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Absolutely poetic

N.C. A&T Aggies display their talents in show, "Young, Gifted and Black"

By T.J. Moore

On Feb. 13, there was hardly an empty seat in Harrison Auditorium as students, faculty and families of the performers came out on stage to celebrate African-American history, culture and the joy of being "Young, Gifted and Black.

The show paid tribute to the legacy of African-American culture with their diverse talents, in areas of gospel, poetry, hip-hop and R&B and fashion. From the opening, the N.C. A&T Fellowship Gospel Choir rocked the crowd with an upbeat and funky processionional and selections. Afterwards, Steven McQueen gave an uplifting rendition of "Lift Every Voice and Sing" after the Black National Anthem. Mr. Aggie Desmond Stowe introduced the Master and Mistress of Ceremonies, Jamal Sinnamon and Erin Norris. Then, Vice Chancellor of Student Affairs Dr. Roselle Wilson officially greeted the crowd.

Please see GIFTED, Page 3

SGA hires new VP of external affairs

Randy St. Clair EDITOR-IN-CHIEF

After a quick two-week search the N.C. A&T Senate of the Student Government Association (SGA) has found a replacement in the vice president of external affairs position in John L. Everett IV.

Everett was selected from 16 different candidates and was named to the position on Feb. 6.

Rashawn Henderson, member of the elections committee, said that after several interviews and several great answers from Everett, the senate thought that he was the man for the job.

"The senate concluded that he (Everett) displayed wonderful leadership qualities," said Henderson. "His main focus was A&T and he was in tune with the issues that surrounded the SGA."

The search for a new vice president of external affairs began when Chester Williams stepped down from the position and left the university, according to William Dudley, vice president of internal affairs.

"The decision was made by the senate but the Application Confirmation Committee gave the recommendation for who they think should hold a particular office," said Dudley. "The main idea was to get someone with experience with either this SGA or another, and John had that experience."

Everett, a Huntsville, Ala. native, is a transfer student from Kentucky State University and will be graduating in May with a double major in mechanical engineering at A&T and a degree applied math with a minor in physics at Kentucky State.

Everett explained that he plans to do many things in his new position despite the search for a new president of external affairs. Please see SGA, Page 3

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Renick named to serve on HBCU board

From Staff Reports

Dr. James C. Renick, chancellor of N.C. A&T, has been selected by President George W. Bush to serve on the President's Board of Advisors on Historically Black Colleges and Universities. Renick is one of 21 individuals selected to the commission.

Board members were sworn in at a ceremony Feb. 12 during the White House Initiative on Historically Black Colleges and Universities National Conference in Washington, D.C.

"This appointment is as much about A&T as it is about me," said Renick. "A&T has represented so much for so many for so long. The university has a national standing and people recognize the role that the university plays in a national way."

The President's Board of Advisors on Historically Black Colleges and Universities advises the president and the secretary of education on issues related to strengthening and advancing HBCUs.

Board membership is composed of education and corporate leaders from across the nation. Bernard Joseph Please see RENICK, Page 2
F. D. Bluford Library will present videos, lecture

Poet brings awakening

By Tamika Hudson
Register Contributor

Poet David Matthews graciously "took off his shoes and walked around in the audience's mind" Feb. 5 at the Paul Robeson Theatre.

Sponsored by the Division of Student Affairs and hosted by Tuba Phi Tuba, "An Evening on Broadway" featured the Davison, Ohio, native performing some of his best work.

Matthews set the stage as an Afro-centric safari. Initially focusing on the ladies, Matthews began with a poem entitiled, "To You." This romantic tone eased the audience into his creative flow.

Incorporating his musical talent, his second poem, "The Prophet," was recited through musical instruments. The "love poem," as it was also called, shook the atmosphere with drums, tambourines, maracas and cowbells.

He referred to this moment as "taking the temperature up to 30,000 degrees.

Matthews' overwhelming performance was not collectively credited to him, but also his assistants known as "The Puppets." They accompanied him on numerous poems through music and dance. Ida Stevenson, one of his assistants, even played a piece from her up coming poetry book, "Poetry is the Song of Life."

Discovered by Nikki Giovanni, Matthews has authored three books, "the feel of FEELING," "Time Brings About a Change" and "Message."

David Matthews and production shows energy and excitement, "as they perform his poems, which incorporate music and spoken word at Paul Robeson Theatre on Feb. 5."

Currently, he is publishing his fourth book entitled, "THE POETRY BOOK." The audience had the chance to hear portions of this new work.

To conclude his poetic performance, Matthews offered advice to the youth regarding education, the world and the

"War on Terrorism." In coming months, Matthews will release his CD, "A Poetic Awakening," that will be played on syndicated radio stations.

Campus News
February 18, 2002

A&T professor gives insight on African universities

By Brian Best
Register Contributor

On Thursday, Feb. 7, Abebe Kebede, N.C. A&T associate professor of the physics department gave a lecture, "Collaborating with African Universities."

The seminar gave facts about the benefits of how to begin collaborating with these universities. In his lecture Kebede felt if as exchange programs between American and African universities would be a great experience for students and faculty.

It was brought to the attention of those in attendance that because of the condition African universities were at, they could use the encouragement and support of American universities.

Kebede also noted, that A&T had the resources and technology to do it.

The possibilities of research programs, workshops, distance education programs and field trips, where one could collaborate with the Foreign Language department to learn "basic survival language" were also topics of discussion.

For more information on A&T collaboration with African universities contact Kebede at 834-7460.

E Y E O N C R I M E

Continued from page 1

Milano, president of the KPMG Foundation in Montvale, N.J., and chair of the advisory board for the A&T School of Business and Economics was also appointed to the board.

A&T is the No. 1 producer of minorities with degrees in science, mathematics, engineering and technology.

Renick was inducted as chancellor April 20, 2000. He said, "The future belongs to those institutions that have the foresight, energy, creativity, wisdom and courage to understand that their destiny, a matter of chance, is a matter of choice and will to achieve." Also in his inaugural address Renick quoted Dr. Martin Luther King in stating why A&T can't wait to move into the future.

Burglary

A male student reported that his secured room was entered and items of jewelry were taken from a jewelry box.

The case remains open.

Larceny

Two male students were apprehended at the Aggie Suites during an investigation of a vehicle break-in at the Holt Lot.

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GIFTED

Continued from page 1

The first segment of the program was "Song and Dance." The audience was treated to a variety of songs and a raw performance by the Dudley High School StepTeam. David Watkins gave a soul-stirring rendition of "My Funny Valentine" for all of the jazz lovers and lovers in the audience. The audience turned into a sea of applause and screams after that. The group Infinity took the stage to perform the three-song medley of "Carolina Swing," "Treatin You," and "Killin Me Softly." The audience's sound system was having problems and the audience sympathized.

A video sequence compiled by Andrew Lofher was shown. "Movers and Shakers in Black History" showed images and gave a small bio on legendary civil rights figures like Malcolm X, Marcus Garvey, The A&T Four, Martin Luther King Jr. and the Brown Vs. Board of Education case.

To close out the segment highlights, the Dudley High School StepTeam took the audience back in the day with themes from "227," "The Jeffersons" and "Good Times." The team stepped to the likes of Edwin Starr's "War," Zapp and Roger's "More Bounce to the Chance" and "Computer Love" and Marvin Gaye's classic "Let's Get It On." These youngins brought back dance steps from the '80s, their movements smooth and precise.

In the second segment, poets spewed nothing less than statements of fire. Deonte Staats kicked off this mini poety slam with a scathing view of inter-racial relations and a tribute to black-on-black love with " Fever." Next came Nadio and Russell Dorrer with their untitled work that incorporates hip-hop and their poetry, but they too were plagued by sound problems. The final poet of the segment came all the way from Baltimore, Jason Jacob McCraw's poem gives his intense view on the 9/11 attacks, declaring boldly "what goes around, comes around."

The show closed with a fashionable view into history. The Verge modeling troop took the audience back and way back into our history with a civil rights scene, a slavery scene and a tribute to Africa.

In the civil rights segment, four models were shown with their bodies covered in foil emulating the newly erected A&T Four statue. Then, Bbith's "Soul Sista" blared through the sound system. McCraw recited a poem as this scene featured historic figures like Rosa Parks, Malcolm X and the Nation of Islam, Black Panther Party and sports figures like Muhammad Ali and Florence Griffith Joyner. Finally, they stripped foil off the 'statue' to reveal the A&T Four come to life.

In the second scene, the audience was invited to take a trip to the Verge Plantation. Some male models appeared with a robe around their neck and shoulderless. Some of the same models appeared chained as well. It was risky and interesting but another great scene.

The final scene in the show and the program was the tribute to Africa. Models appeared in the traditional red black and green from the motherland to the tune of Michael Jackson's "They Don't Care About Us."

Performers gave it their all and made "Young Gifted and Black" a hot show. Hey, a nearly full house can't be wrong.

SGA

Continued from page 1

only three months left in the semester.

"My main priority is to get SGA closer to the students," said Everett. "I want to help the president of the negatively surrounding the SGA. I'm in this office to give the students what they want. The satisfaction of the students is first and foremost my goal."

When asked if he thought he could fill the shoes of Williams, who SGA President Greg Drumwright called one of the hardest working in SGA, Everett said with no hesitation, "Yes."

"I most definitely am able to do this kind of job," he said. "I've worked with the SGA before, just not as A&T (referring to his work at Kentucky State). I know that it takes a certain level of dedication and responsibility. But I am more than qualified to do it."

SGA members were said to have opened Everett with open arms and are in anticipation for the projects that he has to assume. The biggest one: AggieFest.

"Planning AggieFest is one of my biggest projects this semester," said Everett. "I definitely want to get the students involved in the planning process. Their input is valuable to me, and it allows me to see what they want and gives me the chance to get the best quality entertainers for our university."

"I know that there is work to be done, and I plan to work diligently to accomplish the things that I said I would."

Other projects that Everett plans to implement in the remaining months of the semester is to work with the area high school students on Black College Day on March 20. His goal is to inform high school students about the advantage of going to an HBCU.

The process of hiring Everett was strenuous, according to the senior. The most challenging part about it, said Everett, was not knowing what to expect, stating that "the anticipation was the worst part."

Dudley spoke highly of Everett's work ethic.

"There's a diligence that I've seen in him to tackle all the responsibilities of his position and that's what it takes," said Dudley. "He has the backing of the SGA. Anything that he wants to accomplish he'll have our support."

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Opinion

Randy St. Clair, editor-in-chief

T.J. Moore, senior editor
Chris Wallace, sports editor
Shakinta Johnson, staff writer
Valerie Nieman, faculty adviser

Loyalty sparks unity, unity inspires change

Can I truly say that I love my brother or sister if I openly put them to shame? Can I truly say that I have their best interest at heart if I take no consideration as to how they feel? Can I call myself a real friend if I turn my back at the first sign of trouble? No. And less.

What ever happened to brotherly or sisterly love? Where life wasn't about I get mine and you get yours? To live such a life is sad. It's also a selfish way to live.

Whatever happened to I got your back and you got mine? Friendships are a dime a dozen, right? Well, don't we value them as such?

For some, friendship is only a means to get something from someone else. Whether it be money, fame or notoriety, it's something that's built on a rather weak foundation. But for others a true friend is like adding someone to the family. A foundation that will never fall, but always stand. Weathering the storm, protection from all harm and harm. The purpose of the friendship is to bring each other from one level to the next. Constantly in encouragement, prayer and support despite what things may seem to be.

People change faces daily. Why? How? It puzzles me to see how one day we can be mad cool and the next total strangers. Life is way too short and roads too complicated for the cat and mouse game. A game, I might add, that no one wins.

Life is about living consistently. The way to prosperity is to constantly do the things that require you to be wealthy. Meaning, people must save, make good investments, tithe and manage their finances.

The way to a life less complicated is surrounding yourself with consistent people. People whose behaviors, attitudes or emotions won't change just because you say something they don't like, or just because you disagree.

I can remember a time where life wasn't so complicated. Where having a cell phone didn't matter, a letter would suf- fice. I can remember a time where it wasn't embarrassing to pick someone up when they fell. I can even remember a time where the motto of the ages was, "Don't worry, be happy" yet we con- stantly put each other down.

We talk about coming together as a people, race and society yet we're divided by things such as latest brands, skin color or money. If that's what this world has come to, the end is only tragic.

Wouldn't it be great to see a race, so- ciety or country truly unite? Unification isn't about feeling sorry for each other.

Unification is about action. It's about taking action against stereotypes, racism, dice, racism, hate crimes and distilla- tions.

To be truly uni- fied would be the greatest accom- plishment this country can even achieve.

For a nation to come together on it's own terms, not sparked by disaster, ter- ror or war, would mean that views have been compromised. Which is truly the force behind unification.

The grass may be greener on the other side, but the other side can never be reached by one person alone.

It wasn't until the children of Israel believed in their hearts that they could go into the land God promised them that they actually went in. Not just one person believed but an entire nation believed.

So where did all this come from?

I was in a class and there was a pres- entation given, and the young lady blan- kly tried to define another person's character. It was done with so much ease.

The student seemed pleased with the comments made. Other students laughed while the person called out simply sat there, possibly wondering where the statement came from, what sparked the outburst of emotion or why not?

There's a rule I try to follow that my mother and grandmother taught me a long time ago. If you can't say anything nice, don't say anything at all.

I'm in anticipation for a day, time or hour that we wouldn't be warning against ourselves but against the one that seeks to destroy us.

I anticipate a day where words will turn into action and action will be sparked by emotion and emotion sparked by love and love overcoming hate. What a day it would be. A day, a time, an hour of assurance. You got my back and I got yours.

Climbing the mountain was never said to be easy, and never said to be imposs- ible.

I searched here and there, and there was none. I looked a yonder and there was none.

My heart turned over. Heartbroke and consumed my soul. I felt not for the change is come. The change to come. The change is come. I searched here and there, and there was one. I looked a yonder and there was none.

My heart rejoiced. Peace in my spirit! I felt not for change has come. Change has come. Change has come.
WNAA loses music director, makes changes to carry on

By Code T. Sanders
Regular Contributor

"The People's Station," 90.1 WNAA, recently had to say farewell to one of the station's most important people. Di Cherie Lofton, formerly the program/music director, said goodbye to WNAA 90.1 on Jan. 16 after 4 ½ years. Lofton moves to 97.3 WQMG FM as a daily on-air personality.

While program director at WNAA, Lofton planned several music seminars, advised a college radio street team, shared her knowledge of radio with many, and a host of other things.

The decision to move from 90.1 was very hard because WNAA is like a family to me," said Lofton. "What made the decision easy is the fact that I know that I still have my WNAA family in my corner and I plan to still help out as much as possible.

Lofton formed a strong bond with many of the students who volunteer at the station. She wanted all students she worked with to be the best they could be and pushed them to do so. Many students and volunteers were disappointed when they heard news of her leaving the station.

"It is a great loss to the WNAA family. Cherie was so instrumental in taking the station into the digital age. Her vast knowledge of the industry has influenced me greatly," says Rob Swynga, WNAA promotions director.

In the absence of Lofton, Tony Welborne, general manager, has stepped in as the interim program/music director.

According to Welborne, the loss of Lofton will affect the station's programming, the ability to develop new programs, and will slow down the process of training new students. Right now it's tough to say when or if Lofton will be replaced because the university has to make that decision. In the meantime the station will function on automation when necessary.

Without Lofton, many other station volunteers will be asked to step up and handle more responsibility.

"The work load may increase at first. I have watched Cherie and learned so much from her that it is second nature to do some things," says Swynga "I am just here to assist in any possible capacity to keep 'The People's Station' on the air.

Joya Wesley is among the many people who make WNAA 90.1 "The People Station." A&T's award-winning radio voice has lost one of its longtime staffers and is adapting to meet the challenge while continuing to train a new generation of broadcasters.

In celebration of Black History Month

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Visit our Information Session on February 25 from 6pm-8pm, in Memorial Student Union, Room 101. We will be conducting interviews the following day, February 26.
Greensboro’s Triad Stage finds talent in A&I’s theater program

BY TARAH S. HOLLAND
Entertainment Editor

Lights, camera and Aggies! Greensboro’s Triad Stage prepares for its Feb. 19 premier of Lynn Nottage’s “Crumbs From the Table of Joy.”

The play will be starring Aggie alumna, Kelli Rashana Brown and current Aggie, Zonya Love Johnson.

Brown is a 2000 graduate of A&T and is looking forward to her rising career as an actress.

“I give all glory to God, my Lord, and Savior, Jesus Christ who has definitely blessed me. I will be able to become a part of the union for professional actors because of my experience at the theater,” said Brown.

“In the majority of auditions in New York and L.A., you must be a part of the union,” said Brown.

Brown has the lead role of Ernestine, the oldest daughter of Godfrey Crump, who moves his family, along with his sisters-in-law, to Brooklyn to follow his worship of “Father Divine.”

Through her loving and supportive aunt, Ernestine is able to express her sister-self and personality.

“Ernestine Crump is 17 and really has no friends and is very lonely, until she begins to get closer to her aunt,” said Brown.

Brown prepares herself by using many of the same methods she uses for most of the roles that she takes on.

“I had a lot of lines to memorize and I like to take time to study the text before I dive into the characters. It is a long process and requires a lot of research and living in the script. I like to have plenty of rest and be in good health,” said Brown.

Although she is no stranger to dramatic roles, Brown had to adjust the personality of Ernestine.

“The transition into this role was difficult because it required much more of a country, plain, reserved and quiet personality which is the complete opposite of myself. I had to balance all of the emotion of the role as well, so it was a challenge,” said Brown.

Brown also feels honored to be a part of the production at the Triad Stage.

“This play will definitely open opportunities for me as an actress. The Triad Stage is becoming a new part of history and I am honored to make history along with you.”

“Crumbs From the Table of Joy” was written by rising African American playwright Lynn Nottage.

It is a dramatic and insightful look at a southern family and the struggles they go through as they lose their mother, the glue that had held them together since the beginning.

As told through the eyes of daughter Ernestine, the play tells the story of a two daughters who find it difficult to recover from the loss of their mother and adjust to the interacial remarriage of their father.

They also have to cope with leaving their southern home to relocate in a city where environment is unknown and sometimes harsh.

Brown says she can also find similarities in her life and the life of Ernestine.

“I can relate to Ernestine in different ways. In the play, the sisters are close and love each other, but at the same time get on each others nerves. It is the same for me and my sister. Ernestine also has to deal with a step-mother,” said Brown.

“My boyfriend has a child and I am seeing how one has to cope with someone from the outside,” Brown explained.

Brown has plans for her future and is almost certain of where it is headed.

“God may change my plans, but for now I have no plans for graduate school at the moment, but when I do, it’s going to be Yale,” said Brown.

The play will premiere at the Triad Stage Feb. 15 through Mar. 10. Tickets range from $8 to $30 and vary in terms of seating arrangements and depending on the day of the week.

Connie Mahan, director of marketing and communications for the Triad Stage, is proud to have A&T represented in the play as well as at the theater.

“It has been really exciting collaborating with A&T and in theater programs. I think that their work is great. I really had the opportunity to see Zonya in her performance in ‘Black Nativity’ last fall. She was great,” said Mahan.

“Zonya Love Johnson has also been exciting watching these girls moving from acting as students to acting as professionals and I feel honored to be a part of it.”

Johnson was performing out of town at the American College Theater Festival in the Irene Ryan Competition and could not be reached for an interview.

Top 5 movies of the week
Collateral Damage, Big Fat Liar, Rollerball
Black Hawk Down, Snow Dogs
February 18, 2002

A&T instructor by day, opera diva by night

Music instructor Jessica J. Van Ord has found opera singing as an outlet for self-expression, and entertainment for others.

BY DEEJAY JONES
Registrar Coordinator

Jessica J. Van Ord, an instructor in the music department, is making a new name for herself as an opera singer.

Van Ord had the opportunity to serenade a large crowd at UNCG’s Aycock Auditorium on Jan. 24 and 26. She received her master’s of arts degree in music and is currently studying for the completion of her doctorate in Voice Performance at UNCG as well.

The Italian opera presented at UNCG entitled “Cavalletta Rusciniana” (rustic chivalry) took place in the 1860’s in Sicily. Santuzza, played by Van Ord, is a woman torn between the sadness of her lost faith, and love never found; caught in a triangle of two men’s love for another woman.

Written by Pietro Mascagni in 1890, the piece is a melodrama summarized into one act.

Other performers who contributed to the main cast include Turiddu, played by Brian Carter (the lover of Santuzza), Alfio, played by Warren Coker (a local cartier that is married to Lola). Lola, played by Jennifer Mello (married to Alfio, but secretly seeing Turiddu)

And Manuela Lucia, played by Renee Sokol (mother of Alfio, and emotional comfort to Santuzza).

“Singing is an outlet; it allows for others to relate to the emotion that I am expressing,” said Van Ord.

“Also, the works in which focus is exerted tend to relate to real-life experiences.”

Van Ord also sings with the choir at the First Presbyterian Church on North Elm Street, exercising once again the power in the influence of her voice, and the emotions brought forth from her singing.

Want to go to the show?
Here are the facts for Triad Stage

Single ticket prices range from $8 to $30, depending on the day of the week and seat location desired.

All performances are at Triad Stage’s new 300-seat thrust stage theater located at 232 S. Elm St., in historic downtown Greensboro. Show times are 7:30 p.m. Tuesday, Wednesday, Thursday and Sunday, 8 p.m. Friday and Saturday. Saturday and Sunday matinees are at 2 p.m.


Triad Stage’s InSight Series, a free humanities program that brings a noted speaker to the Triad to discuss the world of the play and the playwright, will be held Sunday, Feb. 23, immediately following the matinee performance.

PostScript, a lively, freewheeling discussion led by artistic director Preston Lane and accompanied by members of the cast, will be held Thursday, Feb. 21.

For tickets, call the Triad Stage Box Office at 372-0160 or check out the website at www.triadstage.org.
WNAA brings Rapper Royce 5’9”, DJ Twin to A&T for dinner meet and greet

BY TRINA LOGAN

Columbia recording artist Ryan Montgomery a.k.a. Royce 5’9” visited N.C. A&T for a meet and greet session in William Cafeteria courtesy of WNAA 90.1 FM. on Feb. 12.

Free CDs, bandanas and posters of artist Royce 5’9” were some of the gifts given to student who stopped by. According to the rapper, the name Royce comes from a chain that he used to wear around his neck. The 5’9”comes from his height, and nickname from playing basketball in school.

Royce’s song “Boom” was featured on soundtrack for the VH1 movie “Carmen,” which feature Destiny’s Child star Beyonce Knowles.

His new album “Rock City” features production by Trackmasters, Al Chenais, Neptunes and DJ Premier. Rapper Eminem was the executive producer of the album, also appearing as a guest on the album.

Royce is now preparing for a tour with R&B heartthrob Usher Raymond.

Royce 5’9” did not always want to be in the rap game.

“I haven’t always wanted to be a rapper. I actually started around ‘95, ‘96,” said Royce.

Royce’s focus right now is on his albums and his group.

“I got my crew from Detroit, D-Elite, which has six members. We are so large, we’re just trying to figure out strategically how to put them out,” said Royce.

Royce 5’9” was accompanied by his personal DJ and childhood friend DJ Twin.

WNAA 90.1 radio personality Bob Swyneg arranged the event.

“A lot of people don’t know about A&T’s radio station. We want to have a listener appreciation week with artists and performances to get exposure. We’re planning a listener appreciation week with artists and performances to get exposure,” said Swyneg.

Going the extra mile can add more years

What if we had to run a mile to get a job like we had to do to pass our high school gym class? %

You don’t have to say it, I would fail too.

Although many college students continue to take their college gym classes for granted, it is very important to stay active throughout your adult years.

By exercising only 20 minutes a day for three days a week, you can manage to stay fit and eventually trim a few pounds.

The most important thing to remember is patience and discipline.

As a nation, there are many people who are beginning to join their local-gyms, health clubs and YMCA in order to live fuller lives.

Many of these places offer a lot more than the usual weight and cardiovascular machines that are mainly geared at working one group of muscles at a time.

They are also offering classes in kickboxing, yoga, aerobics and, often times, water workouts.

These various classes tend to work more muscle groups in the same amount of time that it takes to maintain one weight or cardiovascular machine.

There are a lot of workout tapes that can do the trick when it comes to a constructive workout routine in the comfort of your dorm room or at home.

Some of the most popular and constructive workout routines can be found in such videos as Tae Bo, by workout guru Billy Blanks, “Firm Up Fast,” with instructor Leslie Sansone and “Yoga Essentials,” with instructor Denise Austin.

These are only a few of the endless amount of tapes that are available for working out at home.

Keep in mind these health and fitness tips from Health-fitness-tips.com with any workout plan that you choose.

1. Move your body

Make it a daily challenge to find various ways to move your body. Climbing stairs instead of taking escalators or elevators or play sports with friends.

2. Cut as much fat as possible

It is always a good idea to avoid the fats such as fried foods, bangers and a lot of pork and dairy products.

3. Quit smoking

The surgeon general has warned us, however recently, there has been a surge in smoking in adolescents and teens.

Not only will your health improve, but you life span will as well.

4. Avoid excessive drinking

This is something that a lot of college students should take to heart. Save yourself from harsh consequences for drinking heavy including liver disease, kidney disease and even cancer.

5. Keep a positive mental outlook

Set a goal, stay focused and don’t give up. Becoming unfocused can affect you and your health routine, so plan ahead and make it a necessity to work out.

Reduce Stress

True, it’s easier said than done, but stress relief does come in many forms.

Some experts recommend to think positive thoughts and spend 30 minutes a day doing something you like. You can also try a long bath or walk.

Need a place to work out?

Fitness centers and gyms are always going up in Greensboro. Here are a few that can be found close to A&T’s campus.

The A&T Fitness Center

A&T’s Corbett Sport Center

Hayes Taylor YMCA

1101 E. Market St.

Pyramids Athletic Club

500 Spring Garden St.

Greensboro Athletic Club

302 N. Greene St.

Sportstime-On-The-Square

101 S. Elm St.
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everyone has a role to play and something to contribute, so not only
do you have a voice but you can make a difference with clients and
coworkers alike. Break the mold.
AKA chapter observes its founding, 94 years of service

DESMOND J. STOWE
Register Contributor

On Jan. 15, the ladies of the Alpha Phi Chapter of Alpha Kappa Alpha Sorority Inc. celebrated 94 years of service to all mankind.

The sorority is the first American Greek letter organization established by and for black women. The birthplace of this sorority is Howard University, where Ethel Hedgeman Lyte of St. Louis, Mo., formed the idea.

The founder's day program, entitled, "Radiant Light," began with a welcome from Andrea Busson, followed by the meditation from Laura Barbour.

To honor all of the founders of the sorority, the ladies from the Alpha Phi chapter of Alpha Kappa Alpha Sorority Inc. lined the rear of McNear Auditorium as they each portrayed a founder by telling some of their life stories. Some of them were educators and nurses; many of them went on to seek higher education.

All of the ladies gathered at the bottom of the auditorium and lit the candles in memory of the founding ladies who all became "Ivies upon the wall."

Fathia Pander read the history while remembering the spirit of remembering the founders. Rhonda Gric, president of the Alpha Phi chapter, introduced the speaker for the evening.

Jennifer Martin, a member of the sorority, gave a speech titled "The Wait of A Woman." Grabbing the attention of many of the males in the room, she expressed how the rainbow of African American women flows from honey, brown sugar and milky dark chocolate.

The wait of a woman involves how the stages of a women happens over a period of time, from the completion of higher education, to the wait of developing a family, only to become the glue that holds the family together. Not only do women have to mentally wait on the goals and aims of life, they are mindful of how well they carry themselves.

After becoming incorporated in 1913, Alpha Kappa Alpha branched out all over by a selected college trained women improved the social and economic conditions in their city, state, nation and the world. Today there are over 140,000 women who are members of Alpha Kappa Alpha Sorority Inc. and its 860 chapters.

Aestris Young was given the task of recognition of guests. The Nu Rho chapter from UNCG was in attendance as well as an AKB alumni Ms. Gabbin, a member of the Sigma Gamma Omega chapter of AKA Sorority Inc., said "I feel sure to come home to see everyone."

There was also representation from The Beta Epsilon chapter of the Alpha Phi Alpha Fraternity Inc., the Alpha Nu chapter of Kappa Alpha Psi Fraternity Inc., the Eta chapter of Phi Beta Sigma Fraternity Inc., and the Alpha Mu chapter of Delta Sigma Theta Sorority Inc.


Video of Jubilee Singers is tribute to African American history

DELLAY JONES
Register Contributor

Dr. Clifford Watkins is hosting a showing of the video "Jubilee Singers, Sacrifice and Glory (The American Experience),"

at 3 p.m. Feb. 20 in the choir room of Frazier Hall as part of a tribute to the ongoing history of African Americans.

Watkins has been a teacher at A&T for 20 years and has taught black studies for a number of those. "Originally, the video of the Jubilee Singers was intended to be just for his class, but realizing the importance of knowledge in the aspect of black history (and the fact that most was glossed over), I decided to make it available to the general voice," commented Watkins.

"Like many stories throughout history, people normally understand the events that lead it to happen, and the aftermath of said situations; however, they are unfamiliar with the meat in the sandwich," said Watkins. This video gives students an opportunity to experience a part of black heritage.

Fisk University, in Nashville, Tenn., (est. 1866) was a school proposed for the benefit of Tene Blacks, and an opportunity for them to achieve the same educational status as whites. Despite the claim made by the government to look after newly released slaves, nothing was done when the university almost went under.

The people took it upon themselves, creating the Jubilee Singers to raise money to keep the streams of education trickling.

Watkins said that challenges ceaselessly present themselves, but the desire for knowledge was too strongly embedded in the minds of those students, and the will just as prevalent.

Watkins, named outstanding teacher of the year for the College of Arts & Sciences for the 2001-02 term, feels it behooves us all to bring to light some aspects of black history.

He received a Ph.D. and master's in music education at Southern Illinois University and a Bachelor of Arts in Music Education at Clark Atlanta University. With professional experiences extending to being special assistant to the dean for curriculum in the College of Arts and Sciences and professor of music (department chair, 1982-2000), Watkins has earned a prestigious place in African-American studies at A&T.

Professional committees that Watkins has been involved in include president, N.C. Association of Music Schools (1996-98) and Board of Directors for the Greensboro Symphony Orchestra (1994-2000).

Watkins has achieved many honors including being listed in the 17th edition of Who's Who in the South and Southwest (1980). He also conducted selectives ceremonies for President James Carter and Hastings Bands of the Republic of Malawi in 1979. He has performed with such noted entertainers as B.B. King, Gladys Knight and Gregory Hines.

Watkins has done a lot in his career, and is looking forward to do more by bringing this video series for the benefit of the Aggie students.
Beckwith’s heroics lead A&T to victory

By Chris Wallace

If judging by a shooting performance of 28.1 percent on Feb. 11, you’d think that this team would have lost, right? However, the Aggies of late are a different team and it shows.

After struggling for most of the game, the Aggies fought through fatigue and pulled out a nail-biter in the final seconds, edging Bethune-Cookman College at Corbett Sports Center by a score of 62-60.

Aggie guard Landon Beckwith, who ended with 13 points, hit the game-winning three-pointer with 3.4 seconds remaining, lifting the Aggies to the dramatic victory.

“It’s good to be in tight games and win so you’ll know how to handle those situations,” said Beckwith. “It wasn’t a good game for us team-wise, but we kept pressing on and finally, we executed when we really needed to.”

The opportunity for Beckwith and the Aggies to win the game almost fell through as Beckwith missed his first chance at the three-pointer with 12 seconds remaining, but Beckwith took full advantage of his second chance.

“When I missed the first time, I was down on myself, but I felt like I’d get another chance because we still would have needed a three even if Toussaint had made both free throws,” added Beckwith. “I kept telling myself if I got another chance, I’d make up for that miss. I knew my shot was going in as soon as I let my hand go.”

A&T opened the game on fire, build-

ing a 15-4 advantage, led by Bruce Jenkins who scored 25 points and grabbed 15 rebounds. However, the Wildcats remained content, outsourcing the Aggies 24-15 over the rest of the half and trailed only 30-28 at intermission.

A&T’s sluggish play would get even worse early in the second half as they went without a field goal for the first five and a half minutes, and the Wildcats went ahead 30-28 with just over eight minutes remaining.

With B-CC leading 56-52 and 2:55 remaining, the Aggies went on a 6-0 spurt to lead 58-56, capped by Marque Carrington’s running layup with 55.7 seconds remaining. After a timeout, Wildcat guard Maurice Ridesick hit a three-pointer, giving B-CC a 59-58 lead with 25 seconds remaining. The Aggies’ Beckwith missed the ensuing three-pointer with 12 seconds remaining, setting up the dramatic ending.

While Wildcat guard Richard Toussaint had one of his two free throws, A&T’s Marque Carrington drove up the floor and found a wide-open Beckwith in the corner, who drained the game-winning three-pointer, sending the crowd in a frenzy.

“It was ugly out there, no questions shot it,” said Aggie head coach Curtis Hunter. “But those are the types of games championship teams win. What really matters is that we played through adversity and still won.”

The win places the Aggies (9-14 overall, 8-6 MEAC) in fourth place in the conference while Bethune-Cookman College falls to 8-13 overall and 5-8 in the conference.

LEADING SCORERS
NCAT—Bruce Jenkins: 28 points
Landon Beckwith: 13 points
B-CC—Richard Toussaint: 21 points
Maurice Ridesick: 11 points

Aggies in the spotlight
Bruce Jenkins—4th in MEAC in scoring (18.8 PPG), 1st in MEAC in rebounding (12.1 RPG), 12th in MEAC in blocked shots per game.

Marcque Carrington—2nd in MEAC in assists per game (4.0 APG), 4th in MEAC in free throw percentage (77.8%), 5th in MEAC in steals per game (1.76 SPG).

Landon Beckwith—7th in MEAC in three-pointers made (44).

MEAC STANDINGS

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C= Conference O= Overall

The Lady Aggies stun the Rattlers, earning their first win of the season

By Chris Wallace

It may have taken 20 games and the firing of the head coach, but the Lady Aggies have finally cracked the win column.

On Feb. 9 at the Corbett Sports Center, the Lady Aggies stunned the Rattlers of Florida A&M, beating them 54-53 for their first win of the season. Camille Akins, who scored 19 points and grabbed three rebounds, led the way for the Lady Aggies.

The Lady Aggies only scored 17 points in the first half, trailing 18-17, but turned it around by scoring 37 second-half points. The Lady Aggies shot only 31.5 percent from the field for the game and were outrebounded 48-38, but they found a way to win.

The defense came up big as they forced the Rattlers into 26 turnovers and 39.6 percent shooting from the field and caused havoc throughout the game.

At game’s end, the lethargic crowd who watched the Lady Aggie basketball game burst into joy as the buzzer sounded and the scoreboard showed a 54-53 win for the Lady Aggies.

Kim Watson led the Rattlers with 17 points and nine rebounds, while Akins and DaVenna Brown combined for 34 points for the Aggies. The win gave A&T a record of 1-19 overall and 1-12 in the MEAC while the Rattlers fell to 8-13 overall and 4-8 in the MEAC.

The Lady Aggies and the Lady Aggies finally cracked the win-column as they beat Florida A&M 54-53 on Feb. 9 in the Corbett Sports Center.
Aggie track star Tim Walls running through all barriers

BY CHRIS WALLACE
Register Sports Editor

The men's track team at N.C. A&T has taken strides toward the class of the elite. With the guidance of head coach Roy Thompson, the team exceeded all expectations a season ago, garnering a fifth-place national finish in the men's relay team.

Even given the high threshold for śwíóthat this team has created, one runner in particular has given the team one breathtaking run after another.

In the weeks moments of the last season's national competition, Aggie track star Tim Walls stood there, knowing that what he and his team accomplished was something special. However, along with success comes barriers and this star has seen both sides of it.

Walls, a junior fitness and wellness management major, has maintained a high-level of excellence on and off the track and continues to remain mellow. His competitive drive and uncanny ability to lead have proved lethal for opponents in the MEAC and outside of the conference.

"We lost our first leg from last year, Timmy Haygood, but we still have a lot of talent, and we have a chance to win indoors and outdoors this season," said Walls. "Last year we kind of did what we wanted to do as a team as we weren't team-oriented, but this year we're more team-oriented and I feel that we're close. We're more of a family this year, and I feel that it'll lead to more success for us."

Despite Walls' accomplishments, it was not always a smooth road for the star. His career started inauspiciously after not having the grades to get into the college he wanted, and even after that, he still felt that he didn't get a fair deal.

"Out of high school, I was recruited for football, and I had the grades to come to A&T for track, but I would have had to sit out for a year," said Walls. "So I went to Benedict College and they promised me a scholarship, but when I got there, they didn't have a scholarship to offer me so I wasn't happy there. I felt like my skills were beyond their level and I wanted to prove it.

"After Walls' short stint with Benedict College, he would have the opportunity that he'd awaited. Walls would move on to A&T under head coach Roy Thompson's wing.

"One of my friends had given me word that Roy Thompson was recruiting me, but I got the word too late because I had already committed to another college which was Benedict," added Walls.

"I ran unattached at Chapel Hill during the summer of 2000 and the A&T coaches were there. I ran a time of 10.4 in the 100 and Coach Roy Thompson gave me a scholarship on the spot. After that, I told Coach Thompson about Gerald Wright, who was back at Benedict College, and he also recruited Gerald."

Gerald Wright is a current teammate of Walls, and he was a roommate of Walls at Benedict College. After Walls requested to coach Thompson, Wright and Walls formed part of a magnificent relay team that finished fifth in the nation just a season ago.

Along with being a great athlete, Walls has continued to improve his scholastic achievements as he's earned a 2.75 grade point average through last semester. He's constantly into his studies and knows that without the grades, track will be a thing of the past.

"First of all, I can't run track unless I'm successful in my classes because school work definitely comes first," said Walls. "Coach Thompson gets on us all the time about making the grades, and a lot of people have been rejected from the team because of grades. You have to get your grades because you're representing yourself and A&T so grades definitely are a point of focus."

As Walls continues to work at his skills, he'll only continue to get better. Despite a minor setback (pulled groin muscle), Walls still looks to get back on the track soon and continue making a difference on a team filled with difference makers.

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