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The Panther

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news2pvu@yahoo.com

Lecrae rocks the Baby Dome at After Dark Lovelocke prepares for NFL draft



By J.Crock, The Panther

Lecrae performing his song "Say I Won't" for students at the Baby Dome on Wednesday.

By Brooke Grady
Panther Contributor

The moment a lot of students have been waiting for, After Dark, an event that has been gaining buzz on campus for weeks, was packed out on Wednesday night.

Campus ministries collaborated

with the leadership of senior Denise Henderson and junior Joshua Allen to bring the event to campus.

After Dark is a life altering event where ministry and music meet. It all started with a vision from Joe White, a man who took a simple idea and turned it into something that would change the lives of more than 400,000 college students nationwide. Joe

White is the president of Kanakuk Kamps and the founder of Kids Kross America, which is located in Branson, Mo.

Since 2000, White has traveled from campus to campus to spread the word of Christ in a fun and inviting way for all to enjoy.

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Lovelocke prepares for NFL draft

By Reggie Young
Panther Staff

If NFL scouts didn't have a clue who Jerry Lovelocke was before the combine, they better know who he is now. Prairie View A&M's very own former quarterback is getting the chance to chase his dreams of playing in the NFL.

"I'm very excited," Lovelocke said. "I just want to get out there and get it done. I want to get all of those questions answered about whether I can compete with those big-school quarterbacks. It's a really good situation. It's going to be a great experience. I'm just trying to climb the ladder of success."

According to analysts that's exactly what Lovelocke is doing. He was brought to the combine to be a "throwing quarterback," whose primary function is to throw passes to the receivers, tight ends, and running backs over the course of the draft combine. Yet Lovelocke has taken advantage of the opportunity and caught some eyes for what could be a mid to late round steal. He's 6-4, 242 pounds and has a very strong arm. Coupled with 2,473 passing yards and 16 touchdowns to nine interceptions last season, Lovelocke earned invitations to the Gridiron Showcase Game, as well as the NFLPA Collegiate Bowl.

"Jerry's got a gun," said Stony Brook University wide receiver Adrian Coxson, a former Maryland player and Baltimore City College player who played with Lovelocke in the Gridiron Showcase game in Texas. "His arm strength is definitely impressive."

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MC Lyte speaks to students about racism, crime



By Raven Moody, The Panther

Rapper MC Lyte speaks at the Opal Johnson Auditorium.

By India Foster
Lifestyles Editor

The Student Government Association along with the senior class president, Jasmine Harris, hosted the Black History Program #BlackLivesMatter for the first time at the university on Monday.

The hip-hop rapper MC Lyte told students that black lives matter today and always.

"It's easy to be upset, but when people want to be outstanding that's when things will change, when people decide to find they have power and not powerless, that's when things will change," said Lyte.

Inspiring the audience and knowing that you're powerful is the message Lyte portrayed to the audience.

Lyte wanted to use her voice for something to positive while inspiring people.

She reflected that her first song at 16 was about her being in love with someone who abused crack and she wanted to bring awareness that anything dealing with drugs as in selling, using, or hanging with people who use drugs isn't cool.

"That's what's missing from hip-hop today, I get the feeling in hip-hop that no one cares," said Lyte.

Lyte Page 2

Students take part in second annual COMM Week

By Trent Ferguson
Panther Staff

Communication Week at Prairie View A&M University kicked off Monday, Feb. 23. The week is filled with workshops, lectures, and professional seminars dedicated to students' concentrations in the field of communication.

Speakers from across the country, including Prairie View alumni and other well-respected communication professionals, are visiting the university's campus to give insight about different career opportunities that communication majors can take advantage of. The speakers include San Francisco State University professor Javon Johnson and Emmy award-winning journalist Ed Gordon, who will be the keynote speaker on Friday.

Since Monday, students have had the opportunity to participate in workshops and presentations, helping them to gain a better understanding of how to go about landing their dream jobs, utilizing their degrees and how to profit off their talents and skills.

"These lectures have been beneficial and also motivational, giving me a boost of confidence to continue to pursue my dream," said senior mass communication major Megan Harper. "This is my second go around with Communication Week; it really has been beneficial. Each lecture or workshop that I have attended has always had some type of influence on my next move in my career field."

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Miss Prairie view helps girls with makeup tips

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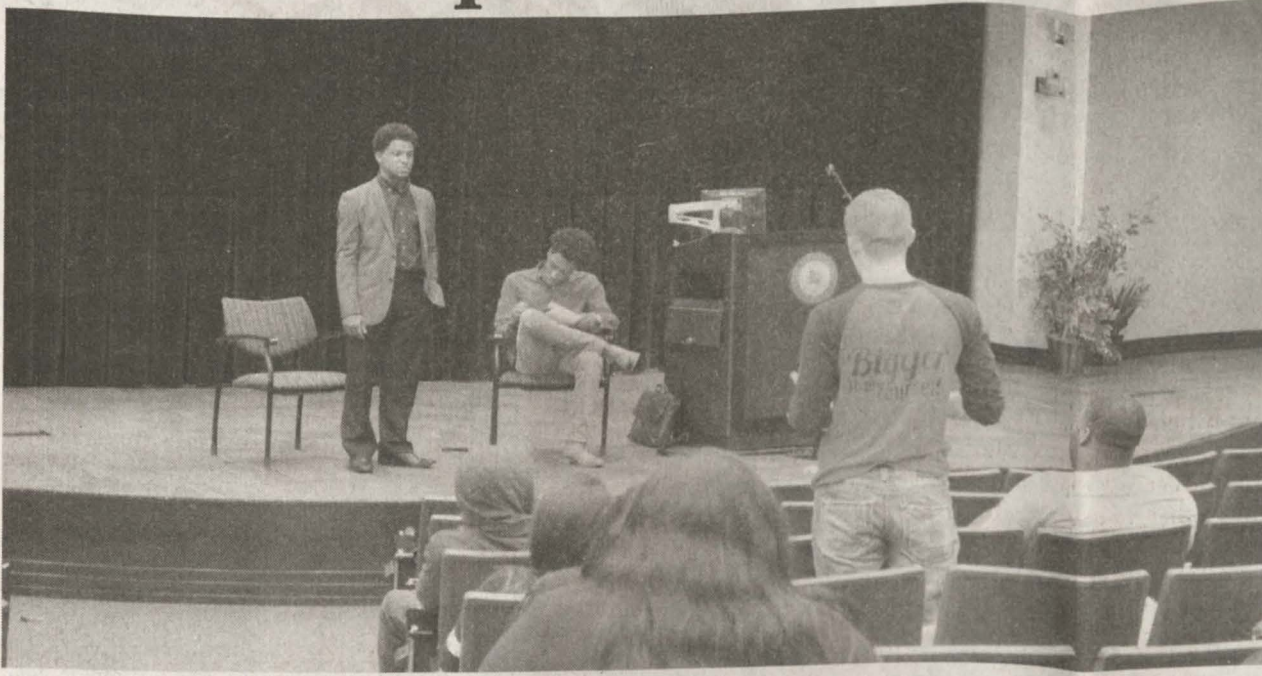
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President essay/oratorical contest winner

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Students speak out to SGA



By Justin Sinegal, The Panther

Student Walker Lockard voices his concerns with SGA leaders Sidney LeBeauf and Tristan Crayton

By Raven Moody
News Editor

What's Up With SGA was an event hosted to allow all students on campus to voice their concerns, and for SGA to be more aware of how students would like them to advocate.

President Sidney LeBeauf and Vice President, Tristan Crayton, hosted the event, and SGA members attended as well so they could address and clarify any concerns students had within a specific area on campus that are already being worked on.

Senior and construction science major, Walker Lockard, was the first to address his concerns, the biggest being Sodexo food service. Walker wanted to know why Sodexo prices were so high but the quality and taste of the food not be up to par.

Every student in the room raised their hands when asked who is not pleased with the quality of service, and food offered through Sodexo. Students were also troubled by the amount of power Sodexo has on campus being that every meal on campus must be catered by Sodexo, but they have high prices and the right to turn down a catering request.

Students gave examples of things they would like to see including dining options on and off campus, and meal selections that included hot wings, Serious Vegetarian and Vegan options, Chinese food other than the stir-fry in the international line, and gumbo on cold days.

There were many issues that continued to be brought up, one being parking. Why can't students who live on campus park on the main campus? Will there ever be a parking garage, since it will allow parking to go beyond ground space? Why won't students who live on campus be able to park in the lot allocated for the new stadium being built?

These are all question brought up by students, which Vice President Crayton was able to address through his knowledge of administrative productivity in regards to changing the parking situation on campus.

According to Crayton, "Students stated that they would like to have a yearlong parking pass option that they can pay for at once. Commuters had complaints about special events parking such as the Minister conference. They stated that there was very limited parking due to the athletic complex and they were not even given the option to

park in faculty parking on the days of the conference."

The next topic addressed was campus security, a major concern that security is not visible, especially at night. Students who live in The View stated that since CA's are required to walk the premises they feel that security should do the same instead of police cars being stationed in one spot. Other students went on to say that they feel that the police should be better trained to deal with things that happen on campus.

The last major concern of the night was multicultural involvement. Crayton stated that students urged others to understand that our campus is made of more than just black students. They would like to see us diversify. One of the ways to help with this is to allow social fraternities on our campus so that other student populations on campus feel involved and have a connection to the majority population at Prairie View.

Women urged to let go



Courtesy of Shalondria Taylor

By Jewel Stovall
Panther Staff

For the second year at Prairie View A&M University, One Accord Mime Ministry hosted its Woman Thou Art Loosed balloon release.

One Accord has been on Prairie View's campus for going on ten years and has a mission to love God with one mind, one soul, and heart. These women also are committed to minister to not only PVAMU students but to the world that there is a living, loving God.

This year's theme for the balloon release was "Freedom Steps" to signify the process in which a woman should take to reach that level of freedom from any situation that held her in bondage or kept her from accomplishing those tasks ahead of her. At the end of the event, every woman that came got the chance to write down everything that was troubling them on a card and tie it at the end of a balloon to release it into the sky. Sophomore Rania Dotson attended the event just to take a few photographs but ended up staying the entire time because the releasing of the balloons is something familiar to traditions she has with her family and was much needed. "I really didn't intend on staying long but this week was something I really needed to let go off and move on from. It really helped."

Shalondria Taylor, a woman whom One Accord holds a special place in their heart for

because her love for God and her awesome testimony that is relatable to many women, was the speaker for this year's Woman Thou Art Loosed event. Ms. Taylor is a 24-year-old prophetic speaker who is dedicated to living out the will God placed upon her life. Shalondria spoke at the event last year and was more than excited to come back to give women a word to encourage and let them know no matter what they go through, God will always be there to bring you out. "Last year was a beautiful experience. I enjoy anything that is positive and anything that says you want to bring women together, because that is not easy."

Not having a big turnout is not always a bad thing. This year's balloon release may have not been as big as last year's, but that allowed the women that were there a better chance to connect to the speaker and everyone else that came for the same reason, to be free from whatever has them bound. "This year, it was much smaller and intimate. I thought it was an awesome experience and I believe women truly left feeling free" says President of One Accord, Shaleetha Jackson.

All of the laughter and smiles that was seen on the faces of each woman gave One Accord a sense of accomplishment of the goal they wanted to achieve. They plan to make Woman Thou Art Loosed an annual event and are anxious for everything else in store for the rest of the semester.

L.O.V.E. Ministry hosts relationship forum



By Ellisa Bray, The Panther

Prairie View Students listen to a campus ministry leader discuss

By Ellisa Bray
Panther Staff

Tuesday, February 17, L.O.V.E. Ministries (Ladies of Virtue and Excellence) held a relationship forum and bible study in the All Faiths Chapel on campus. The event included a short message before holding a panel of five couples ranging from 4-30 years in their current relationships.

"L.O.V.E. Ministries is a women's ministry outreach on campus striving to bring the love of God to our campus," Desirae Brown, the president of the organization, said. "We held this event for guys as well as girls, and we are really excited about what they have to say about keeping God first in our relationships."

The interactive bible study included James Runnels IV giving a lesson on relationships, focusing on building a relationship with Christ before pursuing another

person. "As you step out of your comfort zone and open up, God can enter those places and put you in a position to be blessed in all your interactions."

The panel discussion featured five couples who were either engaged or married, who answered various submitted questions from the audience about their relationships with each other and with Christ. Each couple also got a chance to give their number one piece of advice. Here's what they had to say about maintaining the best relationships possible:

- Take one day a month (or a week) just for each other. Make it a date night!
- When you make big decisions, get confirmation from your partner. Pray about it, then get confirmation!
- Follow the 3 C's: communication, consideration, commitment.
- Remember the golden rule!

- Roll with the punches!
- Men, keep in mind that ladies say things differently than men. Listen to her and you can avoid conflicts.

After the event, there was a meet and greet as well as refreshments. Many of the participants enjoyed the event and liked hearing about relationships from the opposite gender's perspective.

"It was nice to hear what ladies want from ladies themselves, especially those who want to include God in their relationship," Aaron Bailey, a senior majoring in biology, said. "It's not often that you'll see a relationship forum where the focus is on keeping God first."

L.O.V.E. Ministries has interactive bible study every Tuesday at 7pm in the All Faiths Chapel. All women are welcome.



By Taylor Chapman

Byron Lundy, J.O. Malone, Charles Williams, Michael Wiggins, Zakiya Larry, Kayla Adams, Dr. Jeffery Mccune, Dr. Javon Johnson, and Jarren Small.

Comm

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On Tuesday, Coy Poitier, CEO of Poitier Productions, located in Dallas, Texas, gave his life story to students during a lecture on urban multimedia. He started with beginning as a personal assistant and how he worked his way up to become CEO of his own multimedia company. Poitier kept reminding the students, "If I can do it, you can do it," as he gave some tips on staying true to their craft and making the best out of each opportunity. "Work with what you've got, use your resources, use the right market for you."

He also showed students a few samples of his work done over the years. The relatable stories Poitier gave about internships and struggling with films and certain classes reassured students that accomplishing their goal is possible.

Production accountant Donald Bruce also gave insight to students. His platform covered, "How to make a movie using someone else's money." This presentation had a large turnout as many of the students are interested in film making. The topics discussed

budgets to start-up films and major motion pictures. "The seminar was beneficial, it taught me how to handle the business side of putting a film out," said mass communication minor Jeremy Sample.

Bruce stressed the importance of innovation. He pointed out that what students are learning in the classroom today are the same principles that he uses while producing films. Another speaker was art director and graphic designer Raymond Thomas, a St. Louis, Mo. native now residing in Chicago, Ill. Thomas was able to relate to the students through his art in pop culture. With a full attendance in the A.I. Thomas auditorium, he did not only make the presentation about his life, but also answered thought provoking questions from students. Asked how he manages all of his assignments in one day, he replied, "I just do it and you can, too." "It showed me that the sky is really the limit, when you utilize all of your skills and resources" expressed senior Sharayne Brown.

Wednesday's speakers included Byron Lundy, J.O. Malone, Charles Williams, Michael Wiggins, Zakiya Larry, Kayla Adams, Dr. Jeffery Mccune, Dr. Javon Johnson, and Jarren Small.

Career Closet offers students a second chance on dressing the part

By Kimberly Berry
Panther Contributor

Learning to dress professional for interviews and professional events has been ingrained in most students here at Prairie View. Dressing the part plays a huge role in gaining opportunities on and off campus. Dressing professional gives off a good impression to the interviewer, who could be a possible future employer. Here at Prairie View students are constantly finding opportunities for internships, jobs after graduation and attending career fairs. With all these amazing opportunities offered, dressing for success becomes imperative.

Along with that comes the cost of business professional attire, which can be quite costly, especially when it is already a struggle to afford textbooks.

Courtney Jackson, a junior majoring in accounting had a lot to say about the expenses of dressing professional on a college student budget. "Generally, a blazer will run you about \$40. You may be able to find a \$15 or \$20 skirt. It's easy for a girl to find an inexpensive shirt, but the shoes are most likely always going to be the most expensive part of the outfit. The fact is a complete business professional outfit is basically \$100 or more. For most

college students this money isn't easy to come by; half of us can't even afford groceries!"

A resource to having a free business professional outfit for students is located right on campus and seems to be a very well kept secret. In Evans Hall is a resource available to all students who are in need of business professional attire. The Career Closet has the purpose in mind of helping students by simply helping them dress the part. Emebet Admasu, who works with Career and Outreach services shared that they work with each student to accommodate their needs. "We don't want any student to not be able to attend a career

fair because they didn't have the professional attire to go. What we need is donations so that we can help more students. That would be so nice!"

The Career Closet is an amazing resource for students on campus and Career and Outreach services want it to be able to serve the entire student body. The clothes they offer to students are gently used or brand new business attire donated by staff and students. Landie Fisher, a senior majoring in human performance thinks that the Career Closet is great for the student body and will help out many who are in need. "I think something like that is amazing!

It gives students who are unable to afford those types of clothes an opportunity to participate in interviews they need for their future."

The Career Closet is definitely looking forward to be able to work with more students on campus. They hope to leave an impact with the student body to always remember to "Dress for Success."

Dark

Continued from page 1

Lecrae has an abundance of mix-tapes and albums with his most recent being "Anomaly". The title derives from the definition which means, "Something that deviates from what is standard, normal, or expected." As an artist, Lecrae strives to bring something fresh and relatable to attract audiences.

At the point of arrival there was a sense of a treat. The room was filled with students, faculty, and community members. White spoke on the topic, "Is Jesus relevant today," which allowed hearts to be open and minds to clear. While attending college some find it hard to focus on Christ with so many distractions. For example, here on campus students will rarely go without a "turn-up" or opportunity that hinders you from being constructive. These things have been so relevant that they have silenced the good on campus. Prairie View offers a ton of organizations that will help

develop positivity, inspiration, and relationship. This event opened the eyes of many.

White, with the assistance of Lecrae, brought awareness to what it is like to live a moral life. Their presentations were a reflection of what the, "good life," really looks like. It has been the goal of campus ministries to get their peers to live a life of integrity and humility through the promises of God.

Nonetheless, After Dark was a success. After weeks of hard work, dedication, and prayer the event that has been published all across campus has lived up to its hype. A very intimate moment of the show was the building of the cross. White himself cut into wood on stage to show the making of the cross. At this moment he began to explain the love Jesus has for his people. This was a very heart touching moment for every one in the room. Our very own PV mime

ministry performed and shut the house down. Members of the ministry were very pleased with how things turned out. "I wanted this to be a breath taking event for all the students, that they would get something new that they're not really used too and hopefully change their life because of what happened on tonight," said senior architecture/construction science major, Thomas Chambers. The student body played a big part by showing up in representation that YES! Jesus is relevant today.



Courtesy of After Dark

After Dark student reps pose after a day long publicity event Monday.

Lyte

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She promoted be the change that you want to see. It all starts with education and being happy in your success and love what you do. "Education gives you options and those that don't have it have none." Lyte then founded The Hip Hop Sisters Network to redefine

the essence of women through unity and empowerment along with starting the social media movement #EducateOurMen. The organizations purpose to provide need-based scholarships to undergrad students toward mostly HBCUs. "Something that inspired me was she said you should always need to be prepared for the next

opportunity even if you weren't ready for the first one because there's not such thing as luck so you need to sacrifice your time for what you're passionate about," said sophomore health care administration major Kaanan Onyeahialam. Further upon academics, the movements assist students with mentorship, knowing more about

their respective career choice, increase social responsibly, and awareness.

"I wanted the students to be inspired, you know people came to college just because their parents told them to but I want students to find themselves in college," said senior class president Jasmine Harris. "It starts here, Martin Luther King was a college student

just like us so why can't one of us be the next Martin Luther King." MC Lyte stressed that you will have to out work people to get to the top because others want your spot and it's always important to have people around you that believe in you even when you don't believe in you.

Homeland Security Bill Moves In Senate While House In Limbo

By Erica Werner and
David Espo
Associated Press

WASHINGTON (AP) -- The Senate is moving forward on legislation to fund the Homeland Security Department, but the House is in limbo two days away from a partial agency shutdown as conservatives angrily reject the Senate plan.

Many House Republicans say they aren't ready to admit defeat and approve spending for the department without demanding concessions from President Barack Obama on immigration. They are pressuring House Speaker John Boehner to hold firm against that approach, even as Senate Majority Leader Mitch McConnell argues that it's the best way out of the GOP's dilemma.

No other options are apparent, aside from a partial shutdown of the agency charged with protecting the U.S. against terrorism. Without congressional action, that will happen at midnight Friday - and polls show Republicans likely to take the political blame.

Boehner met privately with McConnell on Wednesday afternoon, their first meeting in two weeks, but he gave no indication during the day of how he might resolve what has become a high-stakes leadership test two months into full Republican control of Congress.

"I'm waiting for the Senate to act. The House has done their job," Boehner said at a news

conference where he repeatedly sidestepped questions about his plans.

Hours after Boehner spoke, the Senate did act, voting 98-2 to advance the Homeland Security funding bill over its first procedural hurdle. Several more votes will be required to bring the bill to final passage, but that outcome in the Senate is assured with lawmakers of both parties ready to put the fight behind them.

The \$40 billion legislation would fund the agency through Sept. 30, the end of the budget year. Gone would be the contentious immigration language from the House-passed version that repealed Obama executive actions as far back as 2012 granting work permits and deportation stays to millions of people in the country illegally, including immigrants brought here as kids.

Instead, McConnell envisions a separate vote on a narrower immigration measure to undo just Obama's most recent immigration directives, from November. The measure would leave in place protections enacted in 2012 for younger immigrants, but even so Democrats are not likely to approve that bill, and it faces a certain Obama veto.

The president repeated that threat Wednesday at a town hall style meeting in Miami designed to keep pressure on Republicans.

"If Mr. McConnell, the leader of the Senate, and

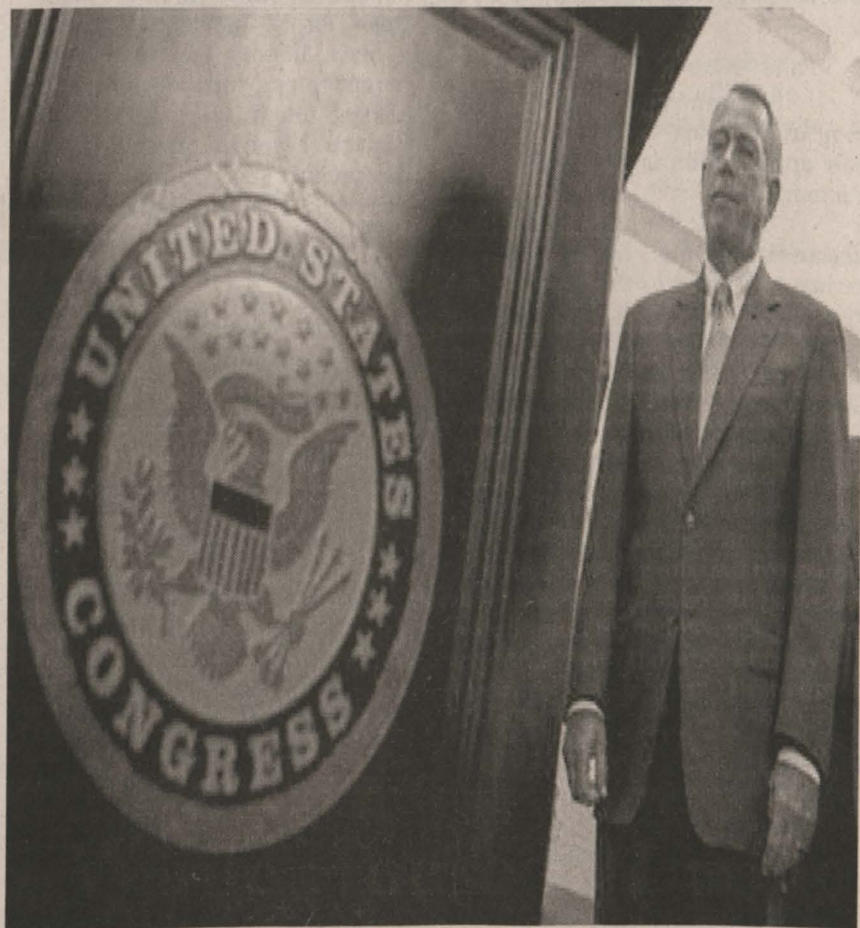
the speaker of the House, John Boehner want to have a vote on whether what I'm doing is legal or not, they can have that vote," the president said. "I will veto that vote - because I'm absolutely confident that what we're doing is the right thing to do."

Facing united opposition from Democrats who blocked four GOP attempts to open debate on the House-passed bill, McConnell said he was offering the best plan he could. But House conservatives called it a surrender and said they would not abandon their fight, even if no outcome looked possible except a partial Homeland Security shutdown that would furlough 30,000 workers and send tens of thousands more to work without pay.

"On one side, we're faced with dealing with the horrible prospect of a shutdown. If we do nothing and we just capitulate, we're dealing with an even more horrible prospect of a constitutional crisis," said Rep. Matt Salmon, R-Ariz. "It's a no-win situation."

A number of Republican lawmakers said the plan could potentially pass with Democratic votes, but conservatives warned that Boehner would face an intense backlash if he took that route, as he's done in the past.

Congress could potentially pass a short-term extension of current funding levels, but that would only postpone the conflict. House lawmakers openly chafed at the position they found



Courtesy of Susan Walsh

themselves in after agreeing last fall to put off the fight over immigration until this year. The argument was that they would have more leverage once Republicans controlled the Senate and claimed larger numbers in the House.

That hasn't proven to be the case, mainly because the GOP

commands only 54 votes in the Senate, short of the 60 needed to advance most legislation under the chamber's rules. And Obama's veto pen still gives him the ultimate leverage

Miss PV helps girls with makeup tips



By Chadae Sauls, The Panther

Students gather around to listen to the different ways to make their makeup look more flawless.

By Chadae Sauls
Panther Staff

Miss Prairie View Ashlee Sherman hosted a lipstick and lashes pajama party Tuesday evening to show that wearing makeup can be fun, but true beauty comes from within.

Makeup is so subjective and can be done in different ways, but one thing to always remember is to wear the makeup without the makeup wearing you.

Senior electrical engineering major Ashlee Sherman has always had a love for makeup since high school. It started off with the basic eye shadow and lipstick, here and there, and it grew into her wanting to learn everything there is to know about makeup.

"Being Miss Prairie View, I do not have my own makeup artist on the spot, forcing me to learn how to contour and getting my eyebrows on fleek," she said. Having the love for makeup Sherman wanted nothing more than to share her love with the school. This brought about the idea to have a pajama party everyone could enjoy.

Putting a remarkable event together is no easy task, on top of

trying to find the right name that would attract people.

"I went through the hardest time in trying to figure out what to call my event," said Sherman. "I chose lipstick and lashes because it sounded catchy, flirty and I think it is cute."

Between getting the food, gifts, MAC prizes and securing a makeup artist, Sherman had to think about what people would like to see at her event. This is when she came up with three main points to focus on that people would want to know, skin care, day time look, and night time look.

"There is a thing as having that after five makeup look versus having that spring and summer trendy look. I want people to know the do's and don'ts in applying makeup," said Sherman.

Her main focus is for this event to help everyone feel good about themselves and comfortable in their own skin. "I want everyone to take away, first learning, how to love who they are and knowing that beauty is only skin deep."

Sherman said she loves

makeup, but at the end of the day she has no problem rocking a plain face and still feels just as beautiful. People should not have to rely on makeup to feel gorgeous; makeup should be something fun to put on for added glamour, not to hide what is already beautiful.

"I really enjoyed this event, I felt like not only did I learn how to apply my makeup the proper way, but I felt like I bonded with everyone there and was able to feel about myself as an individual. I now know that makeup does not make the person. I'm beautiful no matter what," said junior biology major Ke'Njanai Williams.

Everybody enjoyed themselves and had the chance to participate in the makeup games, which involved models. "We can talk about makeup all day, but people learn from having hand on experience," said Sherman.

Sherman ended saying, "I hope to see this event continue on in the years to come, whether it is the next Miss Prairie View or another organization because everyone deserves to know that they are beautiful in their own way."

Panther PhDs educate through girl talk

By Chadae Sauls
Panther Staff

Panthers Promoting Healthy Decisions hosted a girl's talk seminar to help young ladies in facing their fears.

Domestic violence is something that can happen to anybody no matter the age. Teen domestic violence happens quite often, and goes unreported majority of the time.

Many young individuals have no one to talk to about this issue, so it becomes a topic that seems less important. Domestic violence can be sensitive for most, but someone must speak up for the silent voices that want to be heard.

Panther PhDs did exactly that by bringing a group together with hopes of inspiring young women to speak up on their experiences and they feel about domestic violence.

PhD member Diamond Rose, a sophomore majoring in nursing, said, "I have seen someone become a victim of domestic violence and have also had my own experience with it. I was not physically harmed, but I was a victim emotionally."

"People do not realize that domestic violence is not just physical, it can be emotional and mental as well," said junior nursing major Tiara Jones.

This event was not only informative, but fun also, making it easier for everybody to connect with each other.

The PhD members came up with two games dealing with domestic violence situations.

Charades was the first game and everybody had to act out celebrity couples that were involved in domestic relationships. The second activity was a scenario

match up game involving physical abuse, emotional abuse, and no abuse at all.

Each group had to match scenarios with its correct category; this allowed many people to open up on their past relationships.

Brittany Collins, a freshman criminal justice major, said that she found this seminar to be very beneficial especially for her.

"I had my fair share of relationship problems so I came here hoping to gain some help on how to have a successful relationship and learn from others about what they went through in their past."

One topic that really sparked conversation among everybody is the respect men should have for the woman of their choice.

"I learned that when a man feels he can call a woman by any name unsuitable for her, he is degrading her and cares less about who she is as a woman. I refuse to let a man call me anything inappropriate, I am a lady and should be treated as such," said Collins.

Rose continued by saying, "Everyone should become aware of domestic violence because it is real. Many people may not even realize they are becoming a victim of domestic violence until it's too late. Domestic violence in any form or fashion is not love and anyone in a domestic relationship should get out and tell someone."

Most importantly, the event allowed a group of individuals to get together and gain information they did not have before coming in, and even if only a few benefitted from this event, a difference was made.

Black History Month still needed

By Kerri Car
Panther Contributor

African-Americans have been in America for centuries, yet their appreciation is narrowed down to a mere 28 days.

The accomplishments that African-Americans have achieved are just as worthy as those that white people have, and surely should not be forced to celebrate with the shortest month of the year. This leads one to wonder: is Black History Month necessary anymore?

There is enough black history to cover a whole 350 days of the year. That is equivalent to the same amount of white history rammed into our heads. Why is black history rarely recognized?

Of course, Black History Month is important, but why is it that we only act like we care about our history for 28 days? Twenty eight days to explain to us about the centuries of slavery. There are only those days to educate us about all the inventions, Black Panther parties, constant lynchings, Emmett Till, and several other important events blacks went through.

Adjani Caesar, a senior, said, "I think everyone should celebrate black history every day. You will see on social media that people only hash tag black history only in February."

Other students interviewed about the issue stated that there has been plenty of black history that they have learned that has not been taught to them in schools. For instance, Colvin Claudette was a woman who was arrested in 1955 for the same

reason as Rosa Parks, yet her case happened nine months before Rosa Parks' incident. That is a black history fact that is not taught to us in schools. We were always taught that Rosa Parks was the reason that the civil rights movement started, and that is not true. That may have been an incident that may have lit the fire, but it definitely was not the kicker.

When questioned about this topic, junior Tatianna Lewis answered, "I think it is very necessary, I don't think that Black History Month should be celebrated within just one month. February is so short; there is a lot of black history that is not thoroughly discussed."

Black History Month first originated as Negro History Week in 1926. Black history had not been recognized at all and it was barely even studied when it first originated.

Even though African Americans had been in America for centuries, blacks were finally recognized in the 20th century. African American history today is still not referenced entirely in the history books. Black history is made every day and people do not acknowledge it.

Junior Kimille Richardson answered by saying, "I do think it's necessary that we do acknowledge black history all year instead of just one month because within that month it's just too swift. We are not getting the recognition that we need in that entire month. It is too rushed and all of the acknowledgments in that month are not even recognized."

Sociology professor Michael Royster said, "The curriculum is highly regulated by accommodation here in Texas, TEA, and also each individual school district.

There is still going to be much that's left out and for some odd reason even the best of black history month has been highly sanitized, and highly truncated. So yes, keep Black History month because it is at least an attempt to at least preserve something that is sacred within the African American tradition."

If this was taken away, there's a high probability that present generations may not pass down the history, the stories, and the experiences for future generations and much can be lost in the long run.

Black History month is a very important and necessary factor in America's history. As mentioned before, black history that has been taught to us in schools have been tweaked.

Schools only tell us the surface of black history and they do not go skin deep.

That is why it is important to embrace black history, do some research all year round. African Americans have been fighting to be heard for centuries, and now it is time to actually listen.

Maturity versus age plays a major role in relationships

By Dajonna Hall
Panther Staff

Lately the media have been focused on 17-year-old Kylie Jenner and 25-year-old rapper Tyga and their alleged relationship and if it is "appropriate" being that she is still in high-school.

"Age ain't nothing but a number," a familiar saying that most know all too well; but is that statement really true or is age really something to be considered when choosing a suitable mate?

Some students such as sophomore Denise Jacobson felt that Kylie may be able to handle a relationship with Tyga because of where she comes from.

"Kylie is not a normal 17-year-old girl. Her older sisters are the Kardashians and they are all well in their 30s. Those are the people she's around all the time not to mention she is in the spotlight. So maybe she would be mature enough to handle a relationship with that big of an age gap."

A number of other students felt as though it is still not OK because she is underage no matter who her sisters are.

Senior Jakari Bates had a lot to share about his opinion on the topic saying that he felt like girls are naturally supposed to be with older guys and guys are naturally supposed to be with younger girls.

He went on to explain, "I guess the way I am thinking is because of where I am from. Where I am from it is not uncommon for a girl that is 15 or 16 years old

to be going with someone who is 23 because the girls are usually more mature than boys at that age but I honestly feel like if you're compatible with a certain person you shouldn't rule them out because of their age."

Senior Kendria Richburg, also shared her opinion that she does not believe age is a key factor. She believes there should be a mark where the age range starts and stops but the relationship mostly would depend on the person and their circumstances.

She said, "I do not discriminate on age if they are at least 2-years-older or younger than me but age cannot always be a deciding factor unless the age gap is just that big."

Richburg continued saying, "I believe if you put a guy in a situation where he's the one that is depended upon the most, he will adapt to his situation no matter what his age is. Similarly, if you have a guy that is catered to 24-7 and is comfortable with being catered to, he will not mature as fast because he is dependent upon someone else."

Both Bates and Richburg touched on some key points to factor in when dating someone. It is not always wise to rule someone out just because of their age.

Although age is one factor, there are other important things to keep in mind such as how the person was raised, where they are from, and general compatibility.

Messages

The Social Buzz



Contact

The Oscars were so crazy! Did you see when Common and John Legend won the Oscar for their song 'Glory' that was in the movie Selma?

Yes! But did you hear what Giuliana Rancic said about Zendaya's dreadlocks!? She said she smells like Patchouli Oil and weed. 🤔

I can not believe that I've been watching all of these interviews. Kanye's interview was crazy! She missed Amber Rose so bad it was crazy. 🤔 He talked about Tyga too but you know he had to refer to Kim's family. I really think that Tyga and Kylie are dating for real.

Nope, in Tyga's interview with the Breakfast Club, he said they weren't dating. He claims that he's been cool with the whole family before all this stuff happened. 🤔

Whatever. He's dating her. What's really crazy is how Chris Brown had to cancel another two concert shows because he was forced entry into Canada! Just hours before he was supposed to go on stage, he was denied at the border, they say it's because of immigration issues with his criminal record.

It doesn't even matter because I'm saving all my money for the Forest Hills Drive Tour later this year! It's going to be Jeremih, Big Sean, and YG. 🤔 I need to get up on all the new music soon.

If you want to hear new music you really need to get pretty Ricky's new song because they are back on the scene and I'm so excited they're coming out with the Bluestars 2, you need to go get that and text me later.



Send

Dark Sky surprises



By Robert Taylor V
Panther Contributor

Dark, witty, and dedicated big Sean's junior effort, "Dark Sky Paradise" comes emotionally driven, and cleverly written from start to end.

The lyrically inclined rapper comes packed, shipped and ready with his best bars spitting straight 500 degree fire, track after track that'll have you pause the song, remove your headphones and apply cold gauze to your afflicted burned areas.

The Detroit rapper comes aided with some of his close and successful peers and mentors in the industry including Kanye, Drake, E-40, Lil' Wayne, Chris Brown and others that lend the voices of expression on his album.

Along with a super-star cast comes with super star production, vets of the game including but not limited to Kanye, Boi-1da, vinylz, Key-Wayne, and DJ Mustard.

Dark sky paradise, as said by Big Sean himself, comes from the inspiration of the recent women in his life but a vast majority is built on a dedicated memory to the passing of his grandmother.

The album also is an effort to finalize his place and position as one of the top competing artists

in hip-hop now, and he recognizes himself as a force that shouldn't be tampered with.

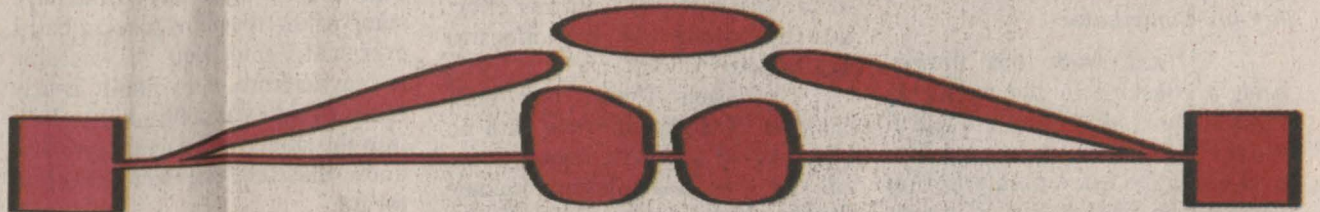
The album starts off with "dark sky (skyscrapers,)" a gritty instrumental that serenades well with Sean's frustration of pains of the past and hardships of the come up; a quick look into his vivid pictures of Detroit, mixed in with clever word play and punch lines.

After the intro, the album continues with an opening followed by his billboard radio singles "blessings" and "IDFWU" which are featured, mixed, and remastered down to a final cut for listeners to hear on a fresh take, just for the album.

Some of the album's most notable tracks "Win some, lose some" and "Stay down" "Deep" are some the main key songs that point to the main themes of the album, involving his personal demons, his past and present love life, and even his standing in rap game.

He closes his album with an ode to his grandmother, "One man can change the world," a ballad carried from the heart to his listeners, with pure inspiration and positivity. A good take on change from the rapper that came straight from Detroit to the being a G.O.O.D Music golden child.

Tips to staying healthy on campus



By KeTara Wells
Panther Contributor

Between exams, organizations, work, and trying to keep a social life, college students often find a challenge to maintain a healthy lifestyle.

Our university promotes health care, and provides plenty of physical activities for students to stay in shape and stay active. However, when it comes to being healthy it all starts with yourself and also preventing illnesses that may stop you from your daily routines.

Here are 10 tips to staying healthy and taking advantage of on-campus resources for college students.

•Portion control- Make sure you are eating the right servings, especially for your body type. For example, a serving of fruits and vegetables should be the size of your fist. When eating meat, fish or any poultry the serving size should be the size of a deck of cards or even the palm of your hand minus the fingers. Healthy snacks such as, apples with low fat yogurt, pretzels, and SmartFood popcorn can be a healthy alternative that also gives you a boost throughout your day. The key to portion control is controlling your cravings overall, and making sure not to overindulge.

•Eating more vegetables and fruits- Eating fruits and vegetables can be a challenge for some. Incorporating more greens and fresh fruit into your daily life helps with your digestive system,

gives you a boost of energy and also helps lower the risk of health conditions like heart disease and high blood pressure. They're also low in calories, and you can get them frozen fresh for a cheaper price at any local grocery store.

•Eat breakfast- Consuming a healthy breakfast to start your day can actually improve your performance. Not only does it give you a boost of energy to start your day, but students are more likely to control their food portions throughout the day without skipping meals. Also, eating breakfast helps provide the necessary minerals and vitamins to keep you focused in your lectures.

•Walk to class instead of driving- Walking to class can not only save you money on gas, but also helps you control your weight and lower the risk of serious health conditions like diabetes and heart attacks. Since walking is a low impact cardio, it is also a great form of meditation and improves your mood by helping the blood in your body stimulate your brain.

•Getting plenty of sleep- Getting enough sleep is extremely important when trying to live a healthy lifestyle. Not getting enough sleep can actually affect your thoughts and emotions which can make you cranky or even stressed. When you're overtired, this can affect your work space, school, and even hinder you from cooking healthy meals or providing enough energy to work out.

•Don't skip meals- Just like breakfast, it's essential to eat three meals a day. Skipping meals means

losing out on minerals and vitamins which could result in illnesses. It can also alter your metabolism, because skipping meals causes it to slow down making harder to process and break down your food.

•Monitor alcohol and smoking- It's important to monitor alcoholic beverages as they contain high sugar levels, and also pulling back from consuming too many calories from them. Although the Nicotine in smoking increases your metabolism, it also causes heart disease and cancer. Try smoking less by picking up new habits to reduce stress like working out, dancing, walking, photography, learning to play a new instrument and other activities.

•Monitor health conditions- By monitoring your health conditions, this helps reduce the risk of taking a trip to the doctor other than your usual checkup. Make sure that your blood sugar is normal, your heart is in good condition, and your body is in good shape, overall, to perform daily.

•Limit junk food consumption- When you don't want to give into your junk food cravings, try replacing them with healthy snacks like fruit drizzled with chocolate, low fat popcorn, creating your own trail mix, low fat yogurt and other alternatives.

•Drink Water- Since the body is composed of mostly water, drinking enough water daily can help your digestive system, kidneys flush out toxins, and hydrate the skin. It can also help trim your calorie intake when choosing water over a soda or juice, causing the body to feel fuller, which helps with portion control.

Panthers cruise past Devils during Military Appreciation Day



Karim York spots up for the Jay from midrange.



Lady Panthers suffocate MSV Devillettes with tough D. Photos by Cori Higgin

By Denzel Speights
Sports Editor

Sunday's Military Appreciation Day featured the Panthers facing the Mississippi Valley State Devils with the score of 69-50 in the women's game and 84-74 in the men's game.

In the women's game sophomore guard (#3) Alexis Parker and junior center (#2) Shamiyah Brooks fashioned two double-doubles. The win improved Prairie View A&M (11-14) to 8-5 in Southwestern Athletic Conference play, which pulled the Lady Panthers into a third-place tie with Alabama State.

In the first and second half the women set the tone defensively by trapping and forcing a total of 25

points off turnovers.

"One of the things we tried to do was we tried to get teams frustrated, we tried to swarm them with our defenses by focusing on trapping them hard and forcing turnovers in order to get the steals and go down and score the basketball," said Finch.

The Lady Panthers shot 29.7 percent (22 of 74), which is a low this season when winning.

"We didn't shoot the ball normally how we shoot the ball at home; typically we shoot about 40 percent," said head coach Dawn Brown.

The Lady Panthers answered that statistic by getting to the free throw line 29 times, making 24 of those shots for a percentage of 82.8.

The Lady Panthers dominated statistically with 24 of their 55 rebounds being on the offensive side of the ball.

"We just took over the game and started playing Lady Panther basketball. We made them go the way we wanted them to go," said Brooks.

For the men this makes it four out of the five straight wins this week, which hasn't happened since the '09 season.

"I'll give our performance a C because I know we can do better than this, defensively and rebounding, every other thing in general we can play better than this. We have been proven to play better than this, so I give it a C+," said senior center #35 Reggis Onwukamuche.

In the first half senior

guard #5 Tre Hagood and senior guard #31 Montrael Scott lead 12 of 14 points off a 14-6 point run at the 16:07 mark.

"Coach game plan was that they [MSV] were going to press us a lot so he just wanted me to stay aggressive and get to the rack and get everyone involved," said Hagood.

Throughout the first and second half the Panthers forced 24 turnovers, which led to a total of 32 points off turnovers.

"We're trying to get some steals, we're trying to work, and we're trying to give the ball to the right people, but we're trying to get turnovers so we can get breaks [fast breaks]," said head coach Byron Rimm.

However, in the start of the second half the Panthers had

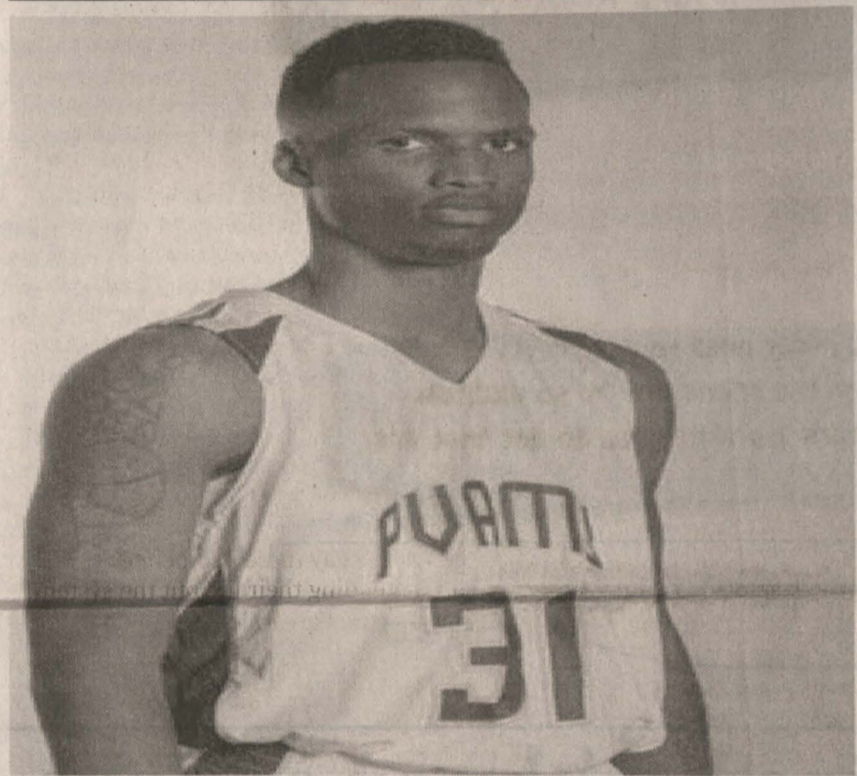
difficulty to produce points as MSV went on a 10-0 run to overtake the panthers 47-46.

"We came out really dead with our energy, our goal coming in the second half was to stop them from scoring," said Onwukamuche.

Fortunately junior forward, (#22) Charleston Dobbs, came off the bench and scored six unanswered points to give the Panthers the lead of 54-48, ending any comeback.

"Basketball is a game of runs. They [MSV] went on a little run, but we knew if we had a run in the second half we'll be able to stop the bleeding," said Hagood.

Hagood leads the Panthers with 17 points and eight assists. Scott scored a total of 12 points while Onwukamuche's finished the game with 9 points 5 boards, 5 blocks.



By Cam Thomas
Panther Contributor

Hard work has always been a constant in the career of Prairie View A&M Panther guard Montrael Scott, which has led him to crossing the 1,000 points scoring barrier, the first player to do so under current head coach, Byron Rimm II.

It was against Arlington Baptist University where he scored his first four points as a Panther. "Looking back at it I was very tentative when it came to being aggressive on offense," said the Dallas resident. "When I got to

PV they were already loaded with offensive talent, I just wanted to fit in, which is why I put my effort into everything else but offensive aggression."

Coach Rimm has built his past Panther ball clubs with no shortage of offensive talent. Some of his previous players include Jules Montgomery, Demondre Champman, Carl Blair, and the list goes on. "When we recruited Montrael, we felt that he was an exceptional talent," said Rimm. "We knew he had an innate skill of scoring the basketball, it's everything else he was able to do on the floor. He's an exceptional passer, a great rebounder for his size.

Montrael Scott becomes the latest member of the 1,000 point club

Despite him being 6'3 and a shade under 200 pounds, he leads us in rebounding quite often because of his determination and competitive spirit." Rimm also took a keen liking to the level of consistency Scott provided on the defensive end, often matching him up with the opposing teams best perimeter player.

The streets of Dallas, Texas, have produced many basketball talents. In Texas, experts and scouts say it's regarded as a hotbed for talent on the hardwood. Scott was no exception to this statement. He was the leading scorer of the Madison High School Trojans with a 21.3 point per game average while en route to being named the District 12-3A MVP. "High school was a fun time. I was able to really go and have some of the most fun playing ball I ever had," said Scott. "I was able to play in front of my family nearly every game which felt good to look into the stands of a packed gym and know that they are there cheering for me."

The development of offensive skill is one that tested Scott's patience to the fullest. "People see me shoot around in the new gym on campus and think I've been a good shooter for a while, that couldn't be the furthest thing from the truth," said a laughing Scott. "For the longest my jump shot was

the weakest part of my game. It took a lot of long nights in the gym. I know that sounds cliché but, it's the truth." Most players have skills that set them apart in some way. It could be pure athleticism like running faster or jumping higher, dishing to teammates who are in position to score, the list goes on. Scott's special skill early on was his defensive prowess. "I always felt like if I couldn't score myself, I'm not going to let my man score. It's like a pride thing. I think the saying that defense wins championships and offense sells tickets is the most accurate phrase in athletics. If you look at the best teams they all play defense." He's correct, if you look at the statistics, according to the SWAC webpage, the last four conference champions have been top three in regards to defensive efficiency.

Someone who was present for the majority of the 1,000 points Scott has scored was recent graduate of Prairie View A&M, former player Jules Montgomery. "Trel was definitely one of our unsung heroes my senior year in our run to the conference title game. His defense and timely offense helped us go to another level," said the 6'10 Montgomery. He recalls many times of him and Montrael staying later after practice or arriving early to get extra shots up. "We had one common goal and that was to win a championship. We worked as hard

as we could. I saw Trel's shot go from inconsistent to one of the more deadly ones in the conference. I felt like if he put the work in he could get to that 1,000 point mark and I'm honored to say I was present for parts of it."

January 24, 2015 is a day that now lives on in the annals of Prairie View history. The Panthers secured a win against conference rival Mississippi Valley State University, a feat that hadn't been accomplished since 2010, and Montrael Scott became the most recent member of the 1,000 point club. "I knew coming into the game I had a chance to score 1,000 but once the game tipped off all that went out the window, I just wanted to win," said a smiling Scott. "It's a blessing to see how far my game has come from being a kid in Dallas who loved the game of basketball to now scoring over 1,000 points." Scott knows he has reached a personal barrier but the team goal still remains in clear view. "The main goal for me before my career ends is to win a conference championship. I'm a senior now so I'm out of chances after this one. We all come here to chase the ring. It's the measure of team success and I'm going to keep working and pushing my teammates until we get it. I want everyone at PV to not only remember me as a defensive stopper but also Mr.1,000."

Soccer team honored for academics



Lady Panthers poses for pictures during mens basketball game Photo by Justin Sinegal

By Dominique Dillion
Panther Contributor

The women's soccer team was recognized during the men's basketball game for their various accomplishments during the 2014 season.

The women's team made history as the first team to participate in the 2014 NCAA soccer tournament.

Unfortunately, the Lady Panthers were knocked out in the first round facing Texas Tech. However, now that the women have had a taste of success, they are hungry and ready to accumulate more accolades.

"I am very proud of the accomplishments we have made as a team. These women made history and deserve recognition, as the first team in our program to make it to the NCAA Tournament. This is a milestone for the program and we can't wait to build off of our accomplishments and achieve greater things in the years to come," said head coach Abe Garcia.

The women were recognized for being the first soccer team in Prairie View history to compete in the 2014 NCAA Tournament, received a scholastic award for averaging a 3.0 GPA as a team, and were presented individual awards.

Graduate Debbie Arguelles was named 2014 SWAC Defensive Player of the Year and was listed as

First Team All-Conference. Senior midfielder Celene Batrez, Shelby Moore, and senior goalkeeper Bianca Garza were named ALL-SWAC First Team while senior defender Reina Mata was listed as All-SWAC second team. Sophomore Alicia Cooper received all conference accolades as a striker.

Arguelles stated, "I am very proud of how my team performed. It was truly a group effort. I am going to miss everyone. This is an amazing chapter in my life and I wish it did not have to come to a close. I will cherish these memories and be proud of these accomplishments for the rest of my life."

The Lady Panthers finished the season 8-1-1 and were runner-up in the 2014 South Western Athletic Conference.

Lovelocke continue from page 1



Students on campus too are paying attention to how his story can and should be inspiring to the student body.

Marcel McDowell said, "I was just watching ESPN and listening to some of the analyst opinions and ranks on the draft prospects at the quarterback position. When I noticed one of the top five quarterbacks on the list was our very own Jerry Lovelocke I was pretty excited for him. If he continues to work like he has, and an organization takes the chance

on drafting him, it would be a vivid example for our students of how hard work and dedication truly pays off. It's always good to see someone represent the university in a positive way. I'm surely rooting for him to make it the NFL."

Lovelocke is scheduled to graduate in May with a major in mass communication and a minor in business administration.

The NFL Draft will take place April 30 to March 2.

President essay/oratorical contest winner

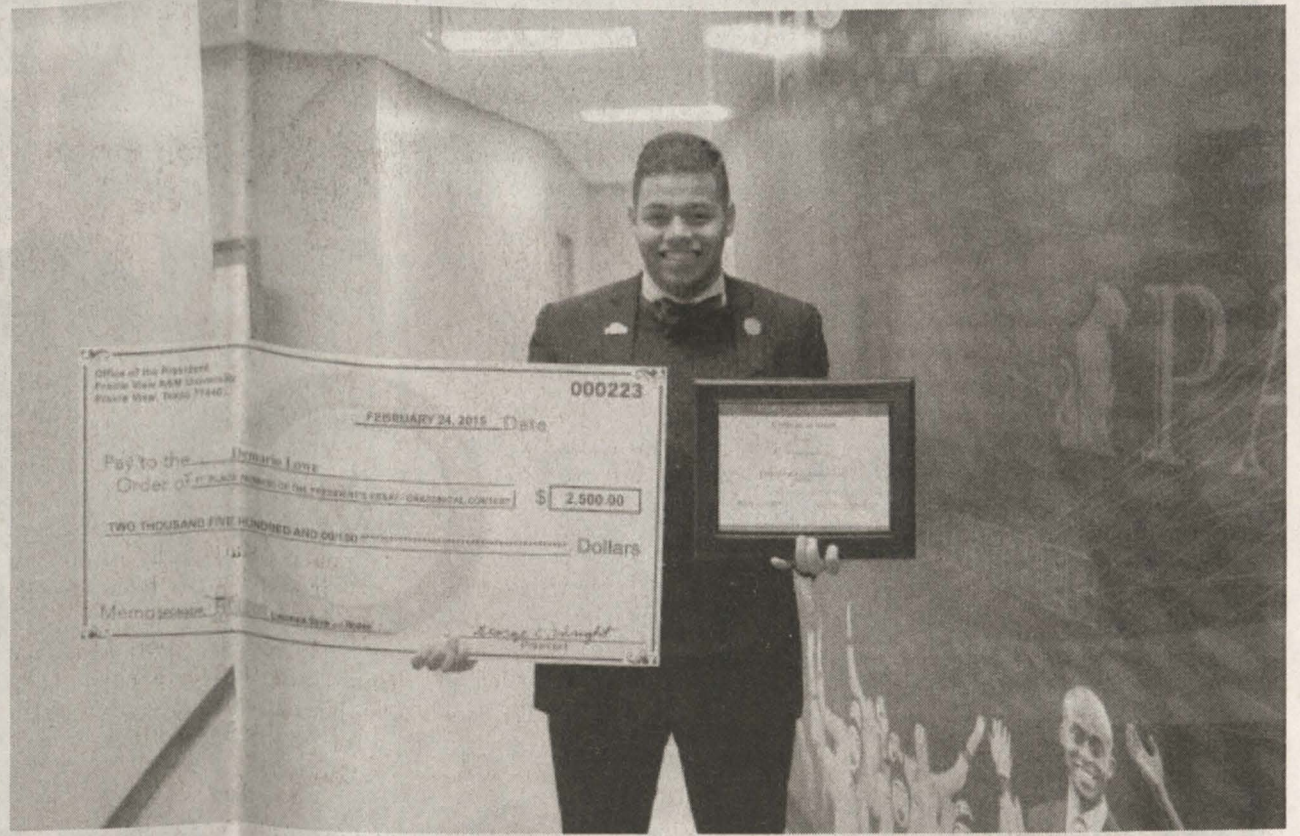
By: Demario Lowe

150 years ago, former United States President, Abraham Lincoln, issued a proclamation, which declared "that all persons held as slaves" within the rebellious states "are, and henceforth shall be free." This proclamation was the beginning of the journey for equality that was long overdue for the Negro people. Since then, through countless sacrifices and acts of heroism from a plethora of historical men and women, who braved the treacherous sea of cultural change, Black Americans have made some significant advances towards true equality. No longer will a black child receive lashes after they are caught reading, no longer will a man be tarred, feathered, and castrated for attempting to vote, no longer will the black man be afraid to advance in American society because of the possible mob of angered "Citizens" choosing to protect their rights through the virtue of a climbing rope and a tree.

As we celebrate our progression from cotton pickers to productive citizens in the past century and a half, we must also realistically reflect on the current state of Black America. Although substantial feats have been made in education, freedoms, and general (individual) rights, there is still a large disparity of equality in comparison to the majority of Americans. Studies show that blacks still face large amounts of indirect and systematic discrimination similar to the southern oppression tactics of the late 1800's and early 20th century. There is a disproportionate amount of black children who are submitted into "special education" classes based on behavioral tendencies rather than their actual intellectual capabilities. There is also more likely a chance of black boys and girls receiving corporal punishment from schools, such as detention, suspension, and even expulsion. While black men make up about thirteen percent of the population in the United States, they constitute over fifty percent of the jail population. According to the Census Bureau, Black women are also one of the most educated groups in America. Over 50 percent of young black women are currently in college, and they currently rank first

in education according to race and gender. Yet, less than 10 black women have been able to serve in the ultimate capacity of corporate leadership as a Chief Executive Officer in a Fortune 500 Company. This clear strive of excellence in the Black American culture just shows that the Negro is still hindered in America; the methods of oppression have just changed. One of the most prevalent methods used to convey negative constructs of Black America is the media. More often than not, the images of black men, women, and children are skewed within the media to create an ill-faded façade that ultimately demoralizes and dehumanizes Black America. Although the phenomenon of reality shows such as "Love & Hip Hop," "Real Housewives of Atlanta," and television series such as "Empire" are quite new, the portrayal of black women and men as aggressive, uneducated, and emasculated people have been propaganda in film from as early as the First World War. In the Ku Klux Klan film "Birth of a Nation," black men were shown as ravaging animals who only wanted to rape the white woman, and black women were depicted as asexual creatures who could only cook and raise the children of the white family. American stereotypes of the "Aunt Jemimas" and the "Pick-i-ninees" have been ringing in the media for over a century. The constant use of negative stereotypes of black people in the media not only cause Black Americans to view themselves as less than valuable citizens, but also provide a misled perception of African-Americans to white culture.

As the 150th anniversary of the Emancipation Proclamation Approaches, post slavery progress for the Negro has been stagnant in comparison to other cultures that have faced large amounts of discrimination in American History. Examples of these cultures that have experienced hardships due to the discriminatory hate practices include the early Irish communities during the Great Potato Famine, the Japanese in the early parts of World War II, and the Chinese during the Western American Gold Rush. The Irish, in particular, helped mold the concept of "White America." Prior to the First World War, Irish settlers were forced into ghettos



and slums in places such as New York and various other eastern colonial states. Due to the lack of available jobs and abundance of workers, often times the Irish were treated unequally in similar fashion to the blacks that were in the neighboring communities. There were often times that black would be chosen over the Irish due to their expertise and skill level. But with this new influx of Irish people flooding the work environment, the pushback from Americans came at an all-time high. Riots were continuous, people were constantly murdered and abused. It was then that a lot larger portion of Irish refugees de-

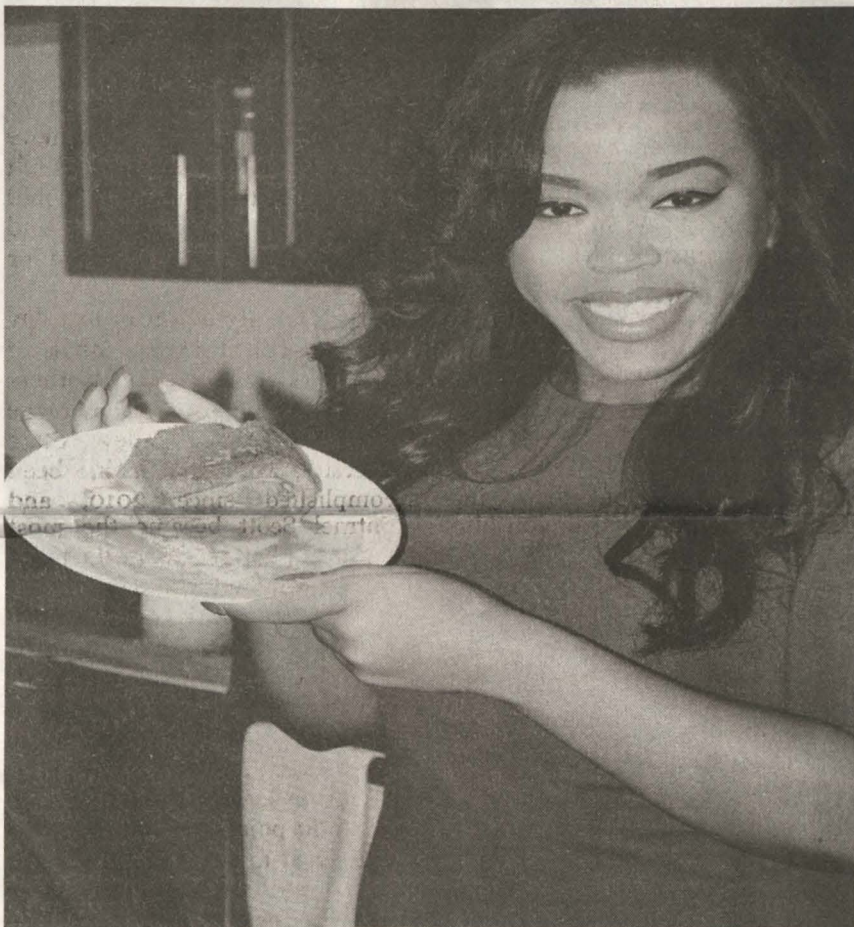
decided to associate themselves as white Americans, so that the separating factor for employment could be based on race. This assimilation into the majority has helped those early migrants defeat the metaphorical poison of discrimination.

The Eastern Asians could not easily assimilate into White American Culture, but they have been able to succeed in the fields of education and in the workplace as well. The median household income for Asians is roughly around \$70,000, which is the highest among all racial groups in the United States. They also are the largest racial group with people who have post-

secondary education. They have over 51 percent of people with at least a bachelor's degree. Although the black American community is far from the top of the totem pole in comparison to Asians, the plight of the black American is far from over. The solution to the inequalities that blacks still face in America begins with Black Americans investing within their own communities.

When the Black American culture decides to control their own media sources, create businesses to hire their own people, teach their own students, the fight for social equality can truly start.

Good Eats: Cooking with Miss Prairie View



By: Ashlee Sherman

Who doesn't love sweets? I think it's safe to say most, if not all, people enjoy some time of treat, whether it be a candy bar or a slice of cake or everything else in between. Personally, I love all kinds of sweets; in fact there are very few foods that I don't like. Before I lost 45 pounds, this was a problem for me as I didn't know how to discipline myself to stay away from these tempting desserts or I ate them far too often. This eventually led to gaining a lot of excess weight and putting myself at risk for Diabetes Type II. I would

encourage everyone to limit your intake of sugary foods as they can hinder your progress toward becoming healthy. However, I know there are times when we simply cannot resist the craving we have coming from our sweet tooth. The recipe I'm sharing this week will not only satisfy your desire for "something sweet" but it will also keep you on track to living a healthy lifestyle! So let's get started! This week's 'Good Eat' is High Protein Cinnamon Rolls! Here's what you'll need:
3 egg whites
1 egg
3 scoops of protein powder (vanilla

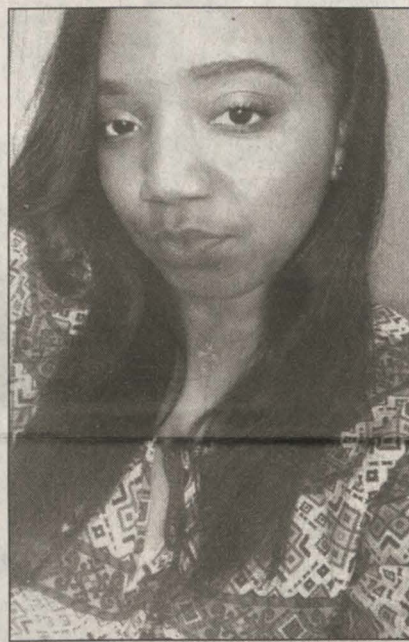
probably works best)
1/2 c of whole-wheat flour
1 TSP of baking soda
1TSP of vanilla
1/4 c of unsweetened almond milk
1 TSP of cinnamon
1/2 c of 0% fat vanilla greek yogurt
1 TBSP of honey
Directions

1. Blend egg whites, egg, 2 scoops of protein powder, whole wheat flour, baking soda, vanilla, 1/4 c of almond milk, and 1 TSP of cinnamon together in a bowl
2. Pour into a lightly greased baking pan (you can use any kind of spray oil for this, like PAM, I used spray Coconut)
3. Cook for 8-10 minutes at 325 degrees Fahrenheit
4. Prepare frosting by mixing 1 scoop of protein powder, 1/2 c of plain greek yogurt, 1 TBSP of honey, and a splash of almond milk.
5. Once the baked batter has finished cooking, pour frosting on top.
6. Cut the baked pancake into three long strips, roll, and top with more frosting and a dash of cinnamon.

These cinnamon rolls are even great for breakfast too! The serving size is one roll, so be sure to save the other two you made for another day. Don't forget to check the newspaper each week for a new healthy recipe! Also, please join me as I host Hip Hop Aerobics on March 2, 2015 from 7-8 p.m. in the MSC Student Lounge. It will be a fun, high energy hip-hop workout that will help get you in shape!

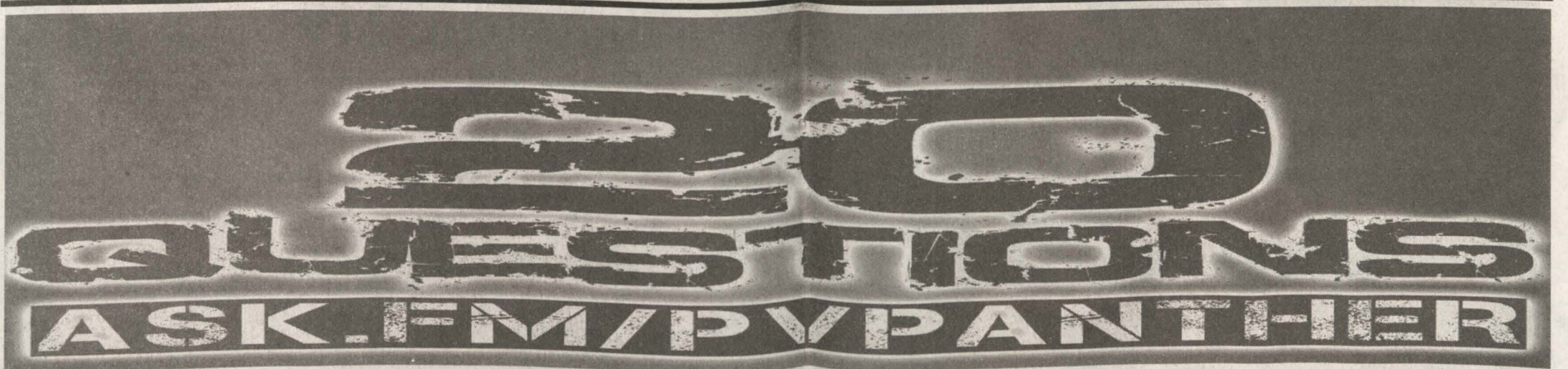
MY BLACK MAN!

By: Brooke Grady



Who are they to tell you that you can't be anything? Why is it that when they see you working hard its cause you have to collect money for your child cause your baby mother is all down your back or, when they see you rolling around in a nice car that you had to sell drugs to get that. When your get your first degree they think you're the first in your family but little do they know you come from a long line of kings and queens that built the bridges to where you at, but the white folks still hating so they'll do anything to take that. MY BLACK MAN! They're killing you off to where in their mind you're extinct. In my life I've met more Medgar Evans, Sean Bell's, and Rodney King's! BEATEN! BROKEN! & SHATTERED. And to them it doesn't matter because they'll never understand. Hoping not to wake up in the

morning to hear bad news cause now these Bullets shoot like stars, leaving these mothers with scars, and there daddies with hate but like I said it doesn't matter cause they'll never relate. When the time comes I'll never buy my sons a hoodie cause now it's just a target and it all started with a teen who would seem to be the perfect victim to make a mad man's dream come true. A 12 day trial for a verdict that we should've expected cause all of the evidence was obviously neglected. Every day there's someone defending their life but the system doesn't care to look at the moral out look or to decipher what's right, or wrong! I shouldn't be afraid to raise a black son, instead he should be able to rise and shine like one but its just something about that gun That makes sunsets seem like heaven. My heart becomes numb when I think of the ones who never had a chance, Like Oscar Grant who was never granted the opportunity to say goodbye to his mother, his child, or his soon to be wife. Gone too soon they didn't have to take that man's life. For the land of the free and the home of the brave, when the only piece of land you'll really be getting is a slot for your grave. Before you leave the house, your mother's constantly reminding you to behave, because she knows there's a chance that her baby may not be coming back And it's simply because he's black and a man. So I just pray that he uses those hands to intertwine his fingers for prayer, asking God to remove any fear because this world is too real for you to be scared.

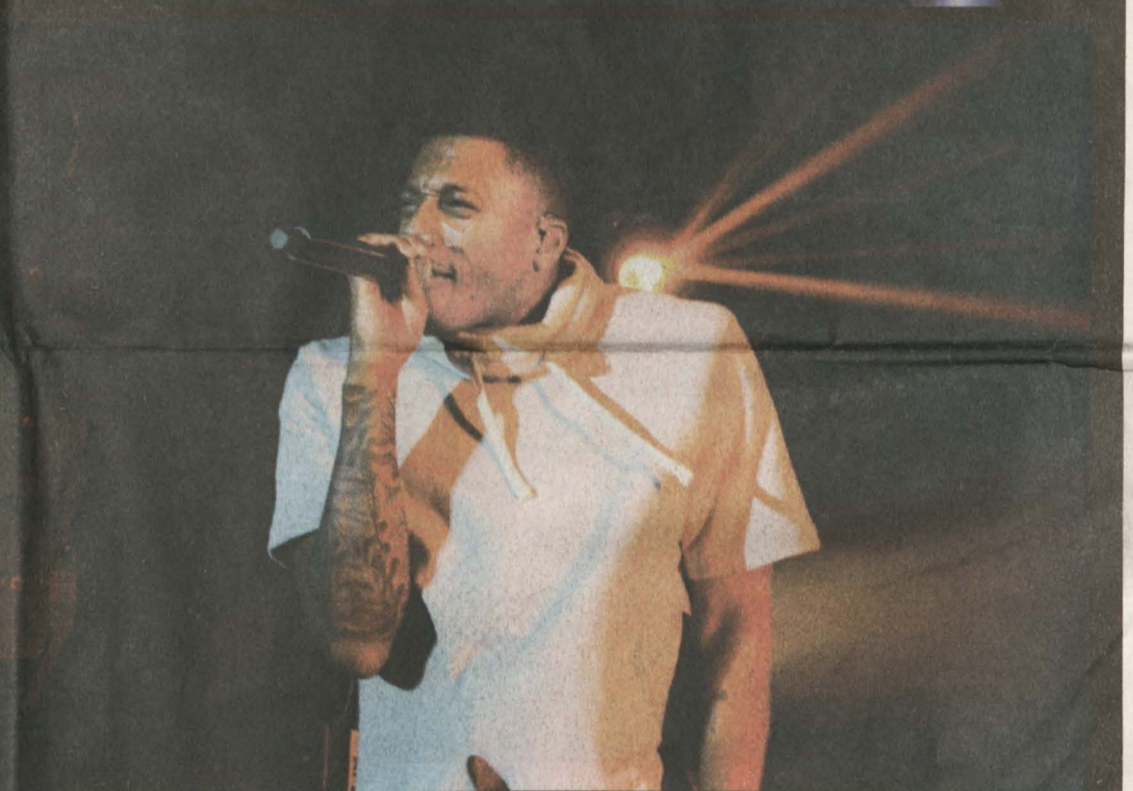


1. What's up with Hump Day?
2. Did you enjoy the free food?
3. Is there an Omega party coming soon?
4. Will they have to refund us with a bbq?
5. Who knew about COMM Week?
6. Who was more disappointed?
7. Teachers, students, or speakers?
8. How many schools were at the career fair?
9. There was a career fair?
10. Did anyone go to the game this weekend?
11. Did anyone else notice how better the Panther Dolls were?
12. Maybe the "Doll for a Day" helped their stage exit?
13. Speaking of performances, did anyone notice how the Zetas were too good to dance to the DJs music?
14. Should they take notes from the others?
15. Who went to Black Lives Matter?
16. Who left early because MC Lyte came so late?
17. How Lyte is she?
18. Why does the girl with the crisp bang have a boo?
19. Maybe the rest of the girls should get a bang like her?
20. What do you think?

This is for entertainment only. The questions submitted are not the views of The Panther. Want to tell us what you think? Please bring your comments and questions to Rm. 219 MSC or e-mail us at panther@pvamu.edu. Questions are printed at the discretion of The Panther.

AFTER DARK

Photo Story by: J.Crock - Rock Solid
Photography (IG : @ J.Crock)



MClyte

Photo Story by: Raven Moody



Panther Meetings
Every Monday at
5pm
MSC second
floor Rm. 219

Writers,
photographers
needed