**MLK: A DAY TO REMEMBER**

By Chris Russell

Staff Writer

“In a sense we’ve come to our nation's capital to cash a check. When the architects of our republic wrote the magnificent words of the Constitution and the Declaration of Independence, they were signing a promissory note to which every American was to fall heir. This note was a promise that all men—yes, black men as well as white men—would be guaranteed the unalienable rights of life, liberty and the pursuit of happiness.”

Though these lines might well sound like they came from President Obama's inaugural speech this past Tuesday, they are in fact, a great deal older, though they were spoken within earshot of where Obama took the Oath of Office.

These words are part of one of the most well-known speeches in American history: Martin Luther King Jr.'s "I Have a Dream" speech. King gave the speech during the 1963 March on Washington, during which civil rights leaders attempted to raise awareness and encourage the passing of the Civil Rights Act.

Perhaps the most moving thing about this famous speech is that many of its best-known moments (including the phrase "I have a dream" itself) were never formally written down or even rehearsed. Midway through his speech, King put down his prepared notes and drew on his roots as a Baptist preacher to improvise the last several minutes. Many of what would later become some of the most famous lines in American history were simply ideas he pulled off the top of his head.

Though it is this speech that is often remembered most about his career, King's entry into the public eye came several years earlier, from his involvement in organizing the Montgomery Bus Boycott, where Rosa Parks gained notoriety for refusing to give up her seat to a white man. After Parks' arrest, King led a city-wide boycott of the bus systems in order to bring national attention to the case and put pressure on the government and bus companies to end segregation.

This marked the first example of what became one of the hallmarks of King's involvement in the civil rights movement: non-violent protest, a form of civil disobedience that King adapted from Gandhi's demonstrations in India. The philosophy behind this method of protest was to highlight injustice by making it impossible for the media and government to ignore or color it. The method worked, as it not only caught the world's attention, but also gained a wave of support for the civil rights movement and earned King the 1964 Nobel Peace Prize.

Atlanta's role in the civil rights movement is one that's difficult to ignore, not only as one of the South's largest cities, but also as King's birthplace, the home to a number of historically black colleges, and the headquarters of the Southern Christian Leadership Conference—the organization founded and led by King to fight for racial equality. Atlanta is also one of a handful of cities in which King was arrested for organizing demonstrations; in Atlanta, he was arrested for arranging sit-ins. Despite these incidents and a few violent outbreaks, Atlanta city officials did their best to keep order and, as such, Atlanta has often referred to as "the city too busy to hate."

Tech itself played an important role in the civil rights movement. Tech students protested in 1955 when the Board of Regents told them they couldn't play a school with a black team member in football, and in the early 1960s, Tech became the first school in the South to desegregate without a court order.

Today, the heroic life of Martin Luther King Jr. is celebrated on the third Monday of every January (in order to fall near King's birthday, January 15th). Though King was assassinated in 1968, Martin Luther King Jr. Day wasn't formalized as a federal holiday until the mid-1980's, and wasn't recognized in every state by its current name until 2000.

**LOCAL LEGACY: TECH'S JOURNEY THROUGH CIVIL RIGHTS**

- **1955** Students protest after Board of Regents decision to not play in Sugar Bowl because of a black player.
- **1956** Despite racial tension, Tech plays first integrated football game.
- **1961** Tech becomes first university in the South to peacefully integrate.
- **1965** John Gill becomes first black editor-in-chief of the Technique.
- **1968** Georgia Tech Afro-American Association (GTAAA) is formed.
- **1979** MLK Jr. is assassinated.
- **1993** GTAAA changes its name to GTAASU.
- **2002** Barack Obama inaugurated as 1st black president.
- **2008** Tiffany Massey becomes first black SGA President.

**Glimpse of the past**

Anonymous note criticizing Dean Harrison:

"Not HIS but OUR students will be expelled IF they gather together to protest segregation entering their college ... But--if negro college students parade thru 5 Points singing like heathens ... They are followed by reporters and photographers ..."

Letter by freshman Bart Fay in support of Harrison's decision to integrate:

"I hope the whole student body agrees and if faced with the integration situation will prove themselves more grown up than those students in Athens."
As a Tech student, it is sometimes difficult to find a way to stand out. However, Tiffany Curtiss, a fifth-year MGT major, has done just that by being recently elected to the position of President of AIESEC United States. Association Internationale des Etudiants en Sciences Economiques et Commerciales (AIESEC), which is the largest non-profit student organization, allows its members to discover and develop their professional and leadership potential in an effort to have a positive impact on today’s increasingly global society.

Three and a half years ago, Curtiss decided she wanted to join AIESEC only to discover that an AIESEC branch did not exist at Georgia Tech. Curtiss, who had previous experience with starting non-profit organizations in high school, saw this as an opportunity and decided to create a new chapter of AIESEC.

“I thought it was a great chance to gain experience and be a part of an organization related to business,” Curtiss said. In order to start the Tech AIESEC committee, Curtiss worked on organizing the chapter during the day while taking classes at night.

As a result, Curtiss has gained many valuable experiences as she was given the opportunity to travel to such places as Turkey, India, Germany and Kenya while participating in internships related to such topics as microfinance.

Such experiences allowed Curtiss to further develop her leadership and professional skills; however, as a MGT major, it was the business aspect of AIESEC that originally appealed to Curtiss.

“It is a business,” Curtiss said. “And the product is global talent sourcing.” Through AIESEC’s exchange program, Curtiss explained, over 4,000 students are paired with international companies that have available internships in which students may participate.

Many of these students are from the best universities in the world and underwent a selective application process in order to become members. Companies around the world pay AIESEC to find within this pool of students the ones that have the appropriate talent, education, and leadership skills to be productive employees. It is to such a purpose, among others, such as the promotion of peace and globalization, that Curtiss has dedicated her time and efforts.

This winter, Curtiss applied to be the national President of AIESEC United States and was elected. As president, Curtiss will oversee national operations from AIESEC’s headquarters in New York, where she will move after graduating this May.

Her main duties involve managing, training and supporting the other committees in which students may participate.

About AIESEC
Full name: Association Internationale des Etudiants en Sciences Economiques et Commerciales
Claim to fame: Largest nonprofit student organization in the world
Quick facts:
• Helps members discover and develop their professional and leadership potential to impact the global society
• Provides 7,000+ leadership positions
• Runs an exchange program for 4,000+ students in 107 countries

See AIESEC, page 15
Rachel Johnston, a CA in Center Street Apartments and second-year MGT major, is one of the hundreds of students employed by housing staff at Tech.

Speaking with her this week shed some light on the role of housing staff on our campus. "You could say it’s like having a job in human resources," Johnston said, still shivering and trying to recover from her frigid walk across campus.

"When people ask me how many hours I spend being an CA, it’s hard to say, because it’s like a full time job. You’re just not clocking-in hours."

A sister in Alpha Chi Omega sorority and Ambassador for the College of Management, Johnston has had to develop a lot of self-discipline and time management skills early in life. "It’s a sacrifice of time, but anything you do is a sacrifice of time," Johnston said. "You just have to figure out what you want to do and then do it."

The most important thing to Johnston as an CA is community. "Getting to know my residents really well is the most rewarding thing and working for housing is like being in a big community. Although she would not disclose the details of any real life dorm drama, Johnston said that conflict resolution was covered in training, which includes two weeks of pre-semester workshops and a weekly CA seminar class. Integral to the housing structure are the community-building programs that are held in each residence hall. There are different "programming models" for freshmen, upperclassmen, graduate students, married students and international students, each tailored to meet the needs of that student population.

"Being an CA as a second year, I think it’s necessary to quickly learn the needs of upperclassmen," Johnston said.

"Also, when you live in dorms, there’s only one door separating you, but in the apartments, you have to work a little harder to get to know people," Johnston said, citing a difference between CAs and PLs.

Of course, the main difference between CAs and PLs is that PLs work exclusively with freshmen, and CAs work with everyone else.

Johnston said that she would have been happy with either position, but that she had grown especially fond of her role as an CA now because of the greater emphasis on large-group social activities. According to Johnston, PLs still plan large-group activities, but there is a greater emphasis on individual interaction.

At the CA/PL candidate meeting, staff explained that smaller groups were facilitated in Freshman Experience dorms by assigning fewer residents to each PL.

One of the most important things PLs can do to get to know their residents is to make sure they are going to the dining halls and eating with them regularly.

Johnston said that becoming an CA has been one of the most rewarding things she has done while at Tech, and she is glad that she has followed in her mother’s footsteps, who was also an CA in college.

If you are planning on applying to be an CA or a PL, "referencers are a big deal," Johnston said. Every candidate is required to submit at least one letter of recommendation with their application, and finalists will be interviewed.

According to Center Street’s Hall Director, Steven Juber, "you want to put your best foot forward," which means treating the staff interview the same as you would treat any other interview.

Photo by Ben Keyserling/ Student Publications

By Aaron Parkman
Staff Writer

Dorm life is a major change from life at home. With rooms shaped like jail cells and curfews no more, we find ourselves caught in the irony that college life is college life. Over the years, institutions have tried to ease the transition by providing support structures, one being housing staff. 

Tech has historically used a lot of different titles for community advisors (CA), but for our purposes, we will only differentiate between "CAs" and peer leaders, "PLs."

"There’s a lot of time spent being a CA, but you’re not just clocking-in hours," Johnston said. "It’s a sacrifice of time, but you have to figure out what you want to do and then do it."

The most important thing to Johnston as an CA is community. "Getting to know my residents really well is the most rewarding thing and working for housing is like being in a big community. Although she would not disclose the details of any real life dorm drama, Johnston said that conflict resolution was covered in training, which includes two weeks of pre-semester workshops and a weekly CA seminar class. Integral to the housing structure are the community-building programs that are held in each residence hall. There are different "programming models" for freshmen, upperclassmen, graduate students, married students and international students, each tailored to meet the needs of that student population.

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Recipes for eating your way to a healthier you

By Melissa Hardman
Contributing Writer

Just like millions of Americans, you may have made the New Year’s resolution of getting in shape and acquiring healthier eating habits. Sticking to a healthy diet can be difficult in college, since fast food and pizza are popular choices. Cooking for yourself may seem like a daunting task, but below are some easy, enjoyable recipes that have been improved upon to make them less fattening and healthier in general. For more exciting and healthy recipes, visit www.eatbetteramerica.com/recipes. To analyze your diet and get helpful guidelines tailored to your body type and level of activity, see www.mypyramid.gov

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**FRENCH ONION SOUP**

Prep time: 1 hour  
Makes 4 servings  
1 tbsp olive oil  
4 medium onions sliced (8 cups)  
1 carton (32 oz.) Reduced sodium beef broth (4 cups)  
¼ tsp dried thyme leaves  
¼ tsp pepper  
1 bay leaf  
2 tsps reduced-sodium soy sauce  
8 slices (1/2 inch thick) of baguette French bread  
¼ cup shredded fresh Parmesan cheese

1. In 4-qt nonstick Dutch oven, heat oil over medium heat. Add onions; cook uncovered 10 minutes, stirring frequently. Reduce heat to medium-low. Cook 35 to 40 minutes longer, stirring frequently, until onions are light golden brown (onions will shrink during cooking).
2. Stir in broth, thyme, pepper, bay leaf and soy sauce. Heat to boiling. Reduce heat to low; cover and simmer 15 minutes. Remove bay leaf.
3. Meanwhile, set oven control to broil. Place baguette slices on ungreased cookie sheet. Sprinkle cheese evenly on slices. Broil with tops 4 to 6 inches from heat 30 to 60 seconds or until cheese is melted.
4. To serve, ladle soup into bowls. Serve with baguette slices.

**SHRIMP IN TOMATO SAUCE OVER PASTA**

Prep time: 15 minutes  
Start to finish: 45 minutes  
Makes 4 servings  
1 tbsp olive oil  
1 small bunch scallions chopped  
2 garlic cloves minced  
1 can (28 oz.) crushed tomatoes  
¾ cup dry white wine or nonalcoholic white wine  
1 tsp sugar  
¾ cup chopped flat-leaf parsley or basil  
12 jumbo shrimp, peeled and deveined  
8 oz. spaghetti  
¼ cup grated Parmesan cheese

1. Warm oil in a medium saucepan over medium heat. Add scallions and garlic. Cook 10 minutes, or just until scallions begin to turn golden.
2. Add tomatoes, wine, sugar, and 1/2 cup parsley or basil. Heat to boiling. Reduce heat to low, cover, and simmer 20 to 25 minutes, or until sauce is slightly thickened.
3. Add shrimp and return to a simmer. Cook 4 to 5 minutes, or until shrimp are opaque.
4. Meanwhile, cook spaghetti according to package directions. Drain and transfer to a large bowl. Add sauce and toss to mix.
5. Sprinkle with Parmesan and remaining 1/4 cup parsley or basil.

**PEANUT BUTTER COOKIES**

Prep time: 45 minutes  
Makes about 30 cookies  
½ cup granulated sugar  
½ cup packed brown sugar  
½ cup peanut butter  
½ cup vegetable oil spread stick, softened  
1 egg  
2 tsps honey  
3 ¼ cups whole wheat flour  
¾ tsp baking soda  
½ tsp baking powder  
¼ tsp salt

NUTRITIONAL INFORMATION:
The french onion soup contains 210 calories, 7 grams of fat, 2 grams of saturated fat and 26 grams of carbohydrates. The shrimp in tomato sauce over pasta contains 380 calories, 7 grams of fat and 59 grams of carbohydrates. The peanut butter cookies contain 41% less fat, 50% less saturated fat, and more fiber than the traditional cookie recipe.

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JOIN THE TECHNIQUE!

We are always looking for new writers, photographers, and artists.

General staff meetings are held every Tuesday at 7 p.m. in room 137 of the Flag building.

All students are welcome! No experience necessary!