

DU • YOU • YOU • YOU • YOU • YOU • YOU

## Colbert says degree and kids two greatest accomplishments

By CHERYL WILLIAMS  
FEATURE EDITOR

How hard is it to raise three children and get a doctoral degree after being out of school 10 years? Ask Dr. Cheryl Colbert, visiting assistant professor in the political science department. She knows because she did just that.

Colbert, a new addition to the political science department, received her undergraduate degree from Lincoln University in 1969 and her master's degree from Massachusetts Institute of Technology in 1971. After receiving her master's degree, she got married and started having children. It was during this time that Colbert vowed not to return to school.

Her vow was broken, years later when she began teaching at North Carolina Central University and found out she had a desire to teach and a desire for a doctoral degree. She applied to the graduate program here and was accepted. She received her doctoral degree this year.

Colbert said she became involved in political science because she wanted a career that was people-centered. She said she chose UNC-CH because it had the best program and afforded the most opportunities. She says she enjoys teaching here and has found few problems in making the adjustment from student to teacher. She added that this transition hasn't affected her relationship with her colleagues.

"I knew most of them as a student," she said. "They're very warm and supportive. I was a little concerned at first about staying on a place where I received my Ph.D. I competitive tasks more difficult."

Light and Obrist attracted national attention in April this year by publishing a paper that for the first time linked what many scientists had believed were two separate causes of high blood pressure — stress and salt in the diet.

In experiments similar to the new ones planned, they found that psychological stress temporarily reduced the kidney's ability to rid the body of sodium and fluids, at least in some people. Those individuals tended to be the same ones who had previously been identified as "high risk" — having borderline high blood pressure already or having parents with it.

"One of the things we hope to learn in future work is how individuals cope with stress, since coping behaviors also may affect heart and kidney function," the psychologist said.

"We know people cope very differently," he said. "We would like to know if the way they handle stress is important in the development of high blood pressure."

Because hypertension tends to run in families, the UNC-CH research will include compiling short social profiles and medical histories of parents of participating students, he said. ■

thought there might be some stereotyping because they knew me as a student, and they might not be able to accept me in my new role. But this hasn't been the case."

Colbert cites her three children and her doctoral degree as two of her greatest accomplishments. "I worked harder on that Ph.D than I've worked on anything in my 35 years," she said. "It was the hardest thing I've done. I'm not making any excuses about the kids or being older."

Colbert has three daughters; Ayana, 11; Njeri, 7 and Aisha, 4. "My three kids are my greatest accomplishments," she said. "And I hope I can be a good role model for them. I love the fact that they saw how I worked and struggled my way through this program because it will never occur to them that they shouldn't work hard."

A compassionate person, Colbert is concerned about the black students she encounters and their future in political science.

"I have a special feeling for black students," she said. "How could I not? That does not necessarily mean that a black is going to be in a more advantageous position with me. On the contrary, he or she might be in a worse position because I want so much for them. I know how hard it is out there. Many times you're not judged by your ability but on the color of your skin. You have to overcome a lot."

Colbert says that the outlook for blacks in political science is like that in any social science field, not good. "This is not to say that blacks shouldn't go in to it," she said. "We should, because fields like political science provide some the leadership training. I don't think we should write off the social sciences because if we do then we're really going to be in trouble. Blacks need black perspectives in making decisions."

Colbert is also concerned with the fate of black institutions. "My instinct tells me they're going to bite the dust," she said. "It's a matter of time. It might take 20 or 40 years but the pattern is already written in. I can look at my alma mater. It was a private college when I came through. A few years later it became state supported. And every year since then, the school has almost gone bankrupt, lost property and enrollment. The quality of students has also deteriorated."

"I think they're going to die and maybe they should if our goal is to have total integration. My only concern is that we don't really have it at the white institutions, so why should we lose our black."

An answer to this problem and a key to the future is involvement, says Colbert. "The burden is on us. We have to start getting involved. We can not be complacent anymore. I think we're going to have to get involved and help make some decisions for our own future, instead of letting some one else decide for us."

Colbert took the initiative and got

involved years ago when she decided to pursue her doctoral degree. Now she is ready to reap the rewards of her labor and to lay a foundation for the future for herself and for her

children. Her visiting assistant professorship lasts a year. When she has finished at UNC-CH, Colbert says she would like to continue teaching perhaps at a smaller institution. ■

## Rec center rich in tradition

By Jennifer McCabe  
Staff Writer

Until 1945 there were no recreational facilities available to blacks in the Chapel Hill area.

They were forced to go to swimming holes, or sneak to the UNC campus. Out of this need the Hargraves Center on Roberson Street was built. "It was built primarily to provide recreation for the black community," said Fred Battle, director of the Hargraves Center.

The Negro Community Center was the original name of the Center. It was later called the Roberson Street Center. In 1973 the Center was renamed after William M. Hargraves, a native of Chapel Hill. Hargraves was a member of the Chapel Hill Parks and Recreation Commission.

Programs available to students at UNC as well as the people in the community include arts and crafts, modern dance and African dance. "We work closely with black fraternities and sororities who are doing service projects," Battle said.

Although the Center has programs designed especially for the black community, white participation is picking up, Battle said. But they mainly use the tennis and basketball courts.

The Center serves "tots to senior citizens." Attendance is higher in the spring and summer with an average of 150 to 300 participants daily. In the fall and winter months the daily average is 55, Battle said.

Battle who has been with the Center for ten years said that "we still try to satisfy the needs of the community in terms of leisure, and skill development." He said the Center also tries to satisfy the human needs as well as the social needs.

While keeping these same goals the Hargraves Center was grown considerably in size, due to its renovation in 1979. It was rededicated in 1980.

The Center works in conjunction with other recreational facilities in Chapel Hill and is funded by the Chapel Hill Parks and Recreation Department. ■

## BSM RAFFLE TICKETS ON SALE!!!!

To purchase tickets see any BSM Central Committee member or Subgroup Member. for more information and tickets, contact Brenda Watson (933-5393)

(A prize will be given to the individual who sells the most tickets!)

Drawing: December 2, 1983—6:00 p.m.  
Upendo Lounge

*You do not have to be present to win.*

Prizes Include:

12 inch B/W Television  
Men's Watch

Calculator

AND MORE!!!!

Contributions made by area merchants.