

# VILLAGE NEWS

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**Du Bois College House Staff**

Patricia Williams  
House Dean

May Dobal  
Faculty Fellow

Joseph Larkin  
Senior Fellow

Everett Herman  
House Coordinator

**Graduate Associates**

Jason Ingram  
Suzanne Lyons  
Shameeka Mattis  
Franciska Coleman  
Renata Clay  
Shasta Jones  
Kim Gallon

**Managers**

Ashley Foxx  
Laurence Bell  
Tamar Sinclair

## FROM THE HOUSE DEAN

Welcome to the first regular edition of our new quarterly newsletter, *The Village News*, (there was a special freshman edition in late August). Our editor, Ashley Foxx has done a splendid job in putting together this issue. Our aim is to bring to you an upbeat, positive newsletter that is a reflection of the many wonderful things going on in the W.E.B. Du Bois College House.

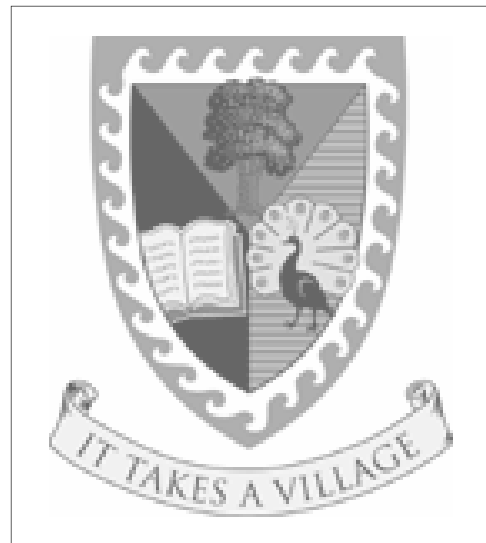
First and foremost, there have been a number of staff changes in the House. Dr. Freida Outlaw, our Faculty Master, is on a leave of absence. However, I am pleased to announce that we now have a new Faculty Master.

He is Terry Adkins, Associate Professor of Fine Arts. Prof. Adkins is a nationally renown sculptor, whose works have been widely exhibited. His art is part of permanent collections in The Museum of Modern Art, NY; The Metropolitan Museum of Art, NY; The Hirshhorn Museum and Sculpture Garden, Washington, D.C.; The High Museum of Art, Atlanta, GA; The Jack S. Blanton Museum of Art, Austin, TX; The Studio Museum of

Harlem, NY and many others places. He is the recipient of numerous grants, awards and commissions, and is widely published in his field. In addition to his art, he is an accomplished jazz musician. Prof. Adkins is married and the father of two children, a girl, age 4 and a boy, age 8. I know that Prof. Adkins and his family will be welcomed warmly to the W.E.B. Du Bois College House.

In addition, there are new Graduate Associates, as well as new faculty members. By now you have met the GAs: Jason Ingram (1<sup>st</sup> floor west); Shameeka Mattis (2<sup>nd</sup> floor west); Suzanne Lyons (2<sup>nd</sup> floor east); Renata Clay (3<sup>rd</sup> floor west); Franciska Coleman (3<sup>rd</sup> floor east); Shasta Jones (3<sup>rd</sup> floor west) and Kim Gallon (4<sup>th</sup> floor east), our only returning GA.

You may even have met or bumped into our two new faculty members. Dr. May Dobal is an assistant professor in the School of Nursing. She is anxious to



get to know students through workshops and events geared toward better health and healthy living alternatives. Dr. Dobal will be working closely with Shasta Jones, our Health Liaison and the Director of the Du Bois FIT program. Dr. Joseph Larkin, a post doctoral research fellow, has joined the House as its Senior Fellow. Dr. Larkin is a research fellow at the Wistar Institute, where his area of expertise is immunology. He has gladly offered to assist students with Biology and Chemistry. He also plans to work with Jason Ingram on organizing some bonding activities, especially for the males in the House.

We began the year with our annual *Welcome to Du*

# DU BOIS HOUSE GETS FIT

By Shasta Jones

Work out with the "House"!  
 Kickboxing Class Dates:  
 October 13th  
 October 16th  
 October 20th  
 October 23rd  
 October 27th  
 October 30th

**W**e have seen a wonderfully consistent attendance at the Du Bois kickboxing classes over the last few weeks. Because the instructor, Cliff, is a champion boxer who



owns gyms throughout the city, a certified personal trainer, and the winner of a number of bodybuilding competitions, we are always

assured of a challenging, but fun workout. He combines cardio boxing and kicking, weights, and medicine balls in each workout. And we always end by performing well over 100 crunches and additional abdominal exercises in addition to pushups. If you have a desire (as everyone should) to improve your cardiovascular endurance and tone your entire body, I encourage you to attend our kickboxing classes every Monday at 8pm in the MPR. We even provide bottled water free of charge to participants. Do not worry if you cannot remember the last time you worked out - if ever. One of the best aspects of the class is that you are encouraged to work at your own pace as you build

stamina. So stop making excuses and join us!! In addition to improving your strength in kickboxing classes, please remember that there is a well-stocked weight room in the basement of Du Bois College House that residents are free to use at any time. Lastly, we are very excited to report that Du Bois residents are now the recipients of a 21<sup>st</sup> century, top of the line treadmill. It is located in the cardio-vascular room in the basement. It may be accessed by signing out the key at the front desk. As is evident, the staff is committed to improving the health status of the entire house. So if you have any health related suggestions for programming, I would love to hear them. Feel free to stop by and see me in room 415.

To your health,  
 Shasta

# A CALL TO ACTION

by Suzanne Lyons

*"Be the change you wish to see in the world." -Ghandi*



**I**n this simple, yet profound statement, Ghandi calls every individual to take responsibility for the changes they wish to see in the world around them. You do not need to go far to hear people *talk* about the poverty and the injustices plaguing today's society, nor do you have to *read* too deeply into the newspaper to be aware of them. We live in a country where 12 out of 100 people are living in poverty, and the rates for specific sub-groups are even higher - approximately one in five for children under the age of 10 and one in four for African-Americans. Not only are these individuals deprived of the money they need, but they are also oftentimes deprived

of adequate housing, health care, and education. The question here though is not how many statistics one can spout out or how knowledgeable one is in the field of social justice. Rather, the question becomes: what is being done about it? Who is answering the call to *action*? As college students, we have a special advantage over many - both in regard to our education as well as our opportunities to serve. Community service is more than just a "good" thing to do - it is the "right" thing. Those of us who have been blessed to make it this far have a civic responsibility to give of ourselves to those who have been denied access to their basic needs. It is an action which helps the community at large while also allowing us to grow as individuals.

Here at Penn there are limitless opportunities to get involved in helping and a number of campus and community groups dedicated to doing just that. The Civic House and Philadelphia Cares are just two examples of organizations working hard to connect interested volunteers with community service activities. More importantly, as residents of Du Bois, you can always count on Shameeka and me to keep you up-to-date on service opportunities and events. Be sure to keep an eye out for monthly events and never hesitate to contact us with ideas or suggestions, because at the end of the day the question will ultimately be: What have *you* done to help those around you?

# October 2003

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12 Fall Break Martial Arts 2 pm MPR	13 Fall Break Kickboxing 8 pm MPR	14 Fall Break GA Staff Meeting 9 pm	15	16 Kickboxing 8 pm MPR  Def Comedy Jam Outing	17 PCP Shanta Driver Lecture Series 8 pm MPR	18
19 Marital Arts 2 pm MPR	20 House Dinner & Meeting 7 pm MPR  Kickboxing 8 pm MPR	21 Financial Aid Counseling General Session  6 pm MPR	22	23 Penn PM Event 8 pm  Kickboxing 8 pm MPR	24	25 Family Weekend  Family Break- fast 10 am
26 Family Weekend  Martial Arts 2 pm MPR	27 Advance Registration Begins  Kickboxing 8 pm MPR	28 76ers Game vs.The Heat  GA Staff Meet- ing 9 pm	29	30 Kickboxing 8 pm MPR	31 Halloween	

### OTHER UPCOMING EVENTS...

- **November 5th**—Nursing School Panel, 6 pm MPR
- **November 8th** — Out of Du Bois: Black Alumni Authors
- **November 11th**— House Dinner & Meeting, 7 pm
- **November 20th**— Penn PM (TBD)
- **November 23rd**— Thanksgiving Gala

Cont. from page 1..

*Bois Barbecue*, a tremendous event which attracted over 150 students, many of them guests from other houses, as well as former residents and recent graduates. Not long after that, the Politics and Cultural Pluralism Program (PCP), under the new leadership of Jason Ingram, held its opening meeting and discussion. Thanks to the enthusiasm of the PCP leadership and the members of our residential program, the meeting was a huge success and the group is off to a wonderful start. The PCPers will soon have their own designated lounge area on the 4<sup>th</sup> floor. Renata Clay, 3<sup>rd</sup> floor GA and Wharton MBA candidate, is working with a Wharton Management 100 team to raise money for this project, which includes the creation of a mural, as well as a website for the program. In addition, they have space for a meeting room and a library.

The house-wide Du Bois FIT program continues to offer kick-boxing weekly, under the leadership of physical fitness expert, Cliff Johnson. These sessions are held every Monday at 8 p.m. in the Multi-purpose Room and, they are not for women only! As part of this program, Shasta is currently trying to get Pilates classes started, as well.

While community service has always played an active role in the House, especially through its involvement in the Ase enrichment program, Shameeka Mattis and Suzanne Lyons, the second floor GAs, have implemented a number of community service projects outside of the House. They will continue to work to get students more engaged in service that affects not only the local community, but the larger, global community, as well. Please note that there is currently a coin drive going on to assist the Ase program. They are

asking residents to drop their loose change in the Ase jar which sits at the front desk. Remember, every little bit counts!

We are also continuing with our monthly Dinner and a Meeting

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*"In spite of our limited budget, a real effort is being made to offer Du Bois residents many of the things that students in other college houses enjoy."*

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which began last year. These meetings offer residents the opportunity to learn about changes, new policies, to raise questions about issues pertaining to the House and to hear speakers on current issues. More importantly, they are occasions where residents get together as a family and enjoy a good meal (sometimes home-cooked). A complete list of planned upcoming events is included in this newsletter and a monthly calendar is posted on the first floor lobby bulletin board. Please check the calendar regularly and join your fellow residents in as many House activities as possible. They are all planned for you, the students. Also, feel free to make suggestions to your GAs if there are things you would like to see happening in the House.

In spite of our limited budget, a real effort is being made to offer Du Bois residents many of

the things that students in other college houses enjoy. With that in mind, a commercial treadmill has been purchased and a pool table should be arriving shortly. The current plan is to convert the Sonia Elliott room, located in the basement, into a recreation area for residents. We will work with House Council leaders, Kim Aparisio, president, and Ansara Vaz, vice president, to come up with a policy regarding the appropriate use of our exciting new facility.

Tickets have been obtained to such off-campus productions as the musicals, *Miss Saigon* and *Chicago*, the opening night game of the 76ers vs Miami Heat as well as to the Def Poetry Jam. Center court tickets to the game are still available and interested students should contact me, or Everett Herman, the House Coordinator, as soon as possible. I hope to continue to provide residents with exciting off-campus opportunities so that they get to know this wonderful city of Philadelphia.

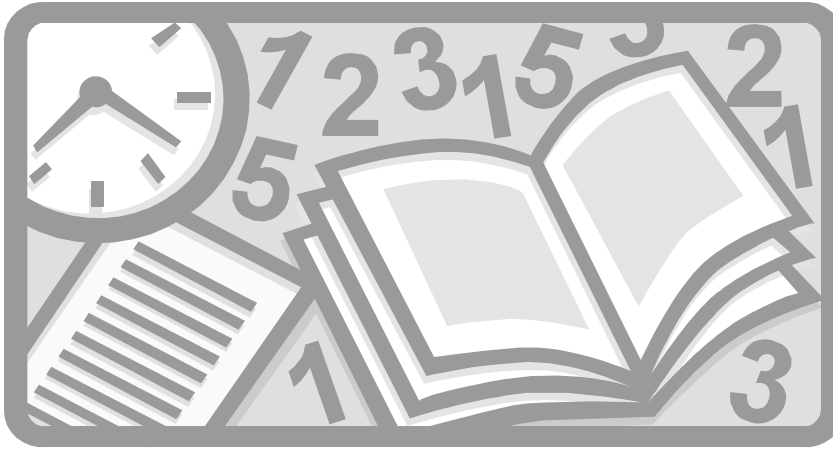
The Graduate Associates, faculty members and I look forward to working with students to provide an exhilarating and productive year for all members of our village!

In Unity,  
Ms. Trish



# 10 STUDY STRATEGIES TO GET YOU THROUGH COLLEGE

compiled by Tamar Sinclair



- **Location, Location, Location**

Where you go to study is very important. Make sure that it is a location that works best for you. Look into the level of background noise, how physically comfortable you are, and limit the number of distractions. If you need help figuring out good locations, check out the list of [Places to Study on around Campus](#) at the front desk.

- **Can't Concentrate**

You need to know what is bothering you, so you can get over that obstacle. You must actively monitor yourself while studying. Some suggestions include paraphrasing paragraphs after reading them, reading out loud, underlining and/or highlighting, and taking notes in the margin.

- **Where Do I Start?**

It helps to prioritize your work ahead of time and see what must get done first. In addition to this, estimate how long your assignment will take to complete so you can give yourself

ample time to get it done.

- **There's Too Much on My Mind**

It may be helpful to keep a notepad nearby so you can jot down whatever is on your mind. Don't let that fight or crazy incident get the best of you and your education.

- **Better Notetaking**

This will only improve if your listening skills improve as well. Ask yourself, "What do I want to learn?" Use abbreviations that you'll understand, write down main arguments, limit distractions that will not let you concentrate. Lastly, leave space in your notes for when you review them and may need to make some additions or corrections.

- **Getting Ready to Do Work**

It can help if you provide yourself a list of questions as guidelines for yourself when reading. Also, set goals for yourself and reward yourself once you have reached this goal. Make sure you are awake. If you start out too tired, you may just fall asleep or just re-

tain nothing.

- **Way Too Much Information**

Take it easy because it is not an impossible task. Little tips: survey the assigned reading assignment, read in chunks, answer discussion questions as you read, review the chapter after reading, and take time to review and reflect on what you've just learned.

- **Timing Is Crucial**

Figure out what time during the day you are most alert. This should be the time when you are doing your studying. Also, it helps to break up your study sessions in 2/3 hour locks of time. Anything longer, you may not be able to retain all of the information.

- **Gimme a Break!**

If you know that you deserve a break, you ought to take one. Get up and walk around. Step outside of the building you are in and refresh yourself with that wonderfully chilly Philly weather. Have a snack, get that caffeine, and get ready to go again!

- **This Hasn't Helped!!**

So you're still lost and confused, and all these hints just aren't working. You can talk to a Learning Resources Instructor in HRE 110. It's already paid for, and they are very nice and patient.

In the end, your goal here is to succeed. Do what you need to do in order to make that happen!!

*\*\*Some of the Information for this article was gathered from Tutoring Resources pamphlets.*

## Du Bois College House

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Email: [dubois@lists.upenn.edu](mailto:dubois@lists.upenn.edu)

## We're on the Web!

<http://dolphin.upenn.edu/~souls/>

### Are you a Poet? Essayist? Artist?

Submit your writing or art samples to the Village News. Selected submissions will be featured in a Du Bois House Talent Spotlight!

Something you want to see in The Village News? E-mail Ashley Foxx, Communications and Media Manager at [foxx@sas.upenn.edu](mailto:foxx@sas.upenn.edu) with any suggestions.

# Did You Know?

- Tickets have been purchased for the 76ers Opening Night game against the Miami Heat on Tuesday, October 28th. These are center court seats. In addition a meal coupon is available that entitles the holder to a Sixers cap, hot dog, soda and popcorn. This is at least a \$60 deal that is being offered for \$25.
- Male and Female Models wanted for a Du Bois College House "Healthy Living" Photo shoot. For more information, contact 4th floor GA, Shasta Jones at [shastaj@pop.upenn.edu](mailto:shastaj@pop.upenn.edu).
- Financial Aid Counseling is coming to Du Bois! General Sessions will be offered October 21st in MPR 1 and One-on-One Sessions will be offered on October 27th.

## POLITICS AND CULTURAL PLURALISM PROGRAM HEADED IN THE RIGHT DIRECTION

By Jason Ingram

We are proud to announce that the Politics and Cultural Pluralism Program has entered into the 2003-2004 academic year with a sense of direction and a fervent commitment to addressing social issues.

From forums with leading activists and scholars to community service programs that will serve to enhance the West Philadelphia community, the PCP program is seeking to become a politically and socially conscious force in the W.E.B. Du Bois College House, but also throughout the broader Penn community.

The Politics and Cultural Pluralism program is dedicated to fostering intellectual growth and to allowing residents of the W.E.B. Du Bois College House with a strong interests in areas such as African American



W.E.B. Du Bois

Studies, Asian American, Latino Studies, political science, sociology, and urban studies to voice their concerns in an open forum. In addition to special gifts and talents, PCP members bring differing worldviews, as well as varying cultural backgrounds, to the program. This adds to the richness of the program, as each has his or

her own way of interpreting social justice and ideas of how to attain such a laudable social objective.

Graduate Associates, Jason J. Ingram, Director, and Kim Gallon, Assistant Director, will staff this year's PCP program. With each of their backgrounds, the PCP program is slated to be a sure success.

### PCP 2003-2004 Participants

Veyom Bahl  
Stefon Burns  
Kristal Elliston  
Tracie Curry  
Courtney Edwards  
Stephanie Oduro  
Danielle Barnes  
Jessica Simmons  
Uzoamaka Igweatu  
Nicaila Matthews  
Isis Semaj  
Andaiye Taylor  
Erin Wahler  
Rachel Rouhana