



We would like this newsletter to be a helpful resource for our students in making sure that they are well informed. We try our very best to ensure that this newsletter works for you. However, if it does not, we must receive feedback from you to help us in the process. There is a suggestion box in the HEOP office where your comments and critiques are always welcome!!!

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# Inc. Black History Month Celebration

The Inc. Black History Month Celebration has become a much anticipated event during February.

To start out the show Brittany Taylor soulfully sang the Black National Anthem "Lift Every Voice and Sing." Throughout the show the hostess, Janelle McAllister, introduced the performers and asked questions about black history. Those who answered the questions correctly were given prizes such as books and DVD's.

Following Brittany, Mr. Muhammad spoke about the origins of the Black National Anthem. He informed that the anthem was a celebration of a historical past and should encourage people to strive for progress in the present.

Next to the stage was a talented poet by the name of Aldine who is actually a member of the Nazareth College staff. He recited an original piece that was inspired by his life and aspirations.

The Elements, a very young and talented step team, recited some historical facts and then performed a step sequence that grabbed everyone's attention.

Paul Brown, a junior at Nazareth College, recited an essay he composed entitled "Upon Whose Shoulders we Stand." The piece reminded us of the struggles of our forefathers and gave some direction for the future.

Rashanda White came to the stage and recited one of two poems that she prepared for the celebration entitled "Not Another Statistic".

Another Level of Praise, a small choir of women, lifted their voices in prayer and sang a song reminding everyone not to forget about the goodness of God.

Sasha Mayo, a freshman at Nazareth College, took center stage and performed the famous poem "Phenomenal Women"

by Maya Angelou.

Mrs. Cheryl White sang "Wade in the Water" and examined why we still live our lives in dysfunction if our ancestors died so that we could function.

Rashanda came to the stage and recited her last poem entitled "Nigger." The poem encouraged African Americans to have a higher self image and not to fall victim to the lower expectations of society.

The Edison Male Step Team gave a captivating performance and made sure that everyone in the crowd was paying attention.

Closing out the show was Te'vonn Mcfield, a freshman at Nazareth, who gave a speech entitled "Making Black History". He stressed the importance of education and asked the questions; What will you be remembered for, and what are you doing to make Black History?

## Real Thought. Real Dialogue. By Mr. Jason Muhammad

As we awaken from our socially acceptable and obligatory slumber, produced by our 28 day-long moment of silence in observance of Black History Month, it is time for real dialogue to begin. This is not to say that Black History Month is an unnecessary occurrence; indeed, it is most necessary. However, it has become so watered down through commercialized gestures of honor and celebration that very little is done to take real advantage of opportunity. So now that the red, black, and green balloons have been deflated, and the last note of *We Shall Overcome* has been sung, let us have some real thought, and real dialogue...

In truth, it is the poison of white supremacy/ black inferiority that usually prevents real thought and real dialogue from taking place. And understand, what is meant by white supremacy is by no means the blatant, pure hate-driven zeal of racism, but rather the subtle, systematic orchestration of collective beliefs unconsciously held by the masses of the people.



Continued on page 9...



## Local Leader: "Mr. Clemont A. Lynch"

When we are asked to think of a leader, most of us immediately recall certain nationally decorated heroes as M.L.K. or Malcolm X. However, we rarely recognize the true leaders that walk among us every day.

Mr. Clemont A. Lynch is the director of HEOP at Nazareth College. He is the main reason that many, if not most, HEOP students are even attending college. Although he is merely seen as an administrator by most, he is truly much more.

Often times, a leader is someone who

does his/ her job well so that others do not have to think about it. Unfortunately, this quality commonly leaves these leaders with a very dim spotlight.

A leader is someone who exhibits patients and understanding. In the words of Mr. Lynch: "The students are like Lilies in a pond, not all of them rise at the same time." This is an excellent representation of his understanding that we all excel at different rates and that patience is required for those that may take some more time than others to rise.

One of Mr. Lynch's greatest life ac-

complishment is having helped 310 HEOP students graduate from this college that would have otherwise never had a chance for education. He believes that all of us are born leaders and that if we have made it this far in life, we should not hesitate to become great leaders ourselves.

So today, take the time to acknowledge those leaders in your life that have helped you to become the person that you are today. Look to faithful friends, loving parents, and caring administrators and thank them for all that they have done to help lead you this far in life.

# Dr. Martin Luther King Jr.

## January 15, 1929- April 4, 1968

### Honorary Degrees of Dr. Martin Luther King Jr.

**1957**-Doctor of Humane Letters, Morehouse College  
Doctor of Laws, Howard University  
Doctor of Divinity, Chicago Theological Seminary  
**1958**-Doctor of Laws, Morgan State College  
Doctor of Humanities, Central State College  
**1959**-Doctor of Divinity, Boston University  
**1961**-Doctor of Laws, Lincoln University  
Doctor of Laws, University of Bridgeport  
**1962**-Doctor of Civil Laws, Bard College  
**1963**-Doctor of Letters, Keuka College  
**1964**-Doctor of Divinity, Wesleyan College  
Doctor of Laws, Jewish Theological Seminary  
Doctor of Laws, Yale University



### Honorary Degrees of Dr. Martin Luther King Jr. (continued)

**1964**-Doctor of Divinity, Wesleyan College  
Doctor of Laws, Jewish Theological Seminary  
Doctor of Laws, Yale University  
Doctor of Divinity, Springfield College  
**1965**-Doctor of Laws, Hofstra University  
Doctor of Human Letters, Oberlin College  
Doctor of Social Science, Amsterdam Free University  
Doctor of Divinity, St. Peter's College  
**1967**-Doctor of Civil Law, University of New Castle Upon Tyne  
Doctor of Laws, Grinnell College, Grinnell, Iowa



**"I submit to you that if a man hasn't discovered something that he is willing to die for, he isn't fit to live" - Dr. Martin Luther King Jr.**



Dr Martin Luther King Jr. was a man of accomplishment and determination. His focus in life was rooted in religion, education, and equality. When he was 15 years old he scored so highly on the college entrance exams that he was allowed to skip grades nine and twelve. Without formally graduating from high school he enrolled directly into Morehouse College. Before Dr. King turned 19 years old he received his first of twenty degrees.

Dr. King set a standard for not only minorities but people in general. He is a rubric for how much someone can accomplish with focus and drive, regardless of the obstacles that one must overcome in life. Dr. King also wrote six books in between giving countless motivational speeches, leading boycotts, and marching for civil rights.

In 1964, at the age of 35 Dr. King became the youngest person to receive a Nobel Peace Prize. Upon receiving the prestigious award he donated the \$54,123 that he was awarded for his tireless efforts to bring justice and peace to the world to the furtherance of the civil rights movement.

Throughout Dr. Martin Luther King's life he faced many obstacles. He was jailed frequently for his nonviolent protests and sit-ins. He was even stabbed several times. Ultimately he was assassinated April 4, 1968. Although he is no longer with us he left behind a legacy and a dream that we now must bring to reality. "Injustice anywhere is a threat to justice everywhere" -Dr. Martin Luther King Jr.



# New “Community Artistic/ Academic/ Athletic Leadership” Awards



These newly created CAL awards are granted to fulltime HEOP/EXCEL students. Individuals eligible for the five award categories available must attain a cumulative GPA of 2.5 or higher. The recipients of these awards will have successfully demonstrated their devotion to leadership, academics, athletics, the arts, and community service during their time at Nazareth College.

A student receiving the community award will have exhibited outstanding devotion and service to either the HEOP community, the Nazareth College community, or the local community that exists outside of Nazareth College.

A student receiving the athletic/ artistic/ academic award will have shown their extreme devotion to their individual sports team, artistic medium or academic area of study.

A student receiving the award for leadership will have consistently demonstrated their leadership ability in various aspects of extra-curricular activity during their time spent at Nazareth College.

Upon receiving the certificate of recognition in mid September of each academic school year, the recipients will have the honor of being publicly recognized at a reception and in the HEOP newsletter. We encourage all students to excel greatly in their area of expertise and to do so in hopes of becoming a future recipient of these highly recognized awards.

<u>HEOP Student</u>	<u>Listed Major</u>
Ahamed, Mohammed	UND
Amusan, Adeola	BAD
Arroyo, Magdalene	HIS
Calderon, Gloria	BAD
Calderon, Ruddy	BIO
Christensen, Melissa	ACT
Doherty, Elizabeth	PSY
Eklund, Samantha	PSY
Eliezer, Fabienne	NSG
Frawley, Heidi	ART
Gibson, Yvonne	BAD
Graham, Kevin	UND
Green, Shawanda	PSY
Hamilton, LaShea	BAD
Harrell, Selrena	BAD
Heberger, Lindsay	CSD
Hernandez, Lorenzo	CSD
Heyward, Miranda	ACT
Higdon, Rayvon	MTH
Hill, Leon	BAD
Jones, Brandin	PSY
Jordan, Christopher	BAD
Kotoric, Nevzada	GER
Lea, Chiqueeta	CSD



### Listed Major Key

- ACT**– Accounting
- ART**– Art Education/History/Studio
- BAD**– Business Administration
- CSD**– Communication Sciences and Disorders
- ENGL**– English
- HIS**– History
- IT**– Information Technology
- NSG**– Nursing
- PSC**– Political Science
- PSY**– Psychology
- UND**– Undecided

<u>HEOP Student</u>	<u>Listed Major</u>
Louis, Myriam	UND
Matsch, Joshua	PSC
Mayo, Gregory	PSY
Mayo, Sha-tehl	PSC
McAllister, Janelle	BAD
Mcfield, Te'vonn	ENGL
Mohamed, Adil	BAD
Nichols, Terrance	BAD
Penido, Evelyn	PSY
Printup-Davis, Bethany	MTR
Rosado, Jessenia	NSG
Rouselle, Jamie	UND
Russell, Krystal	CSD
Santos, Alex	IT
Shanley, Jerry	BAD
Tellez, Zasmira	BAD
Turner, Richara	NSG
Velez, Wilmarie	CSD
Washington, Candice	BAD
Watson, Briana	UND
White, Rashanda	PSC
Womack, Adrian	BAD
Wright, Chanel	PSY



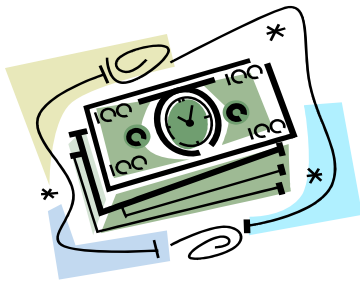
It's that time of year again when every HEOP/EXCEL students must renew his or her FAFSA in order to receive federal and state aid toward their college tuition. The rapidly approaching **deadline** for New York state is **midnight on July 2nd 2007**.

Although it may be convenient to push this task off until late June, the consequences for doing so can be devastating. Each day students waits to file their FAFSA, they takes the risk of receiving significantly less financial aid. The funds that the federal government sets aside for needy students may become depleted prior to the deadline dates.

The website is listed below and we encourage all students to take an hour of their time and ensure their future here at Nazareth. If any student needs assistance with their FAFSA, please do not hesitate to contact the HEOP/EXCEL office.

**Website:** [www.fafsa.ed.gov](http://www.fafsa.ed.gov)

**Phone (Toll Free):** 1-800-433-3243



**Information Required to File FAFSA**

- Social Security # of self and parents
  - Driver's License number
- Federal Tax Returns including W-2 information for self and parents.
- Record of Untaxed Income



## Other Sources for Financial Aid



FinAid is a website that offers numerous options for covering the expense of college tuition. These options include; Student Loans, Private Loans, Scholarships, and Military aid.

[www.finaid.org](http://www.finaid.org)



FastWeb is a website that allows you to create a profile and then lists up to 1.3 million college scholarships that apply to you. These scholarships award over \$3 billion dollars to qualifying students.

[www.fastweb.com](http://www.fastweb.com)



HESC is an informational website that teaches students about saving for and managing college tuition. It also provides many links to other sources of financial aid such as grants, scholarships and awards.

[www.hesc.com](http://www.hesc.com)

## Problematic issues on the College Campus and Outlets to Voice Them

Being a member of the student body at Nazareth College is a privilege that is accompanied by many other benefits. Every aspect of the campus is designed specifically for the student body. If any student is unsatisfied with the campus on any level, there are specific organizations designed solely to deal with these issues.

- If you are troubled by the **dining service**, you may attend a meeting with dining hall representatives where you can voice these concerns and see them put into effect immediately. Contact Kristen Shubuck at [kshubuc0@naz.edu](mailto:kshubuc0@naz.edu) to set up an appointment.

- If you are coming into conflict with another **student or roommate**, Residential Life will take action to remedy any problem that arises. Contact Residential Life at Ex. 2480

- If your concerns are of a larger scale, regarding **clubs, organizations, events**, or individual **teachers**, you may talk directly to your class senators and they will address those topics with the entire senate. Executive Board is also willing to hear concerns of this nature. E-Board holds open meetings every Thursday at 4:30 in the senate room in Shults.

2010 Senators

- Sarah Cullen, Robyn Reynolds
- Shawn Quinn

2009 Senators

- Joshua Matsch, Jenna Donnza
- Anne Rimback

2008 Senators

- Stephanie Sacco, Tim Garvin
- Coleen Bayer

2007 Senators

- Erin D' Cara,
- James Senicola

# Dean's List Recognitions

*Jamie Rouselle*



Jamie Rouselle is a freshman at Nazareth College and an extremely determined, hard-working individual.

It is very rare that freshmen get anything right the first time; however, Jamie Rouselle is a thriving example of how much you can achieve with focus, drive, and hard work.

It comes as no shock that Jamie is already making great academic strides; during the Summer Institute Jamie was selected by the incoming freshman HEOP/EXCEL class to be one of the speakers for the closing ceremonies.

In her very first official semester at Nazareth College Jamie has earned a 3.6 GPA. Jamie also works in the Library in the Media Center. She has hopes of pursuing a career in cosmetology.

Let Jamie be an inspiration to everyone that anything is possible with drive determination, and a little guidance.



## More than Books

“College is a time to experience new things; don't just let your school work monopolize your time, try to find other things that interest you.”  
- Janelle McAllister

*Janelle McAllister*



When attempting to reach your goals in life, one of the most important traits to hold strong to is consistency. Janelle McAllister is a prime example of how a constant effort can pay off in time.

Each semester, she has worked hard and has repeatedly attain a GPA of 3.5 or higher. More importantly, she works hard every day so that an accumulation of successful days is translated into successful semesters and eventually, a successful life.

While striving to achieve your goals it is important to also take some time out for yourself and participate in some leisure activities. The real key to Janelle's success is her Time Management skills. Without them, she would be unable to act as the VP of two clubs and spend much needed time with her friends.

The key to success is a balance between working hard and having fun.

# Introducing Ms. Turner

The HEOP/EXCEL office has a wonderful new addition! Ms. Sandra Turner comes to HEOP wearing many admirable titles. This full-time mother of three has received two B.A. degrees in both Liberal studies and Psychology. Currently, she is perusing her masters in deaf studies while still coaching two of her children through college.

Ms. Turner is also a very well traveled individual. She has been to places such as Africa, London, and Scotland. Ms. Turner characterizes



her traveling as a very important aspect of her life.

This mother, student, and friend offers some advice that is truly noteworthy and beneficial to all: “In addition to studying hard, know your place in the world by seeking out opportunities to travel, meet people from various countries, and always be open to learn and take in more knowledge.” Please feel free to stop by the HEOP office at any time and meet the newest member of the HEOP staff!

# Featured Photos INC. Events



L: Shawanda G. Dawn D. LaShea H.



L: Selrena H. Shaquita L. Jose A. Omayra R. Shawanda G. Myriam L.



L: Rashanda W. Shawanda G. D LaShea H. Chiqueeta L. Janelle M.

## MIXERS



Elizabeth Doherty and Adrian Womack



Jessenia R. LaShea H. Omayra R. Selrena



Mohammed Ahamed

## HEOP/EXCEL OFFICE



L: Paul Brown and Gloria Michelle



R: Selrena H. Mrs. K. Greg M.



L: Shawanda G. Joshua M. LaShea H.

# Inspirational Piece

# Booker T. Washington



In order to improve upon our future, we presently need to acknowledge the accomplishments of our ancestors in the past. One of the most prominent examples of intellectual and moral accomplishment, in our past, is the work of Booker T. Washington.

What will you be remembered for? Booker T. Washington had a determination and drive in life that was focused on improvement. He felt that the best way to achieve equality was through hard work and education. From the age of 9 to the age of 16 he worked in the salt furnaces and coal mines in order to help support his family. Roughly two thirds of the world is currently struggling through poverty. Even though the solution to this problem may seem to be quite difficult, it is not. This world wide plague that has existed for hundreds of years has a known solution that was proposed by thousands of great leaders in the past and present, including Booker T Washington. The answer is education.

Who is going to change the world? Booker T. Washington strongly believed that education was the answer to many of the problems that exist in the world. At 16 his family, acknowledging the importance of education, allowed him to quit his jobs and go to school. The local school did not provide him with an adequate education so he traveled 200 miles to Hampton University. He did not have the money to pay for tuition so he worked as a janitor in order to pay the bill. After completing school he became a teacher. For several years he taught until 1881 when he founded the Tuskegee Normal and Industrial Institute in Tuskegee, Alabama. Only 15.5 % of Americans attain a bachelors degree from college and as educated people, it is our duty to attempt to solve some of the many problems that existed in Booker T. Washington's lifetime, and still exist today. These problems have not and will not be solved until the educated persons of the world step forward and face these problems head on.

What are you doing to become a part of history? After college, Mr. Washington went on to become an accomplished speaker. He traveled the country to raise funds giving speeches that highlighted his beliefs. He strongly believed that blacks could achieve economic and moral equality in their own strides, not by political and legal changes. He felt that the backbone of advancement was education. With education there would be advancement in economic and moral standard. With education comes understanding. As educated people, it is our duty to spread our unique understanding for diverse peoples to our fellow man as Booker T. Washington did in his speeches, and to eliminate cultural stereotypes.

How will you change the world? The life of Booker T. Washington is a clear cut example of how focus and determination can lead to great achievement and improvement. We have all been through struggles and poverty of some kind. In the present we must acknowledge and encourage others to follow the answers that were given time and time again to every generation by countless leaders. Many believe that money is the answer that will solve all problems. However without a proper education how will you know what to do with the money you acquire in order to not only benefit yourself, but the next generation as well? With an education you can focus your economic gain on things that make a lifelong difference for yourself and your fellow man. Some of the things that will improve our current state of poverty are better schools. Concentrate economic gain towards education just as Booker T. Washington founded an institute of higher learning. Through education we will find more ways to improve our quality of life and make the world a more suitable and productive place for our children, our brothers and sisters, our friends, our loved ones, our people. If one does not know how to read numbers then even (1+1) only appears like odd shaped lines to the reader. However, if we learn to read numbers then 1+1 becomes an effortless problem. Similarly, if we educate our fellow people, then problems like poverty and racism become as simple as 1+1. We need to learn, we need to teach others, and the problems will solve themselves if this is done.

We all have a moral obligation to uplift and improve upon our environment. We are all a part of the greatest race known to man, the human race. Once again what will you be remembered for? Who is going to change the world? What are you doing to become a part of history? *How* will you change the world?

Sources

[\*The African American Almanac\*](#), 7th Ed., Thomson Gale.

[\*Biography Resource Center\*](#). Thomson Gale.

# Real Thought. Real Dialogue. By Mr. Jason Muhammad

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Continued from page 2...

It is what makes some sympathetic yet removed, and others apologetic and confused. It is what makes a white lie acceptable, and a black cat bad luck. It is the symbolism and imagery that we have been force-fed since we were babies, coloring our vision, though we claim to see clearly. It is a repetitious phenomenon that writhes so much it is hard to hold or pin down. But you know it is there, because all have been poisoned by the venomous bite.

I can hear the chorus of defensiveness tuning up to deny and denounce in unison. But let us leave our emotions in our bags, and have real thought and real dialogue.

For example, when Believers speak of Jesus, they speak of a real man. Christians say “the Son of God.” Muslims say, “Jesus, Son of Mary, the Messiah.” Both refer to a real entity. But what did he look like?

He existed, we agree. He walked, he talked, he ate food. Some ask, “What would Jesus do,” when seeking guidance in real life situations. Well, can we not also ask, “What would Jesus look like?”

As the poison kicks in, our temperatures rise.

When thinking of Jesus, in the collective mind of the people, the traditional image appears. It is a blue-eyed Caucasian, with long dark hair and a dark beard. Interestingly enough, the only image that is just as universal is that of the one who has actually replaced Jesus in importance at a time when we are supposed to honor the anniversary of his birth - Santa Claus.

Historically speaking, we received the first images or pictures of Jesus after Pope Julius II commissioned Michael Angelo to paint the Sistine Chapel. These are the same pictures and images that have become the templates for the world of Christianity. They are also a part of our meals of symbolism and imagery. But are these pictures accurate? And if they are not, what would be an accurate description? And, would you be willing to accept the reality of that description if it contradicted that which you have believed all of your life?

Real thought. Real dialogue.

Historically speaking, Black people in America accepted an image of God and the Christ that was drastically different from that of Self. Yet we never had a problem, and never rejected religion, even though the pictures we received of Righteousness and Holiness looked more like those who were selling our babies into slavery, raping our women, and lynching our men.

Still today, we have churches filled with Black people, yet the pictures on the wall have no Black people in them – except for Judas. And we have been eating that food for quite some time now.

Will the rest of the world be so gracious when they learn that Jesus is a Black man? The silence is deafening.

Revelations 1:14 describes Jesus as having hair “like wool,” and feet like “fine brass, as if they burned in a furnace.” That sounds like Frederick Douglass. Interesting.

The Bible, Matthew 2:15, states “Out of Egypt have I called My son.” Egypt is, and always has been, in Africa. This is where Jesus was taken by Mary and Joseph, in order to hide from those who would slay him. So he must have looked like an African in order to remain hidden. Interesting.

Revisionist historians are quickly reassuring themselves that Egyptians looked more like Greeks in those days, and that his hair was woolly because good combs had not yet been developed. But their panic proves my point.

The world can accept a Black man as a basketball player, a football player, even a football coach; a singer, a dancer who dances with the stars, a rapper, actor, or a comedian; a mayor, a governor, a Congress Man or a Congress Woman, even a Presidential candidate; a pimp, a player, a hustler, or a thug. Yes the entire world, both Blacks and whites, can accept a Black man as all of the above.

But can you accept a Black man as your Lord and Saviour, Jesus the Christ? And if not, could it be because of the poison?

Really think about that. Then we can have real dialogue.



# HEOP/EXCEL

## Mission Statement

The HEOP program embraces equal access to higher education and since the late 1960's has supported educational opportunity for persons who have been academically, economically and historically disadvantaged. You must be a resident of New York State in order to apply.

Excel is a program that identifies students from underrepresented groups in the college that meet HEOP academic criteria but do not qualify for HEOP economically or historically. This program is special to the college's diversity goals and commitment to its own historical traditions of nurturing and giving community support.

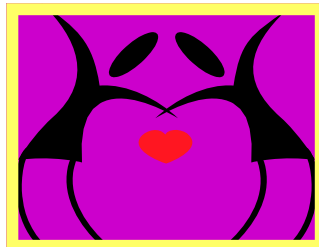
**HEOP** at Nazareth was established in 1967 and since then has graduated over 360 students in a varied number of degree programs. These graduates are now employed in industry, corporate, small business, education and state and federal jobs across New York State and the nation. They are taxpayers, homemakers and community leaders. Instate students are eligible to apply. In 2005/2006, 51 students were enrolled. In 2006/2007, 51 students are enrolled.

**Excel** at Nazareth was established in 1996 and affords the opportunity of Higher Education to those students from underrepresented groups who do not qualify for HEOP economically, but who need the academic support mechanisms to be successful as an undergraduate student at Nazareth College. Nineteen students (two are from out of state) were enrolled in 2005/2006. Currently, twenty students are enrolled for 2006/2007.

Nazareth College along with the New York State Education Department (SED) continue to provide funds for structured supportive services, including a summer institute, tutoring, and counseling each summer and academic year.

Our mission is clear and simple: Provide access to Higher Education for disadvantaged students who have the potential to be successful at the college level.

Clemont Lynch, Director



**Nazareth College: The Heart of Excellence**

