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Campus events to shed light on AIDS

By Tanaisha Brisson
Editor-in-Chief

Throughout the week, Winthrop University, along with the Catawba Care Coalition, will host events in light of AIDS Awareness.

HIV is the virus that causes AIDS, which is a serious and life-threatening disease that affects people worldwide. In the United States, the number of cases continue to rise among younger citizens.

According to www.cdc.gov/pubs/facts/afam.htm regarding new cases of the virus 54 percent of blacks, 13 percent Hispanics and 32 percent of whites in the United States have HIV or

AIDS. The website also stated that risk factors for the disease, which include poverty, multiple sex partners, denial, and substance abuse.

Common ways of contracting the HIV virus are through unprotected sex, mother to transmission from mother to child, blood transfusions.

The purpose of the AIDS Awareness events is to educate the Winthrop community about the risk factors of the disease. Knowledge of this disease will hopefully encourage people to be more careful and protect themselves from this epidemic.



weblokam.com and clipart.com



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Winthrop's Kwanzaa celebration emphasizes unity, other principles

By Jese Williams
Assistant Editor

Communities around the world celebrate Kwanzaa every year and Winthrop University is no exception.

The Office of Multicultural Student Life sponsored this year's Kwanzaa celebration, which was held Tuesday in McBryde Hall. This is the eleventh time Winthrop has observed the holiday.

This year's theme centered on Umoja, one of Kwanzaa's seven principles. Umoja means unity – and the speakers and performers at the program exemplified just that.

Dr. Randy Bridges, superintendent of Rock Hill School District Three, was the guest speaker. His lecture touched on the importance of unity and self-realization.

"It's extremely important to have this Kwanzaa celebration," Bridges said. "This serves as a time for reflection. You have to do a self evaluation to see how you can be a better person and help build better communities."

Sophomore Sam Patrick is glad he came to



photo courtesy of www.yahoo.com

the celebration because he gained a lot, he said.

"I'm real happy Winthrop is doing this," Patrick said. "It's good to see people come together and learn about the aspects of another celebration."

Patrick learned more about the history of Kwanzaa and its seven principles.

"I like how they lit the seven candles and told what each candle stood for," Patrick said. "I really enjoyed it."

Junior Steffanie Taylor also attended the Kwanzaa celebration. She holds similar views as Bridges.

"This truly serves as a reality check," Taylor said. "It's important to maintain the principles of Kwanzaa, such as unity. We all have to be unified to go anywhere."

Aside from Bridges' speech, there was a candle-lighting ceremony and a "celebration in sound." The Association of Ebonites Gospel Choir also performed a rendition of "Seven Principles."

"The singing really represented the celebration aspect," Taylor said. "Overall, I was inspired by the entire program."

Panelists discuss pros, cons regarding affirmative action

By Tanaisha Brisson
Editor-in-Chief

What is affirmative action? Affirmative action is a set of public policies and initiatives designed to help eliminate past and present discrimination based on race, color, and religion, sex or national origin. What does this mean to the Winthrop community?

On Nov. 17, Multicultural Student Life hosted a Chat and Chew Program entitled Affirmative Action: Helpful or Harmful in Dinkins ATS.

The program consisted of four panelists: Dr. April Gordon of the sociology department, Karl Kosko, an educator and member of the Republican Party, Glenn McCall, a banker and member of the Republican Party, and Janet Hudson of the history department. Jonathan Marx of sociology department was the moderator.

Marx asked each of the panelists to give their views on affirmative action. Hudson is a supporter of affirmative action. "After slavery African Americans were excluded from opportunities and affirmative action creates positive networking opportunities," she said.

Gordon agrees with Hudson. "Affirmative action has opened many opportunities for women and African Americans despite the history of prejudices and exclusiveness in the U.S.," said Gordon. "It is not perfect but it (affirmative action) is still needed to combat prejudice."

Gordon McCall opposes affirmative action. "I disagree with affirmative action to some degree," he said. "Minorities have to question whether they got their jobs based on race quotas or skills."

Kosko said there is still a need for affirmative action, but not as much as in the 1960's and 1970's. "Discrimination has decreased, he said. Presently there has been an increase in black and women business ownership as well as an increase in employment for them, he added.

"We would all like a gender and color blind society," Gordon said at the end of the program. "But discrimination between women and African Americans continue to exist and affirmative action can allow them to continue to strive."

Happy Holidays from the RMR staff

The Arts 

INSPIRED BY LAST MONTH'S "THINGS THAT MAKE YOU GO HMM..."

Why aren't the squirrels afraid of people?

Blindness

by Kristen L. Johnson

Invisible to the eyes of the wicked,
Calmness of the appearance received from them,
Yet their expression speaks louder than words.
I look up to the sky of darkness where my heart feels lonesome in a stage of insecurity because of people's misunderstanding.

Rain pours down from the sky because of negative souls around me.

I reached out for an umbrella to protect myself from the rain and to protect my judgment of evildoers, because if I don't reach out for an umbrella, I may never block away the wickedness.

Soon, there will be squirrels everywhere:



love by definition

by Kristina E. Fletcher

A deep endless canyon of shadows, unknown emotion, deteriorating souls
What do they lack
They lack the complexity and determination to be loved
To let all resources go and jump with the feeling of hope hoping to get caught by the purification of love
Danger starts to pry
Is it true, could it be this feeling to be actually true
I run but find myself back where I started no where to begin and still confused
Awaiting that one to come and open my shell

and help me shine my light
Will it ever happen
The unanswered question asked once more and still yet to be answered
I beg please please please don't leave my soul unloved
I need, I need, I need....hmmm what do I need
I need love, love, love really... is it love or is it a hidden cruel world
Running after forbidden fruit
Running down the path the wrong way
Who must show me the way
You, You, You must show me the way
You are the one I have set forth to show me the

ins and outs or the outs and ins of this thing called love
Look ... I ... found... it
Looking, looking, looking
I see nothing
See that's the catch its never anything
You will always be hurt
You will always be alone
That's just how the story goes
How do I unlock the infinite
How do I change the definite
All these questions, no answers, no love still hurt
But hurt will a goal.

mindspring.com

GOT OPINIONS?

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NOVEMBER POLL RESULTS:

Have you ever been discriminated against (on the basis of age, race or sex) at Winthrop?

I don't think I have experienced discrimination based upon race, sex or age, because I don't give space for such. I have come to know that SOME people use discrimination to explain why they messed up or why they did not succeed. I think it is important for people of any ethnic group, especially Black Americans, that we put forth our talents and knowledge before we put forth anything else. The professor did not give you an F because you were Black; he gave you an F because you were slack. In the event merit was based upon skin color, then we have a lawsuit. But I think it is important for Black Americans to keep in mind that we give people reasons to talk about us. This is not to say that we are never discriminated upon, because God knows I have been. However, I make it my business to show them who I am and let them know I am not one you want to cross. Not through my skin color but through knowledge and power.

Rashon Carraway
Darlington, S.C.

One of your Why questions asked why some of the male servers in Dinkins flirt with the female students. It may not be intentional, but I have noticed that the females tend to get more fries or mozzarella sticks when they go to Grill Works. I've also noticed that some of the male servers will go out of their way to get mushrooms or fresh tomatoes, for example, for a female and take their time preparing their food so that it's perfect, but it seems they just can't wait to get the guys out of the line. I don't think this is a big problem, but it's annoying. And it doesn't just happen in Dinkins. It happens sometimes in Thomson too. Again, I don't know if it's intentional or not, but one guy gave me about five french fries, and I saw that he'd given the girl ahead of me a plate full, and would have kept piling it on if she hadn't reached for the plate. In the words of Marvin Gaye, "what's going on?"

Anonymous

I can't say that I've been discriminated against. However, I have heard some people say that they have been discriminated against.

Emery Glover
St. Matthews, S.C.

cultural events

Dec. 3

Senior Dance Showcase, cost is \$10 for general public and \$5 with Winthrop ID in Johnson Theatre at 8pm.

Dec. 4

Senior Dance Showcase, the cost is \$10 for general public and \$5 with Winthrop ID in Johnson Theatre at 2pm.

Dec. 4

Fall One-Act Play Festival, Session A and B the cost is \$10 for general public and \$5 with Winthrop ID in Johnson Theatre at 5pm and 8pm.

Dec. 5

Fall One-Act Play Festival, Session B and A the cost is \$10 for general public and \$5 with Winthrop ID in Johnson Theatre at 2pm and 8pm.

Dec. 6

Winthrop Festival of Carols will be held in Byrnes Auditorium at 7:15pm

Dec. 8

"2 For Tuesday's Child" (Benefit Improv Show) the cost is \$2 or a donation of new school supplies. It will be held in Johnson Theatre at 8pm. For mature audiences only (cultural event credit pending).

Remember the 90s

by Ebony Baker
Staff writer

To finish out this semester, let's journey back to the year 1993. We welcomed our 42nd president, Bill Clinton with high hopes for improvement in our country's government. The World Trade Center experienced its first attack as car bombs exploded in one of its parking garages, and many breathed a sigh of relief as two of the police officers involved in the Rodney King beating were convicted of violating his civil rights. Many Americans watched in disbelief as cult leader David Koresh and his followers held a 40-day standoff with authorities, which resulted in the death of 80 at the cult's compound in Waco, Texas.

This year was also an interesting year in the entertainment industry. Jurassic Park was the highest grossing movie of all time, bringing in \$356,839,725. "Shindler's List", "Mrs. Doubtfire", and "The Fugitive" were also big movie hits. Also, the last episode of the popular sitcom "Cheers" aired with a record 98 million viewers watching. Advertisements during the broadcast were priced at \$650,000 for 30 seconds of airtime. Whitney Houston won 3 Grammy's that year: Album of the year for The Bodyguard Original Soundtrack and Record of the year/Best Pop Female Vocal for "I Will Always Love You." Torn clothing, Bart Simpson T-Shirts, backwards baseball hats, and pacifier necklaces were hot fashion items, and the butterfly and tootsie roll were the new dances that everyone wanted to learn.

Top Albums

Are You Gonna Go My Way - Lenny Kravitz
Get a Grip - Aerosmith
Janet - Janet Jackson
Music Box - Mariah Carey
12 Play - R. Kelly
Age Ain't Nothing but a Number - Aaliyah
Dookie - Green Day
II - Boyz II Men
The Division Bell - Pink Floyd

1993-94

Random Facts

- Chicago Bulls complete a "threepeat," as they win three straight NBA Championships.
- Michael Jackson reveals that his lightened skin color is due to a rare skin disease on the "Oprah Winfrey Show."
- The Menendez brothers go on trial for murder of their parents.
- A "don't ask don't tell" policy is adopted by military regarding gay officers.
- The Brady Bill is passed mandating waiting period to buy guns.

Information courtesy of <http://www.1990sflashback.com>Fantasia
FREE YOURSELFby Raynard Gadson
Layout editor

amazon.com

Arguably the best voice to come out of "American Idol," Fantasia Barrino dropped her highly anticipated debut album, *Free Yourself* last month.

While her soulful stylistics and vocal acrobatics are up to par, don't be misled thinking "I Believe" is an accurate representation of the type of songs on *Free Yourself*. The song, tacked onto the end of the set, sticks out as the most distinct of them all.

Flavored more with R&B/hip hop tunes, Fantasia still delivers each song with a kind of realism. Whether she's telling an ex to leave on the title track, or giving props and encouragement to all her fellow baby mamas on "Baby Mama," you get the feeling she's not just singing to the beat of a

song.

For the most part, *Free Yourself* finds Fantasia dipping into the shallow end of hip hop territory on the tracks "It's All Good," "Selfish (I Want U 2 Myself)" featuring Missy Elliott, and "Don't Act Right" featuring Jazze Pha. Such songs may not at first seem appropriate for a voice more suitable for pure soul, gospel or straight R&B, but Fantasia proves that versatility is part of what makes Fantasia fantastic.

The highlight of *Free Yourself*, however, is beyond the dance-inducing tracks, and even surpasses the smooth "Got Me Waiting," "Summertime" and "Good Lovin'." At her barest, Fantasia truly turns a classic into her own.

On "You Were Always on My Mind," Fantasia demands the attention of the listener, singing the song with such soul and conviction, it's as if she is carrying you through her own personal experiences.

This American Idol definitely has staying power, and *Free Yourself* seems to be a pretty good place to start.

★★★★☆

cd reviews

John Legend
GET LIFTEDby Melissa Johnson
Content editor

John Legend seems to be the quintessential element to every catchy song these days and every artist's debut single's secret weapon.

You heard his voice ringing out over the blasting trumpets of Jay-Z's hit, "Encore," (*Black Album*), Slum Village's infectious ode to women, "Selfish," his piano and vocal contributions to Alicia Key's "You Don't Know My Name," and almost every production of producer and good friend Kanye West, including West's album (*The College Drop Out*).

Now, the man who has blessed so many artists with his talent, is releasing his fifth album, *Get Lifted*.

The twenty something Ohio native's first major label album release, "Get Lifted", has critics and fellow artists hailing him as the rescuer and reviver of soul music.

Slated for release in late December, the album contains his unique fusion of gospel and

1970's soul influenced melodies laced over hip hop beats and mainly deals with the issues of infidelity and love.

Not to sound jaded and like every other "sorry I cheated song," Legend takes an unexpected humorous approach to the subject. He sings on the track "Number One," which features Kanye West, "Now you can't say/ that I don't love ya/ just because I cheat on you/ Cause you can't see /all I do to keep you from knowing the things I do."

Legends album is not all about lying and cheating. On the album's first single, "Used to love U," he relates to the situation of most guys who do not have fat bankrolls like high-ranking entertainers. He tells his girlfriend that all he can do is love her and that if it is not enough, then he will not love her anymore.

The second release "Ordinary People" is a ballad that features Legend on a lone piano. The merit of this song is that it has a swoon factor without



amazon.com

sounding cheesy, but more like something a person would say in an everyday conversation.

Get Lifted features Snoop Dog and Kanye West and production also from West and Devo Harris and Dave Tozer and Will.I.Am of the Black Eye Peas. Legend's sound on *Get Lifted* is more engineered than his previous independent released albums, but still boasts the originality and raw talent that audiences noticed on Live at the Knitting Factory and Live at SOB.

Legend, whose surname is Stephens, picked the right stage name. His sound is legendary and he knows it, and so will you, once you pick up *Get Lifted*.

'Twas the night before Christmas...

SANTA'S MAILBOX

Letters to Santa Claus from the WU

JOYEUX NOEL

happy hanukkah

Sung Tan Chuk Ha

Hyvaa Joulua

Merry Christmas

Mele Kalkimaka Ame H

Santizzle,
What up homie? Look,
PLEASE hook me up with
that honey from the ACC!
You know the one.

Holla at ya boy,
playa!

Dear Santa,
I do not want anything tangible for
Christmas, because I have more
than enough. I just want to be able
to give something to my friends and
family to let them know how much
I really love them. I also want to
be able to spend time with them
during the holidays in fellowship
and have fun with them.

Ruth

Hi Santa,

This is Pam. All I want for Christmas is
to be with my family. I want a new 2005
Honda Hybrid, an Express peacoat, and a
pair of Nine West boots. That's All.

Thanks

Pam

Santa,
I want you to give all
my girls in Lee Wicker
everything on their
Christmas lists. I they
are great. I love my
girls.

Sincerely,
LeeWick Chick

Dear Mr. Claus,

I hope you are doing well. I hope you
are not working too hard this season. We
have known each other for a while and I
know that I can trust you. I am a senior this
semester, graduating in December. I want to
let you know that I have been good this
year, so I don't feel bad asking for your
help. I will need help paying for my loans.
I am thousands of dollars in debt. So can
you spot me some cash?

Senior Man

Dear Mrs. Claus's Husband,

I am so broke. I have no money. Not
a dime to my name. I am so broke that I
am one paycheck away from poverty. I
really want a camcorder, a laptop com-
puter, and a CD boombox. Please help
me out. I really want this stuff. I have
been pretty good this year. My grades
are even decent this semester. So, if you
would please...please help me out big
guy.

I'll pray for you.

Yours Truly,

Hopeless as a Penny with a Hole in it.

Santa,

I need some help. I am broke like most students. I need
some help. I put a leather jacket and some knee high
boots on layaway last month. It is getting colder
and I really want to wear it now. I hate my
old coat and my old boots. So, can you
send me \$350 dollars so that I can
get it before Christmas. Hey Santa, I
also want you to get my Grandmother
some new dentures. She really needs
some. They fell out at the dinner table on
Thanksgiving. It was pretty nasty. After
twenty minutes of looking, we found them in
the macaroni and cheese. One more thing. Can
you send my best friend Lisa a new boyfriend? I
can't stand him. He is rude. He drinks too much. He
is loud and he always smells like fish. And can you tell
him to take a bath and shave every once and in a
while. He looks like a cave man. Kisses.

~Mary

Yo Santa!

Yo, I'd really like to get a new com-
puter for Christmas. I was downloading
some music this summer, and would you
believe after I got an email from the
RIAA, my hard drive got swiped clean.
All my porn is gone!
I'd also like an Escalade or a Porche,
but I know that's a long shot since I lost
my license after the alleged "hit and run"
(you know that woman ran out of
nowhere!)

But I haven't been naughty -
much -- since Halloween. If
you just can't swing the 'puter
and the car, surprise me. But no
more Long Johns, or me and my
rifle will meet you at the bottom
of the fireplace. Peace.

Anonymous

Dear Santa,

Please bring me a man!

Sincerely,
Lonely Girl

Hola Santa,

Yo quiero muchos cosas.
Quiero unas nuevas ropas,
zapatos. Y muchos com-
pactos discos. Quiero
coche y un radio tambien.

Por favor Santa.

Buena Chica

SONGS OF THE SEASON

It's just not the holiday season until you hear these songs on the radio...

- Let it Snow - Boyz II Men
- All I Want For Christmas is You - Mariah Carey
- This Christmas -- Donny Hathaway
- Frosty the Snowman
- Have Yourself a Merry Little Christmas -- Luther Vandross
- Do You Hear What I Hear -- Whitney Houston
- Silent Night -- The Temptations
- Now Behold the Lamb -- Kirk Franklin and the Family
- O Holy Night
- I Saw Mommy Kissing Santa Claus -- Jackson 5
- Someday at Christmas -- Stevie Wonder
- Rudolf the Red-Nosed Reindeer -- The Temptations
- The Christmas Song -- Nat King Cole
- What Child is This -- Vanessa Williams
- O Come All Ye Faithful
- Silver Bells -- A Few Good Men
- Deck The Halls -- Smokey Robinson and the Miracles
- Jingle Bells
- Miss You (Most at Christmas Time) -- Mariah Carey
- Sleigh Ride -- TLC
- Hark the Herald Angels Sing
- Please Come Home for Christmas -- Charles Brown
- Away in a Manger -- Gladys Knight and the Pips
- Christmas Ain't Christmas (Without the One You Love) - The O'Jays
- Merry Christmas, Baby -- Otis Redding
- Joy To the World
- I'll Be Home For Christmas -- The Stylistics
- The Little Drummer Boy -- Jackson 5
- Gee Whiz, it's Christmas -- Carla Thomas
- The First Noel

GUN TSO SUN TAN-GUNG HAW SUN

Buone Feste Natalizie

Geseende Kersfees

Merry Keshmish

Happy Kwanzaa

FELIZ NAVIDID

me Hauoli Makahiki Hou

ON THE HOLIDAY SCREEN

Charlie Brown, Ebenezer Scrooge, The Grinch, oh my!

- A Garfield Christmas
- A Christmas Carol
- Frosty the Snowman
- The Preacher's Wife
- National Lampoon's Christmas Vacation
- A Charlie Brown Christmas
- The Santa Claus
- It's a Wonderful Life
- It Almost Wasn't Christmas
- Jingle All the Way
- Jack Frost
- A Diva's Christmas Carol
- Yes Virginia, There is a Santa Claus
- Ernest Saves Christmas
- Dr. Seuss's The Grinch Who Stole Christmas
- Miracle On 34th Street
- Home Alone (2)
- Rudolph The Red-Nosed Reindeer
- Look Whose Talking Now
- The Kid Who Loved Christmas
- T'was The Night Before Christmas
- Friday After Next
- The Christmas Toy
- The Grinch
- Eight Crazy Nights
- The Nightmare Before Christmas
- Trapped in Paradise
- The Family Man
- A Muppets Christmas Carol
- To Grandmother's House We Go

the story of CHANUKAH

Under the rule of the Syrian King, Antiochus, in Judea, Jewish people were ordered to reject their God in favor of the Greek gods. Many conformed, but not Judah Maccabee. He and his four brothers built up an army that they called the Maccabees and confronted the Syrians for their people's freedom. After warring for three years, the Maccabees defeated the Syrians.

They cleaned the Temple of Jerusalem, and in the month of Kislev on the 25th day, rededicated the temple to God. They wanted to honor God by burning the eternal light, the N'er Tamid. The N'er Tamid's should never be allowed to extinguish, once lit, by keeping the oil lamp full.

Judah only found enough oil to burn the light for one day, but the oil miraculously lasted for eight days.

Every year, the N'er Tamid is lit to celebrate the victory over the Syrians the temple's rededication.

the CHRISTMAS *story*

And it came to pass in those days, that there went out a decree from Caesar Augustus, that all the world should be taxed. And all went to be taxed, every one into his own city. And Joseph also went up from Galilee, out of the city of Nazareth, into Judaea, unto the city of David, which is called Bethlehem; to be taxed with mary his espoused wife, being great with child.

And so it was, that, while they were there, the days were accomplished that she should be delivered. And she brought forth her first-born son, and wrapped him in swaddling clothes, and laid him in a manger; because there was no room for them in the inn.

And there were in the same country shepherds abiding in the field, keeping watch over their flock by night. And, lo, the angel of the Lord came upon them, and the glory of the Lord shone round about them: and they were sore afraid. And the Angel said unto them, Fear not: for, behold, I bring you good tidings of great joy, which shall be to all people. For unto you is born this day, in the city of David, a Saviour, which is Christ the Lord. And this shall be a sign unto you; Ye shall find the babe wrapped in swaddling clothes, lying in a manger.

And suddenly there was with the angel a multitude of the heavenly host praising God, and saying, Glory to God in the highest, and on earth peace, good will toward men.

LUKE 2:1-14 (KJV)

the history of KWANZAA

Kwanzaa's founder, Ron Everett, a.k.a Maulana Ron Karenga, played an instrumental role in the black power movement of the 1960's. Karenga founded the United Slaves Organization (US), a group that was opposed to traditional Marxist and favored "cultural nationalism". It rivaled the Black Panthers group on UCLA's campus in 1965, causing many arguments between the two groups.

Kwanzaa first spurred from Karenga's disdain for Western religion and his theory that it "denies and diminishes human worth, capacity, potential and achievement. In Christian and Jewish mythology, humans are born in sin, cursed with mythical ancestors who've sinned and brought the wrath of an angry God on every generation's head."

Later he further explained Kwanzaa as an alternative for blacks to traditional western religion. "Give a Black alternative to the existing holiday and give Blacks an opportunity to celebrate themselves and history rather than simply imitate practice of the dominant society."

'I Gotta Get Me Some Sleeeep'

by **Raynard Gadson**
Layout Editor

EDITORIAL

Are you having trouble remembering what day it is? Feeling exhausted? Are you having hallucinations? Are you walking around campus dazed and confused? It's not the dust in front of Peabody. You are just one of many students suffering from the condition known as sleep deprivation.

To some, it's as common a term as "grits" is to a Southerner. To everyone, it's problematic.

With finals just around the corner, these couple of weeks between Thanksgiving and Christmas break can be referred to as "days of the walking dead."

We use that term because, and it's funny although it's not meant to be, students can be seen walking around campus, talking to themselves at random, saying odd things, breaking into song or dance, smiling for no reason at all... they are not hard to spot. I've seen them all.

The other day, I was walking to class and this girl, I'll call her Mitsy because I don't know who she is, passed me right outside Byrnes Auditorium. I hope she was wearing headphones, but I doubt she was. But I digress. Mitsy passed by me and she was kind of bobbing her head a little. I looked back as she passed, and she just stopped in her tracks, did a little dance, and then kept going.

If you know me at all, you know that I find random stuff like this hilarious. So I didn't look too much more sane with this big grin on my face trying not to laugh out loud all the way to class.

One of the benefits of sleep deprivation. Everything is funny. It's like being high -- and just as detrimental.

You go to math class and ask the professor to explain how 1 minus 30% is equal to .7. You're walking around campus using up your daytime minutes calling all over trying to find out where you left your cell phone. You see birds flying outside your classroom window and almost have a panic attack thinking the birds are gonna get you. I've seen it happen. Some of these people know who they are and hopefully they're off getting some rest now.

You think it's funny, but...okay, so it is a little funny -- unless you're the one embarrassing yourself just because you think 4 o'clock in the morning is a coffee break.

You've heard how important sleep is, especially to people our age. It's essential that we get at least seven hours of sleep each night. But let's face it. Some of us are lucky to get seven minutes. Pulling an all-nighter may seem like a good way to cram for a test, but how much good is cramming all night if you're using the Blue Book as a pillow, or, at the very worst, trying to find the optical illusion in the ScanTron sheet?

So if you're thinking about setting a record and staying up until Christmas, just think about how much fun your friends will have at your expense. And if I see you, bet that I will be laughing.

More Things that Make you go Hmm...

1. Why are people in Thomson stingy with the bacon?
2. Why don't they take up Cherry Road and start over?
3. Why is there so much violence in the ACC?
4. Why are people surprised that people have sex in the library?
5. Why are the tator tots in Thomson extra crispy?
6. Why do guys think tight shirts are sexy?
7. Why is there a hot dog stand outside the Little Chapel?
8. Why was there a naked guy in the cafe?
9. Why does Bancroft smell like that?

Effects of sleep deprivation include mental 'stalling' and "blacking out"

- * Reduced alertness
- * Shortened attention span
- * Slower than normal reaction time
- * Poorer judgement
- * Reduced awareness of the environment and situation
- * Reduced decision-making skills
- * Poorer memory
- * Reduced concentration
- * Increased likelihood of mentally 'stalling' or fixating on one thought
- * Increased likelihood of moodiness and bad temper
- * Reduced work efficiency
- * Loss of motivation
- * Errors of omission (making a mistake by forgetting to do something)
- * Errors of commission (making a mistake by doing something, but choosing the wrong option)
- * Microsleep (brief periods of involuntary sleeping that range from a few seconds to a few minutes in duration).



photo courtesy of clipart.com

information courtesy of betterhealth.vic.gov.au

Benefits of Sleeping

Regular sleep:

...slows down metabolism and respiration needed for relief from physical activity.

...makes you concentrate better.

...is the minds' outlet for dreaming, which is essential to a healthy lifestyle.

...triggers growth hormone to renew tissues, form new red blood cells and promotes bone formation.

DECEMBER POLL:

Are you getting enough sleep (and we don't mean in class)?

- A) Yes. More than enough.
- B) Yes. Give or take an hour or so a night.
- C) More often than not.
- D) No. Less than enough.
- E) I haven't slept since August.

Email your answer and thoughts/comments to RoddeyMac@winthrop.edu. We'll post the results in the next issue!

Syphilis rates still high among blacks

by **Melissa Johnson**
Content editor

Cases of the sexually transmitted disease, syphilis, has been on a nation wide decline since 1990, but the numbers remain disproportionately high for African Americans.

As recent as 2001, the American Social Health Association reported that over 56 percent of syphilis cases occurred in the Southeastern part of the United States, with African Americans accounting for rates 16 times higher than that of non-Hispanic white Americans.

Just last year, South Carolina's Department of Health and Environmental Control (DHEC) surveillance report for STD's and HIV, showed that 70 African American cases soared above the 21 white cases of syphilis.

These numbers are an improvement from 1991's findings that were in the thousands for black South Carolinians, but it does not explain why the numbers for blacks towered greater than those of other races.

According to the South Carolina's Bureau of Disease Control, syphilis is a disease of poverty. Those who live under low socioeconomic standards tend to either be less educated or have less access to adequate health care and therefore tend to be most affected by the disease.

In recent years, Syphilis prevalence among African Americans has also been attributed to men who have sex with men (MSM).

MSM are more likely not to use protection when having sex. MSM may also have sexual relations with women, further perpetuating the persistence of

this disease among the African American community.

The most important factors in preventing syphilis or any other STD are knowledge and protection says Stacey Shull, an epidemiologist at South Carolina Bureau of Disease Control.

"We have been able to keep the numbers of outbreaks, or cases, rather down by implementing a really fast response unit," Shull said. "As we examine numbers, if we see the rates beginning to rise in a certain county, we send someone out there to treat and educate the people in that community."

Do not wait for a scenario to happen that causes someone to come out and educate the people of your community. If you are sexually active, get tested regularly and use protection.

"The only way to really prevent STD's is to practice abstinence or safe sex," said Shull.

FOR YOUR INFORMATION:

Syphilis, known as the 'silent killer,' is caused by the bacterium *Treponema pallidum*, which manifests itself in the form of a painless kanker sore. It is a curable infection in its early stages, but when left untreated can cause serious damage to vital organs (heart, brain, blood vessels and other major organs) and may even result in death.

From slavery to salvation

by Aprille Blanding
Senior staff writer

One of the biggest institutions in the black community is the church — particularly the Christian church.

Many movies have depicted church as being a large part of the black community such as "Big Momma's House," "Deliver Us from Eva," "Kingdom Come" and "The Fighting Temptations."

The importance of the church is believed to have stemmed from the days of slavery in which belief in God was the only thing slaves had since they were kept out of many churches.

English education major Precious Schumpert says that "church is important to the black community because of slavery and Negro spirituals. It was their comfort and they knew that God would see them through."

Schumpert also adds that the slaves' strong relationships with God have been passed down through generations.

Senior Ashlye Rumph believes church is important because it was "the only avenue [our ancestors] had to express their freedom." She also said that slave masters were able to take away "books, but they could never take away their (the slaves) belief in the Lord Jesus Christ,"

Rumph added.

Many black students agree that church is important to the black community because it allows us to get together to worship and praise God. It can allow people to testify to others about what God has done for us, encourages us to remain faithful and helps us gain knowledge of God's word. It also can help to promote unity, according to sophomore Britney Zanders.

Zanders thinks church "shows that we can make a positive impact in our lives as well as the lives of other people."

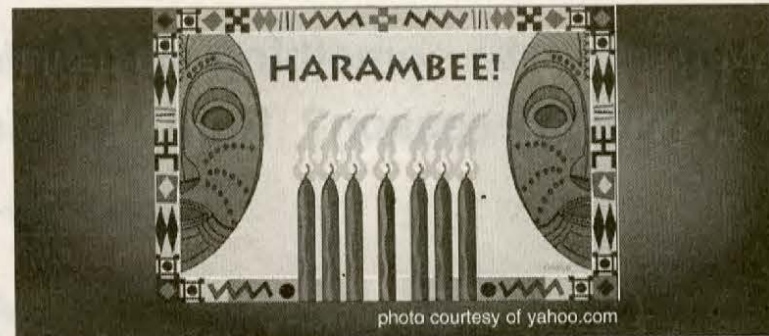
Christian churches can allow people to come together regardless of race or sex in one place to give honor and glory to Jesus Christ. It can offer comfort to those who are in pain, strengthen those who are weak, and gives peace to those whose lives are in

the middle of total destruction.

Rumph agrees by saying: "It is important for everyone as a whole and not just our race to be Christ-like." Having a church in the community helps to bring others to Christ and helps us to remember our main goal on Earth, which is to reach the pearly gates of Heaven.



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K W A N Z A A

A closer look at a widely celebrated African American holiday

by Ebony Baker
Senior staff writer

Kwanzaa, which is Swahili for "first fruits," is an African-American holiday that is celebrated worldwide. The holiday begins on Dec. 26 and lasts through Jan. 1. Kwanzaa has its roots in the ancient African first fruit harvest celebrations from which it derives its name. The celebration as we know it began in 1966 when it was developed by black activist and scholar Maulana Karenga.

Kwanzaa is based on five fundamental activities common to other African first fruit celebrations: the gathering of family, reverence for the creator and creation, commemoration of the past, recommitment to the highest cultural ideals of the African community, and celebration of the "good life." Throughout the seven-day event, greetings are made in Swahili. Kwanzaa is celebrated through rituals, dialogue, narratives, poetry, dancing, singing, music, and feasting. Gifts are required to emphasize the African value and tradition of learning stressed since ancient Egypt, and a heritage symbol to reaffirm the African commitment to tradition and history.

A central practice is the lighting of the mishumaa (seven candles) of Kwanzaa. A candle is lit each day for each of the Nguzo Saba (Seven Principles). These principles are: Umoja (unity), Kujichagulia (self-determination), Ujima (collective work and responsibility), Ujamaa (cooperative economics), Nia (purpose), Kuumba (creativity), and Imani (faith). Lighting of the candles, however, is just one symbol of Kwanzaa. There are six other symbols that are considered principal to the holiday. The first is Mazao (the crops).

The crops are symbolic of African harvest celebrations and the rewards of productive labor. Next is Mkeka (the mat). The mat is symbolic of the African-American tradition and history. The Kinara (candle holder) represents the roots-continental Africans. Following this is the Muhindi (the corn), which is symbolic of children and the future they embody. The Kikombe cha Umoja (unity cup) is symbolic of the foundational practice of unity, and the final symbol is the Zawadi (the gifts). The gifts are symbolic of the labor and love of parents and the commitments made and kept by the children.

Kwanzaa ends with a day of assessment where celebrants raise and answer questions of cultural and moral grounding, as well as consider their worthiness in family, community and culture.

'Black' or 'African American': Which label do you prefer?

by Jese Williams
Assistant Editor

Which do you prefer to be called? Does one make you feel better than the other? Is there really a difference in the two?

These are some of the many questions that revolve around the labels "black" and "African American." People use these words interchangeably to refer to Americans who have African ancestry. Well, *The Roddey McMillan Record* decided to ask Winthrop students which of the two they prefer.

Sophomore Derrick Zinnerman, an Atlanta, G.A. native, prefers to be referred to as an African American.

"I like 'African American' because I feel like I'm respected more," Zinnerman said. "Honestly, I'd rather be called an American, because that's what I am."

Kim Bush, a senior from Pageland, S.C., chooses "African American" over "black" because the word "black" has several negative associations, she said.

"I prefer to be called an African American," Bush said. "The word 'black' is so negative. I think of darkness, evil, shadows and demons. 'Black' is really demeaning."

Junior Tiffany Givens says "black" and "African American" mean the same. As far as which one she prefers to be called, it depends on who is referencing her.

"If it's someone who's the same race as me, I don't care which one they call me," said Givens, who is from Rembert, S.C. "But if it's someone from another race of ethnicity, I prefer to be called 'African

American."

Professor Jack Tucker of the sociology department tried to break down the social and historic aspects of the two labels.

"As the education and income of this group of people rises, more and more will prefer to be called African Americans," Tucker said. "The educated people are more aware of their ancestry. They're exposed to that term 'African American.'"

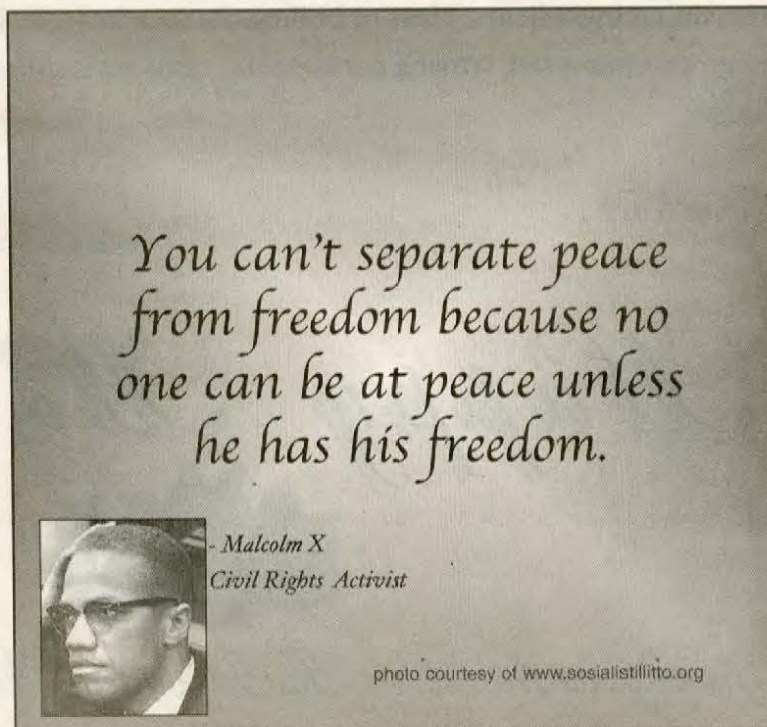
It's easy to explain how the term "African American" became a popular label for this group. This leaves many people wondering why the term "black" is just as popular.

The origins of this may be found in Latin American history, Tucker said. Spanish-speaking countries used African slaves just like the United States did. In Spanish, "Negro" means "black." That word then became popular within the United States, Tucker said.

Saying "black" is just like calling Caucasians "white," Tucker said. Technically, we all feature more brown in our pigment than any other color.

"By saying 'African American,' you're referring to this group by their origin, not their skin color," Tucker said.

The skin-color issue is one of the many aspects that make this subject interesting to discuss. Whether it's 'black' or 'African American,' using one of the terms is a major step upward from other words in the past. The two terms represent how people of African descent in America continue to achieve status and rid injustices of past decades.

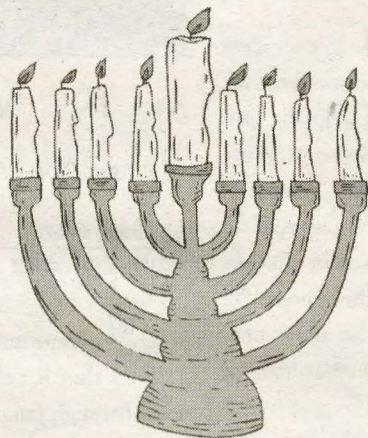


Want to make something special for your family this holiday season? Here are a few good ideas...

Cranberry-Raisin Dessert Latkes

Ingredients

- 12 oz bag cranberries
- 3/4 c. water
- 1/2 of a 15 oz box of raisins
- 1/2c. orange juice
- 2 c. sugar or sucanat
- 1c. flour
- 2 eggs
- canola or peanut oil



In a large pot, simmer cranberries in water until they pop. Add raisins, juice & sugar, mix well, then boil until mixture is thick (about 15 minutes). Let cool.

Add flour and eggs to cranberry mixture and blend well.

In a large skillet, heat oil over a low flame. Drop batter in by tablespoons, flatten with spoon. Turn when latkes are golden, but keep turning often. Because of all the sugar, these latkes will burn easily. Latkes are ready when both sides are golden brown, but soft--figure about 20 minutes. Drain on paper towels and serve.

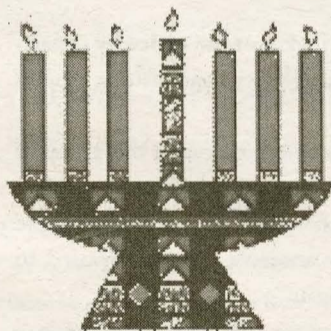
recipe courtesy of www.caryn.com

African Squash And Yams (futari)

Betty Crocker Regional and International Recipes

Ingredients

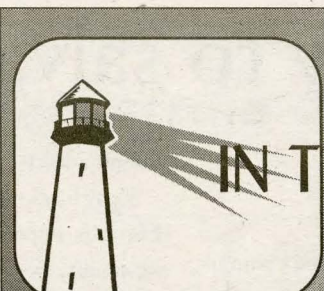
- 1 sm. onion; chopped, pared & cut into 1" pieces
- 2 tbs. oil
- 1 cup coconut milk
- 1 lb. Hubbard squash; pared and cut into 1 inch pieces
- 1/2 tsp salt
- 1/2 tsp ground cinnamon
- 2 medium size yams or sweet potatoes
- 1/4 tsp ground cloves



Cook and stir onion in oil in 10-inch skillet over medium heat until tender. Stir in remaining ingredients. Heat to boiling. Reduce heat. Cover and simmer 10 minutes. Simmer, uncovered, stirring occasionally, until vegetables are tender, about 5 minutes longer.

Serves 6 to 8

recipe courtesy of members.tripod.com/~Nancy_J/kwanzaa.htm



IN THE SPOTLIGHT...

Rock Perdue

by Tanaisha Brisbon
Editor-in-Chief

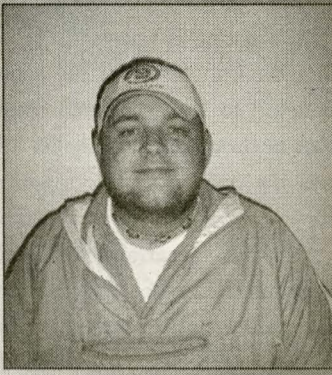


photo by Tanaisha Brisbon

Rock Perdue is a 28-year-old graduating senior psychology major from Pittsburgh, P.A. He describes himself as outgoing, easygoing, and non-confrontational. He enjoys watching sports such as hockey and football.

He entered Winthrop University as a student in the fall of 2000. Perdue said that his stay at Winthrop has been a beneficial one. "Coming to Winthrop has made me more objective and aware of world around me," he added.

Perdue is currently a wheelchair user. At 15-years-old, a car accident left him paralyzed from the waist down. The accident opened his eyes, making him appreciate life, he said. "I didn't let it get me down," Perdue said. A strong family and a nucleus of good friends has served as a support system and inspiration to keep him going.

As a career, Perdue plans to work in the social work field. "I want to help people in need like battered women, the homeless, and the disabled," he said.

He plans to work for a year and then get his master's degree (MSN) in Individual Family development at SC State University. "I want to try to always be unselfish," Perdue said.

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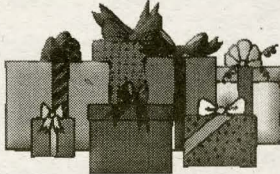
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