street so that it runs from Two Notch to Pinehurst Roads, which will allow visitors additional accessibility during games.

Response has been tremendous. We have received support from the community, and alumni alike... People feel that they are participating in history because this is indeed a historical moment for Benedict.”

Kymm Hunter
Director of Public Relations
Benedict College
**BC men’s and women’s tennis action**

**Members capture superlative awards**

**REPORTED BY THE SPORTS INFORMATION OFFICE**

Congratulations to Head Tennis Coach Gary L. Taylor and the Benedict Tigers men’s and women’s tennis teams who recently traveled to Tuscaloosa, Alabama to participate in the SIAC conference tournament.

The members captured the following SIAC Superlative awards:

- **Lady Tigers Superlative:** Lisa LaCroix, SIAC Women’s Player of the Year 2006 Spring, 1st Team All Conference.
- **Men’s Team All Academic Team:** Martin Dega, Shane Glasgow, Alpha Academic Team; Martin Dega, 2006-2007 SIAC Connor Elite 12 Scholar Athlete.
- **Women’s Team All Academic Team:** Shauna Glasgow, Alpha Academic Team; Martin Dega, 2006-2007 SIAC Connor Elite 12 Scholar Athlete.
- **Team All Conference:** Fiaz Mohammed, All Academic Team; Shane Glasgow, All Academic Team; Martin Dega, 2006-2007 SIAC Connor Elite 12 Scholar Athlete.

In the first round, the Tigers defeated the opposing team with a 5-0 win over LeMoyne Owen.

Lisa LaCroix won her singles match (6-0,6-0), and at #1 doubles, Tracy LaCroix and Lisa LaCroix won their doubles (8-1).

Paola Lopez won her singles at (6-0,6-0) and with Anna Lee Clarke won the #2 doubles at 8-3. Channel McRae and Precious Bryant won in the #3 doubles 8-2.

Lisa LaCroix provided the only face to face victory with a 6-2, 6-2 at the #1 singles position.

The Tigerettes picked up two other individual match wins because of forfeits at #3 doubles and #6 singles.

Tuskegee Institute women’s team won the championship with a victory over undefeated Clark Atlanta University.

The women’s team came away with a hard fought 3rd place trophy beating Fort Valley State women 5-2 in the consolation game.

Again the Tigerettes took an early lead with wins at #1 and #2 doubles and Lisa LaCroix completed her undefeated conference record in singles at 1-0 with a final 6-2, 6-2 victory.

Tracy LaCroix and Paola Lopez clinched the match with crucial victories at #6-0, 6-4 and 6-3, 6-4 respectively.

The win matched the 3rd place regular season standings for the Lady Tigers as the top two teams had strong line-ups with Clark undefeated and Tuskegee a close second during the regular season.

All SIAC Conference Tournament First Team: Lisa LaCroix and Tracy LaCroix; and All SIAC Conference Tournament Second Team - Paola Lopez. **Men’s Team**

The Benedict Tiger Men’s Team still singing from losing their #1 player late fought a good fight but fell to Fort Valley State 5-2 in the opening round of the SIAC tournament.

The Tigers did show their scrappy side with Jason Callow losing in three sets at #2 singles against a tough opponent.

Senior O’Neal Samuels and freshman Jason Callow pulled out a 9-7 at the #1 doubles position against one of strongest teams in the conference.

In the only singles win, Allan Ven-Tower Lewis won 6-0,6-4 at the #3 singles position.

Tuskegee Institute won the championship against Morehouse College in the finals.

**SOFTBALL**

**Challenging but winning season**

Though they had a challenging season, the Benedict Softball Team fell just short against rival Kentucky State in the final championship tournament. The entire team played like champs, however. The team ended up in second place in the tournament.

The conference tournament was held in Tuscaloosa, Ala. The team placed first in the SIAC conference. The BC Softball team was in the #1 spot with a 9-1 conference record and 18-18 overall.

The coach of the team is Gwenrolyn Rouse.

**BASEBALL**

Continued from page 16

Practices of pain

Body reacts to his command like he is conjuring me to move. I put on my running shoes that are tighter than a junkie’s unwashed, everyday wearing pants. I stand and face the stormy conditions. It is the chance to devour me in its wrath. I finally begin the work-out.

I had planned to do one and a half of a quarter miles around the track. But the catch is that it was to be done four times. The feeling of knowing, hypothetically speaking, that you are going to die is like knowing you have symptoms of pregnancy. You go to the doctor just to make sure your prediction is correct. That is a very sick feeling.

By now, the sun has emerged from its clouds and beams of flowers are everywhere. My body screams for water, my muscles ache. If I could mean, I would stop the excreting of so much energy. My skin burns as if I am on fire from the relentless sun. My head is in con-science while my body tries to give up. That is the only way I can stay and finish the work-out. My mind evokes images that bring me closer to salvation. That doesn’t help. It is only me, my painfully worn feet, and my limp body.

As I ran the last part of my prac-tice agenda for the day, I start to get a boost of energy. My legs begin to turn over like a steam locomotive and my mind’s main focus adjusts to finish. By the grace of God, I fin-ished another hard day’s work-out.

My body falls limp on the thin grass and does not emerge until its contents seep from my dry pores and my body is now drained. But this is not possible. I still need to do two cool down laps around the track. These are the longest laps of my life, it seems.

The sky soon lets off its ray of strike and comfort me with soothing breezes from above. I have returned from ‘hell’ and made my way back to earth. I have survived another one of coach’s ‘practices of pain’.

**HERP instructor Julian Shabazz publishes new book on history of Benedict sports**

Benedict faculty member Julian L.D. Shabazz, who teaches in the college’s Health, Physical Education and Recreation Department, has published what is believed to be the first book ever to focus on the ath-letic history at a single historically black college.

The book, *Roar of the Tigers*, presents an illustrated history of athletics at Benedict from 1907 to 2005. With over 400 photographs and illustrations, the book covers athletics, records, sta-tistics, and great moments in Benedict sports, ranging from such obvious sports as basketball, football, and baseball to the more obscure BC sport of boxing.

Shabazz said his book was long overdue and “should make a welcome addition, not only to the his-tory of black college sports, but to South Carolina as well.”

Shabazz added that his inspira-tion for the book “is simply based on my love for my alma mater. We have a great history here at Benedict and I think it deserves to be celebrated.”

Some of the legendary names in the book include: Dr. Leroy T. Walker, the former chairman of the U.S. Olympic Committee; pro basketball players Walt Simon, Robert McCollough, Joy Holman, and Kris Bruton; Johnny Brun-ton, who went on to play profes-sional football, Robert “Jet” John-son, John Brown, Emory Waters, Lonnie Randolph, and Benedict’s own current Student Activities Director Mary Davis, just to name a few.

“This is certainly the first book of its kind at Benedict and quite possibly the first sports history from any single HBCU. The book contains hundreds of pho-tos and news articles dating back to 1949, and there are stories within that go back to 1907,” said Shabazz.

Asking why he wanted to write a book on BC sports/athletics, he replied that he is currently working on his doctorate at Union Institute and University and that his area of concentra-tion is sports and entertainment management.

“When surveying the landscape of books on collegiate sports, the market is so bare with regard to HBCU histories, and what better place to start than good old BC,” he added.

Shabazz, the author of five previous books, is also a popular public speaker. The book retails for $20 and is available at bookstores worldwide, through Amazon.com, and directly from the publisher at www.JulianShabazz.com.

**Women’s softball**

Softball team members and outgoing seniors were honored during Senior Day on their playing field. (left to right)

*Photo by Kim Webber*
Track Team prepared vigorously for their ‘final dance’

BY KRYSTEL ROLLE
EDITOR

Ever since their season opening meeting in February, the Benedict men’s and women’s track teams vigorously prepared for their spring conference championships, or the ‘final dance’, as the teams call it.

The SIAC spring championships took place in Tuscaloosa, Ala. April 13-16. The teams faced schools such as Albany State University, Morehouse College, Clark Atlanta University.

Head Coach Frank Hyland called the women’s team extremely competitive. “We have one of the best women’s teams in the conference,” he said. He also praised the men’s team. “Our men’s team is very strong.”

Stand outs like Sherly Sylvester, a therapeutic recreation major and Lindsay Colclough, a chemistry major, dominated on the track and on the field. Both have already qualified for the NCAA Division II National Outdoor championships May 23-28.

Sprinters Joshua Williams and David Wheeler also qualified for nationals, along with the men’s four and women’s four by four teams.

New kids on the block sprinter/hurdler Carl Rolle, thrower Kent Saunders, sprinter/jumper Petra MacDonald, distance runner Irene Chepkoetch and sprinter Lamarrio Hall also expected led in their individual events.

The team made vast improvements throughout the season. Several of the athletes such as Christian Delyons, Bridgette Johnson, Amanda Mackey, and Chepkoetch performed their personal best.

Coach Hyland highlighted sprinter Marshay Moore’s performance this season saying, “She really stepped it up in the open 100. She is very effective in the first leg of the four by one.” (see Moore’s own story in Tiger News)

Hyland admits that the team was not fully healthy but he predicted a win, and expressed confidence that the team will place in the top three spots.

Benedict Baseball Action
Team captures SIAC 2006 Eastern Division title

The Benedict College Tiger baseball team completed its season of conference play stealing two of three games from conference foe the Paine College Lions.

Early on in the conference weekend, the Tigers not only battled the fast pace of an away conference play game, but they also felt the effects of treacherous rainy weather on Saturday.

In game one the Tigers jumped out to an early lead, scoring three runs in the first inning of play. Senior Curtis Wragg led the hitting attack, knocking in two of three runs with a 2nd inning triple. The Paine College Lions answered back in the 3rd inning, scoring two runs on a base hit. Shortly after, Paine scored, but their momentum was halted by a 15-minute rain delay.

In the top of the fourth inning, the Tigers scored one more run on a sacrifice fly by senior third baseman Deshaun Brooks. As the rain steadily poured, the Lions scored one more run, but the official postponed the game because of poor weather. On Sunday, the Tigers again traveled back to Paine, but for just one anticipated nine inning game, but now to complete three more innings of a seven inning game but also play a full seven and nine inning game.

Tigers set out to defeat the odds by playing 19 innings of baseball in one day.

As the Tigers restarted game one at the top of the fifth inning, they unloaded four more runs onto the Lions to broaden the margin.

Those runs would take the Lion’s confidence and prevent them from scoring the rest of the game. The BC Tigers tacked on another three runs to make the score 11-4. Tigers win.

Game Two

During game two, the Tigers scored three runs in the first inning, jumping out on an early lead. However, Paine replied back with three runs during their first trip to the plate.

While bases were loaded for the Tigers, senior Curtis Wragg came through, again hitting a deep shot to the right-center field and scored two runs to make the score Benedict 5 and Paine 3.

In the bottom of the 6th inning, the Lions’ bats came alive as they connected with six hits and scrambled three runs to seal the