

Alliance

AN ETHNIC NEWSPAPER AT KSU

November 1982

KSU Volleyball Duo Enjoys The Sport

by Tracy Allen

Since the time when Jackie Robinson became the first Black to ever play on a professional sports team, many minorities across the nation have made significant gains in the athletic world. Even when minorities were unable to attend anything that included whites, most minorities continued their race up the ladder of equality. Now, most minorities have put aside the pains and hurts of discrimination and instead have become some of the best athletes in the world.

Being the only minority on an athletic team or sport can sometimes be a frustrating and lonely journey. For some, the frustration and loneliness leads to depression. However, for others, being the only minority has instead lead to numerous opportunities and rewards.

For Carla Diemer and Sharon Ridley, being the first "Blacks" on an all-White K-State volleyball team hasn't been much of a problem.

According to Diemer and Ridley, both feel that their role as volleyball players is to help the team win.

"I didn't think about being the first Black on the team," Diemer said. "In the Midwest, you get kind of used to being the only if not the first Black on the team."

"I didn't have to go out and prove that Blacks could play volleyball. For me, I didn't think I had to prove anything to anyone."

"Just because you're one of the few Blacks on the team doesn't necessarily mean that you're someone



CARLA DIEMER

special," Ridley said. "There is a misconception that most Blacks dislike volleyball. However, that isn't true. I know quite a few Blacks who like volleyball. The only reason you don't see a lot out on the court is because a good number are scared of the competition."

"Some people think that once they get to tryouts, they won't make it," Ridley said. "It's like they count themselves out before anyone else says anything."

Diemer and Ridley have a lot to be proud of. In four seasons as an outside hitter, Diemer has been considered by coaches and teammates as K-State's best spiker and back-court defender. As team co-captain, Diemer has displayed talent that is unusual for someone her size.

When Diemer was a student at Springfield Central High in Springfield, Mo., the dream of playing collegiate ball was something which the senior in pre-medicine always dreamed of. In high school, she was always told by friends that she would be too short (Diemer stands at pleasant 5' 7") to play for a major



SHARON RIDLEY

college. However, according to Diemer, the stories concerning her height encouraged her toward success rather than failure.

At Springfield Central, Diemer's main success came in basketball. In four seasons, she earned All-City, All-District, All-Ozark Conference first teams as well as the Joplin Globe All-District team. In her final season there, she received All-American and All-State honors.

Even though Diemer was recruited by small and large colleges in both sports, her love for volleyball prevailed. After receiving offers from the University of Missouri, the University of Minnesota, the University of Illinois, K-State and Houston, Diemer chose to play volleyball at K-State.

"I've been playing volleyball ever since my first year in high school," Diemer said. "I've been playing with the Mid-America Junior National Team since my junior year. I felt that since I've played more volleyball at the national level, I

(To p. 2)

SPANISH MASS, DINNER PLANNED

by Rafael Carballo

On Sunday, December 5, 1982, at 12:00 noon, the Hispanic community will celebrate the "Second Annual Festivity of the Hispanic Unity at KSU." The activity will be held at St. Isidore's Catholic Student Center. A Spanish Mass will be followed by a Hispanic Dinner.

This festivity is an important activity for the Hispanic Community at KSU. It highlights many important aspects of the Hispanic Culture. Hispanos from the city of Manhattan and other towns throughout the state are expected to attend.

Last year more than 200 Hispanos attended the Festivity. And people from other cultural backgrounds participated in the

feast, experiencing new aspects of the Hispanic Culture.

The Spanish Mass begins at noon. The Hispanic Dinner will be served in the Dining Room of the Catholic Student Center immediately following the Mass. There is \$4.00 admission to cover the expenses of buying and preparing the food. To obtain tickets for the Dinner contact Zaida Ortiz (539-1037) or Rafi Carballo (539-8211). Due to capacity regulations a limited number of spaces are available, so purchase your tickets as early as possible.

The event is sponsored by the PRSO, MEChA, and the Catholic Student Center.



"SALSA JAM '82" Dance Contest winners were, 1st, Jose R. Rodriguez & Wanda Torres (pictured); 2nd, Sheila Marrero & Cesar Rivera; 3rd, Lauren Kahn & Enrique Garibay.

Athletes (From p. 1)

would probably have a better chance playing volleyball than basketball."

In four seasons as a Wildcat volleyball player, Diemer has seen many changes both in her attitude and play. In her first season with the 'Cats, Diemer had problems adjusting to her new surroundings. Aggressive play helped her gain the honors during high school. However, Diemer said experience has taught her that learning to be a more controlled ballplayer has been a key to her success at KSU.

"I feel like a totally new person," she said. "One problem I had is that I was real emotional. Sometimes, I would get so emotional and aggressive that I would forget to use my head."

According to Head Coach Scott Nelson, "Her attitude has changed tremendously since the beginning. Carla use to play a lot of emotion. However, she's changed. She is playing more within herself. She has learned how to cut out the highs and lows."

Playing collegiate volleyball has also long been on the mind of Sharon Ridley, junior in recreation. Known as "Nay-Nay" by teammates, Ridley was the Wildcats most valuable substitute in her freshman year. In that same year, she and Diemer were nominated to the south zone of the National Sports Festival. In high school, Ridley's main success came in track and volleyball. According to Ridley, "I always liked how the game (volleyball) was played. When I was young, I use to like to jump a lot. I can remember watching collegiate teams on television and how I would get excited about playing."

As a student at George Washington Carver High in Montgomery, Al., Ridley's jumping abilities were the key to a successful volleyball career. Besides playing for Carver High, Ridley, whose father is in the Air Force, also played volleyball for a military team. According to the junior, "We (military team) would go see college teams like Alabama State and Mississippi State play. Through that I learned and picked up different techniques that later helped me in my game."

"Both high school and military ball were good experiences," she said. "Each helped me polish up my game more."

Ridley believes that Blacks with an interest in the sport should do all they can to get themselves prepared to play. "If you are really interested in playing, then I think you should go for it," she said. "Don't get so scared where you think you can't make it. Everyone who goes through tryouts is just as scared as you are. You don't know what their skill level is and they don't know what your skill level is."

Happy THANKSGIVING !!



Representatives of MEChA organizations from Hutchinson Junior College, Wichita State University and Garden City Junior College met with the KSU MEChA organization at KSU in October to coordinate activities.

Two Publications Seek Authors

The African Studies Newsletter from KU announced recently that the staff of *Mwendo*, a Black literary magazine at Coe College in Cedar Rapids, Iowa, is inviting submissions for publication.

"MWENDO includes poetry, short stories, editorials, drawings, photographs, and other forms of artistic expressions. MWENDO is expanding and including the talents of Blacks around the world. We wish to offer students the chance to have materials published in the next edition of MWENDO. We are accepting materials from now until November 26, 1982. We reserve the right to select and edit all materials received. Materials will be returned only if a self-addressed stamped envelope is included."

For further information, or to send a submission, write: MWENDO, Coe College, Box 577, Cedar Rapids, Iowa 52402.

Black Literature

Philip M. Royster, Associate Professor of English, will be teaching a course during the spring, 1983 semester on "Literature of the New Black Renaissance." The class will be on Tuesday evenings from 7:00 to 9:30 p.m. and is listed in the course line schedule as English 699.

Royster invites all students to "appreciate, enjoy, and study the contemporary novel by Afro-Americans" in this course. He will be offering a look at eight novels: *Song of Solomon* by Toni Morrison, *Snakes* by Al Young, *Love Story Black* by William Demby, *The Salt Eaters* by Toni Cade Bambara, *Nova* by Samuel Delany, *Meridian* by Alice Walker, *His Own Where* by June Jordan, and *Emergency Exit* by Clarence Major.

Other interesting topics Royster plans to include in this and future classes include the Black Arts Movement, Oral Folk Tradition, the Black South Movement, and Black Music.

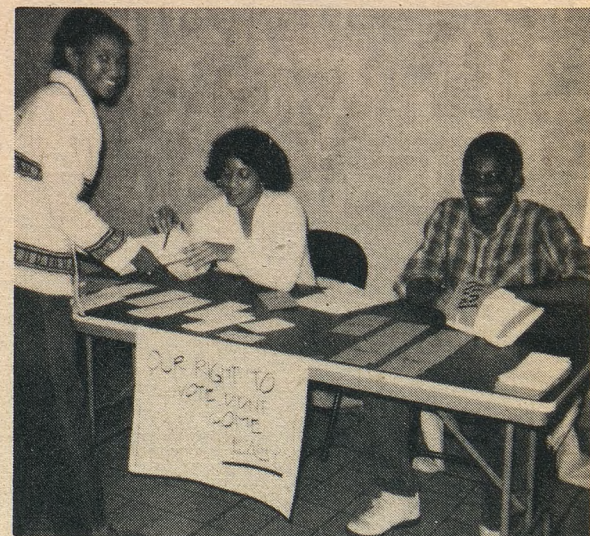
Contributions to an anthology featuring new Black writers are being sought by the volume's prospective editors.

Vickey Saunders, currently employed by the J. Walter Thompson Advertising Agency in Los Angeles and G. J. Spann, currently the Journalism Advisor for Hollywood High School and Instructor of English for L. A. Trade Tech. Community College, have written KSU to solicit assistance advertising their (proposed) book.

Submissions are being accepted in four areas: poetry, essay, short stories and plays. A more detailed listing of requirements is available on the Office of Minority Affairs bulletin board on the second floor of Holton Hall and at the Three World's Writers Workshop.

Materials must be typed, accompanied by a self-addressed-stamped-envelope and postmarked by January 1, 1983. Send submissions to the Editors, 8843 Alcott Street, Suite 2, Los Angeles, California 90035. There is no mention of payment.

Interested contributors may want to discuss contributions at the Three World's Writers Workshop, coordinated by Philip Royster and Antonia Pigno, on Wednesdays from 3:30 to 5:00 p.m. in the Minorities Center, 4th floor of Farrell Library.



Crystal Sutton, soph. in Home Ec-Mass Communication from Kansas City and Andre Kelley, fr. in Advertising from Manhattan, explain voting procedures to Norma Wilson, Inst. of English Composition, at a BSU Voter Registration booth prior to Nov. 2.

MEET.....TWO CAREER SPECIALISTS:

Kathy Lowman

Kathy Lowman, Assistant Director of the K-State Career Planning & Placement Center, specializes in career counseling for those students--usually in Liberal Arts and Home Economics--for whom defining employment possibilities is more of a creative process than simply signing up for interviews with big companies.

"Unfortunately, most students and faculty think our service is limited to offering on-campus interviews for students going into technical fields," she said. Consequently much of Lowman's job with the Placement office involves educating people about the many other services offered by her office.

"I think there is a miscommunication between higher education and its consumers," she said. "Somehow it gives students the impression one comes to college 'to get a job'. But there's more to it than that," she said.

"Higher education is not just meant to produce people for jobs. Education is meant to help people develop skills: how to think, how to write and communicate effectively, how to solve problems. It's up to the student to think about what he or she wants to DO with those skills. And it is the students who must develop skills they will need for the kind of job they want."

Lowman said of course many students do plan a general career direction as freshmen and sophomores and then build toward positions in the areas, but "too many students wait until they are seniors and, then, want someone to do the work for them," she said.

"Some students come in to the office and say 'What can I do with my degree?'" Lowman said. "That may be the question most often asked in my office. But by the time students are seniors they should have already taken the responsibility to plan a career direction," she said.

"That doesn't mean we can't help seniors," she said. "Because we can in many ways." It simply means no one can assume the responsibility for choosing career alter-



natives except the individual who will be living with them, she said. Students without self-defining careers like accounting and computer science, need to begin planning and growing toward a certain range of careers in time to be prepared for doing them.

That means freshmen and sophomores need to begin thinking of career alternatives NOW. And, if they need help, they should take advantage of the many services Lowman and her colleagues can offer them.

Among others, services of the Career Planning & Placement Office (Holtz Hall) include career counseling and advising for all kinds of careers from high-tech to home-ec and even including advice on starting your own business or creating your own kind of job. The office has an extensive library, video tapes, lists of prospective employers in various fields; Lowman and her colleagues can help write a resume and help students learn how to interview for jobs.

Lowman comes to her position at KSU with a background in Liberal Arts and the Social Sciences. Her own degrees are in Spanish (B.A.) and Educational Psychology (M.A.) both from California State University at Northridge.

Lowman received her Master's degree and was also married in 1972. Bob Lowman, Assistant Dean of the Graduate School at K-State is her husband. The Lowmans moved to Milwaukee, Wisconsin shortly after they were married where Kathy Lowman worked, from 1973 to 1977, at the Alverno College, a private woman's

college located there. She served as head teacher in the Child Development Lab at the college for a couple of years and then assumed the position as Lab Director.

Bob Lowman accepted a job with the American Psychology Association in Washington, D.C. the next year and Kathy moved on too. "We were house shopping in the Washington area," Lowman said, "and I began to feel like a protected woman who knew nothing about real estate and finance. I felt vulnerable," she said. So Lowman spent the first

year in D.C. studying finance and real estate, eventually earning her own real estate license and selling houses, herself, for awhile.

Lowman said the money was nice but that the real estate business wasn't for her. When a job opened up at the American Psychology Association for an Educational Affairs Officer in 1978, Lowman said to herself "I can do that job," applied for it, and did it for three and a half years.

During her stint with the APA, Lowman organized and conducted all programs related to teaching psychology in high schools and undergraduate schools.

The Lowman's moved to Manhattan last year, where Bob assumed his duties as Assistant Dean and where Kathy, at first, worked with the Department of Family and Child Development. Then, once again, Lowman recognized a job she would like to do and when the position for Assistant Director of Career Planning & Placement opened up, she applied for it, and she is doing it. Now, Lowman works every day helping students learn to develop and recognize their own marketable skills.

Lowman was born in Ambridge, Pennsylvania, a small steel town near Pittsburgh. Her parents foresaw the demise of steel towns in the 1950s and moved the family to the San Franando Valley in California, where Lowman attended junior high school through college. Lowman has one brother, one sister, and one two-and-a-half year old daughter named Sarah.

Jim Akins

The Associate Director of Career Planning and Placement is Jim Akins. Akins first came into the office as Assistant Director in 1966 and, since, 1969, has been its Associate Director.

Akins' primary responsibility is career advisement and related administration. "With the help of some fine staff members I assist students in career exploration, job search strategies and application procedures and organize services to assist both candidates and employers," he said.

Akins strongly echoed the sentiments of his colleagues when stressing how important it is for students to begin planning for their career alternatives early.

"Students should become aware of the services of our office during



their early years at KSU. At that time they should be identifying that their career directions are established and still valid and they should also make sure that they are doing everything they can to make themselves employable in the career directions they have chosen," Akins said.

The Career Symposium Series, which is a fall program of the Career Planning and Placement office is highly recommended by Akins to all students at all levels. "There is something for every student in this series," he said. Programs in the Symposium range from mock interviews and resume writing direction to sessions on specific career options. CP & P also co-sponsors several sessions of the

(To p. 4)



It's almost time for finals. Papers due in two or three weeks are but musings in your mind's spiral notebook. The excitement of a new school year has begun to wear thin in the late fall air.

About this time of year, when the roommate who seemed so amusing in September has begun leaving dirty dishes under your bed and school turned out to be more work than you had planned, many students will become acquainted with one more feature of college life that is becoming more and more common in our modern world. And that is depression.

Depression, even the "clinical" kind, needn't be devastating and certainly should not be embarrassing. But it can be serious and it should be recognized.

All of us feel "down" sometimes and we have learned ways to handle it ourselves. Maybe we need physical exercise to stay on top of our moods. Maybe we see a movie, have a snack, or call up a friend. But what if the cure doesn't work? And it doesn't for several days or weeks?

No one knows exactly why depression is such a common malady these days but hospitals estimate that depression and other stress-related illnesses account for as many as 50% of people who seek medical care, usually for other reasons.

Clinical depression differs from ordinary low spirits in intensity and duration. Understanding Behavior, a series of books on mental health published by Columbia House in 1974, said moods can vary from persistent unhappiness to blackest despair. The sufferer's mental functioning may be unimpaired and he or she may not even realize depression has begun to set in until he/she begins to feel extra tired and unable to concentrate.

Well-meaning friends and family may say to cheer up or take hold but that is "cruel advice", the experts say, because that is just what the depressed person cannot do. "Counting our blessings" or realizing other people are much worse off is no help either. These kinds of platitudes make no difference at all to the way the sufferer feels except to make him/her even more guilty, and the circle of depression widens.

One thing that is known about depression is that, with or without

treatment, it does get better in time. The trouble is that, for any one individual, it is impossible to predict how long the acute phase of the illness will last. It could last three weeks and it could last over a period of years! The right treatment is likely to shorten the course of the depression, the Columbia House authors said, and help to prevent its recurrence.

But what is the right treatment? Not surprisingly opinions vary. At one extreme is the electric shock treatment (which seems to work in some cases) or drugs (which also work for some people) and at the other extreme is strict psychotherapy without physical treatment (which, of course, also works for some). The best advice is to see a professional with whom you feel comfortable to find out what can work for you. There are reports of people who have been seriously depressed for many years who have recently tried the new antidepressant drugs and begun to feel alive again within a matter of days.

Experts agree that the first and in many ways the most difficult step is to recognize that you are, in fact, depressed. "Intelligent, sensitive and conscientious people are often vulnerable to this disorder, and they find it hard to see that their feelings are not realistic. They believe that they are not worthwhile people, that the world really is as black as it looks and consequently that there is no point in seeking help," Columbia House said.

Locating the deep-seated causes of depression takes time and isolating them may require the help of a professional psychiatrist or psychologist. But there are things an individual can do to help himself or herself. Ultimately, you are your own best helper anyway.

First, tackle the physical symptoms. Get some rest and get on a good schedule.

Whatever you decide to do next to alleviate your problems, don't decide to ignore them. In the not too distant past people were so embarrassed or frightened by mental problems they refused to seek help. But, alas, we live in a more enlightened, if hectic, era. The earth didn't turn out to be flat; evil spirits never did really fly into our mouths when we sneezed. And most people now know that mental problems are not a mark of disgrace.

The university provides counseling help in the Center for Student Development, and in other departments as well. Or go talk to a doctor, pastor, or friend.

Susan L. Allen

Notices:

PRE-ENROLL BEFORE DECEMBER 3
TO AVOID A LATE FEE!!

The enrollment schedule:

—Seniors, fifth-year students and graduate students — Nov. 15-18.

—Juniors — Nov. 18-22.

—Sophomores — Nov. 22-29.

—Freshmen — Nov. 29 to Dec. 2.

Dec. 3 will be an open day for persons who haven't enrolled.

REMEMBER: "Ebony Fashion Fair," Dec. 8, 1982 in McCain Auditorium (contact Delta Sigma Theta).

correction:

Cynthia Royce-Lartigue is an undergrad student. She attended KSU for a year prior to being named Director of the Engg. Minority Program.

Christmas Parties? Group activities? Know of a good story? Deadline for the January Alliance is January 10, 1983. Holton Hall 206-E.

Akins (From p. 3)

Office of Minority Affairs Career and Graduate Education Series.

Akins said that although he presently does not teach any courses he visits dozens of classes each semester as a guest instructor. Last year he spoke to over 1,000 students in classes or clubs.

Vermillion, Kansas is Akins' hometown. He graduated from Vermillion Rural High School and was raised on a farm in Marshall County. Akins' mother resides in Manhattan. He has a sister and a brother here, too, and another sister in Kansas City. Akins' daughter, Janet, attends Manhattan Area Vocational-Technical School and his son Kent is a senior at Manhattan High School.

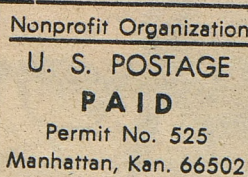
Akins earned both his Bachelor's and Master's degrees from Kansas State University. He is a certified teacher and administrator at the secondary level and, before coming back to K-State as a faculty member, Akins taught school at Wamego High School and at Paola High, where he also served as basketball coach.

Akins said he is in the field of education because he believes that there is so much opportunity to help people help themselves. "I particularly like the career services area because we relate both to the university campus community and to the world of work," he said. "This puts us in a liaison-communication capacity which allows us to be of assistance to both communities. I enjoy having the opportunity to assist students in some of the most important decisions of their lives," he said.



Office of Minority Affairs

Holton Hall
Manhattan, Kansas 66506
913-532-6436



Alliance
Office of Minority Affairs
Holton Hall, Kansas State University
Manhattan, KS 66506 (532-6436)
Anne Butler, Director, ESS
Susan L. Allen, Ph.D., editor
Sheila Boaz, secretary

Alliance is a publication of the Office of Minority Affairs, KSU. It is published eight times during the academic year. It is circulated free of charge to all minority students at KSU, interested faculty and others. Contributions will be considered. Articles may be reproduced with proper permission and citation.