Paine College is poised to become the first major academic institution in the country to establish a carbon neutral campus. Dr. Marcus Tillery, Provost and Vice President of Academic affairs, has given the nod for Paine’s partnering with Innovative Health and Technology Breakthroughs of Atlanta, Green Air Energy of Texas, and Carriell, Inc. of Los Angeles, as prerequisite for faculty participation in research, development, and grantsmanship respecting Paine’s “go green” initiative.

“On behalf of the Paine College community, we appreciate the opportunity to join with industry leaders in an effort to promote innovations that represent solutions to serious problems impacting health, education, and the nations infrastructure,” says Dr. Tillery.

According to Dr. Gary Flaingan, Chair of the Media Studies Department, who is responsible for orchestrating the opportunity, “Phase One of our conversion to energy efficiency will involve the installation of solar panels on each of the College’s principal buildings giving the campus a distinct futuristic look.”

It is being estimated that implementation of this innovative tech initiative could knock ten years off of the 25-year strategic plan developed by Paine College President, Dr. George C. Bradley.

A national press conference to announce the “carbon neutral campus” innovation as a new component of the Paine College “go green” initiative will be Monday, November 21, 2011, 11:00AM, Room 210, Haygood-Holsey Hall. National news media have been invited. Paine College students, and faculty are also encouraged to attend what is being called an historic event.
What makes some chains strong and others weak? One answer, trite but true, is the weakest link. Chains that can stand-up to tension, no matter how great the pull, will hold together long enough to get the job done as long as all of the links are equally strong. So, as we look toward a new season of B-ball on the campus of Paine College, the strongest link holding Team Paine together will be the new head coach Jimmy Link.

News Flash Paine People!

This isn't Coach Link’s first rodeo. He previously coached collegiate ball at Flagler, North Florida, and Newberry. But, now that the Jimmy Link era has begun here at Paine, everyone wants to know what Lions’ fans can reasonably expect. If the Auburn exhibition opener is any indication of things to come, in spite of a 26 point loss, the tank is half full; not empty. Exhibitions are meant to work out the kinks in the links. That being the case, I have no reason to believe that Lions basketball will be a figurative and literal roaring success.

With the addition of eight new players and a brand new staff, Coach Link has to make a chemistry connection happen quickly. How does he plan to do this?

“Hard work and determination as a team. Showing up every night on both ends of the floor,” says Link.

Coach Link adds, “Our vision and goal is an SIAC championship. We’re not taking the floor just to say we were in the house. Our objective is to take the house. Whether at home or on the road, you’re going to think we’re doing an Under Armour commercial.”

What can Lions fans reasonably expect? Based on the Jimmy Link mindset and approach, I’d say it would be unreasonable to expect anything less that a fun-filled exciting season. So, I'm stating it now, Paine and Benedict will be in the championship game.

No doubt about it, Paine College basketball is back. And, all of its players and coaches are connected by a very strong Link.
Mr. PCCA: A Man with a Plan  by Monique Dudley

Conroy Richards is not only Paine College’s 2011-2012 Freshman Class President, and Mr. PCCA (Paine College Communications Association), he is also a “Man with a Plan.” I spent a few Q & A minutes with Conroy in order to get a bit of insight into why he is more than what initially meets the eye.

Q. Freshman Class president I understand. But, why Mr. PCCA?
A. My vision is to see Media Studies, or mass communications on a whole ‘nother level. I would love to see PC have their own radio station, as well as their own TV show. I see student’s making soaps and videos and I would love if the work was displayed on the Paine college website. We should have a link that broadcasts the hard work of Paine college students, so we can see each other’s hard work.

Q. As a Media Studies/broadcast track major, what are your personal and professional goals?
A. I can see myself as a leader because I have what it takes. As long as I’m at PC, leadership is my goal. I’m a young man that’s more about action than talking because talk is cheap and it’s all about actions. In 2015 when I leave Paine College I plan on leaving it a better place than when I arrived.

Q. Let’s do one word or sentence association. I ask a question, you give me the shortest answer possible. What do you love?
A. Fashion.

Q. What do you want to do after graduation?
A. I want my very own TV show. Modeled after Wendy Williams.

Q. What’s the name of your desired TV show?
A. On the Couch with Conroy.

Q. Just in Case, what’s your plan B?
A. Disc Jockey.

If “people make the world go round,” Conroy Richards is making it spin just a little faster.
Paine College has a lot of hidden talent. In showcasing these collegiate talents, a show called *Talent Spotlight* was created by Media Studies major, Nicholas Johnson.

On the debut edition, Natasha Gallop, a graduating senior with a major in drama and French is featured. She “gallops” to Georgia all the way from Newark, New Jersey, and is known by her stage name, “Natasha Gifts.”

Natasha started singing at an early age with encouragement from her family. Singing in her family church, she didn’t gain a passion for it until her eighth grade year. Famous musical influences she inspirationally credits are Erykah Badu, Jill Scott, and Oleta Adams. Her appreciation for these artists explains how she seamlessly blends the Neo-Soul, Jazz, Gospel, and Pop genres into a unique and smooth union.

Natasha considers herself a self-conscientious emulator of music without becoming “commercial” and forgetting her lyrical roots. Natasha prides herself in her ability to leave her audience with a clear honest message.

Recently performing in Paine’s *Black Nativity Re-mix*, the songtress now works with her recording group, FTN, or *Family Ties Nation*. FTN is comprised of Carl “CJ” Johnson, founder and recent graduate of Paine, Sterling “DJ Nightmare” Knight, and another graduate of Paine College, Christian Noble.

Natasha and CJ are currently working on a project called *People of the Sun*, consisting of Neo-Soul pieces, and using beats from various artists and producers.

Natasha leaves up and coming Paine artists and talents with these words of inspiration: “If you have a message, let it be known. Be honest and true to yourself. Exemplify what it means to be a Painenite.”

For those who want to hear Natasha’s music, you can find her single with CY on YouTube called, *Want You to Know*. And, you can also follow her on twitter via @zerenity1dove.
GET FIT PC!

It’s easy for bad eating habits to cause weight gain, even leading up to obesity in college students, especially students residing in dormitories. Eating healthy is essential in gaining the body you desire and staying healthy. Find out how eating 300-400 calorie meals a day can help you lose weight. Because, during the past two decades obesity has doubled in the United States.

The key to losing weight is to find your balance between food intake and physical activity. You don’t have to give up your favorite meals to lose weight, however you do need to exercise a little more each day and be aware of portion sizes that you eat. A calorie is a unit of energy that measures how much energy food provides to the body. Studies have shown that Americans can afford to reduce calorie intake to about 300 per day. Listed below are three ways to stay fit!

1) Start everyday with breakfast because your body will absorb as many nutrients as possible from the breakfast and this will boost your body metabolism.
2) Instead of one big meal, try to eat more times having smaller meals and calculate your calorie intake. You don’t get fat because of a lack of exercise; you get fat because you don’t eat the right foods at the right intervals each day.
3) Eat slowly, chew more and drink more water with the meal.

To find out more ways in staying fit and to learn how to count your calorie intake try: http://www.disabledworld.com/artman/publish/calories.shtml
The Cainful Truth
by Gary F. Flanigan

I like Herman Cain. He has a Clarence Thomas vibe. But, no I “Cain’t.” The reason I “Cain’t” is simply because Herman is an awful lot like James J. Jeffries. Google James J. Jeffries whenever you get a little extra time.

James Jeffries was born in 1875. And, just like Herman Cain, who was born 70 odd years later, James was also racially motivated by the politics of authenticity.

Hollywood made a movie and named it after James J. Jeffries. It’s called The Great White Hope. Herman Cain is a modern day Jeffries. Cain officially assumed the movie’s title role when he recently proclaimed that the mainstream news media are “doubly scared that a real black man might run against Barack Obama.”

Did Herman just play the race card from the bottom of the deck? Who is a real black man? Is there a litmus test?

On July 4, 1910, a nation of conservative Americans needed someone to kick Jack Arthur Johnson’s black butt. On November 6, 2012, a nation of conservative Americans is going to need someone to kick the Democratic Party’s emblematic ass in much the same racially motivated manner.

The strategy was brilliant in 1910, and it was thought to be even more impeccable in 2012. Straight out of the Willie Lynch Playbook, you get a “real black man” to say all of the things that a “real white man” can’t. The only problem was nobody in the Grand Old Party planned on their “real black man” getting caught with his “pants down.” Or, their “real white man” having “brain freeze” in the middle of a LIVE nationally televised debate.

Nevertheless, I still like Herman Cain; even more than I like Clarence Thomas. At least with Herman, there was no “foreign object” found on the coke can next to his slice of pizza!

Did you know that Herman Cain was the Chairman and CEO of Godfather’s Pizza from 1986 to 1996? During those ten years, the best fast food establishments near my places of bizness were Godfather’s Pizzas. With a couple coupons, I could get a large hand-tossed, with five of my favorite toppings, a salad, and a big drink all for $5.99!

Kicking it late night courtesy of Godfather’s Pizza will always get my vote. But, kicking it any where other with my self-proclaimed real brotha? Sorry Herman, “No, I Cain’t.”
Windowpaine: 11/7/11—11/11/11