

FLOW

SPRING 2020

LEGENDS

&

ICONS

INSIDE:

Trayvon Martin: Gone too Soon

Whitney Houston: The Legend Lives On

How to be a Diva!

Plus:

Lou Reed ~ Stokely Carmichael

Nellie Bly ~ Martin Luther King Jr.

THE LIFESTYLE MAGAZINE FOR URBAN MILLENNIALS

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FLOW

Welcome to the latest issue of FLOW Magazine

This lifestyle magazine for urban millennials was produced by Print Journalism students in The Magazine Article course at Bowie State University in Bowie, MD. Students generated ideas, reported and wrote all of the articles presented in this edition.

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flow/flo/:

v. intr.

1 glide along as a stream. 2 gush out; spring; be spilled. 3 a rapper's ability to vocalize a rhythmic yet complex string of rhymes that fit together in a logical and seamless manner. 4 move smoothly. 5 hang easily or gracefully. 6 circulate. 7 a rhyme that isn't considered just poetry or just a flow, but a mixed version of both. In a way, a poem that can be rapped.

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COMMENTARY

Trayvon Martin: Gone Too Soon

By Kevin Rowan

The phrase the more the things change the more they stay the same is often thrown around these days. We take a look at how the world is nowadays and things always look as if they are changing but the more you actually think about it, are they really?

From the wars that are going on to the ongoing issues we have going on with racial tension, I believe racial tension is the top issue in America today and it does not seem to be going anywhere anytime soon. It seems that we keep going through the same issues.

You see cases such as Trayvon Martin, who was a 17-year-old African American from Miami Gardens, Florida. He was fatally shot by George Zimmerman, a neighborhood watch volunteer. Martin, who was serving a school suspension, had gone with his father on a visit to his father's fiancée at her townhouse. On the evening of February 26, 2012, Martin went to a convenience store and purchased candy and a canned drink. Martin returned from the store, he walked through a neighborhood that had been the scene of robberies several times that year. Zimmerman, a member of the community watch group, saw Martin and called the Sanford Police to report him for suspicious behavior. Minutes later, there was an altercation between the two individuals in which Martin was shot in the chest. Zimmerman, who was slightly injured in the altercation, was not charged at the time of the shooting by the Sanford Police, who said that there was no evidence to refute his claim of self-defense, and that Florida's stand your ground law prohibited law-enforcement officials from arresting or charging him.

After national media focused on the tragedy, Zimmerman was eventually charged and tried in Martin's death. The jury acquitted him of second-degree murder and of manslaughter in July 2013. It's very sad, but it was also profiled as a racial case due to Martin being African-American and George Zimmerman being of Caucasian and Hispanic background. Other cases that followed Martin's were high-profile incidents such as Michael Brown and Freddie Gray, two African-American men who died as a result of encounters with law enforcement officers.

I relate these incidents to myself as I went through a racial situation this past summer. As I returned home for the summer from college, me and a group of friends decided to attend a party at a fraternity house at The University of Maryland in College Park. My friends and I were all African American. The particular frat house we went to was the scene of a party hosted by a group of Caucasians and the attendees were by majority Caucasian as well. Upon arrival, we went to the entrance of the party. We were met by a group of white males who told us, "Y'all can't stay here." We had to leave as they told us it was an invite-only. We sensed, however, that we were told to leave because we all were young African-American men. We left very frustrated, but felt as though we learned a lesson. This was a small case of how racial tension is happening today, not only locally but around the nation as well.

"It seems that cases of racial discrimination against African Americans keep reoccurring. History seems to be repeating itself."

It seems that cases of racial discrimination against African Americans and other people of color keep reoccurring. History seems to be repeating itself despite the changing times. Racial discrimination in the United States has been a major issue since the Colonial era and the slavery era. Legally or socially sanctioned privileges and rights were given to Caucasian Americans, but not granted to others. Will these issues ever go away? It's happened so many times in history we may never know or rather it may never happen in our lifetime. Only time will tell if we, as one nation and world of people, can get over the huge hurdle that has plagued us for centuries. This issue is a sensitive one in today's world, and some people may be in denial that racism exists today. It can only be fixed from within each individual. Some might argue it will stay divided. But as I stated earlier, history seems to be repeating itself, and only time will tell if it will get better or worse.

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Paying Tribute to a King

Iconic civil rights leader's message still resonates

By Malik Stewart

There are many iconic figures throughout the world who have had a strong impact in communities, society and the world. Whether they focused on sports, politics, religion or race, they implemented and achieved goals that nobody else would imagine happening during that time.

For African-Americans, given everything that the racial group has gone through, they understand how important it is to remember and acknowledge the role models and legendary people that paved the way for change, equality and success among races and the world. Martin Luther King Jr., who is probably the most popular, meaningful, influential and powerful African-American male leader, civil rights activist and Baptist minister of his era, had the greatest impact on society, in a time where black people were punished and killed for the things that he attempted and accomplished.

Martin Luther King Jr. was born on January 15, 1929, in Atlanta, Georgia. He was the middle child of Michael King Sr. and Alberta Williams King. He attended Booker T. Washington High School. While in high school, Martin was known for his public speaking ability and was part of the school's debate team. King became the youngest assistant manager of a newspaper delivery station for the Atlanta Journal in 1942 at age 13. During his junior year, he won first prize in an oratorical contest sponsored by the Negro Elks Club in Dublin, Georgia. Because he was so smart and gifted in school, he skipped both ninth and twelfth grades and later entered Morehouse College in Atlanta at age 15, in 1944 after passing the entrance exam.

In 1947, the summer before his last year at Morehouse, 18-year-old King decided to enter the ministry after he concluded the church offered the most assuring way to answer "an inner urge to serve humanity." In 1948, King graduated from Morehouse with a bachelor of arts degree in sociology, and enrolled in Crozer Theological Seminary in Chester, Pennsylvania, from which he graduated with a divinity degree in 1951. King then began doctoral studies in systematic theology at Boston University and received his Ph.D. on June 5, 1955, with a dissertation on



"A Comparison of the Conceptions of God in the Thinking of Paul Tillich and Henry Nelson Wieman." King became pastor of the Dexter Avenue Baptist Church in Montgomery, Alabama in 1954 when he was 25 years old. As a Christian minister, his main influence was Jesus Christ and the New Testament gospels, which he would usually quote in religious meetings, speeches at church and in public places. King's faith was primarily based on Jesus' commandment of loving your neighbor

as yourself, loving God above all, and loving your enemies, praying for them and blessing them. His nonviolent ethos was based on Jesus' command to turn the other cheek and of putting the sword back into its place.

In 1952 in Boston, King met Coretta Scott over the phone through a friend named Mary Powell. The couple were married on June 18, 1953 in Marion, Alabama, and later had four children. They had two sons and two daughters by the name of Martin Luther III, Dexter Scott King, Yolanda Denise King, and Bernice Albertine King.

In 1955, a woman named Rosa Parks was arrested for refusing to give up her seat to a white person on a city bus, which sparked the Montgomery bus boycott. E.D. Nixon created the boycott, but it was led by King. The boycott lasted for 385 days, and King's role in the bus boycott transformed him into a national figure and the best-known spokesperson of the civil rights movement.

In January 1957, King, Ralph Abernathy, and 60 ministers and civil rights activists founded the Southern Christian Leadership Conference to connect the moral authority and organizing power of black churches. They would help conduct non-violent protests to promote civil rights reform.

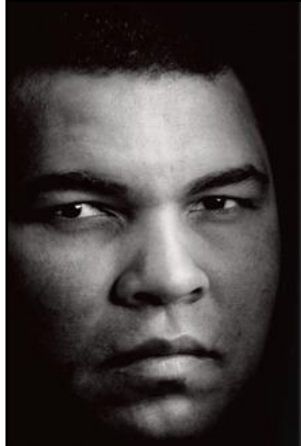
In the spring of 1963, King organized a demonstration in downtown Birmingham, Alabama. The young leader was jailed along with large numbers of his supporters, but the event drew nationwide attention. On August 28, 1963, the historic March on Washington drew more than 200,000 people in the shadow of the Lincoln Memorial. It was here that King made his famous "I Have a Dream" speech, emphasizing his belief that someday all men could be brothers. Many people in cities not experiencing racial tension began to question the nation's Jim Crow laws and the second-class treatment of African-American citizens. This resulted in the pas-

sage of the Civil Rights Act of 1964 authorizing the federal government to enforce desegregation of public accommodations and banning discrimination in publicly owned facilities. This also led to King receiving the Nobel Peace Prize for 1964. On April 4, 1968 in Memphis, Tennessee, King was shot and killed by gunman James Earl Ray, while standing on a hotel balcony.

The civil rights icon's life had a gigantic impact on race relations in the United States. His life and work have been honored with a national holiday, schools and public buildings named after him, and a memorial on The Mall in Washington, D.C.

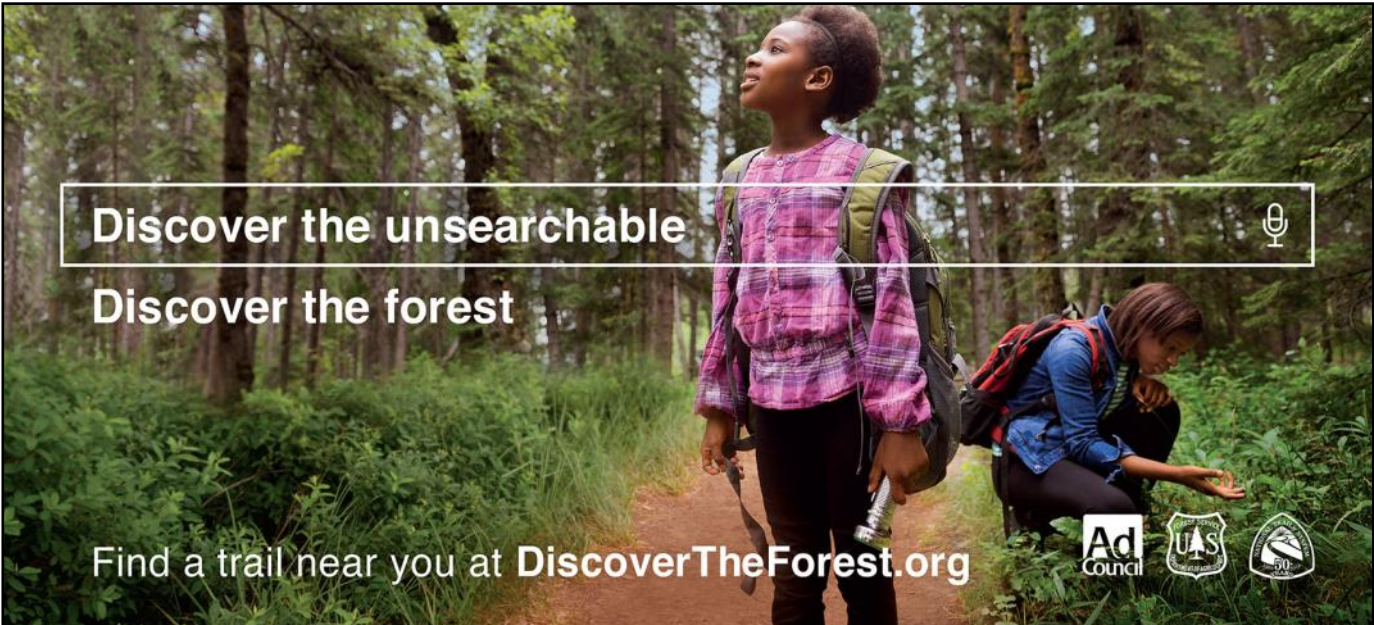
What makes King so unique, famous and memorable is his legacy of pressing for nonviolent social change. He accomplished this without ever using violence, guns and foul language. He was able to turn the other cheek, despite criticism, threats of physical harm and tremendous personal sacrifice at a time when many others would have given up or respond with violence.

King will forever be honored and remembered as America's best advocate for nonviolent social change, a drum major for justice and one of the greatest nonviolent leaders in world history.



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The Complicated Legacy of Stokely Carmichael



By **Katrina Smith**

Stop being ashamed of being black!" Direct, intellectual, firm, strong, fighter and radical; these are all words that perfectly describe Stokely Carmichael aka Kwame Ture. Carmichael was born on June 29, 1941 in Port of Spain, Trinidad and Tobago to Mabel Carmichael, a stewardess, and Adolphus Carmichael, a taxi driver and carpenter. When he was just a toddler, Carmichael's parents moved to New York and left him under his grandmother's care until he was 11 years old.

When he was 13 years old, he entered The Bronx High School of Science. There were many white students within that school who had very affluent parents living in the Bronx. Carmichael, while friends with his schoolmates, recalls always being conscious of the differences and the privileges they received versus his treatment due to differences in skin color.

Toward the end of his high school career, Carmichael recalled how he became consciously active within his community. He remembered the exact moment where his activism became serious to him. "When I first heard about the Negroes sitting in at lunch counters down South, I thought they were just a bunch of publicity hounds," he recalled. "But one night when I saw those young kids on TV, getting back up on the lunch counter stools after being knocked off them, sugar in their eyes, ketchup in their hair—well, something happened to me. Suddenly I was burning." Soon after watching that video during his senior year in high school, he joined the Congress of Racial Equality (CORE). While in this organization, he participated in many sit-ins in Virginia and South Carolina. Joining socially conscious groups later shaped Carmichael to leave behind a great radical activism legacy that many will speak about forever.

Carmichael was a very smart man. After graduating high school in 1960, he received many scholarships from predominantly white institutions. Although he was appreciative of the scholarships and the opportunities, he chose to attend Howard University to major in philosophy. During his freshman year in 1961, he joined the Freedom Riders, challenging the rules of segregation while traveling. In one of his missions he got arrested in Jackson, Mississippi for entering the "whites only" bus stop waiting room. Carmichael was jailed for 29 days following this incident.

After graduating from Howard University, he began to work with the Student Nonviolent Coordinating Committee (SNCC). During the summer of 1964 they held a campaign that focused primarily on making sure black people were registered to vote. The committee became so impressed with Carmichael's leadership, intellect and skills that they promoted him to field organizer for Lowndes County, Alabama. Within his first year of being field organizer for Lowndes County, he was able to raise the number of black registered voters from 70 to 2,600. His work and efforts were praised throughout the organization, but not respected by elected officials. Growing upset by other officials' lack of respect for what he was doing for his community he founded his own political party in Lowndes County called Freedom Organization. He created this foundation because he felt as though his people were not represented effectively in Alabama and he wanted to make sure their voices were heard.

In the beginning of his college career Carmichael believed in Dr. Martin Luther King Jr.'s philosophy of nonviolence and its application to civil rights. He believed at one point, like King, that

being nonviolent meant that people would hear out black people and take them seriously. They felt that civil rights activist wouldn't be harassed as much and accepted by the public. But by being nonviolent, it made the activist more vulnerable to acts of brutality and Carmichael, like many others, became increasingly frustrated that nothing appeared to be happening to improve conditions within the black community.

In May 1966, he was elected national chairman of SNCC. During this time he turned the organization into a strictly radical group after growing frustrated at the pain and the suffering that the African-American community was experiencing. If there were any prior white members in SNCC, he kicked them out and did not allow any other white individuals to join the group either. "We been saying 'freedom' for six years, what we are going to start saying now is 'black power,'" he said after becoming chairman of SNCC.

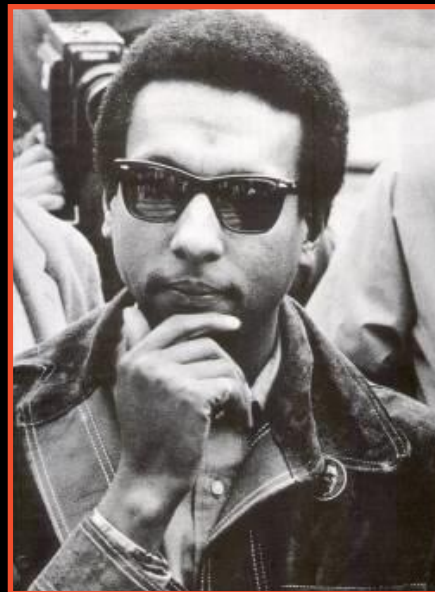
According to Carmichael, the term "black power" was "a call for black people in this country to unite, to recognize their heritage, to build a sense of community. It is a call for black people to define their own goals [and] to lead their own organization."

Carmichael further explained that, "When you talk of black power, you talk of building a movement that will smash everything Western civilization had created." The term black power evoked fear within the white community and King publicly shunned the term calling it, "an unfortunate choice of words."

In 1967, Carmichael left SNCC to join the Black Panthers and became their prime minister. Although he only spent two years with the Panthers, (1967-1969), Pan-Africanism, Black Nationalism, and black separatism defined the reason and purpose of his activism. After quitting in 1969, he moved to Conakry, Guinea, where he maintained residency until he

died. While living in Guinea he changed his name to Kwame Ture to honor the president of Ghana, Kwame Nkrumah, and the president of Guinea, Sékou Touré.

In his lifetime he got married twice. The first marriage was to South African singer and songwriter Miriam Makeba in 1968, they divorced in 1978. His second marriage was to Marlyatou Barry in 1980, together they had a son, Bokar Carmichael. They later divorced in 1982. Carmichael, who battled prostate cancer, said he believed that his cancer "was given to me by the forces of American imperialism and others who conspired with them." Up until his last days, he was known to answer his phone saying, "Ready for the revolution!" instead of hello. He died in 1985 in Guinea. He was 57.



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CRUSADING JOURNALIST

NELLY BLY

Shined Light on Women's Issues

By Jordan Pelavin

It took Nelly Bly 72 days to travel the entire world. Twenty-four thousand eight hundred and ninety-nine miles from Hoboken, N. J., and all the way back again. It was an impressive feat inspired by the fictional account in the book "Around the World in 80 Days" and it was only one of Bly's in-depth, investigative and lived reporting experiences.

Bly was born as Elizabeth Cochran on May 5, 1864 in Cochran's Mills, Pennsylvania, what is today a Pittsburgh suburb. Her

father, Michael Cochran was an Irish immigrant who worked in the local mill. Her mother, Mary Jane Cochran cared for her and her siblings at their home. When Bly was in her early teens, her father bought the mill where he had worked for most of her life, as well as most of the land surrounding their family's farmhouse. Her family was not wealthy however—Bly was forced to drop out of the boarding school she attended for a single term due to a lack of family funds.

Bly's writing career started mostly by anger and happenstance.

In the year 1880, when Bly was 16, her family moved to Pittsburgh. In the Pittsburgh paper one day a column was published entitled "What Girls Are Good For." Bly saw the column as misogynistic and under the pseudonym of "Lonely Orphan Girl" wrote an irate letter to the editor about what was wrong with the column. The editor of the paper, George Madden, was so impressed with her writing and her conviction that he put out an advertisement in the paper asking for the author of the letter to contact him.

Once the budding writer

Nelly Bly continued from page 17

came forward, Madden offered her the opportunity to write another piece for the paper under the same “Lonely Orphan Girl” pseudonym. This article impressed Madden so much that he offered her a full-time writing job at the paper. The young journalist decided that she would write under the name “Nelly Bly” naming herself after a character in a popular song of the same name. However, due to a typo her byline read “Nellie Bly” and it stuck.

Bly started her work for the newspaper writing about what she saw as women’s issues—including a series of the working conditions of women factory workers. Her writing ruffled some feathers—she was a woman writer in a time when women’s liberation was just becoming a major issue, writing about women’s struggles. Soon, her editors forced her to the “women’s pages,” where she was assigned stories about fashion and gardening and other things that her editors thought were acceptable for women journalists.

She wasn’t a fan of the stories she was being told to write, so Bly decided to head to Mexico where she spent about six months living and working as a foreign correspondent. She wrote about the government dictatorship and about daily life for Mexican citizens. Her reports were eventually pulled to-

gether and published as a book under the name “Six Months in Mexico.” She was run out of the country when Mexican officials learned of a report she had written protesting the arrest of a local journalist who had criticized the government.

Back in America, Bly eventually made her way to New York City, where in 1887 she took a job for the New York World, where she would pretend to be insane and go undercover at the Women’s Lunatic Asylum on Blackwell’s Island to investigate reports

of mismanagement and negligent. She went to a boarding house and scared the borders so badly that they called the police on her. From there she was taken to court, and then to doctors who declared



her “demented and insane.”

Bly was committed to the asylum and took notes and wrote about the conditions. She spoke to other patients and told their stories as well. She wrote about how the patients suffered abuse at the hands of the nurses, who would beat and berate them. She wrote about how the food was spoiled and the water was undrinkable, and about how there was no warm water and there were rats everywhere. After 10 days, the New York World reached out to the asylum and got Bly released. Her report (and the subsequent book) “Ten Days in a Mad-House” caused huge amounts of public discussion, and helped make



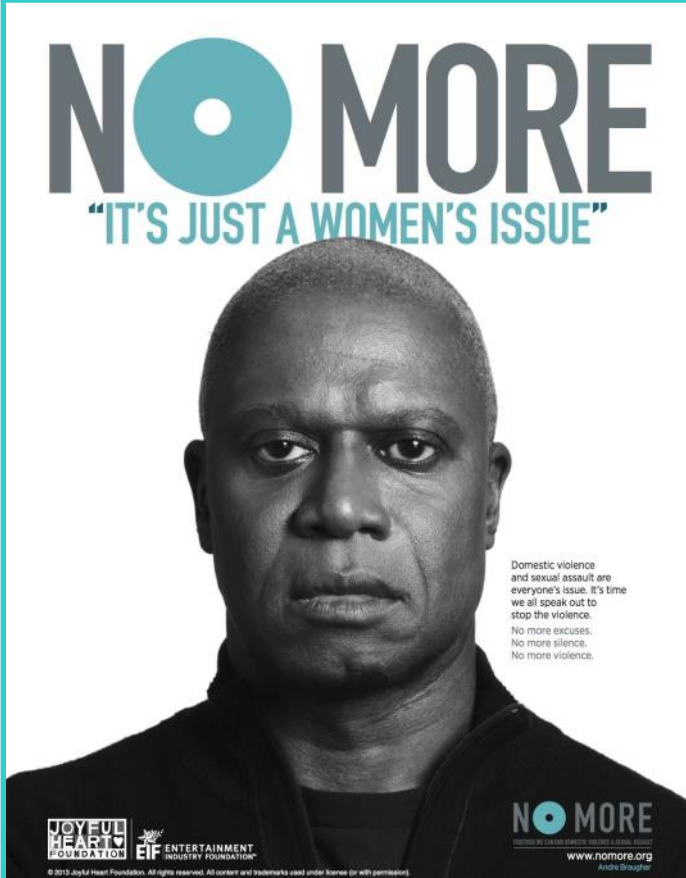
the way for many changes to the system that led to improvements in the facility.

Bly's second most infamous adventure was her voyage around the world in 1889 and 1890. With just a small bag and the clothing on her back, Bly set out to turn the fiction of the story "Around the World in 80 Days" into something real. She traveled by train, boat and car, and stopped in countries all over the world. She wrote stories about everything that she saw. It took her 72 days.

In 1895, at the age of 31, Bly married Robert Seaman, 73, a manufacturing millionaire. She left her journalistic career to join her husband in the world of manufacturing, becoming the president of Iron Clad Manufacturing Co. Bly held patents for milk cans and stackable garbage cans as well as for the steel barrel oil drum. Her husband passed away in 1904, from Pneumonia.

After her husband's death, Bly continued to work in the world of manufacturing until an employee embezzlement scandal forced her company to go bankrupt and close. This led to Bly to take up journalism once again. She worked as a war correspondent in Europe during World War I and wrote award-winning stories about the fight for women's suffrage in America.

Bly died of pneumonia in New York City in 1922. She was 57. Bly was buried in the Bronx, N.Y., in a grave near her husbands'. Her grave was modest, when compared to her oversized life.



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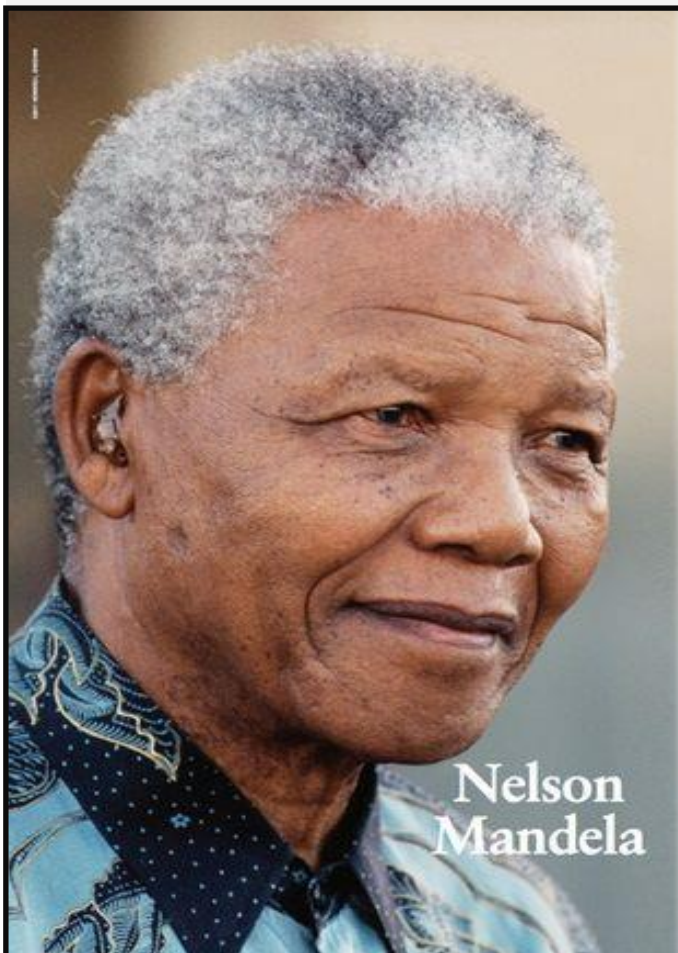
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or a

CLOSE
FRIEND



MENTAL
HEALTH
CONDITION

Ongoing
EXPOSURE TO
BULLYING
behavior



Infamy To Inspiration



The Life and Times of Lou Reed

By Kevin Klenkel

The Velvet Underground's first album sold 30,000 copies in five years of its release. The album has gone on to become one of the staples of rock music and a critical classic on all accounts. Lou Reed was the mastermind that birthed punk rock, glam rock, industrial music and feedback as an instrument. Though his albums sales were meager, his fingers reached far beyond the airwaves and his hand expanded the parameters of rock 'n' roll from a young man's rebellion to an art form.

Reed picked up the guitar at a very young age, before that he dabbled in piano. He was always an outcast. He remembered his brain being filled up with "lyrics from old rock and roll records where the stuff I learned in school should have been." Reed always wanted to perform music, but it was not until a misguided attempt to help their son that the parents of Lou Reed pushed him to reevaluate his life for all of the wrong reasons. This reevaluation led to several actions and consequences:

some of them were terrible, but they eventually led to his notoriety and critical acclaim.

Reed was attending Syracuse University as a freshman when he returned home complaining of feelings of depression, anxiety and social unresponsiveness. His parents were overwhelmed. The early 60s are now a distant time. They are remembered by some as a time when everything was great, everyone had a job, no one had even heard of Vietnam. But for anyone who wasn't a straight white man, times were tough. No respect—no effort of understanding. As a young Jewish man, Reed's parents agreed that the only logical course of action to help their son was electroconvulsive therapy.

Reed recalled the incident in the 1996 book "Please Kill Me," a history of punk rock. "They put the thing down your throat so you don't swallow your tongue, and they put electrodes on your head. That's what was recommended in Rockland State Hospital to discourage homosexual feelings. The effect is that you lose your memory and become a vegetable." Common risks for ECT include a partic-

ular memory loss known as retrograde amnesia, which is forgetting things that happened before treatment and during treatment as well.

Reed largely blamed his father; he composed a song titled, "Kill Your Sons," where he complains of the effects of the treatment and explains that while he took drugs later for fun he could only remember the chlorpromazine used in treatment and the terrible effects that this had on his immediate health.

Though Reed did go back to Syracuse and finish school he knew that as soon as he finished he would move to New York City and become a musician. His parents' inability to simply talk to him about his feelings and instead hiding behind convention and conservative values, no doubt had a hand in Reed's subject matter in songwriting.

Nineteen sixty-seven was a monumental year in music, it was a year where the "freaks" were gaining popularity as well as the long-hairs and the hippies. Others stuck to conventional pop ballads like Lulu and her hit, "To Sir with Love." A year when all music seemed to portray love, sunshine, and lollipops, "The Velvet Underground & Nico" was a vehicle for Reed's simple and straightforward lyricism to explore themes of the underground. The seedy underbelly of society: drug abuse, prostitution, sadomasochism and sexual deviancy. This was very far from what anyone else was singing about.

Reed chose to address real topics that were not pleasant to bring up in conversation. There was nothing like that before. Perhaps Reed did this as a way to connect with others who had been closeted because of their lifestyle, these songs were reminders—though I may be different from everything and everyone I know; there are others like me. Something that many people would love to receive while going through personal turmoil.

Between the releases of "The Velvet Underground & Nico" through "Transformer," Lou Reed displayed his mastery of music. He penned both the heaviest and most controversial tracks rock music had ever seen as well as the packed dark room ballads that music hadn't seen before or since. While The Beatles were preaching second-hand spirituality with orchestral arrangements, Reed and The Velvets were documenting the underbelly of glamor and true nature of cultural outliers.

Lou was a poet whose lyrics paired perfectly with vocal moans and musical minimalism. There is no doubt that his music will last for eons, his lyricism has the ability to transcend any boundaries. His exploration of heavy themes are more relatable than any pop

song's call for peace, love or unity. The man had the ability to capture pain, self-doubt and self-loathing in a way that was honest and beautiful. His music acts as a guide through the mind of any person who is or has battled with any adversary.

He enjoyed success lightly with the release of his solo album "Transformer," but he made a conscious decision to move away from massive audiences so that he would be able to make music with a shelf life that will stay fresh long after he has passed. "Walk on the Wild Side," his hit with more airplay than anything else in his catalogue had massive appeal while still diving into depths of debauchery that went highly unnoticed. Everyone remembers the melody and the bass line that would later be picked up by A Tribe Called Quest for "Can I Kick It." What they forget is that Reed's simple and straightforward lyrics continually explored the dark side of urban America that would not be touched again until the punk movement and hip-hop, respectively.

For many, Reed has been placed on a pedestal, or more commonly upon Mount Olympus watching his creations for which he bore no claim. He is often credited

with birthing the Punk Rock movement of the U.S. and the U.K. In the most "punk rock" way he responded by saying that he refused to take credit for what was mostly junk. That attitude is more indicative of punk rock than can be found in any of the artists today whom carry the banner "punk."

Unlike his contemporaries who were more concerned with making commercial albums, he wrote songs as poems and albums as novels. He included a musical accompaniment that would either heighten or conflict the poetry that he sang out like a moan. His ballads stack up next to anyone. "Pale Blue Eyes" is possibly the saddest and most genuine love song ever recorded.

Reed's contribution to music has reached far beyond anything he could have ever expected. All four of his albums with The Velvet Underground are on Rolling Stone's list of 500 greatest albums of all time, along with two of his solo efforts. That means for rock music as a whole, his albums comprise more than 1 percent of all-time albums ever recorded. It is well-deserved: the way that Reed made music has been and will continue to be copied as long as guitars, ears, vocal cords and pain exist.

Reed eventually found peace in his music and life. His music from 40 years ago is still fresh today. This man is a beacon of hope for anyone who has ever been an outcast, but simply wanted to be honest.

"Nineteen sixty-seven was a monumental year in music, it was a year where the 'freaks' were gaining popularity, the long-hairs and the hippies."

The Legend

Lives On



Whitney Houston

1963—2012

Photo courtesy Resilient Media Entertainment via Creative Commons

Whitney Houston's undeniable talent, beauty and good works made her America's sweetheart

By Vanessa Gyamfi

Standing on the stage shy and nervous with clenched hands, wearing a purple off-the-shoulder dress was a 20-year-old Whitney Houston making her first ever national television debut on "The Merv Griffin Show." She sang her version of the song "Home" from the movie, "The Wiz." Her voice and performance were so beautiful and refreshing. This was the day the world witnessed a star in the making.

The Queen of R&B was born August 9, 1963, in Newark, N. J. She was blessed to be born into a musical family, with her mother being Cissy Houston a gospel star and her cousin being singer Dionne Warwick. Houston was also the legendary Queen of Soul Aretha Franklin's goddaughter. At a young age, Houston was singing in her local church choir.

By the time she turned 15 she was singing background vocals with her mother on Chaka Khan's 1978 song, "I'm Every Woman." She later began working as a background vocalist for a New York funk band called Material. The purity and astonishing quality of her voice attracted the attention of major record labels. Not only could Houston sing, she was also a very beautiful woman, her smooth brown skin, skinny frame and gorgeous white smile caught the eye of several magazines. She began modeling for fashion magazines like Seventeen.

In 1983, Houston was signed to Arista records by one of the industry's most notable music executives, Clive Davis. Her debut album titled "Whitney Houston" was released February 14, 1985. The album featured three number one singles in the United States: "Greatest Love of All," "Saving All My Love for You" and "How Will I Know."

In 1987, she released her second album titled "Whitney." This album landed her four more Number One singles and a Grammy for the song "I Wanna Dance with Somebody." She became the only artist to have seven consecutive Number One Billboard Hot 100 hits. She also became the first female artist to enter the Billboard 200 album chart at Number One. Overall, Houston sold 170 million albums and singles worldwide. And became the only artist with seven consecutive multi-platinum albums. She won six Grammy Awards and was nominated 26 times.

Five years later, she appeared in her first movie, "The Bodyguard," which film featured her remake of Dolly Parton's "I Will Always Love You." This song was huge hit all over the world, it stayed at number one for 14 weeks straight. She furthered her acting career by starring in films such as Waiting to Exhale and The Preacher's Wife.

Houston was not only a talented artist, she was also a humanitarian she established the Whitney Houston Foundation for Children, a nonprofit organization that funds projects to help needy children all over the world. Her undeniable talent, beauty, voice, charity work and good girl image made her America's sweetheart. That's why it came as surprise to people when she married the overly provocative and bad boy of R&B, Bobby Brown, in 1992. Houston received a lot of criticism, especially from family members on her decision. But she loved Brown and refused to listen to her family members and the naysayers. Despite her small frame and often shy demeanor; Houston was a feisty woman and could not be controlled. On March 4, 1993, Houston gave birth to a baby girl named Bobbi Kristina. She was her world there was nothing she wouldn't do for her daughter. (Bobbi Kristina's life was tragically cut short on January 31, 2015 at the age of 22.)

Houston's image and career took a serious downfall when she became heavily involved with drugs, alongside her husband. The relationship became toxic and abusive; Brown was incarcerated for a period of time. Despite the alleged abuse she remained married to Brown and continued to use drugs. People all over noticed a change in her appearance and demeanor, she began to lash out and looked unkempt. Brown was heavily criticized for the downfall of America's sweetheart. People blamed him for Houston's drug abuse even though it was alleged she did drugs before she met Brown. In 2007, she divorced her husband of 15 years and began to take steps to get her life back in order and stop using drugs.

After years of struggling with her personal life, she debuted a new album in 2009, titled "I Look to You." This album was about her trials and how she overcame it all. Things were beginning to look up for Houston, she worked and starred in a new musical film called "Sparkle" with R&B singer Jordin Sparks, the film was based on the girl group The Supremes. But soon tragedy struck on February 11, 2012, when Houston was found dead in a bathtub at the Beverly Hilton Hotel, in Los Angeles. She was 48. Her death was caused by accidental drowning, but effects of heart disease and cocaine found in her system were factors in her death.

Even though her life was cut short, she was able to make a global impact in the world of music. Houston influenced so many artists such as Mariah Carey, Beyoncé, Alicia Keys, Ashanti and Jennifer Hudson.

The impact she made in the world will never be forgotten. She is a legend and will always be remembered, her legacy will forever live on.

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Actual Google search on 09/03/2013

women need to |



- women need to **be put in their place**
- women need to **know their place**
- women need to **be controlled**
- women need to **be disciplined**

women need to be seen as equal



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20 Ways to Save Money in College

By Janet Alexander

It is known that the typical college student is usually broke due to books, bills and school of course. What about the social life of a college student? What about the health of a student? What about simply having food in your dorm room? Well here are 20 tips to help new and returning college students stay within their financial means on their journey to their degree.

Books

Try to find a friend or someone on campus that has the book you need before you buy it from the bookstore. If that doesn't work, try the library. The library often will have a handful of copies from old and new books for the semester that you can borrow and will save you a couple hundred dollars for school. Also, try websites like Amazon.com and Chegg.com. These websites not only allow you to rent books, but to buy the book from these websites are usually a lot cheaper.

Purchase used textbooks (if purchasing from the bookstore) whenever possible. Used books can be bought if you want to keep them for your major and are somewhat cheaper than the new one.

Sell your books when you are finished with them. Most students only keep certain books if it is pertaining to their major. If you buy a book for a class that's an elective, sell the book back. That's a little pocket change you can have for the end of the semester.

Loans and Finances

Usually when applying for financial aid, a student might receive a refund check for money that is left over when their tuition and housing is already paid. It is wise for the student to not spend this check on miscellaneous things and to save it for an emergency or to pay back the loan when they graduate. Also, the student may want to take a summer or winter course. If the student has saved the money from their refund check, they won't have to come out of pocket for their class. "Don't tell me where your priorities are. Show me where you spend your money and I'll tell you what they are," said the late James W. Frick, former vice president for public relations, alumni affairs and development at the University of Notre Dame.

"Paying off your credit card bills and other bills before the semester starts is a wise decision as well," said Danielle Maddox, a financial adviser who handles personal finances. She explained how not having to pay these bills during the semester allows extra money for food, transportation and partying of course.

Any loose change you may have in your backpack, car, purse or room, put it in a coin jar. This money will eventually add up. I used to call it my emergency stash. I mostly used it for washing clothes, food and gas when I was waiting for my next pay day.

Collecting coupons isn't only something that old people do. That little bit of money saved may seem like a lot when you're on a budget. Go through your local newspaper or mail and see what you can find. There are also coupons online.

Social Life

This tip is for the 21 years old and over crowd: According to the magazine article "118 ways to Manage Money in College," college students on average spend about \$5.5 billion on alcohol, mostly beer.

Nothing wrong with having a small kickback or throwing a party from time to time. But why not do it the cheap way? Students tend to buy liquor bottles one by one, not knowing that if you buy them in bulk you can get a cheaper deal on numerous bottles. Also, when you throw your next party or get together you will already be prepared.

If you hate beer or strong alcohol and you're more of a laid back person, you can always result to wine. Wine also comes cheap, always look at your options before buying the first thing you see. Again, only use these tips if you're 21+!

When going out with friends to a restaurant or bar, try buying the food in one large serving and splitting the bill evenly amongst everyone. This way everyone's meal is cheaper and no one is left out.

If you must go shopping, try to go during a good sale week like a tax free week or on a holiday like black Friday.

Food

The top priority in a student's life is food. If you live on campus always use your meal plan. Why? Well because you're paying for it and because it will save you money and time from buying groceries and cooking.

Try to skip the fast foods. Being a college student can be stressful. You don't want to add any unhealthy foods into your body that will increase your blood pressure or make you gain weight. Also, always

MILLENNIAL STUDENT DEBT

A Roadblock to Milestones



61%

Not adequately saving for retirement



86%

Have made career sacrifices



55%

Postponed having children



41%

Delayed marriage

7-year

expected delay in purchase of first home



* NAR 2017 Student Loan Debt and Housing Report



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Manage your money to avoid being a starving student

eating out is a lot on your budget and if you don't live on campus, try bringing lunch to school.

Affordable healthy snacks like yogurt, crackers, and peanut butter can be something you can study with or eat when you can't sleep at night. Also, try buying a filter for your faucet to prevent from having to buy bottled water.

Along with eating healthy there's exercising. Fortunately, exercising is completely free! Take a couple hours out of your day to go for a walk around campus or go for a run on the track. The more oxygen and blood that pumps to the brain allows for you to think clearer when studying or taking an exam.

Living off Campus

Getting a studio apartment or finding a roommate can cut down the cost for rent and utilities. Find an apartment that is near the school to prevent from using a lot of gas and find a room-

mate that you get along with who can afford their part of the rent. Also, make sure your roommate can provide their own transportation back and forth to school.

Try not to spend a lot of money of décor and accessories. Go to places like Walmart or Value City for furniture.

Be mindful of the amount of electricity and water you use when doing things in your everyday life at home. When you leave the room, cut the light off and, rather than washing the dishes in the dishwasher, wash them by hand. Try not to take really long showers and remember to unplug things when you're done using them.

Ask your parents for furniture. The most that can happen is that they say no.

Lastly, pay your bills on time! This prevents late fees and helps to build your credit.

Following these tips can set you on a path to a solid financial future.





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Worth a Thousand Words

Making the most of your photos



Photo courtesy Bowie State University

By Jordan Pelavin

My favorite portrait I have ever taken shows my friend Alys is a sundress with swirls and flowers of technicolor marker up and down her arms. Her hair is pushed off her face and she's smiling a little sly, showing no sign that the cold temperature of the snow falling on her bare shoulders has any affect on her day. She's outside and the photo is bright and you can barely tell that the porch where she's standing is facing a road that is slowly but surely becoming an ice covered slushy mess. She looks radiant.

Good portraits aren't just images. They are stories; they are explanations of people that capture them in a way that words can sometimes fail to do. Good portraits are raw and real and show something truthful about the people the depict. Good portraits aren't always planned, though sometimes they are. Good portraits can be hard—but there are definitely a few ways to make capturing these images a little easier.

When I was still getting used to my DSLR

camera I took hundreds and hundreds of pictures of my best friend Mike. Some of these photos were good. Some not so much. But taking these photos was important for a couple of reasons. First, it got me comfortable with my gear. It's hard to take a photo you are proud of if you spend your entire time being scared of the camera that is in your hands. Once you get to know your gear, using it and understanding how it works becomes almost second nature. And once all the technical know how becomes second nature, you are able to focus more on the image you are taking, and not the way in which you are taking it.

The second thing that these hundreds of photos did was create a sense of familiarity. Photos come out their best when the subject and the photographer feel comfortable with each other. Once Mike and I felt more comfortable with the roles of subject and photographer respectively, we were able to create images that were more honest and nuanced. Simply put, if your subject feels awkward, your photos are going to look awkward. Don't be afraid to get a little goofy.

Take some silly shots first, with funny faces or weird locations so that your subject feels happy and relaxed.

It's always important to be mindful of how you are framing your subject within the photograph. One popular idea in photography is called the rule of thirds. According to the Digital Photography School, one of the leading photography websites today, "the basic principle behind the rule of thirds is to imagine breaking an image down into thirds (both horizontally and vertically) so that you have nine parts." The intersections of these lines-- there are four of them-- create the areas of an image where photographers should try to place points of interest, for a photograph that is well balanced and visually stimulating. These lines correlate to how people's eyes view images, so this rule allows photographers to work with how people naturally look at pictures, instead of against it.

Playing with different ways of framing can provide interesting results-- the most important rule is to be mindful of what you are doing.

"Keeping in mind some simple tips and tricks makes our photos better and more fun-- both to take, and to look at."

Many portraits have a blurry background while the subject is shown in focus. This is called depth of field. There are a few different ways to achieve this look, but a lot of it has to do with editing and also with the type of lens and camera you use. Prime lenses are lenses that don't zoom-- these allow for a much greater depth of field, creating that blurriness behind the subject. But these lenses can be expensive, so another way to achieve that look is to use a program like Adobe Photoshop to blur the background by hand. It's definitely hard, but the results can be amazing.

One last important tip for portrait photography is that-- like any kind of art-- photography is all about color and light. Think about the time of day that you are shooting. Shooting outdoors in the middle of the day can often create harsh light and shadows, while shooting just before sunset or just after sunrise creates a much softer light and glow that comes out much more flattering.

Fstoppers, a popular photography blog, recommends scouting your location before you even bring your subject there, so you can get a feel for the color and lighting and figure out how you want your subject to dress and what time of day you want to photograph.

Portrait photography really allows people to put their best face forward. It captures personalities, moments in time, and lets us show off the beauty in the people around us. Thinking through our portraits before we take them, and keeping in mind some simple tips and tricks makes our photos better and more fun--both to take, and to look at.



THE

BEAUTY

SHOP

DO YOUR BEST~LOOK YOUR BEST~BE YOUR BEST



How To Be A Diva!

Maybe it's time for you to evolve and show out your inner diva!

By Shanterra Curry

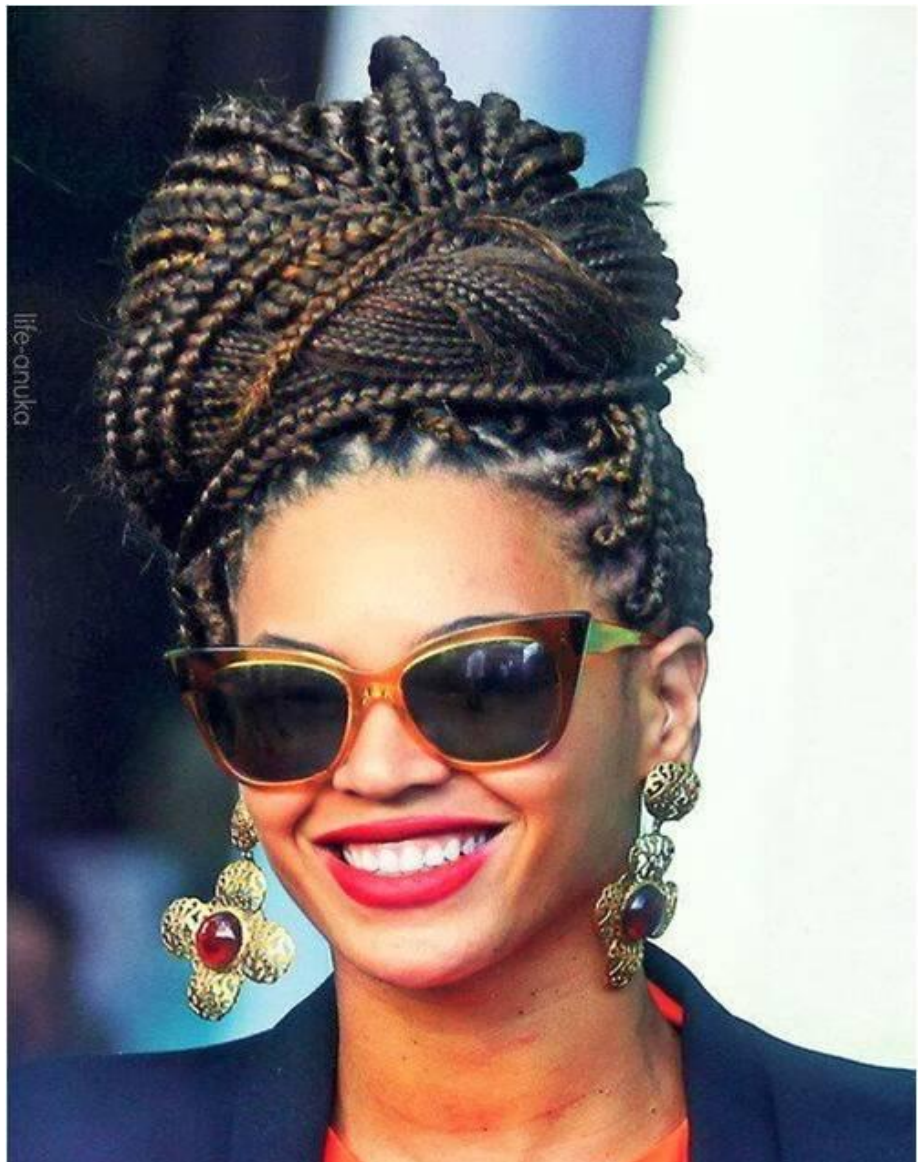
“Each of us has that right, that possibility, to invent ourselves daily. If a person does not invent herself, she will be invented. So, to be bodacious to invent ourselves wisely,” said Maya Angelou, who could have not said it better herself.

Why settle for who you are today, when you have tomorrow to be the woman you wish to be? You are lacking confidence, self-esteem, and everyone pushes over on you, right? Or you are tired of going out every weekend with the girls, dolled up, and all the guys flock to your homegirls, and you leave with little self-assurance?

Well, honey, maybe it is time to reinvent yourself into a woman that has it all put together, right? Maybe it is time for you to evolve, and show out your inner diva?

“A diva is a female version of a hustler” Beyoncé lyrics might chime in your head when you think of what a diva might be. And she is absolutely right! A diva just doesn't limit herself to just that, she is overall everything she wants to be. Did Beyoncé sit around, and lay vocals on a track and settled on just being a singer? Or did she use her talent to become the ultimate self-proclaimed diva selling perfumes, establishing a clothing line and having the chance to hand pick her husband while making millions? No, she was not settling, nor should you!

A diva is a self-defined woman, and only you can determine how “divalicious” you are willing to summon out of you. So, here are a few simple steps, to take the reins of your life, and channel the diva in you.





Step 1: “A true diva’s heart is open, and she’s ready to play by her own rules,” says actress Jenifer Lewis. It takes confidence, and a lot of self-assurance to be a diva. You must fall in love with who you are, before trying to assert yourself with others. Strip yourself of all clothing and go find a full-length mirror. Go tell yourself how much you are loved. Find all your imperfections, and find reasons why you love them. Do this at least twice a day, until you believe your words are true, and fall in love with yourself! You will become not easily broken.

Step 2: “Style is a way to say who you are without having to speak,” says American fashion designer Rachel Zoe. You will need to define your own beauty. If you like hip huggers and bell bottoms, own it; you do not need to look like the rest. If you don’t have money to keep up with the new trends, don’t worry about it, set your own trends. Being a diva is not dressing like everyone else, it is all about dressing and becoming yourself. Don’t worry about being accepted into the “in” crowd or even standing out. Crazy? No! When you define your beauty, there is no competition, no one else exists, no one else matters. Period.

Step 3: You have mastered steps 1 and 2, now you need to master ATTITUDE! It is all about attitude, honey! From your walk to

your talk, the way you hold your head to your strut needs to speak volumes. Your walk needs to be similar to a model ripping the runway, or at least get people to notice and move out of your way! Hold your head up high, straighten your back, square your shoulders, and stick out your chest, this pose exudes confidence. When you walk with your head held up high, a feeling of no one is above you presumes over your being, and with your chest out no one wants to challenge you. Walk heel to toe. You are no longer tippy-toeing around with your life, so why walk on your toes?

The way you talk needs to be direct, and nothing less. Mean what you say, and SAY IT! If you mean “no,” stand behind that “no.” Look your opponent straight in the eye, don’t blink, don’t tip your head to the side, say it and don’t repeat it. When you finalize all your responses strong, no one will second guess you, and if they ask again, stare them down until they get the point.

Step 4: “I love to see a young girl go out and grab the world by the lapels,” said the late Maya Angelou. Remember all your friends are not going to understand you, and all the people you meet are not going to go along with you. You have to learn how to be your own leader and follower. Be willing to stand alone. Did Beyoncé get her fan base by sticking with Destiny’s Child or did she leave her friends behind and dare herself into a solo career?

Step 5: “It takes a long time to get to be a diva. I mean you gotta work at it,” says legendary diva Diana Ross. Time and hard work will help you evolve into the diva you wish to be. Angelou, Zoe, Lewis and Ross did not become the divas they are known as today overnight. And no one really called them divas, they are self-defined, self-proclaimed divas. They are who they are because they did not let anyone come in and tell them who they were going to be. Each took the time to figure out what direction they wanted their life to flow and overcame the obstacles that could have blocked their journey. Take all the time you need to develop who you want to be and become it.

Beyoncé made a whole song about becoming a diva. She owned it! When you go against the grain, don’t compromise yourself to fit others’ illusions and don’t give attention to their nonsense, that is when you have evolved into a diva. Remember a diva is a self-defined and self-proclaimed woman, and you need to OWN IT!

ON THE ROAD THIS HOLIDAY SEASON

STAY SAFE THIS HOLIDAY SEASON

BETWEEN THANKSGIVING AND NEW YEAR'S, MANY AMERICANS TRAVEL NEAR AND FAR TO SPEND TIME WITH FAMILY AND FRIENDS. IT IS, AFTER ALL, THE SEASON OF CELEBRATION. BUT DRIVE BUZZED AND YOUR HOLIDAYS COULD TAKE A WRONG TURN FAST.



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10,076 People killed in **ALCOHOL-IMPAIRED DRIVING CRASHES** in 2013



In fatal crashes in 2013 **THE HIGHEST PERCENTAGE OF ALCOHOL-IMPAIRED DRIVERS** was for drivers ages:



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THE FINANCIAL TOLL

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Getting caught buzzed driving could cost you up to \$10,000 in fines, legal fees and increased insurance rates.

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HOW TO STAY SAFE

Prior to any drinking, designate a non-drinking driver when with a group.

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 SOURCES: <http://www.onedui.com> - <http://buzzeddriving.adcouncil.org> - <http://www.nhtsa.gov/impaired> - <http://www.rita.dot.gov>
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STOP THE TEXTS

STOP THE WRECKS

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(2009, VTTD)



DISTRACTED DRIVING IS THE #1 KILLER OF AMERICAN TEENS.

(2007, CHILDREN'S HOSPITAL OF PHILADELPHIA AND STATE FARM INSURANCE STUDY AND NHTSA STUDY)



82%

OF DRIVERS 16 TO 24 SAID THEY HAVE TEXTED WHILE DRIVING.

(AAD COUNCIL, 2011)

85%

OF YOUNG ADULTS WHO TEXT WHILE DRIVING AGREE THAT TEXTING IS A PROBLEM.

(AAD COUNCIL, 2011)

77%

OF YOUNG ADULT DRIVERS ARE SOMEWHAT TO VERY CONFIDENT THAT THEY CAN SAFELY TEXT WHILE DRIVING.

(AAD COUNCIL, 2011)

A TEXTING DRIVER IS 23 TIMES MORE LIKELY TO GET INTO A CRASH THAN A NON-TEXTING DRIVER.

(2009, VTTD)



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It's Only Natural

A Step-by-Step Hair Mask for Your Crowning Glory

By Vanessa Gyamfi

The natural hair movement has been the new craze among African-American women lately. A majority of black women are starting to appreciate the natural texture of their hair, now more than ever!

But some are still quite hesitant to embark on the natural hair journey. One of the main reasons are money and management. I can say from personal experience, there is a more cost-efficient way to work with your natural hair to keep it healthy and manageable. Making homemade hair masks can save you hundreds of dollars on expensive natural hair products.

Here are the ingredients and steps to make the perfect hair mask!

1. Avocado

Avocados are necessary to have in your hair mask, they contain a lot of proteins and vitamins, which can help with hair growth, moisture, and nourishment.

2. Egg Yolk

Egg yolk is one of the key factors in adding strength to your hair. As well as making your hair silkier, softer and more manageable. Its nutrients help pro-

vide your hair with a more voluminous and lustrous feel and look. Egg yolk also serves as a conditioner and moisturizer for your hair.

3. Coconut Oil

Most people know coconut oil is best for moisturizing your skin, but it's also great for the hair because of its moisture-retaining capacity; it does not easily break down nor evaporate. It does not let moisture escape, therefore keeping hair moist and soft, which prevents breakage of hair.

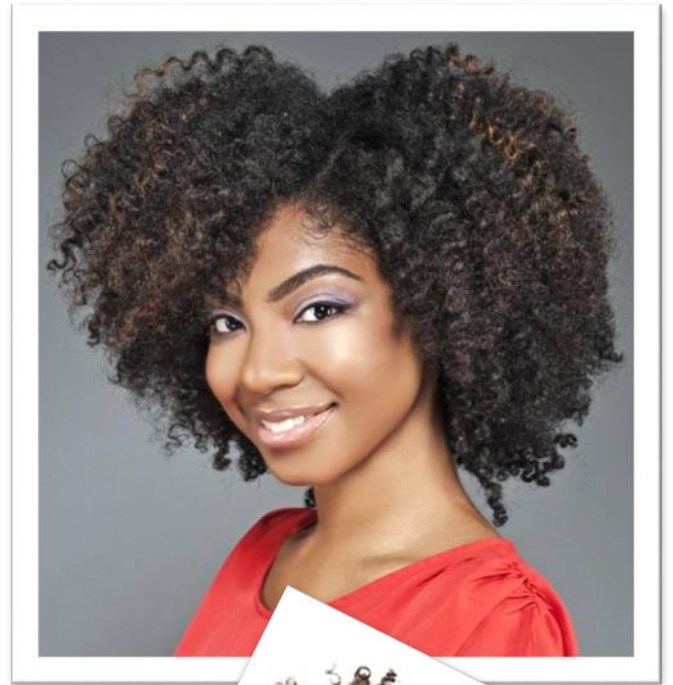
4. Bananas

I know, putting bananas in your hair might sound quite strange, but bananas are rich in potassium, which strengthens the hair, minimizes breakage and repairs damaged hair. Bananas also give your hair moisture; the more moisturized your hair is, the less prone it is to frizzing and tangling.

Take these steps for the perfect hair mask:

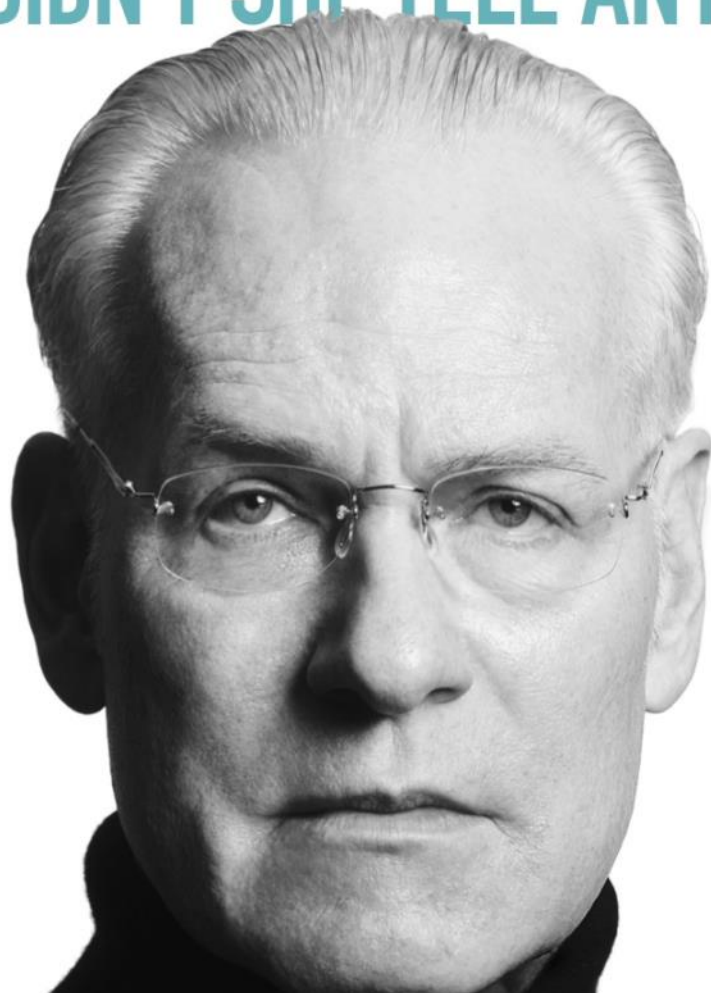
- Get a blender.
- Get a tablespoon.
- Take one avocado and peel it and place in blender.
- Take one egg and put only the yolk into the blender.
- Put one or two tablespoons of coconut oil into the blender (depending on if you are prone to frizzy or dry hair).
- Put one peeled banana and place in the blender.
- Blend the ingredients until the consistency is slightly smooth (make sure it is not too smooth because it will make it difficult to apply in hair).
- Pour the hair mask mixture into a bowl and let it sit for about 10 minutes.
- Get a towel because this process can become quite messy.
- Apply the mixture onto your hair (just enough to cover all of your hair, if some of the hair mask is leftover cover it and put into the fridge to use again if needed).
- Put a shower cap on your head and let the hair mask sit in your hair for 1 or 2 hours depending on your hair.
- Rinse the hair mask out and wash your hair with your favorite shampoo and conditioner.

You should notice that your hair looks healthier, feels softer and is shinier!



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No more excuses.
No more silence.
No more violence.



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Tim Gunn

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“WHY DOESN'T SHE JUST LEAVE?”

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Tamara Tunie

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