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THE  
**HBCU**  
EDITION

THE FIRST BLACK COLLEGE WAS ESTABLISHED 158 YEARS AGO. FOR THE ENTIRETY OF THIS PERIOD, HBCUS HAVE BEEN DEADLOCKED IN A WAR OVER THEIR CONTINUED RELEVANCE. YEARS OF PROGRESS, INNOVATION, AND COUNTLESS SUCCESSES MAKE A COHERENT CASE FOR THE CONTINUED EXISTENCE OF BLACK COLLEGES. STUDENTS AT MOREHOUSE, IN THE JOURNALISM AND SPORTS PROGRAM AND THE MAROON TIGER, HAVE COME TOGETHER TO PRODUCE THIS CURATION OF HBCU EXCELLENCE.

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# YET ANOTHER CASE FOR BLACK COLLEGES

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## PART I: A HISTORY IN THE PRESENT

(Jared Loggins)

*"Having emancipated a whole race, shall it be said that there our duty ends, leaving the race as cumberers of the ground, to live or to wilt and perish, as the case may be? They are members of the American family and their advancement concerns us all. While swiftly forgetting all they ever knew as slaves, shall they have no opportunity to learn anything as freemen?"*

--Justin Smith Morrill, Floor of US Senate, 1876

The commonly told historical narrative is that Reconstruction ended as an institutional failure. But as historian Douglas Egerton notes, Reconstruction – a moment that turned out to be one of the most progressive in American history – was violently overthrown. There were to be no easy victories. The politically violent opposition to educating Black people in this country during and after the Civil War elucidates more than its own racist moment. It colors a present marred by vast inequalities in America's education infrastructure that have yet to be fully reckoned with.

By the time Wilberforce University had been founded in 1856, slavery was still the law in the South and yet, abject rejection of the idea of Black education was often met with opposition less than peaceful. Months after emancipation in 1865 that brought an end to the Civil War, enraged whites burned the main building to the ground.

Historian Carter G. Woodson pointed out in 1865 that the act "speedily" checked the idea that progress and "new vigor" would go untouched.

Violence continued. White opposition to black institutions at the onset of the Reconstruction era was in no way a series of isolated incidents. The damage assessment after the Memphis Riots of 1866: 12 schools burned down.

The order was to remain the same, as an 1866 editorial in *The Daily Avalanche* suggested. "The chief source of all our trouble removed, we may confidently expect a restoration of the order of things ... thank heaven the white race are once more rulers of Memphis."

Riots destroyed schools in New Orleans, Mississippi, North Carolina and Tennessee from 1865 to 1871.

Long after riots and damaging racist violence, political opposition enforced repressive rule where its more ferocious counterpart had left off. Most black colleges were excluded from the original Morrill Act of 1862 that set forth a provision for land-grant colleges.

In a debate on whether or not to amend the bill, its author, author Justin Smith Morrill, pointed out in 1876 that the aim ought to be a more inclusive provision because their "advancement concerns us all." An amendment would be passed 14 years later in 1890. A majority of historically black colleges were founded during this period.

But if education was to be the marker for a more equitable democracy, the challenges faced among black citizens at the turn of the century and beyond points to a sinister flaw.

At the turn of the century, as historian and journalist Craig LaMay notes, black colleges received only about 10 percent of the federal education funding as their white counterparts. Blacks citizens were losing the race long before it began.

What is needed is a national reckoning. Current disparities in education should not be disconnected from their historical context and yet, this is the current order of things. More subtle forms of racism and classism color systemic inequalities in our contemporary moment that prove to be difficult to pinpoint and correct.

The historian Douglas Egerton, speaking extensively on the subject in an interview with *The Maroon Tiger*, suggests that present inequalities stem from divorcing present realities from their histories and the white privilege that resulted.

"There is an unwillingness among white people to admit privilege – whether it be getting a cab or being able to generate middle-class wealth," he said. "They tend to think race and class is not part of their success. It is easier to get at somebody wearing a robe and hood and holding a gun than it is to fight these more subtle forms of racism."

Indeed, HBCUs have had to fight wars on several fronts. Harvard's endowment in 2014 amounted to about \$6 billion, or about 15 times the endowment of all the nation's 100 black colleges combined. Just last month, as HBCU Digest's JL Carter reported, the U.S. Department of Education appropriated \$171 million dollars to "bolster access" for low-income and minority students. Black colleges received only \$3 million of that funding.

Where we go from here depends on how well HBCUs and the federal government address the racial and class inequalities that make it possible for black colleges to receive disproportionate funding to achieve the same objectives as PWIs. The "HBCUs can do more with little" line of logic may be true, but it's also an impediment to equal education for all.

## PART II: BLACK COLLEGES AND THE VALUE QUESTION

(James Parker)

*"So yes, we have come a vast distance as a nation. And yet we still have so far to go to ensure true equality of opportunity and a diverse workforce in our society and our public schools."*

--Arne Duncan, 2014 National Conference on HBCUs

During remarks at the 2014 National HBCU Conference, U.S. Secretary of Education Arne Duncan described the value proposition of HBCUs.

"I reject the idea that with the end of Jim Crow segregation, HBCUs are either no longer needed, or cannot truly be at the forefront of innovation in higher education," he said.

Duncan cited numerous statistics to support his argument. They included:

On a per-student basis, Spelman College produces more African-American graduates who earn doctorates in the STEM fields than any college or university in America. HBCUs produce 27 percent of African-Americans with bachelors degrees in STEM fields. In 2011, HBCUs conferred one-fourth of the bachelor degrees in education awarded to African-Americans. HBCUs awarded a sixth of all bachelor degrees and professional degrees earned by African Americans in the U.S.

Duncan also described the innovative programs at HBCUs such as Hampton University's cutting-edge Proton Therapy Institute for treating cancer, Morgan State University's groundbreaking partnership with the Universities Space Research Association, and the various initiatives that "almost single-handedly created an African-American professional class in the face of decades of Jim Crow discrimination."

He also made several references to the unique mission of HBCUs. Title III of the Higher Education Act of 1965 defined an HBCU as any historically Black college or university established prior to 1964 "whose principal mission was, and is, the education of Black Americans." Because of those two words "and is," educating Black Americans must remain an institution's principal mission in order to be considered an HBCU.

However, there are currently HBCUs that have transitioned away from this mission while still receiving federal funds designated specifically for HBCUs. For example, West Virginia State University, a public HBCU, has a white population of 1,476 and only 272 black students. According to an NPR article titled "The Whitest Historically Black College in America," Bluefield College receives \$2 million each year solely because of its HBCU status, yet 90 percent of the student body is white.

In contrast, Howard University has been able to update its mission without compromising its purpose. A statement released by the college in 2009 described its evolving mission, saying, "In view of the changing imperatives in higher education and in the national and global climate, the mission of the University should be revisited periodically. The proposed refinement of the existing mission statement reflects: 1) a focus on students of high academic achievement and students with academic potential; 2) a complementary mix between teaching, research and service with a focus on the expectation that research must be an integral part of undergraduate, graduate, and professional education requirements; and 3) an adaptation to changing requirements and opportunities in an increasingly technological and global society."

In an interview following his address to Morehouse students last month, U.S. Deputy Secretary of Education Jim Shelton listed six major reasons that HBCUs are still relevant and essential:

"HBCU's create an access point for students who would not attain higher education otherwise; in many cases HBCUs are outperforming other institutions especially in STEM fields; HBCUs have developed innovative strategies for serving students with the most need; diversity is essential to the country's progress; the potential stored in the institutions, their students, and their faculty has yet to be measured; and lastly, the motivation that underserved groups possess to secure better outcomes is unparalleled."

## PART III: A LOOK INTO THE FUTURE

(Michael Christopher Scott)

*"That's what the first founders of HBCUs did. They knew that even if they succeeded, that inequality would persist for a very, very long time. They knew that the barriers in our laws, the barriers in our hearts would not vanish overnight. But they also recognized a larger and distinctly American truth, and that is that the right education might one day allow us to overcome barriers, to let every child fulfill their God-given potential. They recognized, as Frederick Douglass once put it, that education means emancipation. And they recognized that education is how America and its people might fulfill our promise."*

--Barack Obama, Speech during National HBCU Week, 2013

How do we move forward? With the economic impact of Jim Crow and neglected funding opportunities seen since the Reconstruction Era, it is clear that the current state of historical black colleges has not seen sufficient growth.

There is no surprise that during Reconstruction the struggle shifted from the battlefield to the economic sphere, causing resentment to fuel decisions that ultimately barraged the hopes and dreams of black economic prosperity. The

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freedom to establish a business does not come with a success-in-due-time guarantee. In fact, it was not until the 1970s and 1980s when blacks in high numbers were able to enjoy the freedoms supposedly presented to them in 1865. Inequalities yet persist.

There are many factors that contribute to HBCU improvement. Developing and interpreting a formula is the hardest part. One must first consider the most pertinent variable that influences the success of any collegiate institution: the endowment, which is the total value of its investments. What creates an increase in endowment, other than the obvious donations from alumni and other sources, is achieving a high return on investment. If a school is not able to market itself as relevant, then it will remain irrelevant to potential investors. It is similar to a movie extra in a D-class film demanding to have a reality TV show. Irrelevance reaps no reward.

The U.S. Department of Education states that the average endowment for four-year Predominantly White Institutions is \$122 million. The average endowment for an HBCU is \$14.1 million. The data does not lie.

HBCUs lack competitive endowments to fairly contend with other four-year colleges. It is clear that the head start of the white majority played a huge role in shaping the disparities (both academic and economic) that persist today.

There are three sectors that significantly influence HBCU endowment: federal state, and private.

Federal funding behind HBCUs originates from the Higher Education Act of 1965, which accounted for a small portion of most endowments for HBCUs. Today, it is estimated that approximately \$2 million is allocated for every HBCU. Despite the recent economic slump, there has been much advocacy for enlarging the overall HBCU endowment. As Executive Director of the White House Initiative on HBCUs, Morehouse President John S. Wilson has pushed for HBCU endowment expansion since 2009. He was successful in his duty, amassing more than \$1 billion to be put towards HBCUs.

State funding for HBCUs is a major piece of public HBCU endowment.

James T. Minor, the Deputy Assistant Secretary at the U.S. Department of Education, performed an in-depth 2008 report that analyzed the process of state allocations to HBCUs. Minor concluded, "When making appropriations, state governments prioritize PWIs and flagship institutions." This finding not only projects HBCU inferiority, but also questions HBCU relevancy in the eyes of the given state. It is imperative to demolish this shoddy disposition and to daringly resolve this perplexity that has been engendered by years of inequity.

Three of the most renowned private organizations that aid in enhancing HBCU endowment are the United Negro College Fund, the Thurgood Marshall College Fund, and the National Association for Equal Opportunity. These private organizations have helped thousands of black professionals obtain a college degree.

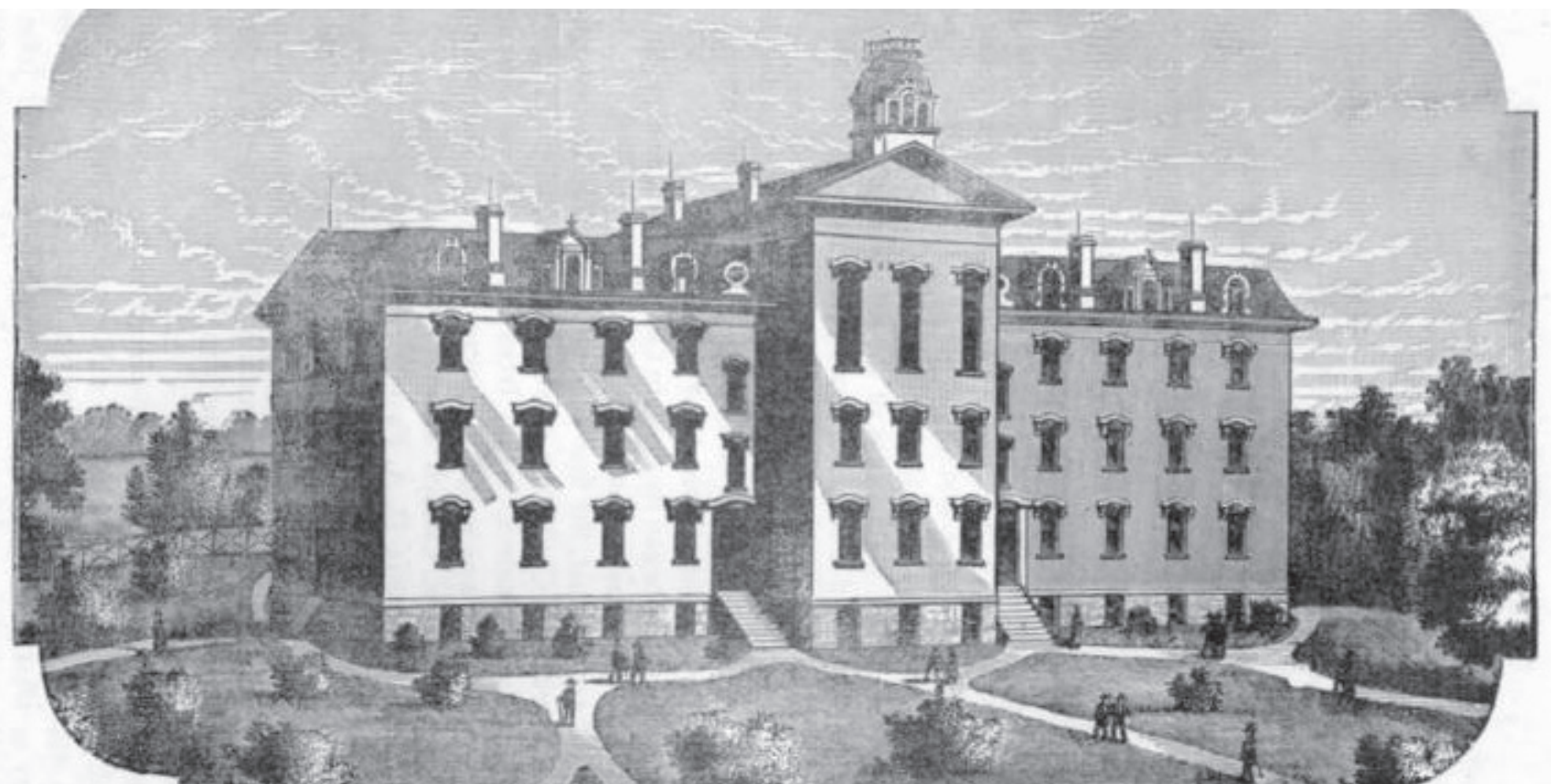
Simply put, HBCUs exist to grow extraordinarily gifted and well-equipped black professionals to make a change in the world. However, if this is the mission of every HBCU, then one must consider how many actually are needed. The unfortunate truth is that there are too many HBCUs carrying out the same duty. Therefore, when it comes to investing in them, it becomes difficult task to determine where and to whom funds go.

Some observers of this dilemma have called for a complete shutdown of HBCUs that have a low return on investment so that funds can be reapportioned to exemplary HBCUs.

With money being a limited resource, it is crucial to understand that despite academic institutions being altruistic in idea, they are first and foremost businesses. Because businesses run on investment, this process of valuation, termination/preservation, and reapportionment sounds conducive to a successful turnaround for HBCUs as a whole.

"We know HBCUs have value and this is the ideal time to demonstrate that value," President Wilson said.

In other words, now is the time, more than ever, for prospective students, current students, alum, and HBCU allies to vocalize just how much the world needs Historically Black Colleges and Universities.



Wilberforce University, founded in 1856, is one of the first Historically Black Colleges. | Photo Cred: [www.genealogybug.net](http://www.genealogybug.net)

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# ALUMNI GIVING: A CRISIS AT HBCUS

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The ever-growing problem of low alumni donations has become a constant issue for HBCUs around the nation, and they have little to no answers on how to solve them. The learning establishments at HBCUs are feeling the consequences resulting from the lack of monetary alumni support.

According to USNews.com article in June, the highest alumni-giving percentage from 2010-2012 out of any HBCU come from Claflin University, which boasted a decent 43 percent alumni-giving rate. Spelman College (37.3 percent), Morehouse (29.3) and Tuskegee (23.0) were the next three highest ranked. The 10th-best HBCU in the nation, Tougaloo College recorded 12.9 percent, and the overall rate for HBCUs was about an abysmal 10 percent.

These disturbing statistics are beyond worrisome and have many holding their breath about the future of HBCUs.

After students receive their degree from many colleges, it's almost as though they forget they still have obligations to their alma mater to improve the academic and social conditions for those who follow them. To change this, alumni must be willing to get more involved and make their contributions on a consistent basis.

But why is it that alumni don't feel like it's necessary for them to give back? Here are two viewpoints.

A July 1, 2012 HBCU Digest article identified five key reasons:

1. "HBCU sports are horrible." That problem reduces the amount of pride alumni have in their schools.
2. "HBCUs are asking for money for the wrong things." They should change from asking for scholarship money to seeking money for building projects, student activities and sports.
3. "Willing HBCU donors don't have the money." Many of their most enthusiastic donors now are retirees living on fixed incomes.
4. "HBCU alums think they don't make enough money."
5. "HBCUs don't ask often enough." They can't afford to frequently send out mailers and magazines that make alumni feel connected to their school, so they rely on phone solicitations.

The Maroon Tiger interviewed students and administrators, past and present, to get their opinions about this increasingly serious topic.

Sydney Farrar, graduating senior from Howard University, plans to contribute to her school after graduation, but she wants her money going

directly to the School of Communications.

"In terms of how much I would donate, it is circumstantial, but I feel a personal connection to this school and I want to see it grow and get better over the years."

David Jamaal, from the class of 2006 at Virginia State University, revealed he isn't in the place financially to support but he tries to give his help in other ways, through mentorship and community service.

"The tuition is so dumb and high, by the time you get out, people are trying to find out how they're going to make it in life and they're simply not able to do it," he said. "If I didn't have to still pay off my student loans, it would be easier to donate monetarily to my alma mater."

All students' financial situations aren't the same and can't fairly be compared to others. Everyone has a different circumstance and that's to be expected. As a whole, HBCUs should not be comfortable with complacency relating to donations if they are truly chasing success. Finding the steps to bring more money into our schools is what many colleges are focused on today.

Sharon Owens, a 1979 graduate of Spelman College, is the Director of Alumnae Affairs at her alma mater, and she believes that donations do not always have to be monetary, at least not at first.

"We want to engage people to come back and become reacquainted with the College if they've been gone for a long time, so they can understand the current need of the College," she said.

In recent years, Spelman College has topped the HBCU charts when it comes to total donations from alumnae. Spelman set up an educational process to teach current students exactly what alumnae do and sacrifice to make their journey through the college plausible. This makes students want to return the favor after their commencement.

"About 46 percent of our endowment goes directly to student scholarships," Owens said. "We even have a ceremony where the donor and student can meet, so they can properly thank them for the help."

Morehouse College President John Silvanus Wilson '79 is the former director of President Obama's White House initiative for HBCUs. He explained that the very root of the problem comes from institutions' money-management skills.

"Most graduates say, oh boy, they angered my parents. They lost my money, or in some cases I couldn't get my transcript back," Wilson told Creative Loafing Atlanta. "It's a lack of operational excellence, so I'm going to go down to Morehouse and I'm going to make sure we are known for our operational excellence."

He has committed himself to erasing this very issue to spark a growth in donations for Morehouse. For the future of our Historical Black Colleges and Universities.

# BLACK ALUMS IN WHITE AMERICA

**MICHAEL JONES & RYAN RHODES**

CONTRIBUTING WRITERS

Numerous articles have been published about HBCUs' importance in the new millennium. The HBCUs (Historically Black Colleges and Universities) versus PWIs (Predominately White Institutions) debate has been a long-lasting discussion.

The main conversation tends to focus around debating the qualities of each type of school. A few months ago a Twitter user with the handle @Med\_School12 caused a stir when she tweeted, "A 4.0 at a HBCU is not equivalent to a 4.0 at a rigorous PWI. No shade being thrown, but that's just the truth!"

What isn't mentioned often is how these schools prepare their Black students for life after graduation.

Some people believe that going to a PWI may give a better education but not sense of self. Others believe that going to an HBCU gives you a greater knowledge of yourself but makes it harder for Black students to adjust to the real world where they aren't a majority.

This article attempts to find out how HBCU alums adjusted to working in a majority white job force.

Can going to a HBCU hinder how Black students integrate into a predominantly white labor pool? Does going to a PWI necessarily guarantee more success in the work force? Which type of school leaves their Black students more prepared for the real world?

There used to be a time when attending HBCUs was necessary for Black people to get a higher education and a chance for upward mobility.

One universal sentiment mentioned in interviews was that the simple fact of attending a school with other people that were doing well who also looked like them greatly improved their confidence.

As a graduate of Clark University in Boston, teacher Michael Tyner talked about his experience of attending a PWI.

"I definitely feel like I could've developed more as a person if I had gone to a school where I didn't have to think about race," Tyner said. "It's kind of hard to not think about race when you're less than 5 percent of the student population."

Roman Mitchell, an employee at Google and a Fisk University graduate, said that in his experience, HBCU graduates would often find camaraderie with one another in the workplace based solely on the fact they attended a HBCU.

"I think going to an HBCU helped a lot especially in the workplace when you find one of your co-workers went to an HBCU as well," Mitchell said. "Once I found out that some of my co-workers went to an HBCU it was easier to form friendships with them because we had something very major in common."

Miranda McDonald, an intern at the Congressional Black Caucus Foundation and Tennessee State alum, talked about the confidence and greater sense of self that she gained from attending a HBCU.

"I think the greatest thing that going to a HBCU gave me was having pride in who I am as a black woman," McDonald said. "When I go out into the workplace I never have any doubt that I can do a job because of my race or gender and I believe that's something I learned while at Tennessee State."

In conclusion, there is no definitive answer to whether HBCUs or PWIs are better at preparing their students. HBCUs and PWIs both have benefits and disadvantages of attending them. There are students that may thrive better in one setting over the other.

The choice lies within students on which school will give them the best opportunity at an education and in personal development. What's important is that these students are completely knowledgeable about either choice they want to make



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# HBCU FASHION: AN UNWRITTEN HISTORY

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The clothing that adorns students at Historically Black Colleges and Universities tells stories, individually and collectively. What is worn is a testament of the times, a glimpse into "what's hot and what's not" for those living in the current generation and those yet to see it.

The fashion staff at The Maroon Tiger acknowledges the rich history of Morehouse College and Spelman College, respectively, and the outfits that were worn throughout history.

For instance, a glance into the Spelman class of 1962 yearbook will produce a plethora of knee length pleated skirt suits, pearl necklaces

and tightly curled hair. Later on, the Pro-Black sentiment was partially demonstrated through Afros, ethnic pendants and traditional African attire such as dashikis made with patterned cloth. This extended into the 1970s, especially when the Black is Beautiful movement came to fruition.

From the archived material, it is clear that the 1980's brought a separation from Afrocentrism and expression of West European glamour and luxury, along with a preppy and put-together appearance. Along with the 1990's came the versatility of the college sweatshirt, Nike sneakers for both sexes, and disappearance of restricting fashion standards, mirroring that of hip-hop and R&B icons.

Though the students of Morehouse and Spelman Colleges, respectively, have raised their voices to different causes over the years, the concept of using clothing as a symbol of expression and as a statement has remained consistent.

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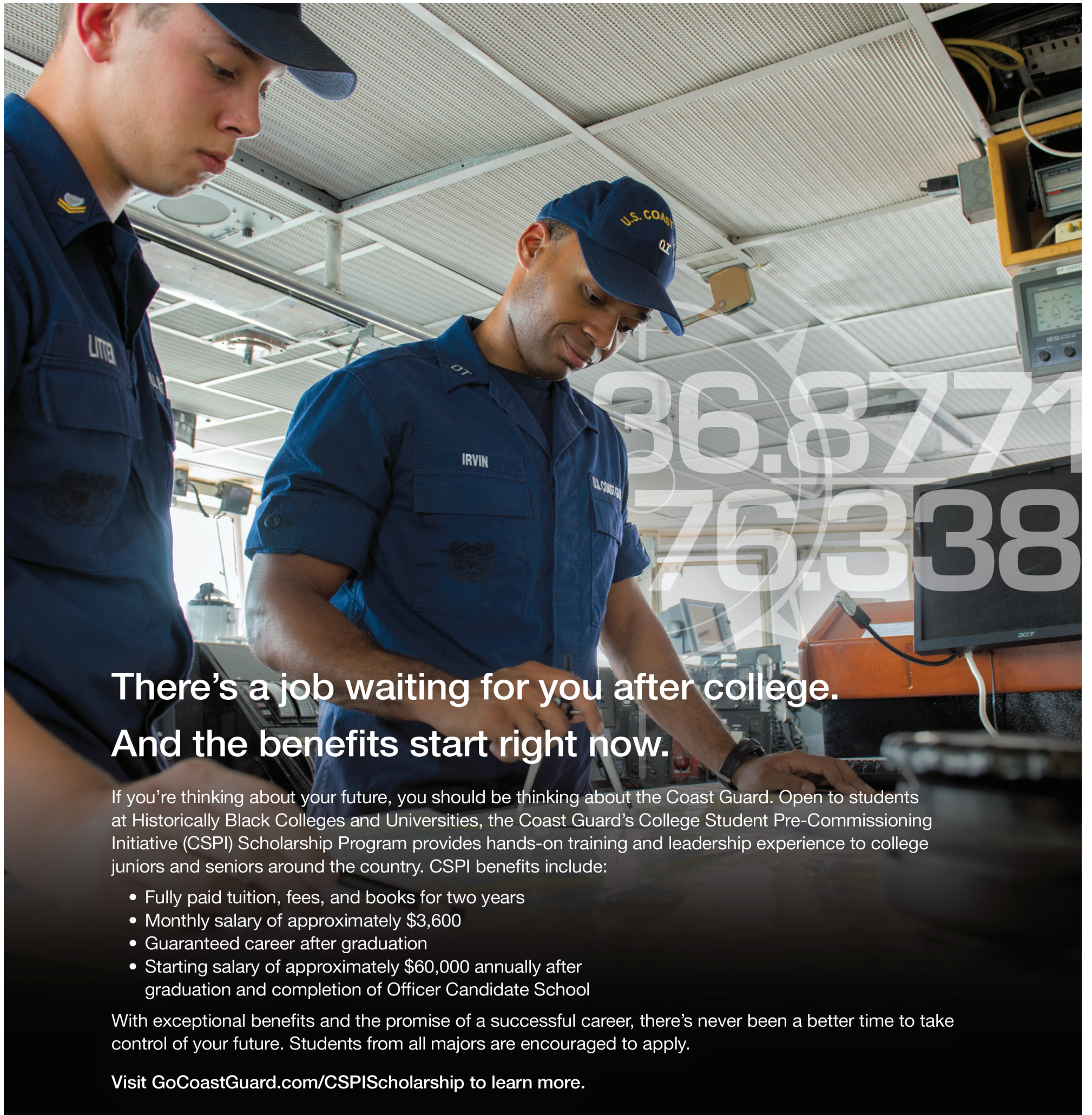
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# DRESSING THE PART

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The yard is their stage and the halls are their runways. Students at Historically Black Colleges and Universities have continuously taken the fashion scene by storm. In the recent years at HBCUs, fashion and style has evolved from uniformed into individualistic.

While black fashion at colleges and universities are a rarity in college pamphlets and brochures, there are many students who have made great strides—not only in their academics, but also in their blazers embossed with their institutions emblem.

Traditionally, students at HBCUs adopted the style of Ivy League—a type of style that originated on college campuses. Stemming from the traditions of collegiate Ivy League schools such as Brown, Yale, and Columbia University. Although, students at HBCUs didn't adapt to the style, but rather they altered and revised it to conform to their culture.

Both, men and women—collectively—subscribed to one particular style of dress and it served as the epitome of dress code on the college campuses. Amid the men in tailored suits, blazers, and dockers; women in pleated skirts, blouses, and dresses—dress code was cohesive. "No matter how much the fashion and style at HBCUs may evolve, there is always an evident influence of classic Ivy League prep in our ensembles", Sophomore

at Morehouse College Nate Suarez said.

As the 1970s approached, Afros and dashikis made their way onto the campuses bombarding the collegiate style of dressing. Students began to adopt an Afrocentric style of dressing along with the influence from the Black Panther Party, donned in all black attire and eccentric patterned clothing. However, in the 1980s western European glamour and luxury along with preppy, the descendant of Ivy League, influenced the style of that time. Along with the 1990s came the versatility of the college sweatshirt, Nike sneakers for both sexes, and disappearance of restricting fashion standards, mirroring that of hip-hop and R&B icons.

In its current state of fashion, students at HBCUs are now more individualistic than ever. Rather than conform to a specific style of dressing, students are inspired by different fashion trends from different decades. There is no definite way to describe a style of dressing on any particular HBCU campus.

In particular, styles that have dominated the campuses are Ivy League, urban street wear, and the Afrocentric style of dressing. Students at these institutions understand that fashion is their form of expression and speaking to their peers, without really speaking. Although the uniformity may not appear on the campuses anymore in their style, students remain consistent and individualistic in their style of dressing representing their illustrious HBCUs.

# SEXUAL ASSAULTS ON HBCU CAMPUSES

**CHRISTINE SLAUGHTER**

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In 2012, the Center for Disease Control reported that around 37 percent of female victims were first raped between the ages of 18-24. In a study of undergraduate women, 19 percent experienced attempted or completed sexual assault after entering college. Recent vocal protests about the silence around sexual assaults and the implementation of Title IX have raised a critical eye towards the processes colleges implement to handle accusations of sexual assault.

Sexual assault remains one of the most underreported crimes in America. Between 2008-2012, it is estimated that 60 percent of alleged sexual assaults are not reported to the proper authorities.

Until recently, there was no research on sexual assaults on HBCU campuses. A Research Triangle Institute (RTI) study released in 2010 found that HBCU students are more likely to report a sexual assault to a friend or family member than a campus or city law enforcement agent. This potentially signals that HBCU students are less likely to be involved in sexual assaults because of lack of in-depth evidence. If this is the case, it is not because sexual assaults do not happen at HBCUs. It could be because students, primarily female students, do not know where or how to report gender-based violence.

This summer, an eight-person, bipartisan

committee of the U.S. Senate passed the Campus Safety and Accountability Act (CASA). It established enforceable, stiffer penalties for violating the Jeanne Clery Act that requires colleges to disclose crimes around campus, and for violating Title IX, that protects women and girls from sex-based discrimination.

The bill requires educational institutions to gather information about students' experiences and victimization via an annual survey, which is then published online, and to provide sexual violence survivors with confidential advisers and trained counselors. No Georgia Senator signed the bill.

The information, which should be publically accessible under the Clery Act, is not published online for Morehouse College.

According to Farris King in a Cosmopolitan article, HBCUs face a deficit of resources and proper training to address sexual harassment, assaults and rapes on campuses. Morehouse and Spelman are not immune. A recent email from the Spelman Public Safety Office to the Spelman student body infuriated students regarding how the administration handles the crime of rape. Most infuriating was that the unusual placement of quotation marks around the word "rape" delegitimized the student's accusation.

Even annual events, such as Denim Day at HBCUs, highlight sexual assaults but fail to recognize the particular ways that sexual harassment, assaults and rapes on campuses affect black women.

Researchers noted that a "cultural variable" – that Black women are less likely to report sexual

assaults to protect the image of Black males in college – might contribute to the low rates of sexual assault among HBCU students. Currently, women outnumber men on all HBCU campuses.

Emory University School of Nursing Professor Angela Amar commented that, "You don't want to turn in your brother who's doing well on campus" because "there are so few of them."

Is this a reflection of the failure of a national discourse on rape? Or does it signal a failure of HBCUs, administrators and students to take seriously violence against women?

Sexual assaults are not limited to heterosexual relationships. In the same RTI study, among male rape victims, perpetrators were more likely to be an acquaintance (52.4 percent) rather than a stranger (15.1 percent). Thus, administrators must first eliminate the taboo of homosexual relationships and then address the intimate partner violence that occurs within them that is even less recognized.

HBCUs are prime locations to address the violence against women and gender-based violence considering that African-American women are disproportionately affected by this violence. Such critical dialogue could shift the national dialogue on violence against women, a long-needed shift especially on the college campus.

# IT'S TIME TO CHANGE

**AYUSH RAMANA**

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We are (most of us, fortunately) born thin and springy, in good health. We live the best years of health without even knowing what health means. We don't understand the implications of losing our health. The young all have a common feature. They all behave as if they're immortals, fearless in their choices.

Whether swimming in a choppy sea and risking drowning, climbing a tree and risking a broken neck, or testing drugs and alcohol that could fell a horse, we have no fear. Our choices lead to good and bad decisions. Living in an era where food is rich in abundance and effort-saving devices are plentiful, we over consume.

The result is the beginning of the middle age spread. As waistlines widen, people become sluggish, weak and stiff. The body develops all types of ailments from knee pain to cervical spondylosis (a painful condition of the spine from the degeneration of the vertebral discs) Routine trips to the doctor reveal high BP, diabetes, cholesterol, arthritis and more. Thus people are prescribed medicine for easily preventable illnesses.

Accepting these outcomes as a natural part of life perpetuates a sedentary lifestyle and poor quality eating. Which gradually contributes to obesity, diabetes and high blood pressure problems. These become more severe, with increasing medical attention given every year.

Medical treatment gives a false sense of security. It does not compel people to change their ways. Our medicines and operations are so powerful that they give us instant relief and we forget why the problems existed in the first place. I believe people become fat because of modern antacids. Before you question my sanity, think of it this way (and, no, I am not talking of evidence, as I don't know of any study on this yet): if you eat a lot of rich food at the office and the evening party, you feel bloated and sick next morning. Left alone, your body would have forced you to skip meals and stick to drinking cold water and maybe some curd till the gastritis subsided.

Who can suffer so long today? We pop in a drug, or drink a dollop of antacid, and we're all set for a Chick-Fil-A breakfast. After all, it's a Saturday! Similarly, if you have pain, bloating and vomiting after eating, it could be because you have gallstones (again, a result of eating rich food and being obese). If you have pain, no one can make you eat. It is impossible! However, with painkillers and laparoscopic surgery, it is possible

to eat regularly in no time.

In both instances, there's no correction of eating habits. The patient continues to get a high dose of bad fats and carbs, leading to a metabolic mess. Blood glucose goes up, good cholesterol goes down, and the bad cholesterol goes up, and cook up a block in the arteries of the heart, limbs and even the sexual organs.

That was a lot of science. Lets talk facts now. African Americans have a very high risk of getting obesity. Look around; you will see someone who can't comfortably sit in a chair. Recent research has shown that 30% of the African American community is obese and most of this percentage is college-going students just like us. Obesity doesn't come alone. Most of the time you'll find that an obese person has diabetes or high blood pressure.

In some cases obesity is genetic but mostly it's because of our eating habits. We eat, not for nutrition and need but for pleasure. That's something we control. For college students like us it makes life much harder because we don't have the choice of cooking, but we have to choose wisely.

The common practice of a diet doesn't help. You will starve yourself, feel hungry and then eat whatever you get and negate the process. The concept of a 80/20 eating plan has been shown to help. Eat 80% healthy and 20% you can eat whatever you want. We always talk about bringing change and making a difference. Truth be told, change starts from us.

It takes our willpower and eating healthy and trying to fight such a condition demonstrates just that. Other HBCUs have taken a stand on obesity but we haven't. This is our time. From one brother to another, lets make a difference. Below I have listen eight things we can do to aid this process.

## 8 THINGS TO DO:

1. Wake up to reality. It is your lifestyle choice that is making you feel old.
2. Change your life completely. Make health, not wealth, your first choice.
3. Eat natural foods only, avoiding man-made foods.
4. Eat junk once every 10 days.
5. Stop smoking.
6. Start exercising and walking.
7. Make weight loss your number one goal, if you have a waist size more than 34" (female) or 36" (male).
8. Don't get lured away by companies trying to sell you fat loss pills. They don't work and in turn harm your body even more. Its like a man selling Vitamin C but calling it something that cures Ebola.

# PLUG IN: HOW MUSIC SHAPES OUR HBCU EXPERIENCE

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In the AUC, music is a part of everyday life. No matter where you are on campus you are likely to hear some type of music, and it's probably something you're familiar with. But what type of music are we listening to? And how does this music shape our daily lives at our HBCUs?

Here in the AUC, we have many different events that take place. These range from pageants to weekly events like hump Wednesday, Market Thursday/Friday, step shows, stroll-offs, and much more. Most of the music played at these events are commonly referred to as "turn up music", but the actual genres that are typically played include: party rap, hip-hop, R&B, throwbacks, and occasionally other genres like pop or band music.

Based on the type of music played at events it's clear that as students in the AUC, we love to have a good time. At events, the music serves to hype up the crowd and get them excited for whatever is about to be

presented. Often, people will attend an event just for the music and "party" aspect.

"Turn up music" does much more than allow us to have fun; it builds a particular culture around the AUC. There are always events going on around campus, and sometimes they can be discovered just by hearing the music in the distance. It draws us in and brings us together as students.

In addition to events, music creates new social norms around campus. Whenever a new, hyped up song comes out, we do things like blast said song on repeat or learn any new dances associated with the song. We'll even pull out our favorite lyrics for Instagram captions, tweets, and even pageant intros.

With this type of music influencing us though, it reflects a type of livelier environment. The AUC has an image of mystique, filled with people dedicated to virtue and success. And while this is true, our musical taste allows for something more: in addition to an environment that teaches us to become better students and leaders, the music allows us to be ourselves and builds unity within the campus.

# "REALIZING MOREHOUSE" CROOKED ENCOUNTERS

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Morehouse was never first on my college list. Consistently going between second and fifth place, I could never justify giving Morehouse the top spot. However, I will never forget the day Morehouse surpassed my other school options and became my No. 1 choice.

Having just landed in Lafayette, La., from a college visit at Columbia University, I could not wait to finally get home and solidify my college decision. While Columbia was great, Brown University was it for me. They had offered me a full ride, met all of my many expectations, and had left an impression that no other school at this time could replace.

Nonetheless, as I walked into my room, I noticed a large white envelope sitting atop my pillow. At first glance it meant nothing to me, but when I realized "Gates Millennium Scholar Foundation" written out across the front of it, I immediately ran over to open the envelope. Optimistic because of its size, yet hesitant because of the impact of its contents, I slowly pulled out the letter.

"Congratulations..." That one word was all it took for me to jump up and down and run over to my mom's room to inform her of the scholarship I had just won. We were both so excited until I said, "But wait, this means I can actually go to Morehouse."

"Before I had gotten this scholarship, Morehouse was not an option. The college had not offered me a full ride and had failed at responding to any of my countless phone calls or emails about my getting a free visit to see the school. Yet when

I got Gates, what seemed like a faraway dream had become a very real dilemma.

Morehouse is known for shaping boys into great men and had a name that my church congregation loved and appreciated. But for someone caught up into college rankings, all of that prestige meant nothing when I compared the school to its Ivy League counterparts. What made me finally settle on Morehouse, however, was when I thought of all of the strong Black leaders in my community, many of whom attended a Historically Black College or University, and then attested their growth as a young adult to their experiences there.

In addition, they highlighted the fact that I would never again get the opportunity to be in an environment where everyone looked like me and had come from similar backgrounds. They acknowledged that going to an HBCU would test me in ways that I could never imagine, but that it would ultimately prepare me for whatever the coming world had to offer. And lastly, they told me that going to an HBCU would allot me a large family that extends to all parts of the world.

XNow a senior, I have never been more sure of my decision to attend and continue my studies at Morehouse College. My days at Morehouse are constantly going back and forth between those of bitter and sweet, but my love for the school as always remained the same. Because of Morehouse, I am steadfast in the man that I wish to become, honest in my intentions and to myself, and true in all things that I do.

Yours truly,  
CrookedT

# H B L E E P C U

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Since the dawn of Black American popular culture, we have sought to create an outlet that rebelled against the climate of the social tone towards us as minorities. It's never been soft or easily digestible to those who aren't Black. However, there's been a recent push to make our candid expressions a little cleaner. Music is an integral part of Black life, but its censorship by us is novel.

On an institutional level, HBCUs position themselves to create and cultivate well-mannered and polished Black professionals. Setting standards for appropriate and inappropriate language is a part of reaching that goal.

As a student body, however, attendees of HBCUs seek these meccas of Black education to sharpen their skills, mold their careers, and align themselves in a social climate that fits their interests and appreciates their culture. A large part of this experience is music.

Showcasing the music and artists that both built and continue to contribute to Black popular culture isn't unique to Spelman and Morehouse College is the censorship of music played in public spaces.

At events like Hump Wednesday, Market Friday, pageants and even Homecoming concerts, only radio-ready versions of songs are approved, a rule whose enforcement in 2013 was met with mixed response.

Spelman and Morehouse's presidents, Dr. Beverly Daniel Tatum and Dr. John Wilson partnered to mute the glorification of mostly male rappers spewing lines that minimize women to their sexual body parts and promote materialism and violence. Some students were in favor of the change and felt it logical that a women's college and its brother institution take a stand against the degradation of the female body.

The censoring also seeks to encourage goals outside of excess, riches, and using violence as a first resort to interpersonal problems that a great deal of rap music promotes.

On the other side of the fence

stand the students who believe that the creations of the Black community should not be stifled in Black spaces. The idea is that these are our schools, our events, and our music should be represented.

Despite the truth in the importance of pride in all facets of Black culture, it can be understood that institutions that foster Black excellence, especially specific to gender, wouldn't welcome the words "bitch," "ho," or threats to put bullets in one's enemies floating around campus.

Since a college is both the institutional inner workings and the students it serves, there's some dissonance from students to most regulations that are levied by the establishment at large. The DJ has to edit "Blow the Whistle" in King Chapel, but the entire student body is still going to shout what Too Short's favorite word is.

Moreover, while the censorship seems to be positive and protective of Spelman College's students, the rule is more strictly enforced on songs by Black female artists who make active choices to express their sexuality, and do so without using any four-letter words.

During Spelman Homecoming's 2013 Kick-Off Jam, residence hall LLC 1's stroll team was barred from performing a routine to Ciara's "Body Party" as the song itself was banned from campus. Throughout the event, Morehouse College stroll teams from Dubois Hall, LLC, and others were allowed to perform to edited versions of songs like "Down 4 My Niggas" by C-Murder ft. Mr. Magic and Snoop Dogg and "Bando" by Migos that promote criminality, murder, and drug dealing.

The unilateral policing of female expression is exemplified in the way our institutions go about censoring music on our campuses. We silence artists who freely express themselves when they are women, but simply make male artists' songs a little easier on the ears. There is great irony in censorship meant to protect women that ultimately silences them.

All in all, Spelman and Morehouse College mean well; their efforts seek to uplift, inspire excellence, and hold their students to a respectable standard – but there are still many kinks to be worked out on that front.

# HBCUS' "WHITE" STUDENT-ATHLETES



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Historically Black Colleges and Universities, or HBCUs, have made tremendous strides in continuing to nurture and educate young African Americans as both students and athletes. However, HBCUs are now being represented more than ever by American white and even white European athletes.

The rising numbers of white athletes playing at HBCUs is surprising for some, leaving many asking the question, "Why are HBCUs recruiting more white athletes?"

The answer is simple. These schools want to win.

And if that means fielding a golf team that is all white in hopes of getting the best results possible, HBCUs have begun to do it.

Times have definitely changed. Fifty years ago, it was hard to find a black athlete playing for predominantly white schools like Alabama or Kentucky, as well as hard to find white athletes at HBCUs like Fisk or Southern University.

Today, those circumstances have interchanged where we now see top black athletes playing at major universities while more and more white athletes play for HBCUs.

In May, Bethune-Cookman University's men's and women's teams won the PGA Minority Collegiate Golf Championship for the second straight year. Overall, 91 percent of Bethune-Cookman's student body is black. Yet, this year's men's team has no African American players, five players are from Great Britain and the entire team has only one member from the United States. The women's team has five players – two from England and one apiece from Canada, Mexico and Austria. The fact that Bethune-Cookman found it advantageous to showcase teams with very little representation of black athletes is a telling sign as to how receptive 21st century HBCUs are to white athletes.

In addition, the stout presence of white athletes at HBCUs isn't just exclusive to golf. According to the Durham News Observer, at North Carolina Central University "Nearly 80 percent of the 8,349 students at Central are black. On the baseball team, though, eight of the Eagles' 22 players during the 2012 season were white."

It's not just N.C. Central that has found success in fielding a majority white baseball team, as many other schools that make up the Mid-Eastern Athletic Conference, one of the largest HBCU athletic conferences, have

also done the same.

According to data released by the National Collegiate Athletic Association, white baseball athletes outnumbered black baseball athletes 74-59 at MEAC schools during the 2010-2011 academic year. Among all other men's sports combined in the MEAC, there were an additional 62 white scholarship student-athletes.

So why do white athletes choose to play at HBCUs as opposed to the more major college and universities?

Will Dunphy is a junior second baseman who plays baseball for Winston-Salem State University, where he is one of 28 white players on Winston Salem's 35-man roster. For Dunphy, there was no specific school he wanted to play for; he just wanted to play.

"I'm not sure what type of HBCU may appeal to a white athlete, but as a white player I was honestly just looking for a team to play for," Dunphy said. "I was able to get a minority scholarship, and there were no positional advantages. I had to fight for my spot."

The experiences Dunphy has had being a white athlete at an HBCU has been fairly typical. "No prejudice, at least not at my school," he said. "At the end of the day, we all hang out and play like a team."

In some cases, it makes it much easier for white athletes to adapt and adjust to being at an HBCU when they have experienced some form of social situation with blacks before they come on campus.

Mathew Reed, senior second basemen from Killeen, Texas, is the only white baseball player on the Morehouse College baseball team. But being the minority on the team has never tainted his college experience. "My high school was about 60-65 percent African-American," Reed said. "I came from Texas, which was very diverse, so coming to Morehouse was never really a huge issue for me."

"I feel comfortable [with being on an HBCU campus] and it doesn't really bother me at all," Reed said. "Coach (Robert) Mitchell told me on my official visit, 'We are expecting you to come in and fight and compete for your starting job' and that sincerity is what put Morehouse ahead of any other school that recruited me."

In essence, scholarships and financial aid benefits from HBCUs serve as a huge attraction for white athletes, where the cultural experiences they encounter as minorities on campus have proved to be rewarding. Seeing white athletes playing for HBCUs is not as unusual as in the past, and as coaches try to find better ways to win games, doing so with white athletes has become a practical option.

## UNDERCOVER

## CELEBRITY HBCU GRADUATES

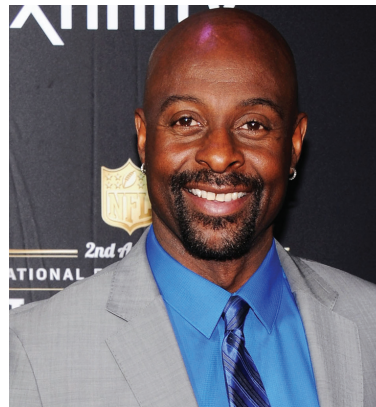
Everyone knows that Spike Lee graduated from Morehouse College, Keshia Knight-Pulliam from Spelman and E! News' Terrence J from North Carolina A&T University. What about the other countless faces who graduated (or at least attended!) other Historically Black Colleges and Universities?

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## LA LA ANTHONY:

Carmelo Anthony's gorgeous wife received her first big break in radio on "Future Flavas" alongside rapper Ludacris before attending Howard University in Washington, DC. La La studied communications and worked as a disk jockey at WHUR, the campus radio station.



## JERRY RICE:

Not only is he noted as the greatest receiver of all time and listed as one of the top three greatest players in NFL history, but Jerry Rice is a Mississippi Valley State graduate. While enrolled, the die-hard San Francisco 49er earned the nickname "World" because there wasn't a ball in the world that he couldn't catch. Rice graduated in 1984 and was later honored by having Magnolia Stadium renamed to Rice-Totten Stadium after he and freshman quarterback, Willie Totten.



## TARAJI P. HENSON:

The No Good Deed actress originally attended North Carolina Agricultural and Technical University then later transferred to Howard University where she majored in theatre and graduated in 1995. While enrolled in North Carolina A&T, Henson held a job at the Pentagon as a secretary and as a singer and dancer on a cruise ship.



## WANDA SYKES:

Actress and comedienne Wanda Sykes is a proud alum of Hampton University. While at Hampton she studied Marketing, and actually didn't try her hand at comedy until almost five years after her 1986 graduation. While at Hampton, Sykes joined the famous pink and green sorority – Alpha Kappa Alpha Sorority Inc.



## COMMON:

The renowned rapper Common attended Florida Agricultural and Mechanical University and eventually transferred to Southern University and A&M College. At FAMU, where he studied Business Administration, Common was enrolled for two years under a scholarship. While he only attended college for a brief time, he still speaks to colleges and universities, continuing to encourage the next generations of scholars.



## KEENEN IVORY WAYANS:

Comedian/Actor/Director/Producer and second eldest Wayans Brother Keenen Ivory Wayans attended Tuskegee University in Alabama before leaving to pursue his comedy career (which would later takeoff tenfold). During his senior year, Wayans walked away from a full engineering scholarship to become an entertainer.



## ERYKAH BADU:

The soothing songbird Erykah Badu tested the waters at Grambling State University, but left in 1993 to further pursue her career in music. During her short time at GSU, Badu was a Performing Arts major and reigned as Miss Theatre Guild.



## RUBEN STUDDARD:

Singer Ruben Studdard attended Alabama A&M University, where he received a football scholarship and enrolled as a Music major. Also while at Alabama A&M, Studdard became a member of Phi Mu Alpha Inc., men's music fraternity. At the end of Studdard's sophomore year, he dropped out to pursue his music career (and go on to win American Idol!)

# THE FORGOTTEN SOURCE OF GREAT ATHLETES

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Many may say if you don't know your past, you have no future. Similarly others may say you can't dwell on the past, because it will hold you back in the future. Well this is the story of the once promising future of HBCU athletics that spiraled out of popularity ever so quickly.

Some of the NFL's greatest talent has come from the HBCUs top conferences, the Southwestern Athletic Conference (SWAC), the Southern Intercollegiate Athletic Conference (SIAC), and the Mid-Eastern Athletic Conference (MEAC). Although these conferences were once hotbeds for NFL scouts, they now have extreme trouble getting the prospects that they once enjoyed. With HBCUs struggling to keep producing talent, it's been hard for them to keep up with major Division 1 programs.

Not so long ago, HBCUs would constantly produce All-American football players, and just as many professional athletes. The SWAC or the MEAC did not have a single athlete drafted in the 2012 NFL draft, which was the first time in the NFL's common era (1970), only two were selected in 2014, Tennessee State's Kadeem Edwards and Demetrius Rhane. The two conferences combined to produce at least 20 NFL draft picks every year from 1967 to 1976, according to research by STATS. That output has slowly declined since.

## HBCUS WITH THE MOST PLAYER TO HAVE GONE TO THE NFL



1. GRAMBLING STATE TIGERS – 110
2. TENNESSEE STATE TIGERS – 107
3. JACKSON STATE TIGERS – 92
4. SOUTHERN JAGUARS – 73
5. FLORIDA A&M RATTLES – 68
6. TEXAS SOUTHERN TIGERS – 60
7. ALCORN STATE BRAVES – 50
8. SOUTH CAROLINA STATE BULLDOGS – 49
9. BETHUNE-COOKMAN WILDCATS – 38
10. MORGAN STATE BEARS – 38
28. MOREHOUSE COLLEGE – 3

Throughout the years, Grambling State University has produced a multitude of professional athletes, including over 100 NFL players. Most notably, Willie Brown, Willie Davis, Larry Donnell, James Harris, Buck Buchanan, Charlie Joiner, Vern Roberson, Everson Walls, Doug Williams, Walter Williams, and more recently Jason Hatcher.

But most recently we have seen a drastic drop in the Grambling State football program. After finishing last season 1-11, Grambling began this season under new head coach and alum Broderick Fobbs. Grambling is one of the main schools that suffered from the HBCUs athletics lack of media coverage and lack of funding. When asked what must be done to bring the powerhouse that was once Grambling State back to the top, Coach Fobbs said, "We must go back to the roots that Coach Robinson once instilled in this program, although he's gone his spirit will live here in Grambling forever."

The late great Walter Payton's brother, Eddie Payton who also played football at Jackson State feels the whole HBCU football program needs to be reevaluated and get back to the basics. "When you go to a steakhouse, the thing that makes or breaks your meal is the steak," Payton said. "It's not the salad or the baked potato. We haven't been focusing on the most important issue — and that's the quality of the football."

## HBCU PLAYERS IN THE NFL

YEARS	ACTIVE	STARTERS
1960	63	37
1980	123	91

YEARS	ACTIVE	STARTERS
2000	48	22
2014	28	5

HBCUs no longer turn out the blue chippers that it once did. There have been a total of five former HBCU players taken in the first round since 1990. The highest player selected was Steve McNair, out of Alcorn State, who went third overall in 1995. McNair was the second quarterback ever



taken in the first round in the NFL draft from an HBCU; the other was Doug Williams in 1978.

This steep decline can also be directly related to the integration of the major predominantly white institutions and their athletic programs. In the 1960s and earlier blacks were not allowed in football powerhouses such as Alabama and Florida, making schools like Bethune-Cookman, Morgan State, and Jackson State not viable options, but their only options.

"Twenty-five thirty years ago they weren't going to the Big Ten or Pac-10 schools, they had to go here," Ed Hill, director for athletic media relations at Howard University said. Over the past quarter century these players decided to choose the better facilities, and national exposure rather than the smaller black schools that have been staples for decades. Unlike football basketball has never produced much talent from HBCUs. Although the likes of Ben Wallace, Charles Oakley, Sam Jones, Rick Mahorn, Avery Johnson, Willis Reed and Earl "The Pearl" Monroe all attended HBCUs, the bigger schools typically have always attracted the top basketball talents.

Now that the power conferences and various other D-1 schools are fluxed with the on-coming probability of paying the athletes and player unions, HBCUs are still in an alternative idle state. HBCUs have to reinvest in their programs, facilities, fan bases, and recruiting techniques.

"We still get good athletes, we just don't get the numbers," Hill said. Players in recent years have opted to commit somewhere as a second or third stringer rather than start at a historically black institution. If HBCUs collectively rebrand their athletic programs there would be a strong chance that they will see the pipeline directly into the professional leagues emerge once more.



## HALL OF FAMERS FROM HBCUS:

Jerry Rice, Walter Payton, Deacon Jones, Mel Blount, Art Shell, Harry Carson, Claude Humphrey, Elvin Bethea, Ken Houston, Larry Little, Shannon Sharpe, Jackie Slater, John Stallworth, Nate Newton, Rayfield Wright, Richard Dent, and Michael Strahan

## PRO BOWLERS FROM HBCUS:

Lem Barney, Steve McNair, Charles "Choo Choo" Brackins (the first black QB from a HBCU to start in the NFL), Ed "Too Tall" Jones, Robert Brazile, Donald Driver, Robert Mathis, John Taylor, Greg Lloyd, Aeneas Williams, LC Greenwood, and Doug Wilkerson