

THE METER

Serving the Tennessee State University and Nashville Community Since 1950

NASHVILLE, TENN

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Tennessee State University President Glenda Glover presented Beverly Bond, President and CEO of Black Girls Rock, with the Lifetime Achievement Award at the 9th annual Women of Legend and Merit dinner in the Gentry Center on March 22. The glass slipper was given to her after an inspiring speech in which she talked about why she founded Black Girls Rock.

Photo by Sandra Long Weaver

Dressing tips to make killer first impression.

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Starbucks opens on campus

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West Side Story comes to TSU March 31st.

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OPINION/EDITORIAL

Don't Wait to Prepare for the Future



By Ashley Parmer
Editor in Chief

In the article "Businesses Boom for Undergraduates" recently published in the Tennessean, a writer takes a look at the businesses that have been developed from the ideas of the creative minds of local college students. Undergraduates from many colleges around Nashville were spotlighted for their innovative ideas, but sadly no one from Tennessee State University made the cut.

TSU's absence in the article doesn't mean there is a lack of talent. In fact, there are many students around TSU who range from authors to entrepre-

neurs. And to those students who have taken a leap to start your own business, I salute you.

We must begin now to shape our own future. For those who have the next big idea, go for it! Take the risk. And for those who know where they want to be in the end, begin taking small steps or big leaps to get there.

No matter your classification, you are close to entering the real world. In order to prepare for it, there are things you should be doing now. These things include finding a mentor, applying for internships, refining your resume, or conducting a mock interview. Each of these elements can play a part in your future success and career. According to a survey from the National Association of Colleges and Employers, "95 percent of employers said candidate experience is a factor in hiring decisions." Nearly half of those surveyed wanted the experience to come from internships.

Undergraduates and graduates alike will be entering a world where competition is high and job opportunities are low. We must be prepared to represent ourselves well, and create our own opportunities. Real world readiness begins at home. So before you leave the nest, make sure you can fly.

TSU
The Buzz

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THE METER

Serving the Tennessee State University and Nashville Community Since 1950

Do you like finding stories about what's going on with your TSU campus community?

Do you like telling them to your friends?

Then you should join The Meter staff for the 2016-17 academic year.

We need people who are majoring in journalism, marketing, business, health, criminal justice, math or a foreign language. The Meter needs people with all kinds of backgrounds and skills to tell the TSU story. You can fill out this form and bring it to Room 3 in the student center or apply online at tsuthemeter.com.

Name: _____ Current classification: _____
 Email: _____ Phone: _____
 Major: _____ Minor: _____
 Hobbies: _____
 I'd like to become a member of The Meter staff because: _____

Please circle (all that apply) the kind of stories you're interested in writing about:

- Entertainment
- Sports
- Food
- Fashion
- General Assignment
- Other

Sexual Assault Precautions at TSU

By Shayla Simmons
Meter Staff Writer

With sexual assault allegations sweeping through the universities of Tennessee, students, parents, faculty and campus police are all on high alert. With statistics stating that one in five college students experiencing sexual assault during their collegiate career, it comes with good reason.

The most recent of these allegations come out of the University of Tennessee with their sports program under fire for their lack of intervention when a student-athlete is the suspect. During the height of the lawsuit, six unnamed victims stepped forward against the University of Tennessee. The story gained even

more attention once NFL star Peyton Manning was also cited in previous rape allegations.

With the seriousness of these allegations one would expect the rate of reported incidents to be higher. But it is estimated that 95 percent of all incidents go unreported. So the question remains, how to decrease and ultimately end this tragic epidemic.

Tennessee State University has taken measures to prevent such tragedies occurring on our campus. One of these measures was to implement a requirement for all new students (as of Fall 2015 and henceforth) to undergo virtual training with "Haven- Understanding Sexual Assault." The program takes students through several scenarios, defining multiple terms that fall under the blanket of sexual assault, prevention tips as

well as providing useful outlets to those seeking help.

Other preventative measures taken on by TSU also include the installation of phones that directly connect students to the campus police department, as well as an increased police presence at all hours.

With these steps taken, TSU hopes to avoid tragedy like that of which struck University of Tennessee.

For more information, visit the Office of Equity and Inclusion on campus or visit their website at <http://www.tnstate.edu/eoaa/>.

And if you or someone you know has been sexually assaulted you are encouraged to either call TSUPD at 615-963-5171 or the Office of Equity & Inclusion at 615-963-7435.

The Kickoff to Sexual Assault Awareness Month

By Xeña Ford
Meter Contributor

The Sexual Assault Center in Nashville will host the Clothesline Project on the second floor of the Floyd Payne Student Center from April 1 to 8. The annual project kicks off Sexual Assault Awareness Month on the campus.

This exhibition will feature a collection of t-shirts, created and designed by clients of the Sexual Assault Center. The shirts are created by clients of all ages, gender and ethnicities as a way to help them express and release their emotional distress.

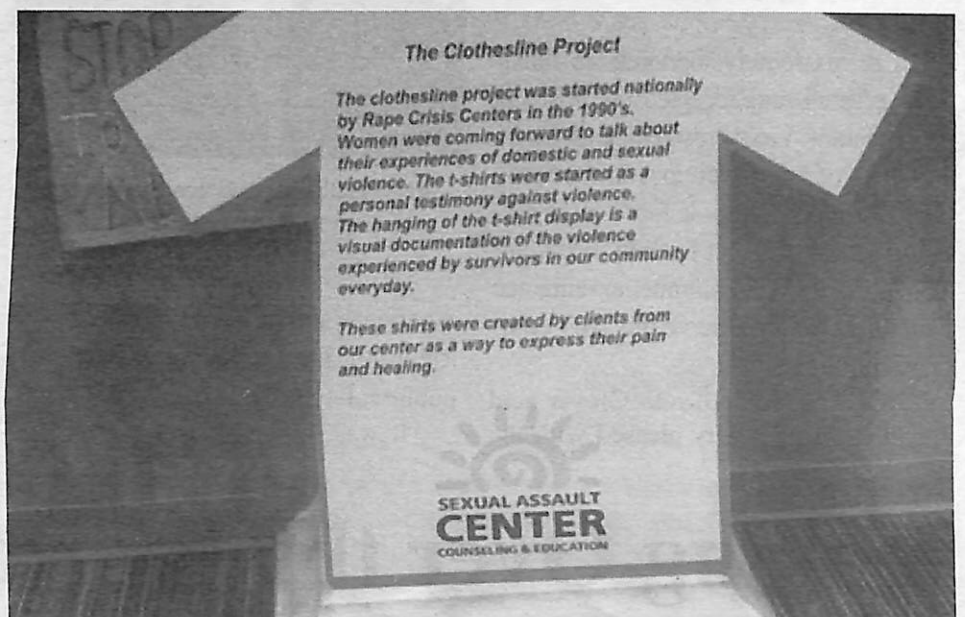
The Clothesline Project was originally started by Rape Crisis Centers in the 1990's as a testimony against violence, but is now a nationwide campaign that serves as a visual documentation of the violence experienced by survivors of sexual assault.

The Sexual Assault Center welcomes the TSU community and the entire student body to join the movement and participate in this interactive project.

University involvement in The Clothesline Project will help the SAC continue to work towards its mission to provide healing for children, adults and families affected by sexual assault and to end sexual violence through counseling, education, advocacy and crisis support.

The display will kick-start the first of three of the SAC's campaigns to promote the awareness of sexual assault on the TSU campus. Students are encouraged to get involved with the clothesline project and watch for other activities. More information can be found on the Sexual Assault Center's website, www.SACenter.org. Students can also follow the center on Twitter, Facebook, YouTube, and Pinterest pages for updates and other ways to get involved with sexual assault awareness.

More information can also be obtained by contacting SAC Prevention Specialist Sharon L. Travis at stravis@sacenter.org if there are other questions about The Clothesline Project.



THE METER

Missed an issue of The Meter during the Fall semester? New to the campus?

Go to www.tsuthemeter.com to see what you missed.

And check each week for news updates to know what everyone's talking about on the campus.

Look for the next printed issue of
The Meter on April 14th

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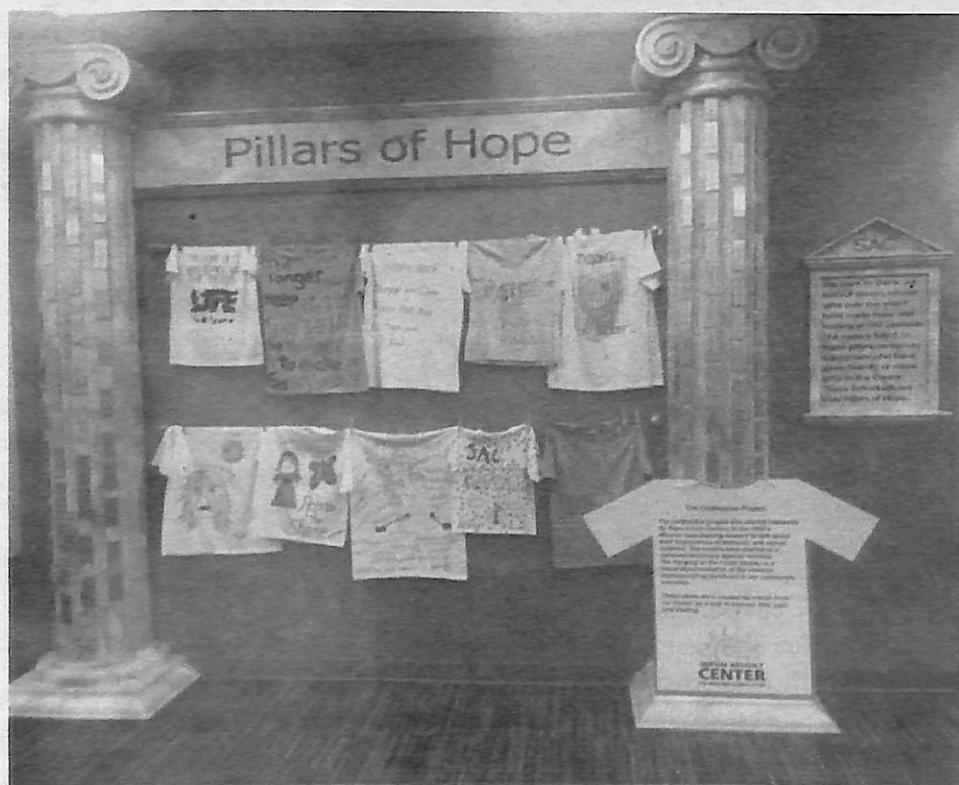
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New TSU Police Chief Announced, More Safety Enhancements in Place

NASHVILLE, TN (TSU News Service) — Tennessee State University is continuing to implement its 10-Point Safety Enhancement Plan with the hiring of a new police chief and additional safety measures.

University officials announced Monday that Gregory Robinson has returned to his alma mater to take the top position. Robinson, who has over 30 years of experience in law enforcement, is coming from Vanderbilt University where he was in charge of the entire police operation on the main campus that included nearly 100 police and security officers.

"I'm extremely honored to have been offered and accepted the position of Assistant Vice President and Chief of Police of this prestigious institution," Robinson said. "I look forward to carrying out the plan set forth by President Glover that will continue to enhance campus safety, and serve the TSU community."

TSU President Glenda Glover said the University is very pleased with the



Gregory Robinson has been named new TSU police chief.

experience and qualifications that Chief Robinson brings to the University's public safety program.

"It was important to have an indi-

vidual with a vast background in law enforcement, and with specific knowledge of higher education public safety policies and procedures," Glover said. "Our new chief has an extensive and impressive employment history that will further enhance the work we have already begun as we continue to make the TSU Police Department even better as it serves the campus family."

President Glover commended Interim Police Chief Anthony Carter for his leadership during his time as head of TSUPD.

"I truly appreciate Carter for his hard work and commitment to the University," she said.

In addition to hiring a new chief, the campus is now enclosed by more fencing and has new traffic control gates that were installed over the last month. The upgrades are part of the University's safety enhancement plan instituted last October.

The current fencing initiative is nearly 75 percent complete along the west side of the campus and is scheduled for

completion this semester. The first phase was completed in January 2015 and included the campus area facing 33rd Avenue, enclosing several residence halls. The fencing initiative is an effort to curb outside pedestrian traffic.

Another component of the plan being implemented addresses traffic control. New traffic gates with call boxes have been installed at several sites. Additional access control devices are being installed as well. Individuals must swipe an active ID badge for access.

These new measures help to fulfill components of TSU's 10-Point Safety Enhancement Plan that require individuals to have a current ID to move about on campus, whether on foot, or by vehicle. Last semester, TSU opened a police satellite office in the Student Center and established a Student Safety Patrol.

Visit www.tnstate.edu/safety for a comprehensive list of the safety plan.

Taking Over the World One Cookie at a Time

By Leona Dunn
Meter Staff Writer

Mikayla Jones came to TSU last Fall, as a freshman ready to start her college career with nothing but high hopes, big dreams, and 24 credit hours. In a year, she's accomplished being Miss Honors, a business owner and a junior that will have enough credits to graduate in three years.

"I always try to take advantage of every opportunity I have because there are just too many out here to just let them go to waste like that, and I am constantly telling people, 'don't take no for an answer because most of the time no just means not right now,'" Jones said.

Mikayla started her own cookie business at Tennessee State University her freshmen year by taking advantage of a missed opportunity and getting the little encouragement she needed from her fellow students.

"The business literally just happened after I tried to run for Miss Hale Hall, I bought all this stuff to make cookies for my campaign then didn't make them in time," Jones explains, "so by networking with random people in the cafeteria, one day I met a boy who lived in the apartments. I told him

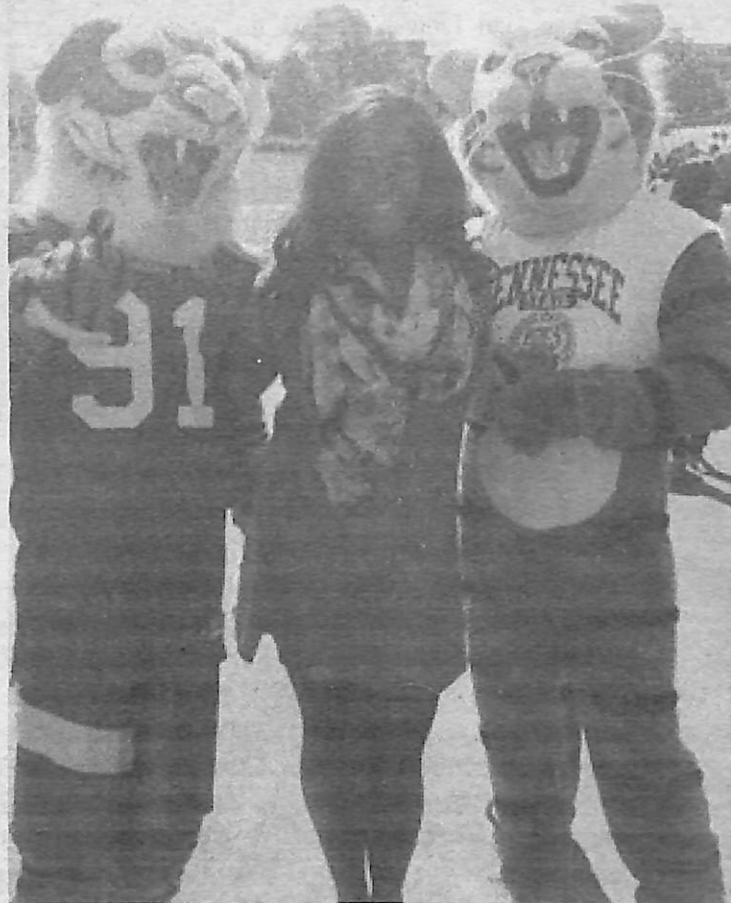
about all this material I had just sitting in my room, so he let me use his oven and we made cookies."

Surprised by the reaction she got when she walked back into her dorm with all of these cookies that sold so quickly, she decided maybe she would make this a re-occurring event.

"I walked into my dorm with these cookies that I was selling, and in thirty minutes, everything was gone. It only took thirty minutes," Jones said.

When it comes to school, Mikayla shows the same drive and initiative through her schoolwork that she does in her extra-curricular activities. Her goal is to eventually be the CEO of a hospital located in an area with a huge Hispanic influence which aligns perfectly with her health science major with a minor in Spanish.

"I was going to do the degree in three program, but decided to stay all four years so that I could get the opportunity to study abroad and immerse



Mikayla Jones

myself in an environment of people that speak fluent Spanish, because I feel like I will learn easier that way," Jones said, "and I really want to be fluent in Spanish before I leave college.

That's a major goal I am trying to accomplish."

As for the cookie business, Jones plans to foster that into a million dollar corporation so that it can eventually run itself. Currently it's an online based business located out of two cities; Nashville and Cleveland. Jones takes orders through social media and word of mouth. Eventually she would like to get a storefront and have it as an underground artistic gallery, where her cookies could just be snacks compared to everything else going on in the center full of enlightenment.

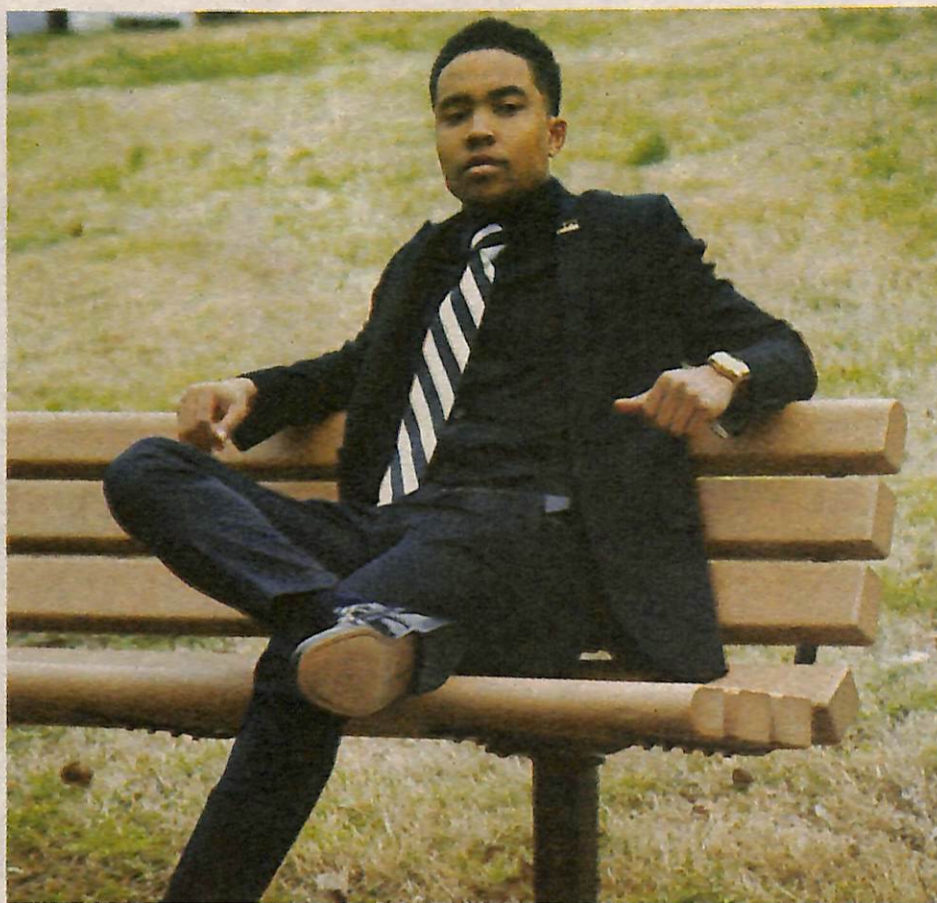
"Since I do other things, sing, dance and spoken word- I guess I am just looking for a place here I can bring everything I have to offer together," Jones said, "I feel like if you're not dreaming big

you're not dreaming at all and I want everyone to remember when it comes to opportunities, closed mouths never get fed."

TSU Student Takes on Princeton University

By Delvakio Brown
Meter Staff Writer

Every Tuesday and Thursday morning while most students with 8 o'clock classes are getting ready to head to class, Romin Geiger prepares himself for a long day full of data, and pulls out his blue bike and begins peddling towards Vanderbilt University. If you're on Jefferson Street headed to work, school, or simply out to handle business during the early morning, you might see this young man moving swiftly with his neon green wheels. The reason for his travel is because he engages in intense neuroscience research. At 9 a.m. Geiger begins studying visual working memory and long term memory while performing tasks. His research is made possible because of a joint neuroscience program with Tennessee State University and Vanderbilt University geared towards providing minority students with the resources to obtain a PhD in neuroscience.



Romin Geiger

Because of his involvement in the TSU-NERVE program, Geiger, a junior psychology major, is set to begin research at Princeton University this summer. Along with three other Tennessee State University students, an academic adventure of a lifetime awaits. Princeton

researchers found out that the four students were highly interested in doing research and through a skype conference call they were told on the spot that they were welcomed to Princeton's campus.

Since the age of 17, Geiger has been

amazed by the idea of research. His motivation comes from being able to gain knowledge of how he can enhance the psychological wellbeing of humans.

"Having the experience to do what professional individuals in my field of psychology do, intrigues me because

I'm able to gain knowledge on what I will exactly be doing in the future with my own research," stated Geiger.

The research opportunity is funded through the National Institute of Health, which is a program that provides resources to minorities because of the lack of diversity in science, technology, engineering, and mathematics (STEM) field majors. His current research seeks to show how humans interplay between visual working memory and long term memory based on their top-downing processing, in other words processing the world to their brains.

The Princeton University research program will give each student specific research experience in their field of interest. Geiger has the dream of becoming a child psychologist and will be able to network with people from all across the nation. After the program, each student will have the chance to represent Tennessee State University in San Diego, California in showcasing their research. The early morning bike rides to Vanderbilt will not happen in vain as Geiger plans to one day help change and enhance health of the human brain for people all over the world.

Freshman Recreates Worn Out Shoes into Art

By Delvakio Brown
Meter Staff Writer

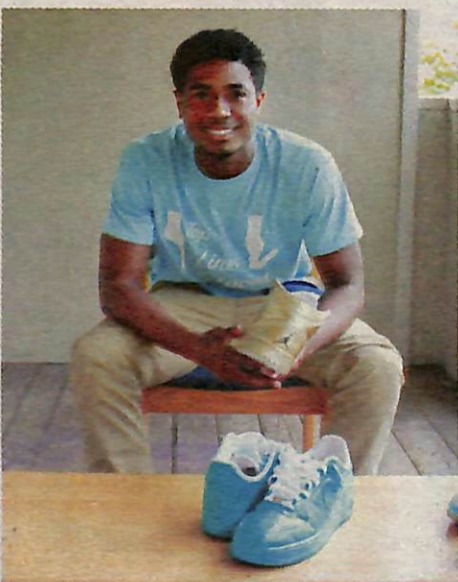
Watson Hall is full of young men striving to obtain the goal of receiving a college degree. One resident in particular is taking advantage of making a difference, one pair of shoes at a time. When KeShun Pinkney, freshman business supply chain management major, is not in class, studying in the library, or playing his favorite sport of basketball, he is in his room detailing and customizing the worst conditions of tennis shoes.

What started off as playing around for Pinkney in his free time has turned into a business, Topline Laces. After attending Tennessee State University Academic Bootcamp this past summer, Pinkney returned to his hometown of Memphis, Tennessee to do a shoe giveaway. He was able to grant 21 students between the grades of 5th-8th grade at Mt. Pisgah Middle School a pair of shoes that he recreated with his talented hands. He still keeps contact with one of the kids he gave a pair of shoes to.

"I just wanted to make a difference with these kids and be a true role model," stated Pinkney.

Making a difference in young peo-

ple's lives began back in high school. While attending Briarcrest Christian School you could catch No.15 Pinkey as a point guard on the court. In his free time, he spent time giving back in the Big Brothers Big Sisters program.



KeShun Pinkney

This summer, he plans on giving back more pair of shoes than before. Once the mask covers his nose and mouth, the spray utensil is tightened, and the shoes are in the perfect position, the artistic journey begins. When students return to pick up their shoes,

a new colored pair awaits them. It is easy to mistake the shoes that KeShun hands touches for those that are fresh out of a shoe store.

In the past two years, he has paid attention to small details and seeing the best in an old raggedy pair of shoes.

One day you will be able to purchase Pinkney's creations because he

plans on opening up shoe stores once he graduates.

Do you have an old pair of shoes that you want to have restored or want to donate shoes to Pinkney's next big giveaway? Well you can email him at toplinelaces@gmail.com. You can also check out his creations on Instagram at [@toplinelaceskp](https://www.instagram.com/toplinelaceskp)

TENNESSEE STATE UNIVERSITY

Career Development Center
Calendar of Main Events
Spring 2016




Apr

- 5-8 Senior Success Week
- 5- Breakfast, Brag, and Brand/8:30 a.m.-10:00 a.m./FPCC 302
- 5- Professional Development Check (Resumes, Business Cards)
- 6- Nashville Area Career Fair and LinkedIn Photo Shoot/10:00 a.m.-3:00 p.m./Tennessee State Fairgrounds
- 7- Entertainment Industry College Outreach Conference/1:00 p.m.-5:00 p.m./FPCC Forum
- 8- Graduate and Professional School Search Strategies/By appointment/Career Development Center

"Excellence is Our Habit" Focus: Professionalism

Additional Spring 2016 Upcoming Events include: LinkedIn Presentation & Photo Shoot
TigerTRACK Training * On-Campus Interviews * Corporate Information Sessions
Please visit the Career Development Center for additional dates, times, and locations of career and professional development events.

Wardrobe Secrets for a Killer First Impression

By Shayla Simmons
Meter Staff Writer

Wake up and your day is already starting. First class begins at 9:35 and afterwards, a meeting with your professor. Two more classes and then you try to squeeze in lunch. You have enough time to meet with your study group before you have an organization meeting.

With such a full day and so many meetings, it is imperative to dress accordingly. College is said to be the time to explore yourself and appearance is a large part of that process. But the truth is that college is also the time of impressions that can either make or break you. While it may seem scary, the secret is to find a balance between the two.

Depending on the crowd you ask, some may say that it is impossible to bring individuality to the workplace or in this case the classroom. Others may say that it doesn't matter in this day and age. But the truth is that it DOES matter, and that it IS possible.

As students working towards a degree, and eventually your career, you are "on". "On" meaning that your appearance and behavior are under scrutiny by your professors and peers alike. This is so important because you never



Students, Jessica Fuqua and Taylor Moore model examples of female and male business attire.

know who may point you in the direction of an internship, or better yet act as a bridge between you and future employment.

With that being said, gone are the

days of stuffy three-piece suits and stale pantsuits. The need for individuality continues on even into lecture halls and is totally doable.

When deciding on what is too much

or too little remember that modesty is key. The college experience is still exploration and self-expression, and is completely attainable no matter your personal style.

A Touch of Confidence Through Beauty

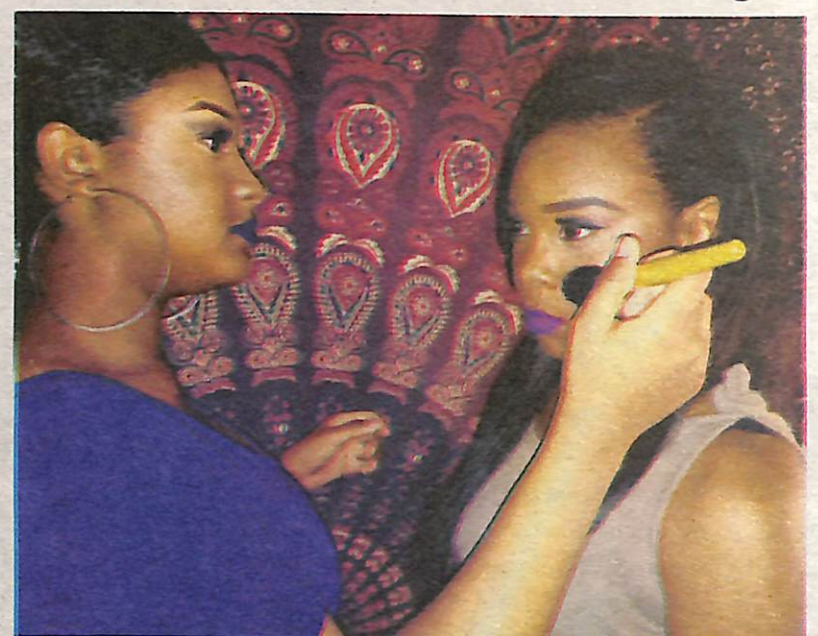
By Delvakio Brown
Meter Staff Writer

While in college it's hard to keep up with the day to day maintenance of hair and makeup. With late night studying, completion of homework assignments and everyday tasks college ladies try to get every second of sleep they can and waking up early to make sure their makeup is done adds more on their plate to do. Through the hands of time, Teeuni Knatalya Niccolett Bonds, a sophomore education major, from Memphis, Tennessee, has taken on the task of making sure ladies look beautiful and feel confident in their look while walking the campus of Tennessee State University. Rather it's photoshoots, interviews, talent shows, or performances, Bonds enjoy getting ladies ready for special moments.

When the New Direction Gospel Choir competed in the Joyful Noise competition in Huntsville, Alabama, choir members were able to perform in front of a crowd and judges that consisted of people from across the country. Some of those young ladies sat in a chair and put their faces in Bonds hands to make sure that they looked perfect for



Niccolett Bonds



Niccolett Bonds applies makeup to Aja Mosely

the momentous occasion.

Bonds has worked behind the scenes of photo shoots, and promotions videos including the Curves Of Perfection: The Life Of A Plus Size TSU Woman launching later this semester and the Love You Like A Sister Inc., LYLAS, talent show. One of the ladies apart of the project, Brielle Patrick, depends on Bonds for help because she does it just right.

"I love the way that she mixes glam

with natural," stated Patrick.

Being the Vice President of Uplift College Ministry, working a job making sandwiches, and going to school full time keeps Bonds busy, but still she strives to encourage and empower young ladies through sit down talks while she does their makeup. She feels that this is the perfect way to give back.

"I want ladies to feel confident in themselves, and how they look when I provide makeup jobs for them," stated

Bonds.

Some are trying out makeup for the first time because of her.

Kemissa Polynice says, "I usually don't wear makeup, but I love when Knatalya does it."

One day this cheerful motivator plans on opening up a beauty salon hiring other makeup artist to beautify the world. You can look at what Bonds is up to with makeup by following her beauty page @beatbyknatalya

Beverly Bond Comes to Tennessee State

By Ada Taylor
Meter Staff Writer

There is no better way to celebrate Women's History Month at Tennessee State University than to reaffirm that Black Girls Rock! This is exactly why the 9th Women of Legend and Merit Awards and TSU's Distinguished Lecture Series featured Beverly Bond, president and CEO of Black Girls Rock. Not only is she an outstanding role model, but she has made it her mission to build up young girls to be the role models of the future.

When Ashley Parmer, the current Editor-in-Chief of The Meter asked Bond how she got the idea for such a wonderful program, she says that this was not always her intentions for Black Girls Rock. In fact, it actually began as a cool t-shirt design. Her initial idea was to stack the names of inspiring black women into the design, but she realized that there were so many names that were not being given



Meter editor-in-chief Ashley Parmer interviews Beverly Bond during the Distinguished Lecture following the Honors Convocation. Bond talked about her early life and how she has handled being very shy. Photo by Sandra Long Weaver

their due credit. She understood that our community needed an award show to honor these women, and as she says "not just the video vixens, because we are so much more than that."

Bond knows this first hand, as she got

her start in the industry as a female DJ. In fact, her feminist position stems from the misogyny she experienced during that time. Not only was the content of the music blatantly disrespecting black women, but it appeared as if everyone was okay

with it. This got Beverly Bond to thinking about how this was affecting the mindsets of children. To her, it seemed as if not only was so much of the culture being disregarded, but young boys and girls were starting to believe the images they saw. Without any alternatives available, all of those who were impressionable enough would live their lives convinced that the stereotypical video vixen is what being a black woman means.

After coming to this conclusion, Bond decided not only to honor the women of the past, but to uplift black girls to rock the future as well, and thus the mentoring program was born. Although the awards show has now reached the television screen, which will air on BET on April 5, she makes it clear that that was never the goal. "The reward is in the work" says Bond. "I started with one mentee, and we now have over 500 worldwide... You just have to love what you do."

Convocation Special Guest Speaker Honors Students

By Leona Dunn
Meter Staff Writer

Mentor, DJ, producer and entrepreneur, Beverly Bond spoke to Tennessee State University Honors students during the annual Honors Convocation in Kean Hall. At the ceremony students that have made the Dean's and President's list along with our numerous honors societies were recognized. Though she was brief with her speech lasting under three minutes, Bond was yet still empowering.

"As a mentor, I am excited to meet young people like you," Bond said, "I hope that you re-

flect deeply on the practices and the values and the sacrifices that made these achievements possible, these are the very tools that you will need to implore during the next leg in your journey."

Not only did Bond commend the students for their accomplishments but also gave them words of advice to take with them into their daily lives.

"Excellence is a mindset, a lifestyle, a choice and it's an attitude. I believe that striving for excellence at all costs and in all ways is the ultimate key to success and longevity in any discipline you

choose to focus your attention on, not only as students but as working professionals."

Also at the convocation a scholarship was given to Lauren Adams, a rising senior architectural engineering technology and computer science major, who designed an honors building to hopefully be implemented into the TSU master plan, where honors students would stay and have classes. Bond ended her words of encouragement saying the best is yet to come and now the Honors College is already hoping the best will come their way very soon.



l-r; Dr. Coreen Jackson and Dr. Glenda Baskins Glover honor graduating seniors of the Honor College, including Ashley Parmer, The Meter Editor in Chief, with an honor cord and certificate. Photos by Sandra Long Weaver



l-r; Mr. Freshman Zucchineus Carruth, Miss Freshman Melanie Reeves, Mr. TSU Delvaskio Brown, President Dr. Glenda Baskin Glover, Beverly Bond, Miss TSU Tyra Laster, Miss Sophomore Jeneisha Harris and Mr. Senior Cedric Tyus



Delvaskio Brown (right) Mr. TSU, escorting Beverly Bond into the Women of Legend and Merit Dinner on March 22, 2016

Linked to Excellence Empowers Women

By Leona Dunn
Meter Staff Writer

Linked to Excellence Music City Branch at Tennessee State University is a program of educated empowering women who have come back to help female students unlock the keys to success in both their workplace and lives. Alumni and their successful associates meet once a month in the research and sponsored programs building to go over a topic that should aid in helping the young women of this university succeed.

"The program is pretty routine; we have dinner followed by introductions, a guest speaker or women from the program who review basic skills such as time and management, budgeting, teamwork, etc. Then we take questions, comments and concerns until we retreat back to our various places of residence awaiting the next time we 'link

up,'" said freshman Kelita Browning.

Though the gist of the program sounds simple, what the young women take back with them in experiences, knowledge and the connections successful independent woman who look like them is what makes this program so unique from other mentoring programs at the university.

"There was an 'excellence in the workplace' topic we had one day where they explained that just because we are black women, we will have to face more barriers. We have to stay on it because we can make it through every one of them if we just stay focused," said junior, Denise McGarity, "being a black female aviation major, you never hear of females in my field, especially not black females so having all of these women supportive of my dreams and ambitions, it's just an amazing feeling."

The linked program not only sup-



ports the young ladies involved but are active in supporting each other. At the Women of Legend and Merritt Dinner one very active links member, Latrisha Jemison, Regions Bank Senior Vice President and Regional Community Affairs Manager was honored for her community service accomplishments, and the linked to excellence staff of women booked a table for front row seats.

"The first outing we had this year was at Frist Center for the Visual Arts, and it was so foreign to me never being in that type of environment, being constantly surrounded by all women with such positive energy," McGarity said, "This program has definitely given me opportunities I would have never experienced otherwise, and it has definitely helped us, TSU young women, brighten our horizons."

The Importance of Mentorships For Students

By Ada Taylor
Meter Staff Writer

At one point or another, every single one of us has had to learn from those who came before us. After all, wisdom comes with experience, so we look to those who have had the experiences. This isn't only true for fathers who can teach you how to play ball, but also for juniors, seniors, and graduates who have been where you are now. No matter what point you are in life, having a mentor can be nothing but beneficial.

As a freshman or sophomore, an upperclassman can help you navigate your way through college. They get it; it's hard to juggle classes, a job, a social life and all of the things you're involved with on campus. Mentors are people you can talk these things through with, get tips from, and maybe even a hook-up or two. After all, college isn't just about the degree; it's about the networking opportunities. This is why it's smart to get a mentor with the same major as you, as they can typically introduce you to the same people who have helped them out along the way.



However, mentors aren't only for underclassmen, and juniors and seniors could use one for many of the same reasons. The only difference is that these people tend to already work in the industry that the mentee wants to go into. These relationships are helpful for obvious reasons, but they are also helpful for the not-so-obvious ones too,

like being a shoulder to lean on in a time of need.

Alexis Sommers is one person who knows this from experience.

"Someone close to me passed away, and I was a wreck. I wasn't eating or going to class, and I was considering dropping out of school," she says. "It was actually my mentor who was constantly checking on me, forcing me to do my homework, and who eventually convinced me to stay. I'll always be grateful for that."

It isn't just the mentees who are grateful for the experience, but the mentors as well. One mentor, Mrs. Patricia Roads, says it has been one of the most rewarding experiences of her adult life.

"I met Cynthia when she was a sophomore in high school, and I have had the pleasure of mentoring her for the past six years. I recently got to see her graduate college, and I have never been more proud."

Mrs. Roads says she would recommend being a mentor to everyone, because "everyone has a story, and you never know who could benefit from hearing yours. Mentors change lives."

Internships Are a Great Way to Show Initiative

By Ada Taylor
Meter Staff Writer

Looking for an Internship? We can help!

Nowadays a degree is the new diploma; everybody has one. As a result, employers are looking for candidates who have gone the extra mile during their time in college, and an internship is a great way to show initiative.

Here are some of the easiest ways to find one that suits you:

- **LinkedIn:** This a great tool to find both internships and your future career, so it's great to start a profile now! Be sure to include a resume, volunteer work and recommendations!

- **Interships.com:** An easy way to apply to multiple jobs fast. You can specify whether you are looking for paid or unpaid internships, which season you would prefer and which area of study you're interested in. All at the click of a button!

- **Talk to your advisor:** Advisors tend

to have loads of information at their disposal that they are just looking to share! Don't be afraid to ask questions.

- **The Career Center:** TSU wants students to succeed, and that is why we have a career center. Be sure to stop by and see what they can offer!

- **Internmatch.com:** With listings from more than 30,000 companies, this website specializes in internships as well as entry level jobs.



Career Center Provides Opportunities

By Khandi Wilson
Meter Staff Writer

The Career Center is a prime accessory that Tennessee State University offers to its students. It is a free full service center, located on the third floor of the student center, which provides students with opportunities to develop professionally and personally in their career goals.

The main reason students come to

college is to prepare for transition into the real world. The career center is a place that can help with that transition. There are tons of opportunities for alumni and students to utilize, such as classroom presentations, professional development, professional interviews, as well as, career fairs that are held throughout the Fall and Spring semesters.

Tina Reed, the director of the Career Center, believes that students need to be prepared for their careers.

She remarked that, "Whether your major is computer science, mass communications, or business, the center is able to help you, even if it is as small as a resume check."

If there is not a current fair or internship supporting a student's major, the center also helps students build their soft skills like problem solving, team building, and communication skills. These skills work across the board for all majors that help to make an environ-

ment work cohesively and effectively.

Freshmen are encouraged to stop by as well to check out future opportunities and to work on their skills

Reed encourages all students to visit the Career Center.

"I don't say come once, come twice. I think you can get something out of it. We don't guarantee that you will get a job or an internship, but I will like you to know nine times out of ten you will get some type of opportunity."

Nutrition and Diet Tips for Healthy Eating

By Keimonee Burford
Meier Staff Writer

Many Americans today want to make their fast paced lives as stress free as possible by finding alternatives to cooking in junk food, a type of unhealthy food that most Americans enjoy eating because it is cheap, quick, tasty, and convenient. Fries, chips, cakes, burgers, pizza, cookies, and sodas are all junk foods that can be found in the homes of most Americans and especially in our dorms or apartments in college.

If you overdo it on the junk food most might worry about what it's going to do to your thighs or mid-section. But binging on junk food isn't only a matter of weight gain. It might have far

more serious repercussions than that. Junk food can be ok in moderation and the appropriate amount, but most of us don't even know what the "appropriate amount" should be.

For older adults, the benefits of having a healthy diet include; increased mental alertness, less likely chance of illness and disease, high energy levels, faster recuperation times, and better management of chronic health problems. As we age, eating well can also be the key to a positive outlook and staying emotionally balanced. But healthy eating doesn't have to be about dieting and sacrifice. Whatever your age, eating well should be your goal.

Although it is not easy to break that junk food habit it is still possible. A great way to get started is to replace

Example Chart

Protein	Carbs	Fats
Chicken	Sweet Potato	Almonds
Turkey	Brown Rice	Coconut Oil
Salmon	Beans	Avocado
Eggs	Apples	Pecans
Tuna	Berries	Olive Oil
White Fish	Whole Grain Bread	Peanut Butter
Greek Yogurt	Quinoa	Salmon

processed foods with meals made from scratch using whole ingredients is an ideal and important way to ensure optimal nutrition. This will automatically cut out the vast majority of refined sugars, preservatives, dyes, other nasty

chemicals, and many addictive ingredients from your diet. This will allow your body to depend less on sugar and more on fat as its primary fuel and energy source. The main key to a healthy life is to eat right and stay active!

Starbucks Now Open On TSU Campus

By Leona Dunn
Meter Staff Writer

When is this Starbucks going to open? That's what multiple students around campus have been asking all year round, and finally, March 8, 2016, the day had finally arrived.

"I went there for the first time today and I think the set-up is beautiful it actually reminds me of a real Starbucks, the service is friendly and even though there was a bit of a wait, the drinks were good so it was worth it," freshman Brandi Becoats said.

She was one of many students awaiting the grand opening, and not the only one wondering what's going to be the next big thing done for Tennessee State University's campus. Rumors have surfaced about the renovation of all dormitories, and have been confirmed by President Glenda Glover at the first town hall meeting held this semester.

"We plan to knock down Wilson, Boyd, and Eppse and build apartment complexes eventually," Glover said, "but that will be way, way in the future probably not during our time."

Tennessee State University tries to keep something for the students to look forward to yearly with their master plan fully updated on the TSU website.

So right now the students have the new Starbucks to occupy their need of something new to do on cam-



The line at the newly opened Starbucks was out the door



Students were quick to line up at the new TSU attraction

pus. Grab a friend and get there early because if there is anything Tennessee State University is notorious for, it is their long lines, and Starbucks is proudly continuing that tradition.

New Radio Show Gives Dreamers a Chance

By Delvakio Brown
Meter Staff Writer

If you tune into WTST The Blaze on a Monday or Wednesday evening, you're not going to hear the sounds of the Billboard Top 100, or songs that are being played on Nashville radio stations. When Joselyn Hall and Anthony Garrett, known on air as Jo Yvonne and TatsN-Tunes respectively, clicks the button for the next song to play live on air, the voices that feel the atmosphere are new and different. They're of musical artists from the Nashville area.

The current season of the show has introduced artists like Gee Slab, Bryant Taylor, producer Greedy Money, and clothing designers like Eazy.

Since a young age, Jo Yvonne has wanted to see others in the community grow, and have the spotlight shined on what they are doing.

The whole concept of such a show began with Jo Yvonne visiting local shows and events.

"I felt the energy in the room and knew that others needed to feel what I felt," said Jo Yvonne.

The show gives entrepreneurs, producers, music artist, actors, and actresses a chance to shine. Jo Yvonne wanted to break the stereotype of new being just "local talent".

"I felt as if everyone in Nashville should have a chance to share with the world what they have to offer



TSU Student, Eazy created his own clothing line

and not be limited to just Nashville, because they are more than locals, they are actual people with great talents that need spotlight," stated Jo Yvonne.

Eazy, who happens to be a Nashville native and sophomore majoring in merchandising, started a clothing company called, Believe And Prosper.

"When starting this company in the summer of 2013, I was inspired by surrounding like-minded individuals, and I had all and continue to have all the confidence in

the world," stated Eazy.

He has had the chance to have pretty dope people such as Denver Nuggets Gary Harris wear his clothing. His whole brand focuses on emphasizing self-confidence and the power of believing in yourself.

Yo Gotti, a well-known Memphis native rapper, has some of his hits produced by Greedy Money, who also happens to be TatsNTunes' older brother. He produced one of Yo Gotti's hits, White Friday. This just shows you how much talent Nashville has, and how it is being showcased with the help of two TSU students.

The dynamic duo is careful on what they bring to the show. When looking for what to bring next, they listen to what makes them vibe, and get excited. They look for the "Who Is That?" feeling. When music makes them ask that question, they are interested in listening or knowing more. Ultimately, Jo Yvonne wants to have a platform to showcase people who do not get any spotlight everywhere. This local wants to make sure that every local gets their chance no matter what their craft is.

Marvel Wade, junior mass communications major, says, "I like how the show is interactive!"

You can catch what's new and hot by tuning in to tsuradio.com Mondays and Wednesdays from 3 p.m. to 5 p.m. or download the Tune In app and type in WTST. For anyone in the Nashville area looking for a chance to showcase their music, you can e-mail three to four clean edited songs to newnashvillerradio@gmail.com

TSU Presents 'West Side Story' March 31

By Victoria Gourdin

West Side Story is a well-known play that follows the unrequited love story of Maria and Tony trapped in the midst of gang violence and ethnic differences, much like that of Shakespeare's tragedy Romeo and Juliet. Tennessee State University's Dr. William Crimm has put his creative license to use as he directs and recreates his own version of the story.

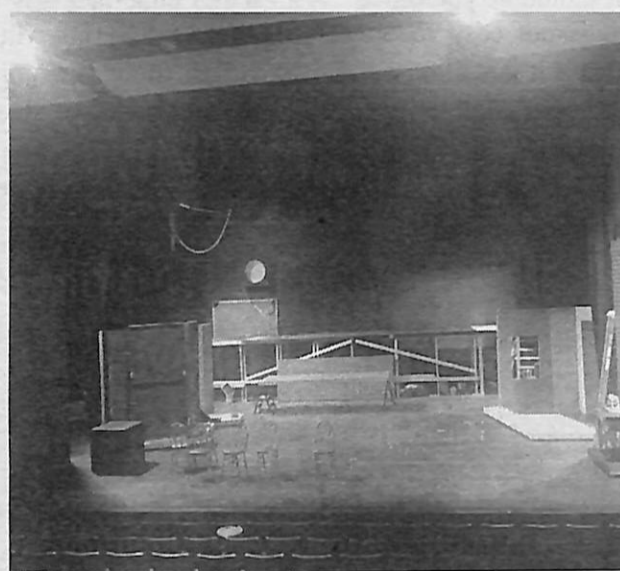
His overall eccentric cast comes from many different backgrounds and levels of experience. While that may prove to be challenging at times, they all have a general thirst and hunger "to do what they have not done before" says Dr. Crimm.

Many of the students outside of the theater "don't know the process or how many hours it will take, and they learn patience and how to be supportive of each other," says Dr. Crimm. He believes that bridging this divide is important and the theater is absolutely a part of that.

The director almost could not wait to say that "West Side Story is dealing with the issues of today." TSU and the rest of the world constantly face gangs and campus shootings, and he wants to show through the arts how the needless killings and subsequent violence are not needed in society and in a college environment.

The actors are not being educated on the stage of the PAC; they are being trained. According to Dr. Crimm, at the end of training, there will be an ability to demonstrate that the actors have mastered the overall goals. One of those goals is to bring a show to life.

Despite its original Puerto Rican/American form, the directors of this show were clear when they mentioned that it was in fact an African American adaptation. Because of that, while the music and script have



Set building begins on stage of the Cox-Lewis Theatre

not changed, certain parts of the dance have, mainly the style.

Instead of it being just traditional forms of "ballet or modern dance, you can see hip hop and jazz coming out in the moves," said Dr. Peter Anthony Fields Jr., choreographer in his second year working with TSU's theater program.

None of the current process would have gone as smoothly as it has so far without the help of stage manager Anderow (Drew) Shafik. Drew is a mass communications major from Egypt, and is not only a stage manager but also a props manager and will spend some time on stage with his fellow actors.

When asked about his experience as stage manager he described it as wonderful because he "gets to see what it's like [behind the scenes], working hands on with the music." He also has the responsibility to call the show and therefore has to know the show inside and out.

Thanks to set director Mr. David Brandon and his



Choreographer, Dr. Pete Anthony Fields, Jr. is in his second year working with TSU theatre program.



l-r; Stage manger, Anderow Shafik and Dr. Pete Anthony Fields, Jr. anticipates the opening of the show.

crew, there will be a beautiful visual aspect to the show to add on to the actors and the dancers along with all of the background work.

West Side Story presented by Tennessee State University opens up for the public on March 31st and goes through April 3rd in the Cox-Lewis Theatre in the Performing Arts Center.

'Key to Success, Power of the Press'

By Alexis Clark
Meter Staff Writer

"Get your feet wet with The Meter, then from there go for the next step," says Gethan Ward who paid The Meter staff a visit to inform us of the steps to succeed.

Ward is business journalist who writes for the Tennessean and an active member of the National Association of Black Journalist. Ward is also a TSU professor teaching fundamentals of media writing.

Ward, a business journalist for the Tennessean, started off writing for a local newspaper in West Africa at the age of 15, became the editor of his high school newspaper then traveled to the states to farther his education in Nashville.

He gave the Meter staffs tips on how your career should be your passion.

"What do you like to write about? You have to be-



Award winning business reporter, Gethan Ward speaks to Meter staffers on his journey to success.

come flexible," says Ward. He explained how newspapers are looking for people who can tell stories on a diverse platform. Not only are writing skills important, but knowing how to work the camera, record, and edit are essential abilities as well because technology's growing at a rapid past.

Also, try to get your name out there, start networking and grabbing viewer's attention.

Ward details the importance of becoming adaptable and open minded to learn new things.

Start blogging, even try creating your own online publication. Learn how to manage your time better and how to prioritize. We all know that being successful takes time, knowledge, money and plenty of resource but it all pays off in the long run.

"Be the best reporter you can be because when people look to hire they look for range."



Shante Telfer (left) of the Speech Dept. at TSU moderated a panel on accelerating the action to gender parity at luncheon at Lipscomb University on March 7. The two-hour discussion was attended by a number of TSU students and staffers.

International Women's Day

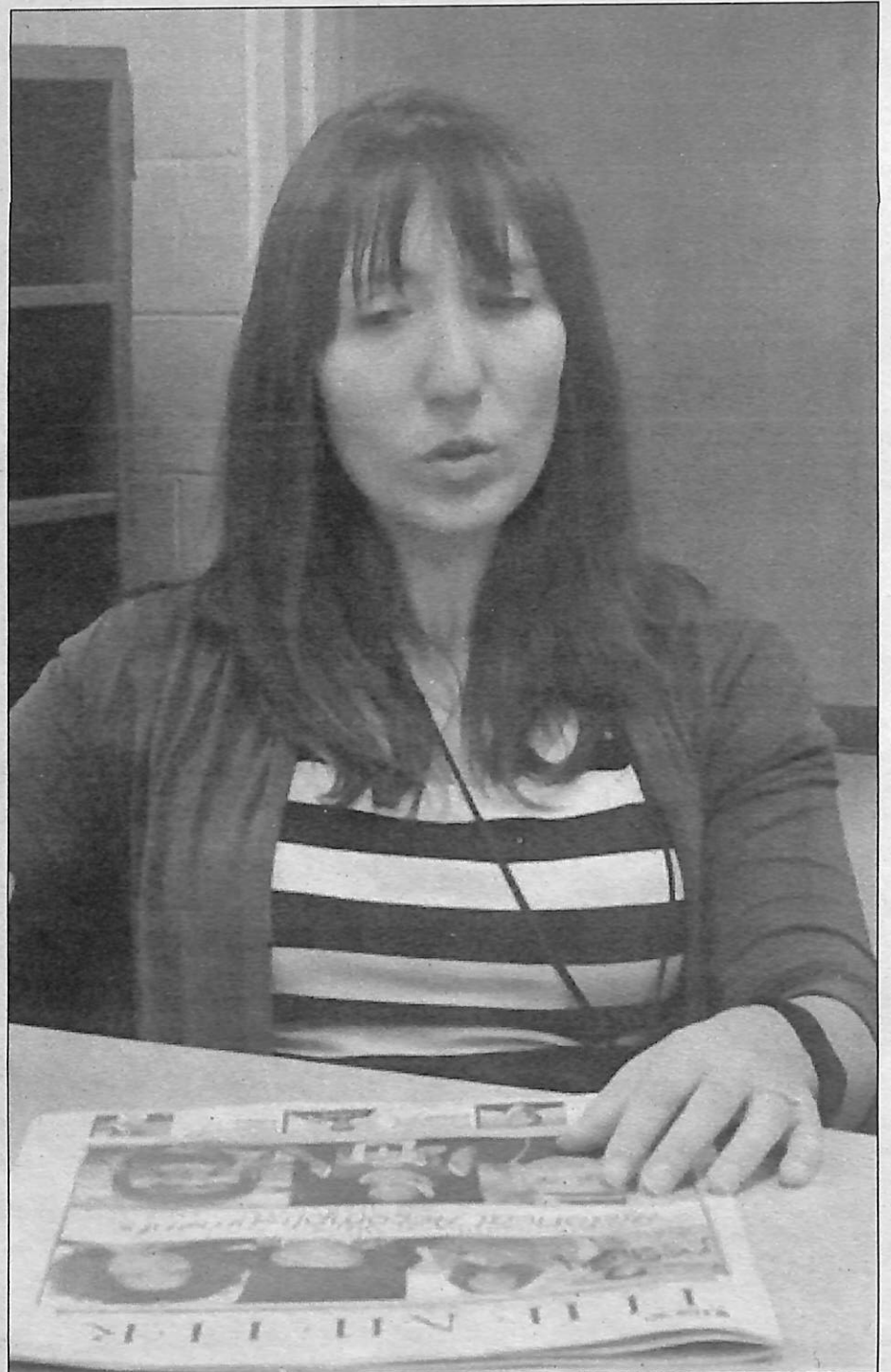
About 50 people attended a panel discussion on gender parity at Lipscomb University earlier this month. The session was sponsored by the Expatriate Women of Color founder Cha Jones.

The panelists focused on the importance of having one or more mentors to help them navigate the careers they are pursuing at the various colleges.



Standing l-r; Paulette Cathey, Shante Telfer, Cho Jones, Tasneem Grace Teeogbola; Seated l-r; Natasha Johnson and Jennifer Woodard

Nashville Scene News Editor Speaks to Meter Staff



Hard work and following story leads are the building blocks to a successful journalistic career, Nashville Scene News Editor Andrea Zelinski told The Meter staff on March 3. She told staff members about working on her college newspaper and the various jobs she has had. She also talked about the challenges of covering the state legislature.

Nashville Holds Special Preview of 'Story of God'

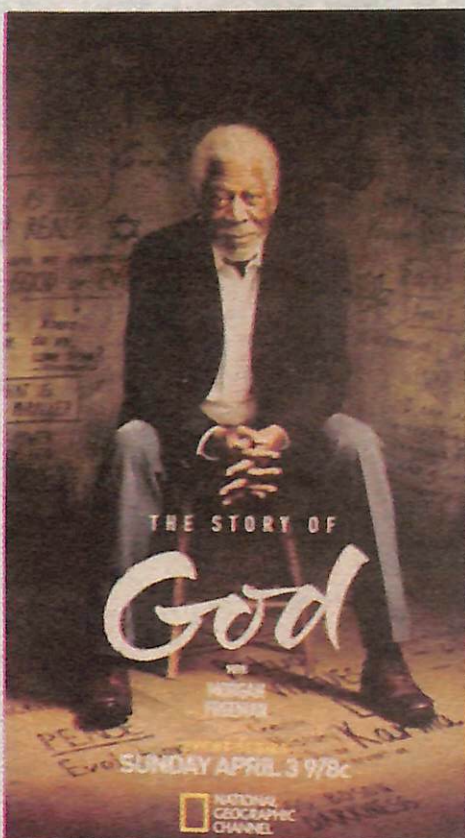
By Delvakio Brown
Meter Staff Writer

The Jewish West End Synagogue in Nashville on March 16 transformed into a place where people of various religions gathered to take part in an early preview of "The Story of God with Morgan Freeman." Nashville is one of a few selected cities to receive an early viewing of the show. The Story of God is a six-hour National Geographic documentary that airs April 3, 2016 on the National Geographic Channel.

Imagine sitting in a seat and the person on your right was a Muslim woman wearing a hijab, and the person on your left was a Jewish man wearing a Kipa, and just so happens the person right behind you was a Christian. This was reality for some who attended the special viewing.

The curious and thought provoking Morgan Freeman, who was God in the 2003 film "Bruce Almighty," now questions who is God in a third person view point by exploring the five main faiths of religion. Through the lens of Christianity, Islam, Judaism, Hinduism, and Buddhism, questions are raised about how each faith views different subjects and how each religion is similar and different.

Early viewers were shown the epi-



sode about The Apocalypse, the hardest episode to make according to Lori McCreary, CEO of the production company Revelations Entertainment.

"This is of the six, the hardest episode for us to put together, but my favorite part in particular was going to Jerusalem because I've never been," McCreary said.

She continued, "It was very moving

and very hard to explain the feeling and effect it left on me. It was really the heart of when we started as a group of filmmakers coming together in the midst of a location important to three religions."

When the premier ended, a panel of four with a moderator took the stage. It was at this moment the audience found out how members of different religions felt about the film.

"I think when you see the six episodes, you get to see that flavor, in particular the Jewish part," stated Rabbi Joshua Kullock, who also served on the Faith Leadership Advisory Council for the documentary.

Zulfat Suara, chair of the American Muslim Advisory Council (AMAC), liked how misconceptions were broken down.

"I was glad that the gentlemen talked about the difference between Islamism and Islam," she said.

In the previewed episode, a man of the Islamic faith talked about how he was radicalized during a time he was marginalized. Based off the color of his skin and culture he was picked on, and Islamic extremist recruited him. Suara was glad that it was showcased that all Muslims are not the same, and many cases of radicalization are a result of being marginalized in society. Panelist Stacey Croft, pastor of

Christ Presbyterian Church, wanted more information displayed after reviewing it. "The film is a connection piece," Croft said.

The idea sparked while McCreary and Freeman were on a tour of the Hagia Sophia, a museum in Istanbul, Turkey eight years ago. McCreary noticed a painting above her head and realized that there were some concepts about religion about which she needed to know the truth about.

After that, the idea was made into a concrete plan and the documentary got underway. By bringing together a group of 80 people from various religious backgrounds, cultures, and curiosities, a well-rounded series was created that doesn't focus on the differences of each religion but the viewpoints of each religion on the topics that they all share.

With the narration of Morgan Freeman, viewers are taken on a journey around the world discovering the connection that each religion has on creation, who is God, evil, miracles, end of days, and resurrection. Viewers are shown a world behind the scenes that Freeman questions through intellectual conversation. There is so much information to share that there are talks about a possible The Story Of God 2.

Happy
Easter

TO ALL TSU
STUDENTS, FACULTY
AND STAFF