Dr. Brewer has lectured Afro-American life and culture, rewarding experience. It is obvious to Blacks that four more years of the Nixon court, the office of the Attorney General and the Nixon campaign. Dr. Brewer stresses the important role of Afro-Am 40, 41, Dr. Brewer has commissioned Dr. Brewer to write a short history of Blacks in North Carolina. He also participates on various other committees. For the last three years, Dr. Brewer has held a joint appointment as a professor at North Carolina Central University in Durham and UNC. This year, he is functioning as a full-time visiting professor.

**BLACK LOVE**

Brenda McClain

Reach.
Down.
Down into the dark.
Dark and a part of the soul.
And find the sensuous Feelings of mood.
Black man.
Take.
Take into your arms
The genesis of life! She has birthed and fed
A race of kings.
Warriors, inventors, explorers—And slaves.
Black woman.
Take.
Take onto yourself
The essence of
The Black Way of Life!
Kicked in the dust Is the heartbeat.
Of a brave and wise people.
Believe in him.
Respect him.
Move, move
Move to the intoxicating rhythm
Of our people.
Move.
You bodies and minds
Erupt like volcanoes, your sweat flows free
Like the Nile.
And then,
Play as at daybreak
On the fertile plains
Of the Mother Land.
Enjoy and understand.
Forever—
One.
Brenda McClain

**Floyd James—Mr. Wizard**

by Gwen Harvey

**feature editor**

Zoom! He streaks by on his bicycle, terrorizing pedestrians, a "small professor" gaining flashing across his face. So goes Floyd James. People have come to know him through the bike more than anything else," Floyd says with a laugh. Then he pauses and jokingly adds, "Except perhaps for the stunt pulled by Travis Anderson the weekend we all came up for freshman orientation. I made the mistake of telling him my math score on the SAT. From then on I was known, to him and everyone else, as 'Mr. Wizard'.

Floyd is a junior majoring in physics. At last right now. But physics? "Yeah, that 'physics' makes everyone do a double-take," Floyd smiles, "but you should have seen some of their reactions when I used to say I was a chemistry and a physics major."

The son of an Ahoskie, North Carolina farmer, Floyd says he always found the topics of math and chemistry "fun." It followed naturally that he won scholarships, the "B.S. in Chem," and gained status within his class. These things he did despite the lack of any specific encouragement from a counselor or teacher in high school.

"I didn't even know the thing existed," he says about the James M. Johnston Scholarship he now holds. "My guidance counselor never suggested that I try for a distinguished scholarship."

It's either do or die now." He stresses the importance of Blacks in American History. He tries to correct the distortion that Blacks do not have a rich history. "The Afro-American studies courses of centuries that Black children have been taught to deny their historical existence, except that of being a slave. The courses bring out the truth of Black history," Dr. Brewer explained.

Dr. Brewer concluded that the study of Black history brings to African-Americans the courage to overcome self-hate and self-negation and enables them to move to self-pride and self-respect._" Concerning the political campaign, Dr. Brewer commented, "For the position of President of the Nixon court, the office of the Attorney General and the Nixon campaign. It is obvious to Blacks that four more years of Nixon would be a rewarding experience."

As a recognized authority on Afro-American life and culture, Dr. Brewer has lectured throughout the United States on Black studies. In 1970, he was the winner of the Mayflower Cup for the best historical publication in the state. The CONFEDERATE NEGRO. He is now completing another book, THE BLACK ETHOS.

This past summer, Dr. Brewer headed the Task Force for Higher Education which evaluated special programs for minority, disadvantaged and physically handicapped students in institutions of higher learning.

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**Watch What You Eat**

by Gwen Harvey

**feature editor**

"You ARE WHAT YOU EAT."

A simple statement—on we have all heard from time to time. Following a trip to eating the greasy hamburger and french fries heaped on our plates with a shrug of the shoulder. We all consume huge quantities of beef, chicken, potato chips, and other delicious "junk" foods. And yet we wonder why the pimple pops out on the forehead, the belt gets too tight, and we feel just plain unhealthy at the time.

The problem stems from a flagrant denial of the plain truth: our diet is inadequate and unhealthy. Sure, we think we eat all the time, but we're not honestly asking and eating the quality. From breakfast to those late night snacks we take in mostly fat and wasteful calories. Just try and count the grams of protein consumed. Yeah, protein is the basic of all life. Was that "steak" you ate for supper really an acceptable form of animal protein, or was it merely mangled things of fat, floating in a pond of hot grease?

We have to stop kidding ourselves. The body will certainly let you know. But by then it may be a bit too late. You've had that candy bar too many. And you emerge a physical wreck. Dick Gregory has the right idea, although perhaps a little too extreme for the novice, to dietary theory. Try scrutinizing what you eat. Remember, this is a diet. Don't eat anything that doesn't look clean, pure, simple, and "untampered." Read the labels on the things you innocently pick up in your friendly neighborhood grocery store. If it sounds strange, don't let it enter your system. Sure it's hard. But you don't necessarily have to forsake ALL meats, ALL starchy, ALL sweets. Merely learn to distinguish the good from the bad. A rational approach would involve involving in a good balanced diet. "You sure do find yourself studying a lot," he mused aloud.

One. Brenda McClain

Floyd was among them. He are invited to join the Honors College. These students are chosen on the basis of their predicted grade point averages. Floyd was among them. He accepted the privilege gladly, participating in the college his freshman and sophomore years, after which the student is not long eligible. Being a member entitled him to take A and H courses; small, select, advanced classes. "A lot of hard work, but it was a pretty good deal," Floyd admits. Now Floyd is as busy as ever will be. "This is the 'big year' in the department," he says. "It's either do or die now.

In order to really understand that Floyd means: the department's only graduated four physics majors last year. Floyd is hitting the books hard, with studies ranging from "systems of particles and conservation laws", to "Maxwell's equations and their relation to electromagnetic waves." "You sure do find yourself studying a lot," he mused aloud.

Floyd's big problem now is deciding just what type of major he will pursue, and attain from this year four effort. Originally had wanted to try for a B.S. in both chemistry and physics, but soon became aware that would be "too much". He made the mistake of telling him my math score on the SAT. From then on I was known, to him and everyone else, as 'Mr. Wizard'.

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