

# THE PAPER

So we stand here  
On the edge of Hell  
In Harlem  
And Look out on the world  
And Wonder  
What we're gonna do  
In the face of  
What we remember  
Langston Hughes.



CITY COLLEGE OF THE CITY UNIVERSITY OF NEW YORK IN HARLEM

Volume 98 Number 2

A Medium For All People Of African Descent

September 30, 1993

## African Pride Or Deception?

by Nicci Nics

"Always", "TCB", "Dark and Lovely", "Let's Jam", "African Pride"—These are all black owned companies catering to the "specialness" of Black hair, right? **WRONG!** Many of the "Black" hair products we use religiously are manufactured "for us" by white-owned companies.

It may not matter to some of you who manufactures your hair products as long as it does the job. However, it becomes a problem when a white company uses its products to cater to the braid wearing, lock wearing, all-natural, X-apparelled, Afrocentric consumers (who believe they are keeping the dollar in the community.) It uses colors of the African Nationalist Flag on its product, uses a stereotypical fragrance trademark like *watermelon* calls itself "African Pride" and then *sues Black companies for using the*

word "African" in their products.

Yes, Brooklyn-based Shark Products, the manufacturer of the new "African Pride" hair products,



(l) Watermelon-scented product of African Pride (r) product of African Natural

have the audacity to sue Atlanta-based, Black owned B.J. Sales for manufacturing "African Natural" due to the similarity of the trademark, product likeness and Afrocentric theme.

Shark Products is claiming title to the word "African" as the first word in "their" hair product. Currently, a federal court in Atlanta is

in the process of deciding if the Black-owned company should stop distributing it's line of the product or if it can use "African" as an opener on any new merchandise.

It is blatantly feisty and even

hilarious for someone to begin to conceive the idea that one can try to have sole ownership of the name of an entire continent of people. This company has the nerve to propose an embargo on the descendants of Africans and are the sole heirs to this title. If you have read the story thus far and feel totally used, don't feel bad—it was a clever plan, even full page ads are displayed in our most popular Black magazines like *Ebony* and *Essence* in order to convince us of "African Pride's" authenticity.

Shark has tried a case like this before and won. It sued Walbert Laboratories, the makers of "Mother Africa" hair products because of the similarity in the products colors—red, black, and green. The case was settled out of court and Walbert

**African Pride**  
*continued on page 2*

## President Moses Meets The Press

by Alton Stewart

In her first press conference Dr. Yolanda T. Moses—the new president of City College, extended her warm wishes to the media representatives and got right to the issues affecting the college community.

Among the issues mentioned by President Moses was that public and private organizations have offered grants to the college to the total of over \$21,000 to be put into initiatives to promote the number of women and minority students majoring in the sciences. In addition, Dr. Moses reiterated the fact that CCNY is one of the country's top minority college graduating minority engineers and scientists. Dr. Moses stated that she was concerned that enough students were not entering the schools of science and engineering, thus, were jeopardizing CCNY's long history of gradu-



Dr. Yolanda T. Moses, Tenth President of CCNY

ating quality scientists.

The president stated that there will be additions to the faculty. Professor Bell Hooks who teaches women studies and black studies will be joining the English department next year. Professor Ron Carter who teaches music will join

the Music department.

Relating to issues directly affecting student life on campus, President Moses stated that there will be a number of individual photo-copying machines placed throughout the buildings on campus. These four or five machines will be operated with cards on a pay-by-credit basis. "This new system is experimental but is aimed at being more accessible, efficient and cost effective," according to President Moses.

According to President Moses, the college has received grants totaling 3.5 million dollars for the 1993-94 academic year. Part of this money will go toward the implementation of a central computerized system that will automate the student record system. Which will

**Moses Meets The Press**  
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## Campus News

The City University of New York (CUNY) and the Kiev Institute of Civil Engineering in the Ukraine organized a conference entitled, "Environmental Contamination and Control." The conference, from September 21st to the 23rd, opened the door to collaborative efforts for environmental research and education. Dr. Reza Khanbilvardi, Director of The City College Center for Water Resources and Environmental Research, along with 11 other CUNY scientists and engineers (6 of whom were from City College), attended the conference with their Ukrainian peers and government officials.

In an effort to attract students to the pursuit of scientific and teaching careers, the Howard Hughes Medical Institute (HHMI) has provided another grant to The City College in the amount of \$650,000 over four years. CCNY's program is especially geared towards encouraging women and underrepresented minorities to engage in these disciplines, according to Professor Sharon Cosloy, CCNY's Biology Department Chairperson. The program has been expanded for freshman and also high school students. The money will be used for support services and stipends for students doing research in laboratories. City College is a member of HHMI's Undergraduate Biological Sciences Education Program, whose grants extend to 47 colleges and universities nationwide.

The City College Program for the Retention of Engineering Students (PRES) has received acclaim from Financial World magazine as one of America's best run non-profit organizations. The program is focused on the recruitment and retention of underrepresented minorities and women through support services. PRES's Director, Ramona Brown, asserts that 400 minority students are enrolled in the program and it has a 90 percent retention rate and 28 percent of its students have at least a 3.0 GPA or better. PRES also has a program called Transfer Retention at City College (TRACC). City College's PRES program is an essential element that has helped to make the engineering school one of the best for graduation of minority engineers.

The City College is approaching the final year of its five year renovation and rehabilitation project. This major project includes the renovation of five buildings on campus, Townsend Harris Hall, Compton/Goethals, Shepard Hall, and Steinman Hall, at a cost of more than \$181 million. It represents the largest capital construction project at CCNY since the construction of the original Neo-Gothic buildings at the turn of the century.

### African Pride ... *continued from page 1*

Laboratories had to find new colors for their products.

There are a huge amount of products that use the prefix African in their products. Some patented before "African Pride." Shark Products is claiming to be the mastermind behind "ethnic-hair care products." Haven't they heard of Madam C.J. Walker (the first independent Black female millionaire in the U.S.)? Haven't they ever walked the streets of New York City and seen Black Muslims selling hair potions and lotions?

Let's get down to basics here.

With the influx of afro-centricity, we should expect that everyone will want to capitalize on us, and this is only the tip of the iceberg. Our women are currently the hottest ticket within the modeling industry and this has caused a few companies to create instant "Afrocentric lines" of cosmetics, i.e. Revlon's "Kente Kreations." Can you believe that our ethnicity, our pride and our kente cloth design have emerged as a matter of hair grease?

Black consumers please be aware that most Black products have a symbol—"The Proud Lady"—

from AHBAI (American Health and Beauty Aids Institute) which is a Black organization which will help Black consumers to identify "our" products. It is really wise to buy Black so you can put back whatever is needed within the black community.

Please be cautious and remember that not every hair remedy and "exotic oil" from the "deepest, darkest parts of the African continent" is truly African. Yes Michael, it does matter if you're *Black or White*, especially when claiming Afrocentricity. ♦

### Moses Meets The Press ... *continued from page 1*

link the Financial Aide Offices with The Office of Admissions and the Bursars office. The audio-visual department will also be updated with funds allocated from these grants. Updating includes the installation of a cable system that will link classrooms with a central studio; an installation of a state of the art projection system; and a central closed circuit television system.

In an attempt to ease new students and visitors around the campus, President Moses states that information kiosks will be placed at different sites around the campus

so that locations on campus can be found with greater ease. In reference to the newly opened Goldman Sports Complex, President Moses stated that all students will have access to the complex at the times scheduled on the roster that has been posted. She also stated that a small fee might be charged for entry.

The president congratulated the American Society of Mechanical Engineers (ASME) for winning all the major awards in the categories which they had entered with their

concrete canoe project.

Dr. Moses also mentioned that a team of six City College faculty lead by Dr. Kanbilvardi, director of the City College Center for water resources and Environmental Research, along with six other CUNY scientists and engineers will travel to the Ukraine to participate in an environmental contamination and control conference.

Although this was President Moses first press conference, she stated her plans to meet with the press again in the future. ♦



# City People

by Nichole Rowe

## BOLANLE OLAGUNDOYE

A native Nigerian, twenty-two year old Bola (her nickname) is the President of the Evening Student Government. She is a Computer Science major. Bola describes herself as diplomatic and believes "if a job needs to be done, I will do it no matter what it takes." In her spare time Bola enjoys cooking, baking, dancing, running and reading. So if your an Evening Student with no knowledge of who your president is, Here she is and She is willing to serve.



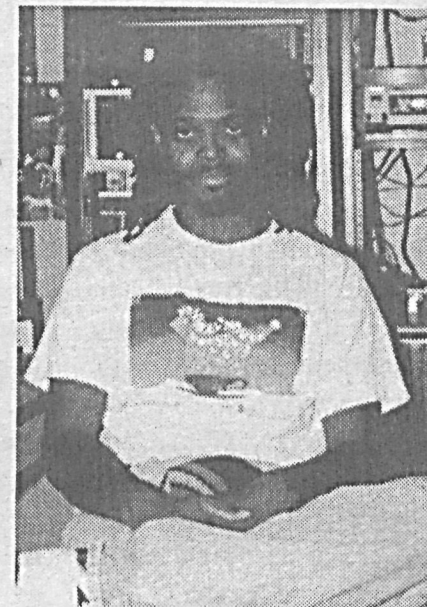
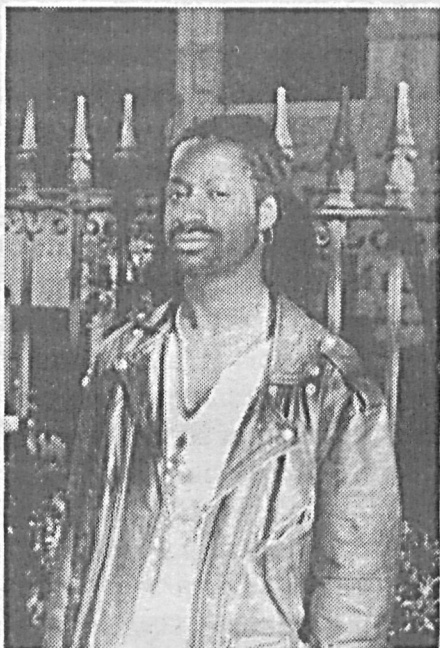
## OSWALD WILLIS

The answer to the question Who IS the MAN? may finally be answered. The energetic new President of CCNY's Day Student Government (DSG) Oswald Willis, oversees six Vice-Presidents, as well as the many divisional senators of the DSG to make sure that the entire government adequately services the complaints, concerns and issues that effect the 14,000 students of CCNY.

Since he enrolled at CCNY in 1989, Ozzie has had a long list of presidential experience. Ozzie is a former president of T.S.A.S.M (The State-wide Africana Studies Movement), African Dance and Drama, R.O.U.S.E. House (Recreational Organizational Utilization for Student Enhancement). He also served as Vice President at Rouse House.

On a more personal note, this political science and black studies major has been a student advocate, since 1989.

When dealing with adversity, this new leader believes that you must stand your ground and "keep a straight head".



## ANDREW McEACHIN

The General Manager of WCCR (City College Radio). He would like you to know that WCCR is looking for people to participate in and learn the different aspects of radio. Drew is a Communications Major. He enjoys fixing cars (especially his) and producing music. Drew is also an Audio Engineer, DJ on WCCR who plays jazz and he does parties. Drew is all about being happy. He thinks people should "do what they want to do and not what others want them to do." "Always feel comfortable with your-self". So for all you aspiring singers out there go to Drew and say "Please listen to my demo." You never know WCCR may be the first radio station to play your song!!!

## R. O. U. S. E. House, More Than Just A Party

by Naya Alex

Students come to City College to further their educational goals, but they also want their social needs to be catered to. To enhance their extra-curricular/social life, students are encouraged to take advantage of the numerous clubs and organizations on campus. Recreational Organization Utilized for Student Enhancement (R.O.U.S.E.) House is one such club. This organization gives students the opportunity to socially interact with fellow students.

R.O.U.S.E. member hail from different ethnic backgrounds and different academic fields of interests. The new president of R.O.U.S.E., Hugh Thomas, would like to try to change the image of the club from the "party club" to an organization that works toward preparing its members to function well in the community.

R.O.U.S.E. wants to help its members with their academic progress and to provide a well

rounded college experience. R.O.U.S.E. House works toward this goal through organizational and human relation lectures, forums, discussions, study groups, social functions, trips, athletic contests and service to the college.

To give you some insight on what activities have been put forth in the past: The R.O.U.S.E House annual Fashion/Talent Show, Lectures, Forums & Workshops discussing important issues such as: A) Male /Female relationships B) AIDS Awareness, C) Health and Nutrition and D) Career preparation.

Each member is given an opportunity to organize different events. R.O.U.S.E. enriches its member with skills, not taught in the the classroom, which are invaluable in the business world.

R.O.U.S.E. has meetings every Friday at 3pm in Baskerville, Room 101a. Everyone is welcome to attend. ♦

## Student 's Display Their Photographic Talents

by Dawn L. Palmore

The Art Department of City College presented a photography exhibition that displayed creative works by students. The students represented the diverse arenas of life, for instance, R.D. Paul uniquely captured an urban setting in his photographs. Other photographers presented their own interpretation of particular subjects. Such as that of Ben Hiust's innovative display of coins.

Although all of the exhibiting artists rendered excellent work, to name a few, Robert Hughie a former staff member of "The Paper" displayed works. These black and white photographs were reflective of modern jazz musicians. For instance, Hughie's photographs captured the image of a sole bass player in black and white.

Like Hughie's exhibit, many of the displays focused on the human being. In some cases the artists focused on human relationships. For

instance, Pedro Santo's exhibition focused on the homosexual male's lifestyle. Other themes like that of Virginie Kharouby focused on heterosexual interracial relationships.

For a change of pace, Jose Ho's exhibit had a religious theme. In my opinion, these innovative black and white shots of tombstones, towering religious crosses captivated the oblique environment of a cemetery.

A total of forty-five students participated in the event that lasted from September 7-24. ♦

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## The ESL Tutoring Center: A Place Not Everyone Is Aware Of...

by Fernando Almánzar

What happens when you migrate to the United States from a country where English is not the first language? You decide to attend a City University, but due to insufficient knowledge of the English language you fail the City University Skills Assessment Test (SKAT). Do you get rejected from City College? NO, YOU DO NOT. Are you a complete loser? NO, YOU ARE NOT.

CCNY has a program called the English as a Second Language Program, commonly known as ESL, through which non-English speaking students are encouraged to develop their reading and writing skills, in order to pass the SKAT and become eligible to complete core courses and subjects in their respective majors.

The ESL Tutoring Center presents a place where students gain the opportunity to interact with tutors and enhance or discover their technological skills at computers. The skills learned at the ESL Center help and assist students while taking ESL courses. Simultaneously these skills are useful within a student's regular curriculum.

The ESL Tutoring Center is not just a place where students go every

week to get their papers and projects corrected. It is a place, where people from approximately eighty different ethnic groups, countries and cultures come together. A place where a great cultural exchange takes place. There is a constant interest of students and tutors in each other's worldview.

A tutor's job is not as simple as seeking for errors on a student's piece of writing. Sometimes the tutor becomes the only friend and counselor a student may have. So, stop for a minute and imagine how hard it would be for you, if it were your first year at CCNY, and you are a stranger to the American language and culture. You have no friends or family in this area and you have to work to support yourself.

Most of the ESL students are very disoriented and may not even understand why they were placed at the ESL program. Some may realize the fact that they have failed the SKAT, but don't know what the ESL courses are all about. I personally believe that the ESL program at CCNY is extremely helpful. Students who attend the program tend to develop ideas and creativity in their writing to a level above that of many natives.

Not all the students who participate in the ESL program are successful. Some students fail to pass the ESL courses either for personal reasons or due to the vast amount of writing they have to produce in one semester. Students sometimes slowly begin to fall behind with their assignments and get to the point where they simply have to drop the class. Tutors are there to give encouragement to their students, and to help them brainstorm ideas for the 10,000 words project they have to do in every ESL course.

The most rewarding part of being a tutor is being able to watch a student that perhaps has never seen a computer in his or her life before coming to CCNY, then witnessing how this person by the end of the semester is able to brainstorm ideas, write outlines for their research projects, obtain information, writing and revising their own drafts, and finally typing and printing all their hard work.

You've been reading this essay and probably you are asking the question: So what? Why are you telling us this? Well, one of the reasons is to inform everyone about the ESL Tutoring Center. To tell you that we are here and that we need your support. Running the

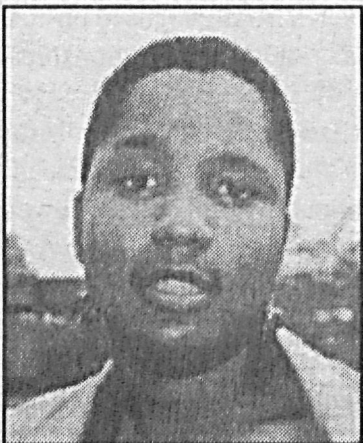
center is expensive and we need funds to support tutoring sessions and to maintain our computer center. At this time we have one printer and six computer terminals out of commission. In conclusion, the ESL Tutoring Center needs more money to expand its resources and to provide a good service to our students. In spite of our current budget situation. Right now we are only tutoring those students at the ESL 10 and ESL 20 level. We are working hard to provide assistance to those students at the ESL 30 level. We successfully did in the Fall, 1992 semester. However, we were not able to do this on the Spring, 1993 semester because \$3,000 dollars was taken from our budget.

I would personally like to extend an invitation to seek for help in our small group meetings inside our tutoring rooms; or to simply drop by to visit us and see what the ESL Tutoring Center is all about. I'm truly speaking not only as a tutor, but also as a product of the ESL Center myself. Not too long ago I was down in Harris 015 as an ESL student. I feel that all the skills I was able to learn at the ESL Center have helped me on all the courses I have taken since I left the program. I plan to apply these skills everywhere I'll go. ♦

## CITY VIBES

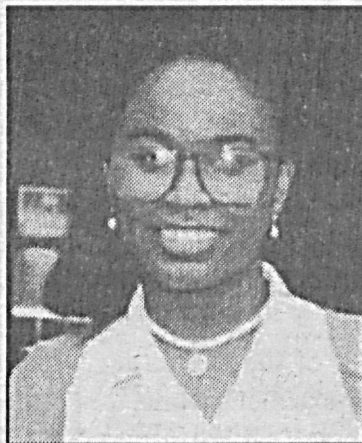
by Alton Stewart

QUESTION: What are your thoughts about the Clinton health plan?



Elizabeth Tyson Gaines  
**Elementary Education**

"Where's the money coming from to finance this plan? It is a major move in the right direction since a lot of Americans can't afford health insurance. I hope it's a plan that can be developed for the good of America."



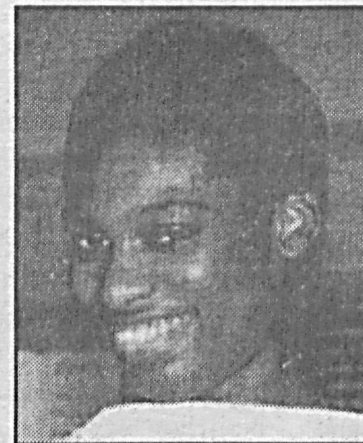
Marie Bellerice  
**Nursing**

"I feel the health plan will benefit the nation's younger population, many of whom at present can't afford health insurance."



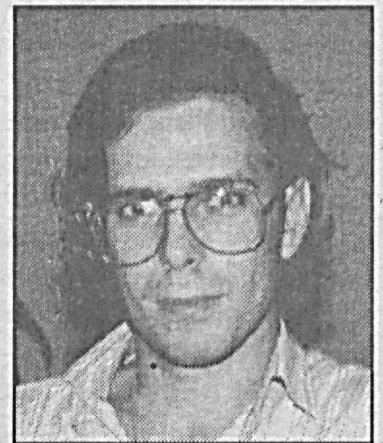
Errol Stennett  
**Political Science**

"The plan is quite valid at this present time. I am sure it has good prospects in terms of those who don't have insurance. I am concerned about the plan's cost and how it will affect the deficit."



Janet Walters  
**Psychology**

"It's a good idea. Because large corporations will be paying more or about the same for health insurance and share some of the cost that the plan will cost the nation as a whole, the result is all will benefit."



Dmitry Avramenko  
**Computer Science**

"It is a good idea for people like me who don't have health insurance—not necessarily for doctors, who may be making less money."



## Reggae Comes To The Paramount

by Jillian Braithwaite

Buju Banton was booming at the Paramount on Saturday, September 11. Performing with him was the talented Beres Hammond. The show was hosted by Pat McKay and Dahved Levy. Levy's Devonish Production was also the promoter of the show.

The first dancehall performer to play the Paramount performed to a sold out audience. Buju's fans showed up dressed to kill, or maybe I should say undressed.

The audience didn't just come to see Buju they also came to see the great Beres Hammond, who wowed the crowd with his beautiful voice. In my opinion he nearly stole the shoe from Buju. He sang both old hits and new. He even sung Cocoa



Buju Banton at the Paramount

Tea's song "Go Home To Yuh Nana."

Buju performed with his usual over abundance of energy. He was so hyped for the set that he miscal-

culated the width of the stage and fell down into the security pit. That little set back didn't faze him though, he just segued right into "Man a slip, Man a slide."

I was surprised that he didn't sing his most popular song "Boom Bye Bye," the audience was screaming for it. Even though the audience didn't get what they wanted, they responded to what he did do by flicking lighters, dancing in the aisles, and singing along with the performers.

The audience was surprised with a guest performance from Heavy D. He performed with Buju and had the women screaming with his "wine'in" and his Jamaican "DJing."

It wasn't all fun and games though Dahved Levy invited Gil Bailey up on stage to say a few words. Then Dahved asked the audience for a moment of silence in remembrance of Mr. Bailey's daughter who died the week before in a car accident. There was also a moment of silence in remembrance of Ralph Henry, owner of Trinity Nightclub, who was stabbed 27 times.

One of the more amusing parts of the show was when Dahved Levy asked the audience to peacefully leave the forum. The crowd cooperated laudably, and started moving towards the exits, when Buju surprised the exiting audience and returned to the stage to sing one more song. ♦

## International News

### KENYA HUMAN RIGHTS GROUP HIGHLIGHTS ETHNIC CLASHES THROUGH MUSIC

Eight Kenyan musicians are using traditional music to highlight human rights violations in the ethnically trouble Rift Valley province. "We were deeply moved by the plight of those victims we met in Molo and what they went through," Sammy Muraya, Leader of the eight musicians, told a news conference here at the weekend. The musicians, members of the National Democratic and Human Rights Organization (Ndehurio), last week sneaked into the closed-off Molo, the northern Kenyan district hardest hit by the ethnic clashes, condemning the clashes, in which more than 1,000 people have been killed and at least 250,000 others displaced since the violence began in 1991.

### ANGOLA UNITA ACCUSED OF NOT AP- PLYING ITS OWN CEASEFIRE

Angolan Deputy Foreign Minister Joao Miranda Today accused

UNITA of not respecting its own unilateral announcement of a cease-fire. The cease-fire was ordered yesterday by Jonas Savimbi, the leader of the rebel movement. "Large scale military actions are still continuing throughout the country," Miranda said in an interview with the Lisbon "TSF-Radio News." He said the Culto, the capital of the central province of Bie, which has been under seige by the guerillas since last January, "UNITA attacks have even intensified." The order to lay down arms was given over the rebel "Radio Vorgan" by Savimbi yesterday. Miranda said that not only the government, but also impartial observers, agreed that no ceasefire had taken place in Angola. Despite severe criticism of the rebel movement, he described as positive the fact that, for the first time, Savimbi had spoken of a cease-fire instead of "a cease in hostilities", which in Miranda's opinion, "gives a more lasting sense to the road to peace."

*These articles reprinted with permission from Caribbean Life.*

## G.P.A. Initiative Program In Full Effect

by Che Logie

G.P.A. Initiative, the brainchild of the Caribbean Students Association (C.S.A.), came to life in the Fall of 1992, sanctioned by Vice President McLeish, Professor Parker, and the former President of C.S.A., Jeffrey Reid. It was felt that a tutorial program of the sort was necessary to aid in the development of Afro-American and Caribbean students in academic excellence.

During the final weeks of the fall semester, a survey was launched with the aim of receiving a consensus from students on the subjects they would like to be tutored in, and the delicate task of the screening of applicants for the job of tutors undertaken.

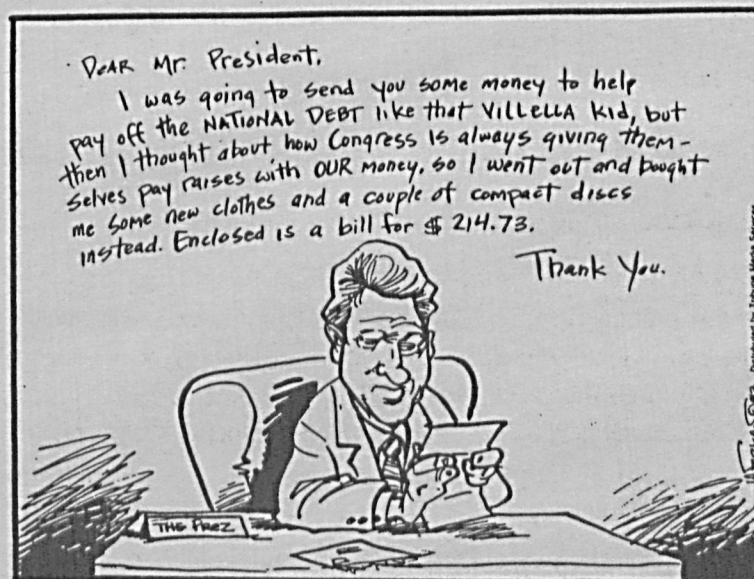
With a staff of nine tutors and four administrative officers the G.P.A. Initiative program was fully

launched. The G.P.A. tutorial center is located in NAC 1/212, was opened at the beginning of the winter/spring semester. It offers tutoring in Mathematics, Chemistry, Physics, and English to all students. To date, G.P.A. tutors, approximately, 80 students on a regular basis and dozens more drop in from time time for help in various subjects.

The Fall semester has brought with it an influx of new tutees and G.P.A. welcomes students who are interested in becoming tutors to fill out an application. Applications are available in NAC 1/212.

The administrative arm of the G.P.A. Initiative tutorial program in collaboration with the leadership of C.S.A. is dedicated to making the program a success and a permanent part of City College. ♦

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# EXPRESSIONS

## alone

reflections in the mirror  
 betrays my heart  
 outpouring unspoken words  
 echoes in my ear  
 stilling an ancient primal  
 beast  
 to see what others saw.

loneliness grips my soul  
 in a tight embracing hug  
 which i return  
 seeking companionship  
 and receiving none  
 save words.

reflections in the eyes of a child  
 betrays the storm within  
 caused by words  
 of an angry lover.

**marlon calliste**

## Hope

I see rainbows  
 I see green grass  
 I see a fresh stream  
 There is hope.

**Joshua O. Satty**

## CITY ON THE HILL

Langston it's been decades  
 Since you stood on this hill  
 Near those crystal stairs  
 Gwendolyn remember how  
 We danced to those tunes of  
 Duke, Miles, Monk  
 Oh yeah, Bird-Dizzy baby dizzy  
 Beautiful Lorraine's "Raisin in the Sun"  
 And Ossie was "Purlie Victorians"  
 Reading Baldwin, Wright, Cullen  
 And DeBois, giving us our voices  
 Through seemingly unchanging times  
 The delicious food at Sylvia's and others  
 But Moms always takes us to heaven  
 God, remember those speech's of Marcus, Martin  
 Medger's and Malcolm  
 Remember... laid their lives on the line  
 And Mandela came after 27 years of time

I tell you  
 Harlem forever remains  
 A beautiful place to be

—James F. Gallishaw



# EXPRESSIONS

## Poetry Mo

Missionary Man  
Wearing his beret  
and a pair of black shiny shoes.

Standing on the corner  
Passing out bills.

Hoping to enlist  
Barrio, Ghetto, "Homeless"

Donating a One Way Ticket.  
Inhibiting Freedom.

Sold.

-Monique Anthony-

## I Will Survive

Thru all this struggle  
in this false atmosphere  
I will survive college  
And overcome all fear,  
Within my heart I know  
it's true  
That I can achieve whatever  
I wish to do.  
Knowing looks  
And idle shares,  
little smiles,  
cover those fears.  
To overcome one has  
To strive  
In the final analysis:  
I WILL SURVIVE

Johnny Pugh

## THEMES FROM MY UNCLE'S COTTAGE

There is no salt on the air  
Perhaps because there is no sea  
But what would one call the waves  
Crashing before thee  
The shades do truly astound  
And the clouds do slowly roll  
But as I stand and take it all in  
I think it makes me whole  
The bruising rocks  
The unsifted sands  
The winds that echo far cries  
That come from distant lands  
A spider crawling in its web  
A young man brooding still  
It wrenches at my heart it does  
And the winds begin to chill  
Gliding, rustling  
Crashing, bustling  
But still there is no sea  
And as I stand  
Then walk away  
The winds they turn me on.

Monique A. Minto



# Health News

## The Common Cold

by Laurie Zephyrin

As we enter the fall season many people seem to "catch" the common cold. Even though the majority of people catch the common cold, scientists have never been able to actually find the germ or virus that causes this cold. In the 1920's scientists claimed to have discovered this germ or virus that seemed to infect people and give them this cold. Since then researchers have spent millions of dollars to find this germ or virus; yet to this day with the advent of new technology, it has never been found. So how exactly does one "catch" a cold from a virus that has never been seen? Where exactly does this cold come from?

Improper waste elimination allows for the collection of excessive waste matters in the body. As a result we get what we call a cold. This waste causes toxins to spread throughout the body generating unhealthy mucous throughout the

body. This waste accumulation occurs in the body through too little exercise, too little fiber consumption, too little water, and/or overconsumption of synthetic foods.

Synthetic foods are foods with no nutritional value for example enriched rice, ice cream, cheese, butter, margarine. In other words commercial foods which have been degenerated by a lot of chemicals can be regarded as synthetic. One of the reasons for waste accumulation is the consumption of too little fiber, which leads to constipation (hard or loose fecal matter stored in the body). When the body is unable to expel the waste, toxins are generated and they spread throughout the body. In order to rid itself of these toxins, the body undergoes many reactions. One of these reactions is the excretion of waste matter in the form of mucous from the body. This mucous secretion is labeled as the common cold. Mucous is expelled from the body to create a less

toxic environment and allow for normal activities to take place.

Therefore a cold is actually a positive condition. It is Nature's way of telling us that our body is in bad shape and warning us about future reactions that may come about, if we do not change our dietary ways.

There are many drugs on the market that relieve the symptoms of the common cold. These drugs, however, do more harm than good to the body. It may seem convenient that these drugs prevent us from coughing, sneezing and blowing our nose. However these drugs in fact create more damage to the body because the toxins accumulate in the body leaving room for future damage to the body, possibly in the form of tumors and cysts.

The best cure for the common cold is to prevent its onset. This can be done by watching what you eat, exercising, consuming a sufficient

amount of fiber and drinking plenty of water. If you ever happen to "catch" a cold, the best known cure involves rest and plenty of fluids (a moist respiratory tract prevents viral infections).

The most important thing to remember is that the common cold is usually Nature's way of warning us that our body is in a toxic condition. It is always best to heed your bodies warning signs. ♦

For more information on the common cold you can read the following books:

African Holistic Health

by Llaila O. Afrika;

Heal Thyself for Health and Understanding

by Queen Afua

Juicing for Life

by Cherie Calbom and Maureen Keane;

Fresh Vegetables and Fruit Jucies

by Dr. Norman N. Walker;

## Entertainment Corner Career Watch: Media Relations Putting Your Skills To Work!

by Nichole King

Are people always asking you when the next party, concert, movie, event, is happening? Are you constantly being informed by peers of events. Do people ask your opinion about their work? Well chances are they see the Media Relations qualifications within you.

Rick Davis does Media Relations for Uptown Comedy Club. He was the recipient of The 30 under 30 Urban Profile Magazine Award. As a former graduate of Cheney University, he studied Business Management. He then went on to take graduate courses, at California State College in Long Beach, in International Business. He believes in the necessity of the five "w's" in media: Who, What, Where, When, Why, and how. He believes communication and frequent followups are important. Keeping your contacts are important. Media awareness includes reading the paper, saving articles wherever it concerns you or your clients, potential clients, or new doors. Press clippings, updates, or press releases should be compiled and saved in reference to contacting a potential sponsor.

Relations include referring people to those who can help you as well as meeting those who can be of future aid. You can't be shy in this job. You have to be prepared to open new doors after old ones are slammed shut. Rick's job entails reviewing press packages and editorials, finding out what comedy specials are occurring, and writing media kits and new releases. Your writing skills need to be superb! In fact, he recommends that if you're interested, do volunteer work at a station and discover your niche. Find out what the magazine's publishing schedules are, work it within your schedule. The entertainment business generally gets geared up in October and November for January of the following year. They plan three to four months ahead and you should too.

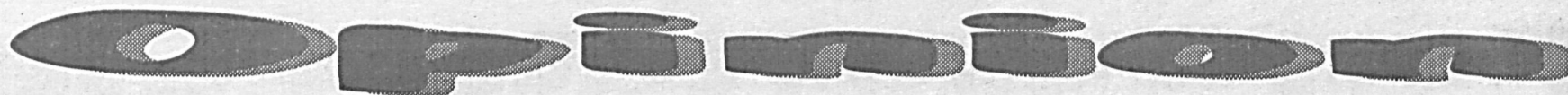
If you want more information, you can contact Rick Davis at 212 830 7378 or 212 714 - 8117. Rick is going places and wants to take you too. ♦

*DJ Essence would like to thank Rick Davis for his time, patience and the numerous contacts and advice that he has given me.*



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## The Better Half

by Bro. Phil Wright

Warrior Queens! Mothers of the Universe! Sustainers of the Black Nation! These are some of the inspiring phrases used, by gifted scholars during lectures, when praising the endless capabilities and potential of the Black woman. As I stand paralyzed by the glorification of our loving sisters, I also feel a deep pain. Even though I recognize that I could never really know what it feels like to be a Black woman. I experience my mother's pain, my grandmother's pain, the pain of the sisters I see every day. However, it is only half the pain. One half of this pain is being Black and the other half in being a woman. Twenty three chromosomes of me is from woman. I, as well as most brothers, was raised, nurtured, educated, disciplined, and molded into manhood by a Black woman. The female and male principle is bestowed upon all of us. It creates a balance of power and beauty within us that helps us maintain our sanity. Looking back on our great women of the past, Queen Nzinga, Yaa Assantawa, Harriet Tubman and many others, they all were our mothers who stood up and protected us. Symbolically, each one of us is equally a part of them. Each one of us comes from the same body and womb. They are us and we are them.

According to James Baldwin's theory in his book, *The Fire Next Time*, any time you want to check the true consciousness of a nation you should first look at that nation's concept of women. For any man to perceive their ideal mate as a man is physical homosexuality. Any religion that conceptualizes God to be male oriented only, is in fact committing spiritual homosexuality. We live, unfortunately, in a society which has a direct lineage to colonialism, imperialism, and fascism. This society was built on these basic Eurocentric concepts and pays no homage to its women. Unlike African cultures wherein women headed kingdoms and had full power over every aspect of their civilizations, the European culture is derived from a legacy of societies which were strictly patriarchal, whose kings ruled the land and had many wives with subordinate and inferior roles.

From the Reconstruction Period to the Civil Rights Movement to the present, White women have progressed and succeeded as a result of the fierce struggle Black women have lead in this society. Today, this piggy-back tactic still continues and our sisters still fight on for the benefit of the Black family and to counter the conspiracy to eradicate Black people.

During the late 1800's, feminists, like Susan B. Anthony, strategically cautioned the government by pointing out the potential dangers that would arise if Black men were given the right to vote. In addition to her denouncement, she persuasively argued the issue of discrimination against White women. Using manipulation, she brought forth fear and paranoia in the minds of White America of the anticipated political power Black people would hold. In the mid 1900's, Mary Church Terrell, a Black woman, was ostracized by White feminists for trying to create a liberation movement spearheaded by Black women. In later years other attempts to be included into the mainstream of the society continued with the passing of the Civil Rights Act. This legislation was expected to alter the second class citizenship status of Black people. Rather, it only opened doors for White women who patronizingly labeled themselves as an oppressed minority. Thus, White Black feminists were only concerned with aligning themselves with their male counterparts so that they would be included in the male dominated European system at the expense of the Black men and women.

The American society is constructed on racist propaganda which

constantly persists throughout our daily lives, from television and tabloids to the ancient tactic of "divide and conquer" to books used to create unnecessary tension between men and women of African descent. The bottom line is that we have to stop abusing our women not only physically, but verbally and psychologically. We can't continue to claim we love them and play on their emotions by being dishonest and distrustful. These forms of negative socialization most often occur when brothers are unsure, insecure, and usually confused about themselves. How would you feel if someone treated your mother, sister, or daughter in that same manner. One must consider the implications of one's reactions. Looking toward the future, I believe the best way to mitigate the pain of our sisters is to stand by them and understand that we are part of them as well as they are a part of us.

I, as well as my brothers of African descent are half-man and half-woman. We, as Africans in America, have a spiritual base that runs deep within our souls. Traditionally, we have been a people with an equal respect for our men as well as for our women. We are but the natural parts of a godly puzzle, and one half plus one half makes a whole. ♦

## The Middle East Agreement: Pros and Cons

by Kevin Turton

The terms of the agreement between Yasir Arafat of the Palestine Liberation Organization and Yitzhak Rabin of Israel are dependant upon a five year interim period. This period will be very trying because of the opposition on both sides. The real issue is to see if the two groups can live together for this period, in order that they can later exist as separate states. The reason for this agreement is: Arafat needs economic support for his organization, because his support for Iran in the Gulf War prompted Saudi Arabia and other nations to discontinue their funding of the P.L.O. Arafat needs money in order to show his people hope and to improve conditions for them, or else he will lose their support, as well.

The agreement has benefits for the state of Israel in that they can open up more international relations within the region for trade, etc. Rabin has already

met with the leader for Morocco, King Hassan II, a milestone of diplomatic relations between Israelis and Muslim nations. This meeting is expected to prompt other such nations to engage in similar relations with Israel.

The agreement has met many dissidents, primarily from the Palestinians and their moral supporters. Arafat has turned to American Senators for support, which has drawn a great deal of flack. There is a popular opinion that the P.L.O. is bowing down in order to please the U.S. Members of al-Jihad from Egypt warn the Palestinians not to compromise, as their nation's former leader Anwar Sadat did, because it will lead to the loss of their own nation; they label Arafat a sellout. The Lebanese opposition comes from the "Party of God", and they also see the agreement as an attempt to destroy their party and to "...please America."

Directly within the area of conflict, many of the Palestinians in the Gaza Strip, including a militant Islamic movement called the Hamas, believe that they must work against the treaty and eliminate the Israelis. A recent poll indicates that 30% of the Gaza residents support anti-treaty violence. The Hamas cite religion as the primary reason to destroy the enemy in order to regain all of the land which they see as rightfully theirs.

Israeli settlers that occupy the West Bank have been allowed to carry arms by their government. Because of the fact that there are 130,000 of them, they could very easily start (or continue) mass killing resulting in a vicious circle.

This interim period is crucial. The two groups must control the factions of dissidents within them. The P.L.O. must keep radical groups like the Hamas and others under control, if they can.

The Israeli military must contain its armed citizens. If this does not take place, the agreement will not have helped at all, and it will only have caused more violence and strife. ♦

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# Art/Entertainment

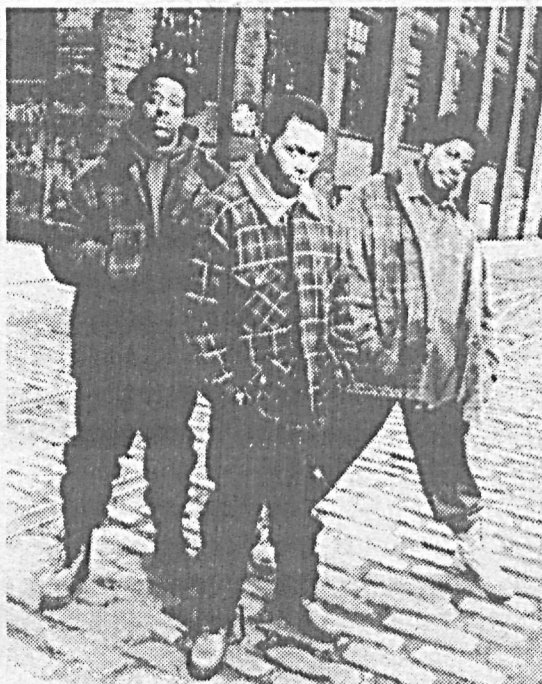
## Rapping With Trends Of Culture

by Nichole King

"Off and On" is the single, "Trendz..." is the album and Nas-tee, M.O.L. and Grapevine are the three fierce brothers of **Trends of Culture**. These educated, young brothers who hail from Uptown, New York City are judgemental and hardcore with a "funky mannerism."

**Trends of Culture** have been in the entertainment business for about seven years. They first wet their feet in the music business in High School by forming a music group. Some of the original members have left, but Nas-tee, who was a D.J., M.O.L. (Music of Life) and Grapevine, who were both producers, have been together as **Trends of Culture** for two years.

These brothers all have personal and business interests in the entertainment industry, and they intend to hit all facets. They all believe that



M. O. L. Nas-tee & Grapevine

if you have the money, then go as far as you can with your education. They are all a testimony to this philosophy. As a result of their background in business, they keep

one step ahead of their affairs. This also allows them to pursue individual business interests. According to **Trends**, the "nine to five jammy" is not what they want. They believe that industry positions are here today, but gone tomorrow.

If the music industry is your cup of tea, then they hint that you can start off by interning for free. If you have the talent, why limit yourself? Do as much as you can. Other advice that they give besides interning is networking. They suggest that you go and meet the heads of businesses. Also make sure you keep on top of your business and investigate various companies in your field of interest. And overall, you must trust your instincts.

I was very impressed with their music. "Off and On" can appeal to the hardcore fan as well as the casual one. It is hard-hitting without alienating. **Trends** put a lot of effort into it and the result symbolizes what they're all about. They had a lot of input into the direction of their video. They realize that your video is a reflection of yourself; the fact that someone is paying you does not mean that you do not have the right to your own opinion. Their video gets a DJ Essence Smile and a Pound.

These brothers are well mannered and down to earth. Their philosophy is deep and positive and they are definitely going to go places. So keep up with **Trends of Culture**, who are on Motown's first rap label called Mad Sounds, and a copy of "Off and On" should definitely be in your walkman. ♦

## "My Name Is Prince"

by Tyrone Rose

Coming to a radio near you, the elf-sized Minneapolis wonder Prince is back in effect. His first album is a compilation of his greatest hits that have rocked through the roof.

For this product at large, Prince prostitutes himself and he looks vigorously for "Johns". The boy also pimps his way through the record's natural element of funk.

Old songs like "When Doves Cry" and "Purple Rain" appear. Middle of the way songs like spiri-

tually motivated "Adore" and the electronically, super-charged "Alphabet Street" are welcomed favorites.

Paisly Park/Warner Brothers, the music label founded by Prince, distributes the record and the three record set which is conveniently priced at \$25.

My own impression is that the man knows his stuff. I particularly enjoy such sexually laced tracks as "Erotic City," "Lets Go Crazy" and "7". ♦

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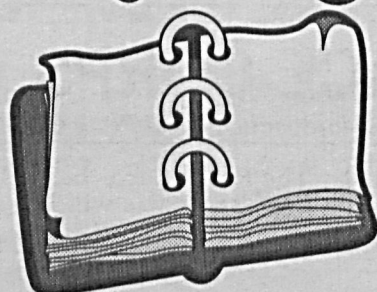
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## For Your Information

### ARTISTS-IN RESIDENCE

On Oct. 3, 3 pm at The Studio Museum In Harlem there will be an exhibition of artists at the end of their residencies. For info. call (212) 864-4500

### BASKETBALL!!

Anyone interested in Women's B-ball should meet in the Nat Holman Gym Oct. 1, at 4 p.m. prepared to participate.

### FELLOWSHIPS PROGRAM SEEKS APPLICANTS

Students invited to apply on their own or by nomination from a faculty member. Nominations (with students name and ID) should be sent to Undergraduate Fellowships Office NAC 6/316 by Oct. 16. For info. and requirements contact Prof. Brody R6/316, tel. 650-8388. (Med program students not eligible.)

### CITY COLLEGE'S FIRST ANNUAL HOMECOMING

On Oct. 1 and 2 City College hosts its first ever homecoming. Games, entertainment, and a lot more. All club reps. or a students who wish to know more call 650-5021.

### AFRICAN DANCE AND DRAMA CLUB

The first food sale is October 14. ADDC will be performing at the City College homecoming.

### ITALIAN HERITAGE MONTH

Oct. 1-31 CUNY - TV will be presenting programs highlighting Italian and Italian American activities. Oct. 12-15 there will be an Italian food festival. Join the Columbus day parade on Oct. 11 as they march up Fifth av. (42nd to 86th).

### NATIONAL PARK SERVICE SEEKS RECRUITS

A team will be coming to City on Sept. 30, and Oct. 7, to talk about career options and opportunities in this field. Contact Ed Evans at 650-6506 for details and info.

### JU JU

A spectacular show featuring artists such as Max Roach, Donald Byrd, the Uptown String Quartet, and more. Sunday Nov. 7, 3:00 pm. in the Aaron Davis Hall. For box office or info. call (212) 650-7100.

### PLAYBOY COLLEGE FICTION CONTEST

Enter by submitting original, unpublished story to Playboy. For details and info. call Shirley Nicoletta (212) 650-3030, ext. 3344. First prize is \$3,000 and publication in the Oct. '94 issue. Deadline January 1, 1994.

### MOVIES FOR \$5.50

Stop by SSC office in NAC 1/210-A to buy tickets to see any movie, at any Cineplex Odeon or Loews. For info. call 650-5010.

### WOMEN'S HOLISTIC HEALTH CLUB

This club, which is part of the Women's Studies dept., will be having club hour meetings held in the Black Studies dept. conference room periodically. for more info. call 650-8269.

### N.Y. STATE ASSEMBLY SESSION INTERNSHIP

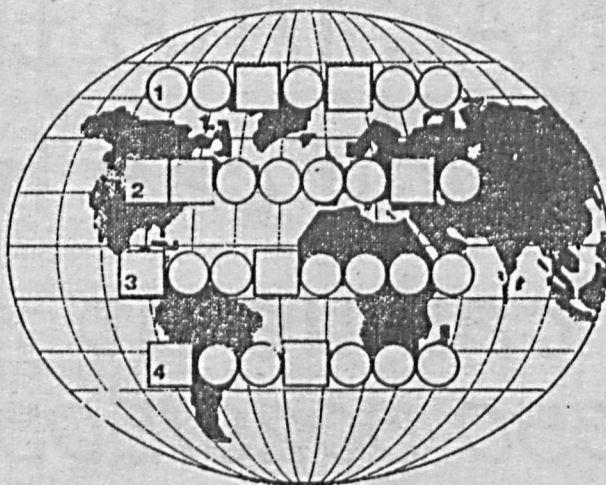
Juniors and seniors, of all majors, are encouraged to apply for an internship in the legislative branch of the state government. Maximum of 150 positions. For information and applications contact Ed Evans-Career Services Shepard Hall 154. Deadline Nov. 1, 1993.

## PEACE CORPS WORLD WISE PuZZLE

For further information about Peace Corps, write Box 896, Washington DC 20526

INSTRUCTIONS: The Peace Corps has volunteers serving in nearly 90 nations around the world. By solving this puzzle, you will learn about one of these countries.

Solve the four numbered puzzle words and then unscramble the letters in the squares to produce the name of the country darkened on the map at the right.



Nation on the westernmost part of Africa surrounded on three sides by Senegal.



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1. The chief source of revenue in this colony until this practice was abolished in 1807.
2. Ocean on Western coast of this nation.
3. A tropical tree which grows in swamps and can flourish in brackish water; used for fuel and furniture.
4. Capital of Iraq.

Solution: 1. slavery 2. Atlantic 3. mangrove 4. Baghdad = The Gambia