As you know, “Black Heritage Month” is celebrated in February. It provides the opportunity to recognize and honor the many significant contributions African Americans have made to our country. These contributions transcend all career fields and have profoundly added to our quality of life. Throughout the course of history many of the contributions were overlooked, barely mentioned or simply omitted in the history books. This reality has not given an accurate picture of African Americans’ historical evolution in America. However, approximately twenty years ago the country realized the importance of promoting and advancing black history in order to provide a needed cultural awareness. Although a month out of the year is hardly enough time to cover all of the valuable benefits we have received from African Americans, it is indeed an honor to emphasize this proud heritage.

Many people believe that “Black Heritage Month” is strictly for the appreciation of Africans Americans. This is a myth we are vigorously trying to dispel. It is a time for all Americans to become aware of gifts we have received from the black community. We all have benefited from Dr. Charles Drew’s medical advances, George Washington Carver’s science discoveries, Supreme Court Justice Thurgood Marshall’s enactment of law and Barbara Jordan’s congressional legislation. The list of African-American contributions is unlimited. Therefore, each of you have the responsibility to take a moment to learn, appreciate and recognize how African Americans have added to our way of life.

Note: Many of you remember Alan Murry who came year after year to our January meetings to perform his re-enactments of Dr. Martin Luther King, Jr.’s famous speeches. These re-enactments often left us in tears. This fall Mr. Murry passed away. His unique ability to reach people with his powerful performances will never be replaced but we can honor his memory by each finding our own way to carry his message of equal rights.

Students interested in participating in the summer “Intern Program” need to submit an application as soon as possible. The first priority will be extended to seniors who are successfully entering the Bridge Program. The next students in line are the rising seniors, who have established a proven program record with their attendance and participation.

Interns will have a chance to get valuable information regarding a career field of their interest. It can serve as a networking situation that will give students an inside track on meeting qualified professionals in the field. Last, but not least, interns will earn a modest stipend while gaining experience.

The students who are selected to participate will be placed at an on-campus or off-campus site to fit their career interest. Interns will receive a $75 weekly stipend. The required working hours consist of no less than 10 hours per week and no more than 15.

Interns are expected to conduct themselves as they would in a regular job. Interns are representing the OSU-Oklahoma City Upward Bound Program. Therefore, their conduct needs to reflect the ideals of the program. Interns not fulfilling their duties will be removed from the program. Mr. Boykin will go over expectations with interns in an orientation session.

Applications are available in the U.B. Office.
He’s had his image on a postage stamp, has a medical school named after him and is the focus of several books, but ask who the father of the modern blood bank is and the likely response is a blank stare.

Charles Richard Drew was a black physician whose pioneering work saved countless soldiers on World War II battlefields in Europe. He developed better ways to preserve and store blood plasma. Drew served as the first director of the American Red Cross Blood Bank.

As described in the American Red Cross’s online museum, Drew’s work “laid the foundation for modern-day blood banking.”

Born June 3, 1904, in Washington, D.C., Drew was one of five children. His father was a carpet layer; his mother, a school teacher. He attended Amherst College, where he excelled in sports and earned the school’s highest athletic honor.

He then taught for a time, saving money for medical school, before enrolling at McGill University School of Medicine in Montreal. His choice was limited since few medical schools accepted blacks.

At McGill, Drew won several prestigious honors, including the J. Francis Williams Fellowship, reserved for the student among the top five graduates who scores best on competitive exams.

He taught at Howard University for a time before completing his doctorate in surgery at Columbia University, where his thesis was titled, “Banked Blood.”

Then he went on to carry out the blood-bank work during World War II.

The segregation Drew had felt in higher education still existed during the war. In fact, despite his impassioned scientific debates, Drew resigned his position with the blood bank when the military mandated that “black” blood be segregated from “white” blood.

He returned to Howard to teach surgery and, in 1943, became the first black surgeon ever to serve as an examiner on the American Board of Surgery.

Drew died at the age of 45 from injuries sustained in an automobile accident on April 1, 1950, in North Carolina. Stories emerged that he had been refused treatment at a segregated hospital, but those proved false. (The story re-emerges every so often, and many online histories of Drew include details debunking the myth.)

Posthumously, in 1976, Drew became the first African American to have his portrait hung in the Clinical Center of the National Institute of Health. In 1981, Drew was featured on a Great Americans U.S. postage stamp.

An inner-city Los Angeles medical school founded in 1966 also was named for Drew. The American Red Cross also named a building in Drew’s honor at its national headquarters.

In an online tribute to Drew on the 100th anniversary of his birth, a former student recalled hearing of his death: “When we walked out of the room that day, we wondered if the medical school could survive. We knew the department was not run by one man, but he was so incredibly important. It was a major blow to the entire campus, and especially the medical school.”

This essay originally appeared on Tolerance.org, the news and activism website of the Southern Poverty Law Center in Montgomery, Alabama.

To learn more about the contributions of blacks in medical history visit the Teaching Tolerance website at www.tolerance.org
Many years ago, when you guys were toddlers experiencing the terrible twos, I was visiting voodoo village, a.k.a. the OSU Student Health Center. I had caught the latest bug going around campus and I found myself waiting for what seemed like eternity in a cramped hallway lined with chairs filled with blowers, sniffers, coughers and moaners. Besides these germ infested fellows, the only thing to look at was a door that stood open about halfway down the hallway. On the doorknob hung an embroidered sign that simply read, “Patience is a Virtue.”

I remember wondering what exactly the definition of virtue was. I told myself, “I’ll get out the dictionary and see if I ever get back to my dorm room.” That sign hung there all four years I went to school, and I pondered it every time I waited in that hallway.

Patience is a virtue. When I finally looked into it this is what I found. Patience is a “calm endurance” and virtue is “a good quality.” Calm endurance is a good quality.

So how do you get this calm endurance? I’m not sure what will work for you; but I’ll tell you how I go about it.

I set myself a goal. I decided that this patience thing was something I was going to do and that I would take pride in being patient. As you will find out in a couple of years, being a college student gives you lots of opportunities to practice your patience skills. I took it slow. An enrollment line here, waiting for my Pell check there. Now, I have some tools in my bag to share with you.

**Time.** Allowing enough time for a task is key. I avoid putting myself in time crunch situations. I know if I go to Taco Bell at 12:05 p.m., the drive-thru could have ten cars in line. I know to leave at 11:45 a.m. if I want to avoid this. I know if I want to do anything that requires standing in line, the line will most likely be shorter on a week day before 11:00 a.m.; for example, admissions office, bank or Wal-Mart.

**Slack.** Sometimes you need to cut people some slack. I allow people to make the occasional mistake because I may need the same in return at a later date. If the little old lady in the car in front of me is going 45mph in a 60 mph zone, I say to myself, “This is someone’s grandma. Isn’t it great she can still get around and take care of herself.”

**Smile.** I smile the whole time I’m in a line. No matter how many cash register tapes run out or price checks need to be made. Looking friendly eases the tension and will at least make things more pleasant while I wait.

**Limits.** Decide what is a reasonable time for something to be accomplished. I want to be patient; but I do not want to become a doormat. If something is taking longer that I believe it should, I’ll ask about the situation. For instance, a long wait in the counselor’s office might require me to say to the receptionist, “I have a class soon. How much longer do you think it will be till I can see Mr. So-and-so?” I ask this knowing it will not speed up the process. I ask this so the person knows they have reached my threshold for patience and hope they will take measures to prevent the problem in the future.

Situations where you must call on your patience are often ones out of your control. What is in your control is the way you choose to react.

So, what if I use all my tools and I still find myself losing my calm endurance? I pull out my “secret weapon.” I think back to voodoo village and that little sign. A smart receptionist hung that on the doorknob quite on purpose. She knew it would have the full attention of an audience practicing their patience and she wanted them to know it was a good thing for all parties involved.

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**Meeting Follow Up**

**Oklahoma Colleges Offering Human Resource Degrees**

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**Oklahoma Colleges Offering Dental Hygiene Degrees**

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If you would like more information on either one of these careers, please contact your U.B. counselor. We hope you enjoyed Mr. Swinney and Mrs. Walser’s career presentations at January’s monthly meeting. Evaluations indicated students would like to hear more information on interviewing skills and understanding employer benefit packages. We will work these topics into our summer session.
Valentine's Day is quickly approaching and you're not sure what to do for your sweetie. Here is a fun gift to give the “love of your life.”

CANDY GRAM: Create a fun candy gram that incorporates the candy you eat in a romantic letter. Here’s how it works. Substitute a candy for a word in a sentence: “You are the Almond Joy of my life.” “To my Sugar Daddy”. This is simple and fun. How to put it all together. You’ll need a poster board, hot glue, Elmer’s glue, scissors and printed paper. First, write down on a piece of paper the sentences that you want to write. Make sure to include the name of candy that you are inserting. Purchase the candy. Type the sentences using font size 72 or bigger and print them out. Cut the words out and lay them on the poster board in the arrangement that you want. Using the Elmer’s Glue, glue the words down leaving enough room to glue the candy down. Once the words have been glued, it is time to glue the candy. With the wrapper still on the candy, use the hot glue gun to glue the candy on the poster. Let the glue dry. Jazz up the look of the candy gram by adding some ribbon to the outer edge. You could make it even more personal by having a picture of you and of your sweetie. After the word “Dear,” you could glue a picture of your honey, then at the end of the letter you could do something like “Love,” then glue a picture of you. Your Valentine will be most impress by the candy gram. Not only did it come from you, but it came from the heart.

Every February, across the country, candy, flowers, and gifts are exchanged between loved ones, all in the name of St. Valentine. But who is this mysterious saint and why do we celebrate this holiday? The history of Valentine’s Day — and its patron saint — is shrouded in mystery. But we do know that February has long been a month of romance. St. Valentine’s Day, as we know it today, contains vestiges of both Christian and ancient Roman tradition. So, who was Saint Valentine and how did he become associated with this ancient rite? Today, the Catholic Church recognizes at least three different saints named Valentine or Valentinus, all of whom were martyred.

One legend contends that Valentine was a priest who served during the third century in Rome. When Emperor Claudius II decided that single men made better soldiers than those with wives and families, he outlawed marriage for young men — his crop of potential soldiers. Valentine, realizing the injustice of the decree, defied Claudius and continued to perform marriages for young lovers in secret. When Valentine’s actions were discovered, Claudius ordered that he be put to death.

Other stories suggest that Valentine may have been killed for attempting to help Christians escape harsh Roman prisons where they were often beaten and tortured.

According to one legend, Valentine actually sent the first ‘valentine’ greeting himself. While in prison, it is believed that Valentine fell in love with a young girl — who may have been his jailor’s daughter — who visited him during his confinement. Before his death, it is alleged that he wrote her a letter, which he signed ‘From your Valentine,’ an expression that is still in use today. Although the truth behind the Valentine legends is murky, the stories certainly emphasize his appeal as a sympathetic, heroic, and, most importantly, romantic figure. It’s no surprise that by the Middle Ages, Valentine was one of the most popular saints in England and France.

(Source: The History Channel at historychannel.com)