

Word On The Yard!

Paying Attention to Our History!

Issue 5

March 26th, 2010

Before creating this issue of Word on The yard, I had already had a layout of what I wanted the issue to look like, what I wanted in it, and I was just about finished. But after finishing up a project for a class I realized that this was more beneficial to everyone. Lets Talk!

I recently had an assignment for class where I had to interview an African American male or female who was old enough to recall and speak about their history. A couple of main points me and my group members focused on was growing up and living during the civil rights period, their childhood, and also how they would compare the community today, to the community that they grew up in. One of my group members suggested her great-great grandmother, Ms. Anna L. Lewis, a beautiful 84 year old Chicago native, who gave us the opportunity to take a look into her life. There are some things that you can not bottle up and sell. This type of wisdom and character can not be taught or read in a book. From doing this project I have gained insight and knowledge into what is truly important. Here is a portion of the interview that my group members and I did. Enjoy!

Brittany(Group member): Now for you as a child, who or what was a major influence for you growing up?

Ms. Lewis: [Giggle] I don't know. I had good teachers, and all the teachers were big on helping you do your best, so I remember those as happy memories and of course my mother and father, they both worked but when they came home, we had a family. And that was natural and normal; I can't really draw something out in a way that was different from another area in my life growing up.

Brittany: Now what would you say is something that is very important to you in life as of right now?

Ms. Lewis: Being somewhere right now, where I feel things are more available, I can't even get on a bus or a street car, because it's not near me. So I'm almost a captive, because I'm 84 I can't be running far, walking far, and I can't pay a taxi to go where I want to go, but if I was at home I would, easy, can't even get a taxi without paying 5 dollars or more. I mean I'm pretty stuck in the house most of the time, and everybody's walking over you like your nobody, and I don't like it at all.

Charity: The Emmett Till murder, where you around for that?

Ms. Lewis: Of course I was.

Charity: Ok. How was Chicago then? What was the black community like?

It is time for parents to teach young people early on that in diversity there is beauty and there is strength

-Maya Angelou





More with Ms. Lewis

Ms. Lewis: The black community was in high dungeons, but it was done, it was very dramatic and it was shocking, although we certainly knew it was happening, this didn't just happen there it was happening all over the south, so it wasn't something we weren't aware of, but it was just shocking that it was happening around us, but there was nothing really we could do but just express anger, and there was not that much power, that you could do very much in those days when Emmett was killed. Whereas today, we have a lot of political power and we didn't have it then, and then I was young, so I was upset, but it didn't stop my life. I never have believed in black people getting in high dungeon about something like that when they don't do right in their own neighborhoods. I think that first of all, we ought to carry ourselves in a better way, and act better, I don't know what Emmett was doing at that time, I'm not going to accuse him of anything, but I'm just saying we have a lot to do ourselves, and we don't really know the whole circumstance, and we never will. We can't just be ugly and just cause another up rouge because that won't cure anything, and that's what we need isn't it, a cure?

Then I asked a question about education , my group member proceeded with:

Brittany: I'm kind of happy that she said that too, because in this era, a lot of people say that since we have more resources than everyone in the past didn't have, that we should have more, and do more than people in your era didn't have the chance to do.

Ms. Lewis: Well that's absolutely true, but I have to have somebody encouraging you, and I'm telling you that I don't see that kind of encouragement coming from adults like it ought to, nor do I see that kind of respect that children had for adults, nor do I see parents wanting to know who you know, and seeing if you're doing the right thing, I don't see that at all, so you can't do it because no one is going to step in and mess with that child and get in trouble with the parents, it wouldn't be worth it, when you didn't have to.

Charity: I personally want to thank you for doing this; it's always good to hear the history from someone who was actually there, no disrespect.

*Ms. Lewis: I am, I am, I'm 84, so if don't tell you now I don't have many days to tell you something, everyday is really a blessing. You should talk to older people, they are the ones who know what happened, and what can happen, and what shouldn't happen, you're not gonna get it from your own peers. You should be happy to have adults interested in you and pays attention and asks you questions, they can't do much because you got parent, but they can do something.**

While doing this interview, I found myself drifting off and realizing everything that I am taking for granted. In this generation there is so much more we could be doing for not only ourselves but each other. With so many opportunities available to us, you would think that we would seize every single one of them, but no, we are in an age where no one wants to work for , or put any effort toward anything anymore. Don't get me wrong, I have come across plenty of amazing individuals who are always pushing forward, and putting effort forth in order to live a fulfilling life. Individuals that are serious about their education, who respect themselves and others, but it's a rarity to find those types of people anymore. Which is discouraging.

We have to do better! We need new beginnings . Us, as a generation, need to build each other up, encourage one another instead of stepping all over one another, we need to stop worrying about what the next man has over us, and begin to make moves to get to where he/she is and exceed them. Without struggle there is no progress, we have to realize that this is apart of the growing experience. We will fall a couple of times, but if we never fall how will we know what rising feels like?

Think about it.

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Building M.A.P.S

M.A.P.S recently had a meeting on last Wednesday and the discussion came up on the program and what we could do to fulfill the duty of M.A.P.S:

- More activity together as a program
- Bringing road trips back to the program
- And Meeting of the Minds

Were just a few of the ideas tossed around at the meeting. If you have any suggestions on how to develop the M.A.P.S program please e-mail Ms. Val at Val-erie.Craig@indsate.edu

Also we should begin to turn in our M.A.P.S Tiers as of now 4 tiers should be turned in. Make sure these get done, reminder phone calls are being made.



Responding to Rejection . . . From Val's Desk!

A Common Mistake We Often Make is: **Internalizing Rejection and Negativity.**

By this time of the academic year, you have probably received a wide range of negativity from colleagues, sometimes family, & random haters. This is perfectly normal and, quite frankly, some of it is part of the growth process. But that doesn't mean it feels good!

The *cumulative effect* of this negativity that can lead to exhaustion, paralysis, and/or depression. The problem occurs when we internalize the negativity and allow rejection to impact our sense of our own intellectual capacity, self-worth, and enjoyment of our work.

RESPONDING TO REJECTION, NEGATIVITY & HATERS

How you can objectively evaluate negativity while keeping it from disturbing your internal peace?

1) Ask Yourself **Does This Matter?** If not, consciously recognize them as trifling silliness that you have no control over and LET THEM GO.

2) If it Does Matter, **Identify the Heart of the Problem.** Figure out where the problem is located: Is it your work, your behavior, or you as a person? Differentiating between these three things is critical to moving forward. This will help you keep the negativity *externalized* and pointed in the direction of the problem, instead of *internalizing* it and allowing the negativity to attack your sense of self worth.

3) **Consider The Negative Input as Data.** Pull out the relevant pieces of information, plan your revisions, and move forward.

4) **When Overwhelmed by Negativity, Reach Out For Support**-If you are sensitive to criticism, consider reaching out for support. Have someone review your work,

That can point out the revisions without all the nastiness.

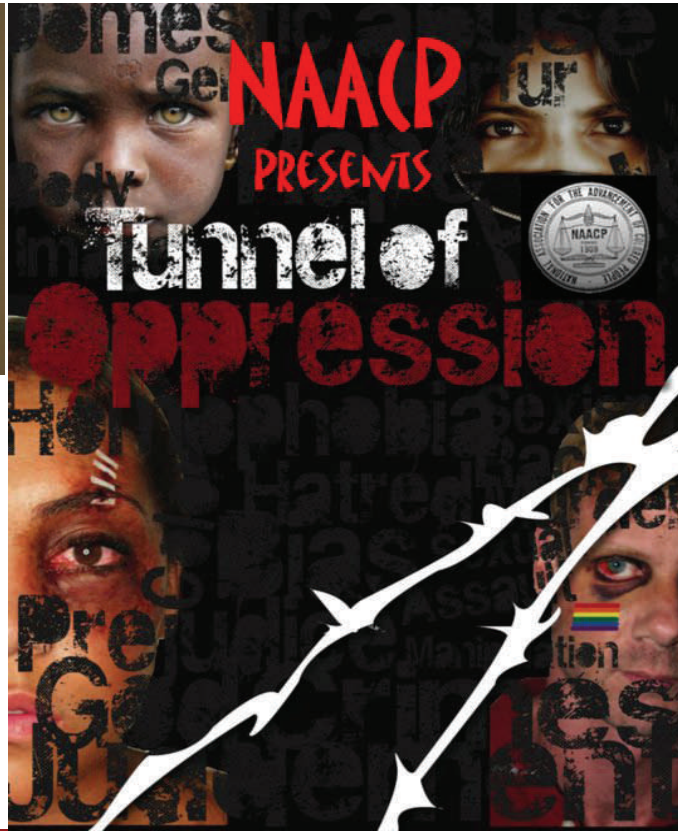
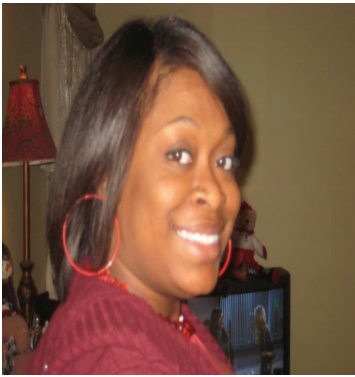
5) **Pity The Haters**-There are some people in our professional lives who simply cannot bear to hear positive information about other people (because they interpret it as negative information about themselves). You know who they are so don't allow yourself to be vulnerable to them.

6) **When You Receive Positive Feedback -- Celebrate!** Savor it when you have been acknowledged for what you have done right. Learn to take a compliment graciously, because those affirmations strengthen you!

7) **Develop An Internal System of Affirmation and Value!** Have a clear sense of your value as a scholar, your criteria for "good work", and your definition of success!

(I receive "The Monday Motivator" By Kerry Rockquemore, PhD & Thought This, slightly altered One Would Help More Than Me!!)

COME OUT to NAACP's Annual Tunnel of Oppression exhibit. Grand Open March 29th from 6 - 8 p.m. in the AACC. If you miss that date and time it will be open from 8:00 a.m. to 8 p.m. March 30th thru April 1st.



MISSION STATEMENT

Research has suggested that certain factors aid in the completion rate of historically underrepresented Americans, Mentoring Assistance for prospective scholars makes those components available to our students. This includes a link to the infrastructure of the university through their mentor financial assistance by providing a monetary stipend for work done with their mentor, and campus involvement through our "tiers" program, which require that our students become involved in the campus community at large.



M.A.P.S.

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Abandon Hate, Practice Love. Preach kindness... Pursue Dreams.... Exact a wrong...Protect a Truth...Take Advantage of the day!"

~ Heavy "D"