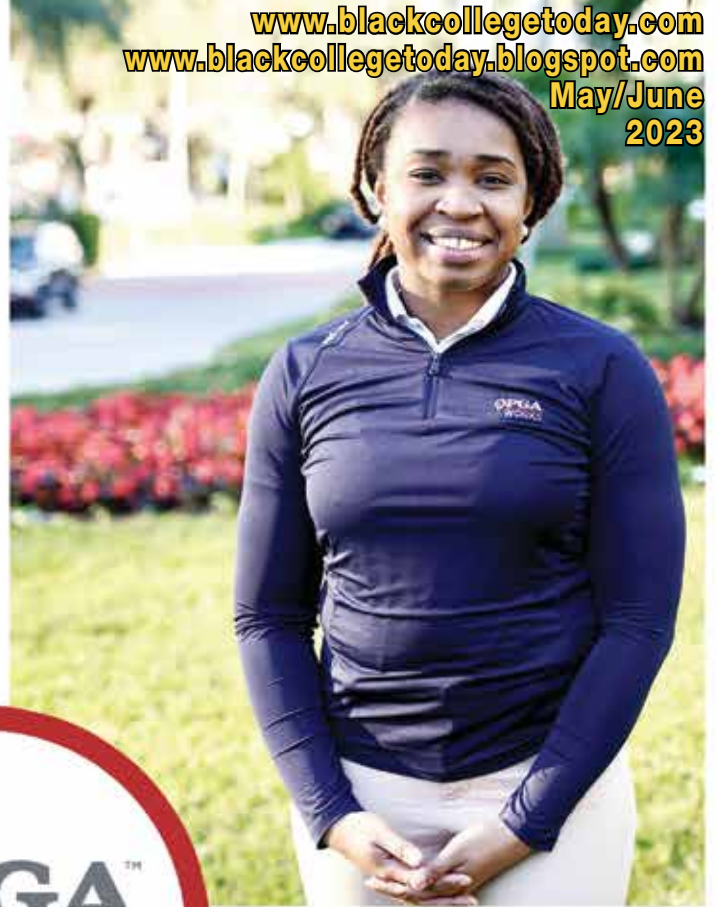


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C O N T E N T S

4 DID YOU KNOW

Roy Smith's Pitching Prowess
Earned Him The Well-Deserved
Title, "No-Hit King".

by James B. Ewers Jr. Ed.D.

6 COVER STORY

PGA Works

by Christopher Mattox

10 SUCCESS

Summer Re-Set

by Dr. Felicia Durden

12 UNIVERSITIES

MSU Electrical Engineering Explores
Opportunity Through The
Washington Center's Cybersecurity
Accelerator Program

16 SUCCESS

Person-Organization Fit
Congruence - Part 2

by Robin Kegler

18 INSPIRATIONAL

Summer Funds!

by Crystal Styles

20 SCHOLARSHIPS

"Hot Scholarships For The Month"

by Carla M. Dickerson

22 BLACK COLLEGE TODAY SPRING TOUR

Alabama A&M University

Benedict College

Bethune-Cookman University

Bowie State University

Hampton University

Howard University

Morgan State University

North Carolina Central University

Tennessee State University

52 HEALTH

Health Conscious 101:

The Importance Of Detoxing

by Jessica Miller

54 ENTERTAINMENT

What's Hot On The Net!

by Steven M. Mootry

Contributing Writers:

Carla M. Dickerson

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ROY SMITH'S PITCHING PROWESS EARNED HIM THE WELL-DESERVED TITLE, THE "NO-HIT KING".

By Dr. James B. Ewers Jr.

"Take me out to the ball game, take me out with the crowd: Buy me some peanuts and Cracker Jacks, I don't care if I never get back" are the lyrics to one of sports timeless songs.

Baseball was a game that was played in all of our neighborhoods and communities. During the summer back in the day, we couldn't wait to form our teams at local recreation centers. We played the game on baseball diamonds and in the streets. It didn't matter if we were having fun.

Roy Smith started playing baseball in New Orleans at the tender age of 10 years old. His Mom was a Dodgers fan. I suspect that had some influence on him taking up the sport.

Roy said, "When I was growing up, baseball was a popular sport and I took naturally to it." He added, "Looking back now, I was just having fun playing the game with my friends."

Like many star student-athletes, he didn't realize baseball, America's pastime, would become an important part of his life. The more Roy Smith played the game, the more he liked it, and he became quite skilled at it.

Roy played baseball at John McDonogh Sr. High School in New Orleans Louisiana. He played second base and shortstop. Those positions required quick hands and quick feet. He had both.

Over time in high school, he began to pitch. While in high school, he had over 100 strikeouts. By any account, that was a lot of strikeouts. Obviously, he was throwing some "heat".

His baseball coach in high school was the legendary Wayne Reese. Coach Reese gave young Roy Smith the confidence and the proper instruction to become one

of Louisiana's top high school pitchers.

His high school accolades earned him baseball scholarships to Grambling State University and Southern University, both Historically Black Colleges and Universities (HBCUs) in the Bayou State. He chose Southern University in Baton Rouge Louisiana.

Roy Smith pitched consecutive no-hit games as a sophomore in 1977 against Texas Southern University and Grambling State University. This baseball feat will always be in the Louisiana college baseball history books.

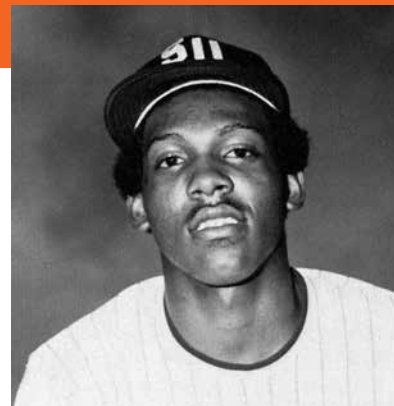
The Times Picayune newspaper in New Orleans penned a story highlighting Smith's accomplishments and called Roy Smith, the "No-Hit King". This moniker has stayed with Roy Smith to this present day. I was with him recently and a gentleman came by and simply asked, "How are you doing No-Hit King?"

His baseball coach at Southern University was Emory Hines. One of the interesting facts about Coach Hines was that his 1959 team won the NAIA Baseball Championship. It is recorded as the only HBCU to ever win the national championship. The team was led by MLB Hall of Famer, Lou Brock.

Roy Smith had great coaching in college in my opinion. Having a legendary coach gave him the guidance and the encouragement that he needed to have a wonderful college career.

I can only imagine some of the conversations they had about the importance of having goals and dreams. To be able to spend that kind of time with him must have been priceless.

Talking with Roy "No-Hit King" Smith was a great opportunity for me to learn



more about baseball at the college level and what it takes to be successful. Smith said, "Playing baseball at Southern University was a privilege that I will always cherish." He added, "I made some lifelong friends while in college and I honor those relationships."

I found Mr. Smith to be modest and humble as he talked about his baseball career. Yet I know that in order to have been a pitcher, you had to be a fierce competitor.

Roy "No-Hit King" Smith graduated from Southern University in 1979 with a bachelor's degree in health and physical education. Many people thought he might be a part of the 1979 baseball draft.

Instead, he carved out a highly successful career as a teacher and coach in the Orleans Parish School System in New Orleans Louisiana. In fact, he served as a coach of all the sports within the school system.

It is clear that Roy Smith made an impact upon the lives of people wherever he was. Baseball was a starting point which was then coupled with his strong character and high ideals. He is a role model for people in New Orleans.

Let's round the bases for Roy "No-Hit King" Smith as he hit a homerun in the game of life.

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PGA WORKS

by Christopher Mattox

Cameron Dinkins walked into the career fair at the Thurgood Marshall College Fund Leadership Institute, her goal was to explore opportunities to work in the sports industry. She had done her research on the companies in attendance and highlighted the booths she was most interested in. However, there was one company on her list that she didn't know much about, and seemed possibly out of her comfort zone,

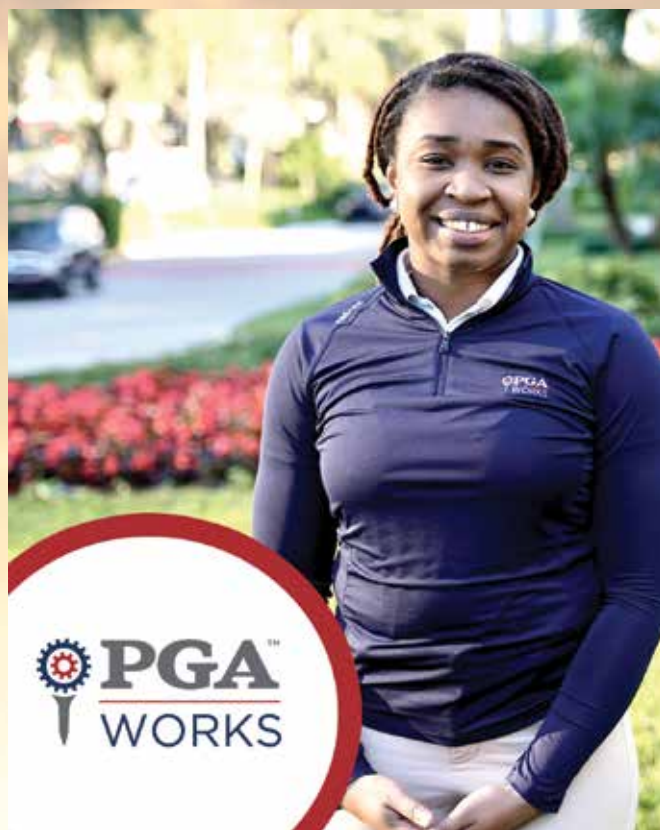
"I saw the table for the PGA, and I knew it had to do with golf but I didn't know much beyond that," Dinkins remembered. "The thing that really attracted me to them was the woman at the table was a woman that looked like me. I felt more comfortable and we began a conversation."

The woman at the table that day was PGA Works program specialist Rachel Melendez-Mabee, and that conversation would lead to Dinkins being selected as one of 11 people selected to become a 2020 PGA Works Fellow. The PGA Works Fellowship is a grant program that provides 9-12 month paid positions for recent college graduates. The goal of the initiative is to help more diverse candidates find their way into careers in golf.

"The PGA wants to show that it is an open and inclusive company and golf is an open and inclusive industry. Just like any major sports industry there is so much to do outside of what happens on the greens," Dinkins said,

For example, as a fellow she worked in public relations and in developing programs for junior golf initiatives. Golf is a sport but it is also a billion dollar business with myriad departments such as marketing, human resources, finance, and many others.

Golf as a sport is undergoing a kind of revitalization. Many of us have spent a happy hour at places like Top Golf, and while venues like Top Golf are opening up the sport to the casual fan, the PGA is looking to bring that same energy to corporate golf.



"We put together a lot of events that take place off the green. We try to make them Gen Z friendly because that's the next group that will be coming into the workforce," Dinkins said. "Our events are fun and engaging because we are trying to show that these careers are an option beyond a couple visits to Top Golf."

Dinkins fellowship ended in 2021. She says that she learned so much about herself and the industry. She excelled as a fellow, and in a bit of cosmic kismet she now finds herself in the same position that Rachel Melendez-Mabee once held. Now, she is the woman at the table opening up new opportunities for young women and students of color.

"That's the whole mission of the PGA works, and it is a full-circle moment for me. I enjoy helping people reach their potential in new areas. I also enjoy showing people that this is a career option for them, one they may have never considered," she said.

In 2020 there were 11 people selected as PGA Works Fellows. The most recent class of fellows numbered 26. The program is growing. The window to apply for the program opens in early fall. More information on the initiative can be found PGAReach.com/PGAWorks.

If you're a new grad and you're hitting the career fair circuit, keep an eye out for Cameron. She just might be able to put you on to a career at the top of golf.



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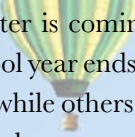



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Summer Re-Set

By Dr. Felicia Durden

**Re-set, Re-adjust, Re-start, Re-focus...
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It is hard to believe another semester is coming to an end. Where does the time go? As the school year ends, some of you will graduate and start your career, while others will continue their studies in the Fall. I wanted to share some tips on using your downtime during the summer to rejuvenate, so you are set for the fall semester. Summer is a time of refresh and can be a great time of year to reflect and make readjustments.

Take a Course:

Consider taking a course during the summer to help re-focus and re-start. Possibly you need to make up for a course that you were not able to get into or a course you need to retake to improve your grade. Summer courses are typically smaller. They are accelerated, so keep this in mind and plan accordingly.

Enjoy a Hobby:

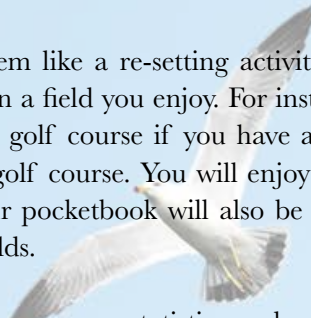
Another activity to help re-set during the summer is to take up an old hobby or start a new one. Use your free time to enjoy learning a new sport or to play an instrument. Your local library or community center often have summer classes that focus on arts and sports. Last summer, our local community center had pickleball leagues that met during the summer. Many of the college students in our area took the course and used it as a time to make new friends and release stress.

Volunteer:

If you have a passion for giving back, consider volunteering to re-focus your energy. Many local soup kitchens and schools need volunteers during the summer. If you are into nature, check into your local botanical society or Audubon group. These agencies are always in need of willing volunteers.

Take a Summer Job:

A summer job may not seem like a re-setting activity, but it can be if you take a job in a field you enjoy. For instance, consider working at a local golf course if you have always dreamed of working on a golf course. You will enjoy work that fills your cup, and your pocketbook will also be filled. This is the best of both worlds.



Here are few ideas to help overcome statistics and achieve your goals. As an African American college student remember to make connections with other like-minded individuals. It truly takes a team effort to achieve success. When I was in college, I always surrounded myself with other students who were motivated to learn. We developed study groups and helped encourage one another when we were in challenging courses. This team mentality helped balance me and keep me focused.

These are just a few ideas of ways to re-set during your summer. The bottom line is to find the time to do something that makes you happy and will help you come into the Fall semester with a fresh outlook and motivation.

Dr. Felicia Durden is an accomplished Educator with over sixteen years experience in Education. She holds her Doctorate of Education degree in Educational Leadership, Master's Degree in Curriculum & Instruction and a Bachelor of Arts Degree in English Literature. Dr. Durden has taught grades K-12, served as an Assistant Director of Reading and Writing and currently serves as Principal in a large Urban School District in Arizona. She has taught English Composition at the College level as an adjunct instructor for over 10 years. Dr. Durden has a passion for assisting student growth in reading and writing.



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MSU Electrical Engineering Student Explores Opportunity Through The Washington Center's Cybersecurity Accelerator Program

Participation Culminates in Cybersecurity Bootcamp Weekend Experience

This spring, Morgan State University student Dirichi Nwanegwo participated in The Washington Center (TWC)'s first Cybersecurity Accelerator Program. Nwanegwo, a freshman, Electrical Engineering major, was one of 34 students representing 23 institutions nationwide, to be selected for the program.

TWC's Cybersecurity Accelerator Program was designed to engage historically marginalized learners with career exploration, mentorship and networking in the fastest growing and rewarding field of cybersecurity.

Thanks to scholarships provided by select states along with private donors, this program was available at no cost to students.

Participants were invited to join The Cyber Guild for a

digital Cyber Discovery Experience and to travel to Washington, D.C. for a Cybersecurity Bootcamp Weekend.





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As part of this weekend experience, students heard from representatives from The White House, United States Cyber Command, CISA (among others) and were able to network with over 35 employers. They also had the opportunity to tour the Verizon Tech and Policy Center and AWS Skills Center.

Through this program, many participants were also selected for a virtual

micro-internship by a cybersecurity employer, where they received a financial stipend, worked with an employer supervisor and gained access to Teach to Work trained project-based mentorship.

“TWC is focused on creating flexible, stackable and accessible experiential-learning programs that break the traditional internship model. Our goal is to allow learners who might otherwise not be able, a chance at the experiences and connections that create pathways to careers,” said Kim Churches, President of The Washington Center.

The Washington Center is the largest and most established student internship program in Washington, D.C. Since its founding, the Center has helped more than 60,000 young people translate their college majors into career paths, using its scale and expertise to customize each student’s experience to be truly transformative.

Congratulations to Dirichi Nwanegwo on his selection and for taking advantage of this unique experiential learning experience, setting the stage for future success!
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PERSON-ORGANIZATION FIT CONGRUENCE

PART 2



By Robin Kegler



Part 1 of this article introduced you to the Person-Organization FIT Congruence Plan. Incongruence can lead to negative attitudes toward the organization, low job performance, and the Quit-Stay Phenomenon. An integrated multi-dimensional congruence plan can create the best person-organization fit so that hiring managers know you are the right fit for their organization. Unfortunately, the old way is built on the wrong foundation and increases the potential for higher turnover rates; while the common way (what the majority do), relies on common assessments to determine how employees interact with others do not provide enough leverage, although there are a few positives with the old and common way, it is not enough if you or the organization want a tailor-made fit.

Everything starts with relationships. Job-Fit is the relationship between your characteristics and the job or task you will perform at work. Evaluations are based on your resume and interviews. Culture Fit is the relationship between people and the environment at work. Evaluations are based on personality profiles and interviews to determine which environment you would thrive in. Organization Fit is the relationship between people and the organization at work. Evaluations are based on the commitment to the norms and goals of the person to the organization and vice versa. The closer your norms and goals match the organization, the greater the possibility you will have a positive experience.

Ben Schneider's research states that it is the collective characteristics of individuals at work that determine how people fit in an organization. It consists of three things:

- (1) Attraction-how and why a person is attracted to an organization;
- (2) Selection-why an organization selects a person; and
- (3) Attrition-why a person may move on from an organization if their needs are not being met. The closer your culture aligns with the organization (including values and expectations), the more satisfaction you experience and the greater productivity, creativity, and contribution you can potentially make to the organization of your choice. Extensive research supports the proposition that individuals are satisfied with and adjust most easily to jobs that are congruent with their career path and align with their personality types. Greater success occurs when the individual, the job, and the organization are compatible.

What is the equation for a tailor-made fit? It is this:

$$\text{Job Fit} + \text{Culture Fit} + \text{Organization Fit} = \text{Tailor-Made Fit}$$

A Tailor-Made Fit leads to Person-Organization Fit Congruence.



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Yep! Summer is here! You might be gathering your things to head home to hang out with family, or heading to the beach with friends for a little vacay..or searching for a summer job to make some extra money! As a college student, making extra cash is a plus for helping you take care of campus necessities as well as things you want during the school year.

The search 4 cash!

So where do you start looking for a good summer job tailored for college students? Here are a few resources to help make your search a little easier:

- 1) Start with your college website for summer job postings on campus. Be sure to apply as soon as possible. Also, if possible, try visiting the office or department that posted the job. Introduce yourself to the staff and let them know that you're interested in applying. Even if they send you to the school's website, it's still good to put a name & face with an application. Hopefully meeting them will leave a positive impression while they sort through the online applicants.
- 2) Apply on job sites like Indeed.com, LinkedIn.com and CollegeRecruiter.com..just to name a few. Job sites like these

have lots of listings that specifically cater to students. Use key search words like "summer jobs for college students" to hone in on temporary summer gigs that will fit your schedule and needs.

- 3) Ask professors and student teachers for leads on good summer gigs on campus and in the community. Staff members who've been around campus for a while may have job leads that aren't posted yet.
- 4) While searching for a great summer job that best suits you, be sure to also do research on the company that you're applying to. See what reviews are posted online or even ask current employees about the company's reputation. Be sure to find out if they are college student friendly.
- 5) And lastly, always look for jobs in safe environments. Never work in places where you do not feel comfortable or secure.

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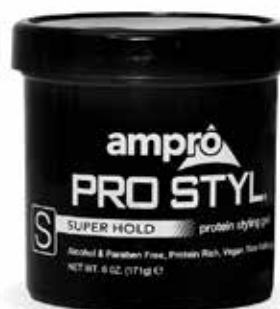
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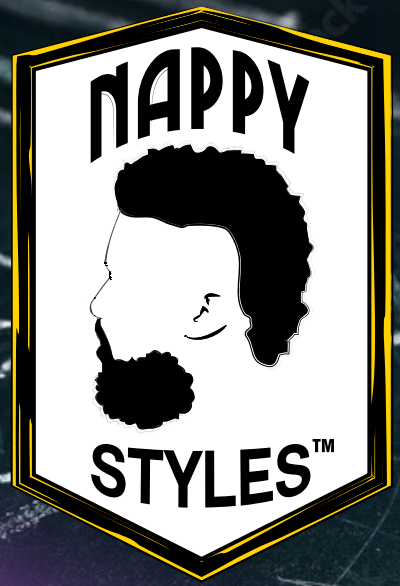
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HEALTH CONSCIOUS 101: THE IMPORTANCE OF DETOXING

by Jessica Miller

What is a Detox?

Detox means to abstain from or rid the body of toxic or unhealthy substances. The primary goal of a good detox is to help clear out excess: fat, vitamins, toxins, or any kind of build-up you might have in your body, good and bad. Some of these are natural, being the natural products of metabolism. Some of them are artificial, like preservatives, chemicals, and pollution.

And we do have natural detoxification systems within our body, things that are working all the time. But if you're not careful, you can overwhelm these natural systems. You know what it's like when you get overwhelmed with school, work or the kids or other stuff and you just start falling apart.

So, getting rid of the excess out of your system just makes things work a little bit better, it takes some of the pressure off your plate.

It can also help you to lose weight. As you reset your body's detoxification system, it now takes care of stuff it tried to sweep into the corners. These corners are your fat cells. What your body will do will take these toxins and

wrap these long chains of triglycerides around them and then shove them into your fat cells to keep them out of their way. If you start doing these detoxes routinely, it's going to make life easier later on. It's a lot easier for your body to get rid of little piles of waste and toxins than it is to get rid of a big pile. And it's these big piles that end up causing a lot of our illnesses. Things like heart disease, cancer, and even dementia can be the result of having too many toxins build up. Clearing them out before they get built up can help with prevention.

Given that the liver is your largest internal organ, it has nearly 500 different functions within the body. Aside from detoxification, it also plays a critical role in digestion, nutrient absorption, metabolism and cardiovascular health. Keeping your liver clean and functioning optimally is the key to total body health and vitality.

Symptoms That You Need a Detox

Now, just because you have one of these symptoms doesn't mean that a detox is the only thing that this could possibly be. A detox is an excellent

place to start, but you want to keep in mind that there could be other health problems, so you want to make sure you stay in touch with your doctor to rule out anything more severe.

1. Cravings: carbs, salts, processed foods
2. Low Sex drive
3. Memory Issues
4. Mood Swings
5. Hypoglycemia
6. Difficulty Digesting Fatty Foods
7. Bloating, especially in women
8. Depression
9. Hiccups
10. Inappropriate Anger
11. Feeling As Though There's A Lump In The Throat
12. Pain Or Discomfort In The Abdomen
13. Irregular Or Painful Periods
14. Lack Of Appetite
15. PMS With Irritability And Tender Breast

Benefits of Detoxing

1. Weight loss – toxins can be harmful to the cells and tissues of the body. Thankfully, you have a built-in protective mechanism which is to encapsulate and safely store the excess in your fat cells. Unfortunately, this means as your toxic load becomes greater, your fat cells grow as well. The good news is as you eliminate toxins, you also shrink the fat cells and release weight you may have been holding onto.
2. Increased energy – not constantly feeling tired or drained. Unmotivated or lazy.
3. Joint pain relief – removing gluten, dairy and sugar from the diet while flooding the body with antioxidants reduces inflammation that is often correlated with swelling and pain, especially in the joints.
4. Improved digestion – eating light, clean foods that are primarily cooked or blended supports the digestive process while the high fiber intake encourages bowel regularity.
5. Boosted immunity – ridding the body of burdensome toxins helps strengthen the immune system so you are better able to fight off bacteria and viruses before they transpire to colds, flu or infection.
6. Stabilized mood – eliminating caffeine and sugar while loading up on nutrient-rich, high-fiber foods helps stabilize the blood sugar which balances and calms the nervous system.
7. Clearer skin – the skin is a primary channel of elimination and directly reflects the internal environment. When your system is clean, as seen after a detox, your skin will appear smoother, more vibrant and youthful.
8. Improved sleep – the de-stress of a detox helps calm the brain and hormonal system which promotes deeper, more restorative sleep.
9. Sharper mind – toxins impair both mental and physical function. As you remove them from the system, brain fog lifts while memory, mental clarity and focus improve.



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WHAT'S HOT ON THE NET!

Lil Durk has recently taken steps to positively impact the lives of several students at **Howard University!!!** Through the creation of his **Durk Banks Endowment Fund** and in conjunction with **Amazon Music**, the Chicago rapper recently awarded two \$50,000 scholarships to Chicago students to attend the prestigious HBCU!

Lil Durk announced the winners during his performance at **Howard University's Springfest!** Lil Durk plans to donate \$250,000 to Howard's **GRACE Grant** program, which provides financial assistance to students in need of tuition support. You love to see it!!!

Be sure to watch **Chevalier!** Chevalier is a biographical drama directed by **Stephen Williams** and written by **Stefani Robinson**. The movie is based on the life of **Joseph Bologne, Chevalier de Saint-Georges**, a French-Caribbean musician, with **Kelvin Harrison Jr.** starring as Chevalier. The cast also features

Samara Weaving, Lucy Boynton, Marton Csokas, Alex Fitzalan, and **Minnie Driver.**

The French-Caribbean composer and violinist, Chevalier de Saint-Georges, rose to fame due to his exceptional musical abilities. However, his romantic relationships and the racism of the ancien régime caused a falling out with Marie Antoinette. Saint-Georges recognized the need for change and worked to rebuild his career and reputation, leading to a resurgence of his fame and success. We watched this and loved it!!! We hope you feel the same way!!!

In case you haven't seen it, the biopic **Sweetwater** recently came out starring **Everett Osborne**. Osborne plays **Nathaniel "Sweetwater" Clifton**. Clifton played for the **Harlem Globetrotters** and eventually, the **New York Knicks!**

Nathaniel "Sweetwater" Clifton, a **Naismith Hall of Fame** inductee, was a pioneer for African American

athletes in professional basketball. In 1950, he became the first Black player to sign an **NBA** contract with the New York Knicks. Sweetwater paved the way for generations of black players to join the league and compete at the highest level! This was a great biopic!!!

Shout out to all the fans of **The Mandalorian!** **Lizzo** recently made her debut on the series as The Duchess! The Grammy-winning singer has been doing an incredible job and we love to see her continue to expand into new creative spaces!!!

As far as new music goes, here's what we're listening to.

Baby Rose – Through and Through

Daniel Caesar – Never Enough

Currensy & Jermaine Dupri – For Motivational Uses Only

NBA Youngboy – Don't Try This At Home

Rae Sremmurd – Sremm 4 Life

THAT'S IT FOR THIS EDITION OF WHAT'S HOT ON THE NET!!! BE ON THE LOOKOUT FOR MORE CELEBRITY NEWS NEXT TIME IN BCT!!!

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