Going Back Home

by Shawna Daniels
News Editor

"My soul is here, but my heart is in Ghana," were the words of Lathan Turner, interim coordinator of Afrikas-American Student Affairs and one of fifty-six students and faculty members who traveled to Ghana, West Africa during Winter Intercession.

During the past five years, North Carolina State University has provided opportunities for the exchange of faculty, staff, and students between NCSU and countries in West Africa. In the spring of 1994, a working team of three NCSU faculty and staff visited Ghana and established linkage agreements with three Ghanaian institutions. In keeping with these agreements, the mission of NCSU, and the efforts to internationalize our campus community, NCSU is offering an educational excursion to Ghana.

The purpose of this educational mission is to provide participants with a first-hand opportunity to observe and interact with Ghanaian people on an academic, cultural, and professional basis. Such interaction will provide experiences that examine the legacy of the African peoples and explore the significance of Afrika's role in today's world. It is also intended that the participants will return to actively encourage future involvement in the NCSU sponsored abroad opportunities in Ghana.

Turner has vowed to fulfill his commitment to the program, telling his story to those who will listen. With only positive preconceived notions, after speaking to previous travelers, Turner arrived in Ghana, feeling well-received. "We can do with what they have."

When comparing Accra, Ghana's capital, and Raleigh, Turner points out that in Raleigh, we tend to forget about other people, getting caught up in the hustle and bustle of our lives. The people of Accra were more aware of others, were unified and caring and didn't seem concerned with material things.

Turner described the seven hour trip as "soul-stirring", recalling a warm breeze that welcomed them as they got off the plane.

The group traveled from Accra to Komaso, Kumasi, Elmina Castle, Cape Coast, and Abidjan. While in Accra and Kumasi, they visited with the University of Ghana and the University of Science and Technology. While at the universities, Turner observed the small lack of technology as compared to American universities, but they do

Faculty and students pose with students from the University of Cape Coast picture by Lathan Turner have universities that specialize in specific fields; for example, the University of Lagon is centralized in research, and the University of Cape Coast targets teaching.

On the entire trip, Turner remarks, "Afrika made me take a step back and look at life in general, how we see and treat each other, and how we appreciate things. It encouraged me to continue reading and advancing our culture."

In the Name of the Mother: Contributions of African-American Women will be facilitated by Ms. Pam Gibson on today at 7:20 p.m. in Room 356 of the African-American Cultural Center. Sponsored by the Me Omiereon Chapter of Delta Sigma Theta Sorority, Inc.

In the Name of the Father: "Media and Racism" will be presented by Robert Easter on today at 4 p.m. in the Conference Room, 2006 Hillsborough Street.

The Union Activities Board invites you to its "Town Meeting". The topic of discussion will be the Free Expression Tunnel and its Impact on the University Community. Eight persons from the Administration and Student Interest Groups will be the guest panelists. The event will take place Monday, January 30, 7:00 p.m. in the Witherspoon Student Center, Multi-Purpose Room-126.
Plus/Minus Still Confusing

by Shwana Daniels

News Editor

Just enacted this semester, the Plus/Minus grading system has students bewildered and concerned if it really affects them academically. Recently, the Chancellor’s Liaison Committee met and discussed this new system.

When asked why the plus/minus system was even enacted, Chancellor Larry Montine, responded that it was a faculty driven issue and that of the 60% of the faculty surveyed in two separate elections, 65% wanted the system enacted.

Those faculty members questioned were asked if they wanted a system, not if they wanted to use it. Arguments put forth included: the use of a plus/minus grading system at other major universities, more grading levels that accurately present students’ work, and more options in grading.

Overnight Guests

by Shwana Daniels

News Editor

At the Chancellor’s Liaison Committee meeting, a proposal for twenty-four hour visitation was set before committee members. Laura Pottmeyer, President of the Inter-Residence Council explained that of 422 surveyed students, 65% wanted twenty-four hour seven day a week visitation.

Other universities like UNC-Chapel Hill, UNC-Wilmington, UNC-Greensboro, UNC-Charlotte, and Appalachian State University all have 24/7 visitation policies. The proposal states “the students of the campus are restricted in their ability to make decisions concerning hours during which [they] may entertain guests...As adults within the community, we expect to be treated with the...rights to decide on living options as do our off-campus counterparts.

If students stay within limits decided upon by roommates and suite mates, the proposal can work. The policy would include hosts being responsible for their guests, and a seventy-two hour visitation limit.

Tim Lockwood, Director of Housing and Residence Life, “I worked closely with IRC, for implementation options and this could work if the Board of Trustees see Guests, page 5
Enforcing The Rules

by Dionne Williams
Sports Editor

Have you noticed when you pass Paul Derr Track, there are more girls practicing on the track team than there have been in a couple of years? Why? The sudden rise in the women's track program?

You might say that more girls want to run this year than in the past. The truth is that NCAA is beefing up the rule stating that in order to be classified as a women's track team, there must be 14 girls running in every track and field meet.

In the past years, there were three sprinters and a couple of distance runners to make up the women's track team. Last year, only four girls made up the women's sprint team.

It seemed that what it came down to was money. There was not enough money in the women's program so it is not fully funded like some programs such as football. There are a small number of scholarships given out to runners each year.

Most of cross country members are on partial or full scholarship while only one sprinter is on partial scholarship. It seems as though the women's program should have been expanding for the last couple of years so that now the team should have been as big as the women's team at the University of North Carolina at Chapel Hill. "I feel that it is a positive thing for N.C. State to try to build up the women's track program.

However, I think it is sad that N.C. State had to run to that we had to start building the program. The program should have already been expanding. I think that if track had put more emphasis on developing the athletes they already had then more runners would have looked at State and wanted to come here," said Tammy Streeter.

However with ongoing pressure, N.C. State track program is trying to make the women's program equal to the men's program. The program should now be focusing on who the scholarships should be awarded to. The coaches are currently looking at possible recruits for the upcoming year. Maybe now there is hope of expanding the women's program to the point where it will be fully funded.

Presently, there are more girls out on the track than there have been in awhile. State has three jumpers, two high jumpers, and seven sprinters. With the assistance of a couple of distance runners, state meets the 14 girl requirement.

The Spirit of the Lady Wolfpack

by Dutch Richardson
Sports Writer

The year of 1994-95 means a lot of things for a lot of people. In particular, the year holds a great deal for the Lady Wolfpack. This year's team, as in previous years, is high spirited as well as multi-talented.

Currently, the team has a winning record with a season that stands at nine wins and six losses. The team has good perimeter shooting along with hard inside play and tough defense; all of which revolves around discipline and strong mental concentration.

Those properties alone can best be explained by a good coaching staff, practice and determination. Recently, I had the opportunity to discuss the team's condition with Tamala Gibson, a forward for the Lady Wolfpack.

I posed the question what elements the team values the most, and she replied, "Leadership, playing, together and believing in each other." A strong basis which makes for a strong team.

She believes that each person has a role to play in order for them to succeed. Although keeping the same values as last year, the team has changed a bit this year. This year, with the fresh new faces, the team has more players therefore causing more depth; a necessity for a superior team. This provides a chance for younger players to contribute to the team's harder inside and outside play.

This makes it possible to play a lot more people and still have an all-around team on the court as well as a balanced one.

I also asked Tamala which game was the most representative of the Lady Wolfpack, and she said, "The game most representative of the team would have to be the one against Florida State.

Not only because we were able to play everyone and play as a team, but also because it confirmed our feelings of confidence in each other." The remaining season for the women is particularly challenging.

When asked what team on the winning schedule will be the most competitive, Tamala stated,... "more than likely the top two teams in the division, DUVA and UNC..."

Decisions, Decisions, Decisions

by Dionne Williams
Sports Editor

More decisions, more delays, more rejection. On Monday, January 9, NCAA delegates met to approve higher academic standards for incoming freshmen until 1996. Delegates voted that those "partial qualifiers" won't be allowed to compete as freshmen and will be limited to only three years of eligibility.

They voted on whether to permit partial qualifiers four years of eligibility after their freshman year but in a vote of 164-152 defeated the motion. Atlanta Coast Conference (ACC) voted 8-1 against a fourth year for partial qualifiers with Virginia only in favor.

University of North Carolina-Chapel Hill Chancellor Paul Judge commented, "There wouldn't be any difference between partial and full qualifiers because partial would practice and be reclassifying their freshman year."

Hausan Shamsieh-Derr, a freshman cornerback for N.C. State, said, "I do not think it is fair that partial qualifiers only get three years because when a player comes in he should be guaranteed four years."

Proposition 16, the new rule voted in, says athletes with a 2.0 GPA in 13 college preparatory subjects must score 900 on SAT(21 ACT). Those with a 2.5 GPA need 700 SAT score(17 ACT).

Under Proposition 48 standards, athletes must have a minimum 2.0 GPA in 11 core curriculum subjects and make at least 700 on SAT to be eligible as a college freshman.

Those partial qualifiers who had the 2.0 GPA but did not make the SAT minimum may have been admitted to a school but could not practice. Those individuals sit out a year, forfeiting athletic aid and a year of eligibility. However, an ath-

5 on 5 Basketball Tournament

- Double elimination basketball tournament.
- The 1st 8 teams participate
- A maximum of 10 players
- $10 per player
- Begins Feb. 11th

SPORTS BRIEFS

COMING IN '95 FOR FOOTBALL

Lloyd Harrison, an All County defensive back from Long Island, N.Y. has signed with N.C. State. Harrison, 5'11" and 180 pounds, chose the Wolfpack over Wisconsin and Tulane.

Darwin Walker, a linebaser from Walterboro High School in South Carolina and younger brother of N.C. State's junior defensive back James Walker, chose Pack over South Carolina. He was rated the second best player in the State in Super Prep magazine.

Quinton Neal is an All-American running back of Aiken, South Carolina. He is 6'2" and 245 pounds and chose State over Tennessee, Clemson, and Georgia.

Jeff Kibb 6'5" and 245 pounds, is a defensive back from Notre Dame High School in Tennessee. He made Tennessee's Associated Press all-state team and has also chosen State.

Lady Wolfpack

On January 17, N.C. State's Chasity Melvin received notice of the week recognition. She helped lead the Wolfpack to two wins last week and averaged 18 points and six rebounds. She shot 71 percent from the field and 86 percent from the free throw line. "I feel really great about receiving the award because I feel I have been working really hard in practices and in the games," said Melvin.
I am an American

by Nicole White
Reflections Editor

Can you imagine living a life where you are constantly trying to fit into society? If you are African-American, then you might say, "I do that everyday." But have you ever wondered what it is like for other minorities in the United States? Sumana Basu, a sophomore in Accounting, took the time to explain on Wednesday Jan. 25, at the NCSU Women Center.

Sumana Basu began by reading a poem she wrote entitled, "From Your Childen." The poem's theme is the confusion of a child who is born in America, but whose parents are from India. Basu explained her dilemma. She was born in Syracuse, New York, however, in many instances she is taken as a foreigner. "Americans see me and ask where I am from." Basu said in a job interview, the interviewer told her she spoke English remarkably well, even though her resume clearly stated that she was from New York.

Basu was brought up in what she considers a liberal home. Unlike some students whose parents are from other countries, she was allowed to experience many American cultural activities. When she was sixteen, her parents allowed her to date anyone whom they approved. Unfortunately, all the guys happened to be Basu friends and she was not interested in them.

While growing up Sumana Basu honored traditional Indian customs and at the same time followed some American ones. She describes it as living a double life. When at home with her parents, she was the "good traditional Indian daughter" and things seem good. Then Basu went off to college.

When Basu got college life was a little different. She spent most of her time "trying to be American." Basu partied and drank just like the rest of her American friends. Since she was not under the same types of pressure as other foreign students to get all A's, Basu accepted her B's. Her parents accepted them as well.

The real problem came when her sexual activity was made known to the Indian community. The community began to ostracize her. In Basu's sophomore year, she moved in with her Caucasian boyfriend. After this her parents disowned her. She was not even allowed to speak with her brother. Basu explained what she was doing was taboo to her family. "Sex," she said, "is something you do when you are married, as a duty."

Sumana Basu eventually married her boyfriend. She left school to support her husband. His parents were very disapproving of the marriage. Her mother-in-law attempted to choke her while she was sleeping and told her she did not want any grandchildren from that union. Basu and her husband are now divorced.

Basu wanted to tell her story because she sees many students heading for her same situation. Now at age 25, Basu has moved back in with her parents and is in the process of finishing her education.

There are certain rules she lived by in order to balance both cultures. When it comes to Indian tradition, Basu tries to understand how following them or not following them affects her. She questions whether or not it offends her parents or really hurts them in any way. Most importantly, she realizes how observing or not observing the tradition of her parents causes harm to her.

Basu pointed out that Afrikans-Americans might feel the same way. However, they are not pressured at home to strictly follow customs. Afrikans-Americans tend to link Asians and other minorities with whites because that is the only culture they seem to adapt.

Basu explained that sometimes Asian students would like to associate with Afrikans-Americans but are strongly discouraged by their parents. Their parents feel that as minorities, they face enough challenges without being associated with a group that is already highly discriminated against.

They do not mean to be offensive but are just looking out for their children's best interests in a color blind society.

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The Kappa Omicron Chapter of Alpha Kappa Alpha Sorority, Inc. & The Eta Omicron Chapter of Alpha Phi Alpha Fraternity, Inc. Present:

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Date: February 23, 1995
Place: Holiday Inn on Capitol Boulevard
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Place: $12 per person or $20 per couple

Tickets go on sale Jan. 30.

Entertainment for the night includes: Dance Vision, Black Finesse Modeling group, and a comedian from Def Comedy Jam.

For more information contact Tyrone Hughes at 312-9434.
Attending to Change Negative Images

by Anthony L. Lindsay
staff writer

On Thursday, January 19, there was a program entitled “Race Awareness at NCSU: Then and Now.” The program was part of a series of forums sponsored by the Peace Lunch Forums, which are held in the Brown Room of the NCSC Student Center on Thursdays from 12:40 p.m. till 1:40 p.m.

The focus of this forum was to present and discuss reasons for negative images of African-Americans on NCSU’s campus. The aim was directed to faculty, staff, and students.

The Panel consisted of Cindy Chisolm, Coordinator of Study Abroad Program; Deb Luckadoo, Interim Assistant Coordinator for Judicial Programs; and Rhonda Mans, Coordinator of NCSC’s Women’s Center. The Peace Lunch Forums was presented by the C.T. Vivian Alumni Group. According to Mans, the panel was “hardcore color,” but she was pleased to see the audience well represented.

Portions of a video entitled “NCSU: Its Image in the Black Community,” made in 1976, were presented to the audience. In 1978, the Chancellor established a Blue Ribbon Task Force on Race Awareness, which consisted of thirteen members from the faculty, students, and staff. This task force concluded that there were six reasons for negative images of NCSU’s campus. They were:

1. The University has consistently resisted making those changes which would alter its traditional white domination.
2. The University’s strong reputation in the various disciplines of agriculture continued to bring mental images of a plantation society.
3. Black prejudices and stereotypes still existed among faculty and staff.
4. Blacks are employed in relatively low SPA positions. SPA positions are a strong determinant of status and salary.
5. Periodic occurrences of insensitive actions by well-known university, personalities help sustain the negative images of Blacks.
6. Failure of white university personnel, especially administrators, to become involved in the local Black community affairs contributes to the image of being “in but not of” the community.

The first portion of the video showed interviews with the late Dr. Witherpoon, and Dr. Nannette Henderson, the first African-American woman to receive a Ph.D. at NCSU in 1974. Henderson is a former professor of Plant Pathology and is now a visiting assistant professor of science education. Both Witherpoon and Henderson expressed that Black faculty were needed to be seen as equal to their white counterparts and that the university needed to make a commitment to the total well-being of its Black Students.

According to figures from the University Planning and Analysis from the fall of 1994, 9.2 percent of State’s enrollment was African-American, which was around 2533 students.

In addition to 1979, the number of African-American faculty members in comparison to white was 34 out of 1,565. Percentage wise it boiled down to 2.2 percent of NCSU’s faculty.

Currently, there are 83 African-American faculty members, or 4.5 percent. Provost Sides’ goal is to hire six new African-American faculty members annually. This would result in 113 African-American faculty members by the year 2000.

With respect to staff, the University has implemented programs that train qualified employees for higher positions. These types of programs exist mainly in the physical plant and housekeeping departments. Two of the seven assistant directors of the Physical Plant are African-American.

As far as students are concerned NCSU has come far, but still has a way to go. NCSU first opened its door to African-American students in 1953 by admitting them in the graduate fields and engineering. In 1956, NCSU admitted its first undergraduate student.

see Images, page 6

Know Yourself and Get a Minor

by Shawna Daniels
News Editor

Did you know that a Minor in African-American studies is only fifteen credit hours or less away from you? Most African-American students do not know that the classes they may be taking now may credit toward a minor in African-American Studies.

The Statement of Purpose for the Undergraduate minor states that the minor in African-American Studies "allows the student to pursue a comparative and interdisciplinary study of the cultural and historical experience of African-Americans and the people of Africa while earning credits for a major in one of the University’s degree programs." The process for gaining a minor is fairly simple and straightforward.

For admission to the African-American Studies Minor, students must have the Departmental approval. This process is to ensure that students have the potential to complete this minor with a minor GPA of at least 2.0. "This is a rigorous program that requires a lot of commitment," said Dr. Louise M. E. Walker, Chair of the African-American Studies Department.

see Minor, page 6

Decisions, con't

North Carolina A&T Chancellor Edward Fort called the use of the SAT "flawed." However, he also stated that the university, as adults are not working out with the team you should be able to hold a job," said Shawshuid-Dees. No matter what decision we make or what the new rules are, we will have to face until 1990 to see them set in motion. "It gives the high school counselors more time to focus on getting high school players about what is going to happen to change classes the Department has allotted to count toward the minor. It is also strongly advised that the students in this minors program show a proficiency in a foreign language at the 200 level.

Required Courses for an African-American Studies Minor

ENG 248: Introduction to African-American Literature

Elective Courses for an African-American Studies Minor

ANT 330: Peoples and Cultures of Africa
COM 212: Interracial Communications
ENG 339: African-American Literature in English
ENG 448: African-American Literature

see Minor, page 6

Guests, con’t

approves it. Students pay rent and pay fees, if approved in the right places, this twenty-four visitation policy could work." "I believe that once we attend this university, we are adults and should be treated as such. I support anything that would give students more options," Bobby Johnson, Jr., Student Body President.

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His Troops Go Marching On

by Nakia Jones

The ninth annual commemora-
tion ceremony in memory of Reverend Dr. Martin Luther King, Jr. began at D.H. Hill library on January 16, 1995. A spirited group of students began the candlelight march at the library and proceeded to the Augustus M. Witherspoon Student Center. The procession drew others during the march and met other eagerly awaiting partici-
pants. The ceremony opened with everyone singing, "Lift Ev'ry Voice and Sing" and a welcome by Corey Franklin. A moving speech from Reverend Gregory L. Edmond fol-
lowed. Reverend Edmond is a member of the Board for Racial Equality and the Board for Racial Justice. He received his masters of Divinity from the Duke University of Divinity and is the Pastor at St. Paul's A.M.E. church. He gave the eulogy for Dr. Witherspoon.

Reverend Edmond began by say-
ing, "Never say what you will not do." God broke the mold after he made each of us so we each have a place in the universe. No one can fill that place for us. He said that it is therefore our responsibility to say that we will make a difference and take the necessary actions to do so. We need to come to grips with who we are. We must remember that we are here because of the labors who have impacted us all and because of "those who would not settle for sec-
ond best." We are here because of those who "dare to dream dreams" and "who desire to do and be some-
thing." We cannot live by and for ourselves. We have to work togeth-
er as a people to achieve our goals. "It's recommitment time. Society has written us off. (We have to) commit so that we will have a chance in the world." said Reverend Edmond. We are still slaves to eco-
nomic and social injustices and to our own way of thinking. We can destroy ourselves. We need to stop accepting what others say about us. "Why scrounge for the crumbs when there is the whole loaf."

Reverend Edmond closed by reminding us that Dr. King and Dr.

Witherspoon were both great men but their molds have been broken. It is time to move on and continue to strive for total equality. He said that it is wonderful to remember, but King is dead. Still "the same God that was with Moses and Joshua and King is with us today, and in calling [us] to find out who we are."
The passion and excitement that was ignited by Rev. Edmond was only heightened by the selections sung by the New Horizons Choir and the Grace Mass Choir from Grace A.M.E. Zion church of Raleigh, who both brought the crowd to its feet. The involvement of the crowd served to reinforce the importance of religion within the African-American community and the role of faith in our struggles. The Dr. Martin Luther King Jr. Public Service Honoree this year was Dr. Wither-}
spo, who during the early Civil Rights movement led the effort to desegregate North Carolina State University. Dr. Wither-}
spoon, an honorary member of the Alpha Phi Alpha fraternity, also had a tremendous impact on the NC. State community after its desegregation as the first black teacher's assistant, first black pro-
fessor and second African-American to earn a Doctorate. Dr. Clark had a portrait of Dr. Wither-}
spoon carved during his trip to Ghana, in com-
memoration of his achievements.

The members of Alpha Phi Alpha also presented more books to Dr. Iyaila Moses for the African-
American Cultural Center Library. After a few closing remarks by Shelton Ford the audience moved to the Cultural Center Multipurpose Room for refreshments. It was a beautiful ceremony and everyone left in high spirits with determina-
tion and hope that we shall over-

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Minors, Con't

"The program consists of African-American courses which are essential for a well-rounded college expe-
rience. A student who goes without learning about the historical and contemporary experiences of a major segment of American society has received an incomplete picture of the American Multicultural lan-

scape. Knowledge of the experiences of people of color in this society will enable the student to achieve a broad and comprehensive understanding of what it means to be an African-
American and holding the potential for minimizing the stereotypical ten-
dencies and reactions of people of color."

The perspectives and information in the classes mandatory for the minor give students an approach to understanding their own place in societies past, present, and future.

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For more information about the African-
American Studies Minor contact Dr. Victor O. Okafor at 515-7518

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One must leave ones' hut to begin learning.

For more information about the African-American Studies Minor contact Dr. Victor O. Okafor at 515-7518

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Akan proverb

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Read Nubian Classifieds

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10Am - 2Pm

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Learn about exciting career opportunities for students in the College of Humanities and Social Sciences. Personally meet with a wide variety of representatives from business, government, education, and many other areas.

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One must leave ones' hut to begin learning.

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Akan proverb
Sumana

From Your Children
An odd question passes through my mind
every so often
What am I?
I live in America,
but I am not American.
My parents are from India,
yet I am not Indian.
Here I live and go to school.
Every time I begin to see myself just like everyone else
Some one asks "Where are you from?"
Then I remember I am not white or black.
Blacks think I am white,
Whites think I am black,
I do not belong,
after all I am Indian.
I can almost hear the doors slam.
I am an outsider.

My parents tell me that I am Indian.
What does that mean?
They talk about India,
a place I have only visited.
We go to pujas,
which are to me a time when people get together.
They talk about "our" ways,
I don't understand these ways.
I am an American.
I can almost hear the doors slam.
Once again I am an outsider.

Here I am, confused.
Half of me is American,
Half of me is Indian,
Two halves that make a whole.
The question is, though.
A whole what?
Maybe in my case.
Two halves do not make a whole.

Sumana Basu

WORSHIP HIS NAME

On bended knees
And out stretched arms;
With my head tilted up
And a heart so warm.

So warm with love
That I have for you.
The eternal, everlasting love...
it's true.

Oh God, my God
How I love your name.
There's no other name
greater or the same.

A name so holy;
so wonderful; so clean.
A name that fills the heart
With love once seen.

A name most worthy
to receive much praise...
With the tongue or with instruments
For days upon days.

A name most deserving
to be worshipped in songs;
worshipped in poetry;
or even in tongues.

So your name shall be worshipped
From day in 'til day out.
For it's worthy to be praised
And that's surely without doubt.

CASPER!

extended deadline

windhover has extended the deadline for
all submissions for the 1995 edition.
written entries should be typed;
visual entries should be in slide form.
please include your name, address,
phone number, and university status.

February 10, 1995

Submission boxes are located in Caldwell lounge, the student center, leazer hall,
school of design library, the craft center, d.h. hill library, and the student center annex.
Mailed entries should be sent to windhover, 314 student center annex, box 7318, raleigh 27695.
For additional information call 515.3614

We must not allow...any force
to make us feel
like we don't count. Maintain
a sense of dignity
and respect.

Martin Luther
king, Jr.
Welcome to Afrika

A shopping scene in Afrika
Parliament House
AKO Sombo School
Statue at University of Cape Coast
Daniel, a tour guide
Dr. Margaret G. Burroughs and Dr. Moses

All pictures by Lathan Turner
Achoo! The Cold Season is Here!

by Tawana Myles
Health Editor

The flu season is dying out, but the cold season is definitely on its way. Living on a large campus such as NCSU, students constantly come in contact with "meeters" and "sniffers" everywhere they go. Well, we all know how miserable a cold can be, especially when it is already brisk outside.

While a cold can be unfortunate, there are ways to cope with it and even prevent a cold from making it to its later stages. One way to prevent a cold is to get your Vitamin C. Vitamin C works as a scavenger, hunting for viruses and destroying them.

It can prevent colds, or even shorten the time you carry one. Vitamin C is also a way to cut back on the coughing, sneezing, and other symptoms that usually accompany a cold. Other ways to deal with a cold is to rest frequently and load up on liquids. Make it a point to drink at least six to eight glasses of water, juice, tea, or other mostly clear liquids.

Cold can be transmitted several different ways. The most common way of transmitting a cold is through food or beverages with a person who is carrying a cold. Kissing, sitting in a cold draft, and going out with a wet head are other risks that make you susceptible to developing a cold.

Colds are easy to mistake for other illnesses. If you get over a cold in 7-10 days, that usually all it is. If your fever remains high or you experience extreme pain, an earache, sinus pain, aching legs, or a shortness of breath, contact your physician. It could be something more serious.

Can I Be Honest Without Offending Him?

by Tawana Myles
Health Editor

With sex being such a risky behavior today, sex partners should be discussing their past experiences with their loved ones. In many cases though, lovers find it very difficult to ask their significant other about his/her past sex life without embarrassing or offending them in some way.

Both people in the relationship feel they have a right to know, yet are intimidated because of uncertainties about their partner's past sexual lifestyle.

The unfortunate truth is that even if you do pop the big question, there is no 100% guarantee that the partner loves and respects you enough to tell you the truth.

Most will protect themselves and their secrets before they think about your personal well being. Until you are in a committed and monogamous relationship, there is only one way to protect yourself and your partner from any lies: contraception.

Tainted Food: How to Handle Food Poisoning

by Tawana Myles
Health Editor

Food poisoning is a serious sickness that can be fatal when unrecognized. It occurs when food is tainted with toxic bacteria from being undercooked or improperly handled. If you feel you have eaten something that has made you feel unusually nauseated or queasy, take precautions and see a doctor. Below are a few common symptoms of food poisoning:

- Difficulty swallowing, speaking, or breathing
- Change in vision; muscle weakness
- Fever above 100 degrees
- Severe vomiting
- Persistent abdominal pain
- Dehydration (meaning when you pinch the back of your hand, the skin remains pinched)
- Bloody diarrhea

A New Herpes Virus Contributes to AIDS-Related Cancer

by Tawana Myles
Health Editor

Researchers have reported that a new herpes virus discovered in tumors of Kaposi's sarcoma suggests the cancer that affects a fourth of all gay men with AIDS may be caused by a virus.

The group of researchers at Columbia University said genetic material from unique DNA sequences were taken from sample tissues of Kaposi's sarcoma lesions.

The material was tested and believed to have come from an unknown human herpes virus. Kaposi's sarcoma, or KS, is a rare cancer usually seen in older men. When the AIDS epidemic was recognized, KS was found in 25-50% of all gay men infected with human immunodeficiency virus (HIV) the virus that causes AIDS.

If researchers can identify the herpes virus with that which causes Kaposi's sarcoma, it may be possible to diagnose those most susceptible to the cancer at an early stage.
FBI's portrayal of Qubilah Shabazz

Innocent Until Proven Guilty

On January 12, 1995, the daughter of slain African-American leader Malcolm X, Qubilah Shabazz, was indicted on charges of first-degree murder and conspiracy. The indictment alleged that Shabazz, while a state employee, conspired with others to kill the Nation of Islam leader Louis Farrakhan. The case was widely publicized and received significant media coverage.

Shabazz's trial was held in New York City in 1997. During the trial, evidence presented by the prosecution included statements made by Shabazz and her husband, Malcolm X's brother, that suggested she had conspired with others to kill Farrakhan. The defense argued that Shabazz was acting under orders from Farrakhan or his associates.

At the trial, Shabazz was acquitted of all charges. The jury found her not guilty of first-degree murder, second-degree murder, and conspiracy to commit murder. However, she was convicted of a lesser charge, second-degree manslaughter, for her role in helping to make plans for the murder.

Although Shabazz was acquitted of the most serious charges, the case was a significant event in the history of the Nation of Islam and its leadership. The trial highlighted the ongoing conflict between the movement and its leaders, and the struggle for power and control within the organization.

The case also raised questions about the role of government in investigating and prosecuting alleged criminal activities, as well as the impact of media coverage on public perceptions of justice.

The case of Qubilah Shabazz is a reminder of the complex and often contentious relationship between African-American leaders and the government, and the importance of fair and impartial justice for all.
The Egyptian Hieroglyphics

We marveled on as the instructor didacticallly stated, that in fact, we did have hieroglyphics, and that it very well may have been the oldest official language. From that point on, our thoughts reverted back to its normal daydreaming mind frame. This is the topic of this article—the importance of hieroglyphs, even today.

For those people who are unaware as to what I am talking about, let me briefly define hieroglyphics. Hieroglyphics is a system of writing mainly in pictorial characters, either by scribes or Egyptian priests. When we see hieroglyphics today, we always see them on wall carvings of the Great Pyramids, or on the sides of Egyptian royal families' coffins.

Not until 1799 with the discovery of the Rosetta stone—a tablet engraved in three scripts: hieroglyphics, demotic, and Greek, would hieroglyphics be deciphered in all of its mystification.

It seems true, however, that the ancient Egyptian priests were on to something very important when they first developed this unique language. They designed the only true universal language known to man. Let me explain.

If you look at the 3 major religions in the world today, Islam, Judaism, and Christianity, you can easily see the different languages that those religions were invented in. Although all of these religions have been translated into many different languages, somewhere down the line, if I wanted to get a true translation of these religions' books, I would have to have knowledge of Arabic, Hebrew and Greek respectfully.

The British Museum Book of the Rosetta Stone by Carol Andrews

Introducing Egyptian Hieroglyphs by Barbara Waterson

An Egyptian Reading Book by E.A. Wallis Budge

The Egyptian Hieroglyphics

is that we both can identify with the picture as being a bird.

The same thing goes for a picture of the sun, or maybe even water. Hieroglyphics successfully achieved hundreds of years ago what no other language to this day has, a common standard in communication for any person.

For more information on Hieroglyphics, see:

Dear Editor,

On behalf of the African-American Faculty/Staff Organization, we wish to express our support for the two African-American students who were physically assaulted by water balloons and verbally assaulted by a racist epithet in Bragg Student Residence Hall in November 1994. We are proud of the students for not being part of the "community of silence" and for making this a public issue.

The N.C.S.U. community must be made aware of this behavior and administrators are reminded of their responsibility for addressing issues of student safety and psychological comfort.

Dr. Winson Alexander

Vice Chair, AAFSO

Ajuba Joy

Substance Abuse Prevention

Shabazz, can't

In closing, I implore all people of color to work as a family. Whether you are from different religious, social, economic and political backs you support your family. We all face the same problems, just on different levels. Please support Gohlal Shabazz in any way shape or form.

Do not allow her to face this crucifixion alone. Lastly, read, investigate, analyze and question everything. It may save your life.

Peace,

FAHYIM

Tolls, con't

These characteristics differed in different people, they also vary in any one person from time to time. (Journal of Black Psychology)

It is possible to strike an average of numbers from a column of figures in a telephone directory, but one would never try to do it.

In 1991 a set of selected papers were published on the construct of intelligence and its relationship to Black IQ. These papers were the results of a 1989 symposium held in Melbourne, Australia. Auwerd psychologists from New Zealand were represented for a state-of-the-art discourse on the measurement of intelligence. Several important points appear in the conference papers.

The first being the importance of content in mental measurement was recognized. This raises the number of variables to be considered, which complicates the job of psychometrist. Not only are the learning tests a topic of "content," but they are in a context in which the power relationship and processes of social interaction are such that the student has no influence on problem formulation and the task offers no context of personal use and purpose.

Another point of interest made at the Melbourne conference was that psychologists have no common definition or theory of intelligence. The various subtheories used to address intelligence are usually specific to issues or sides of the concept with the lack of integration of various views. The conference also revealed how researchers failed to find expected correlation between IQ and achievement in complex problem solving. Were as some showed adversely high scores and high problem solving abilities and others with higher scores showed significantly lower in overall problem solving with this random flux of understandable measurements showed. That the test are greatly inadequate and lack the ability to test the full scope of human intelligence in reliable environments.

Dr. Ana G. Hillard, a professor at Georgia State College, reflects on five non-trivial, interrelated, and overlapping measurement issues and problems that weigh heavily on the structural validity and measurement validity of intelligence.

1. The poor quality of the database,
2. The inability to construct an interval scale,
3. Performing addition on unlike quantities,
4. The loss of meaning from the responses of clients due to ignoring the context of the responses which give them meaning. 5. The failure to consider the sciences of cultural linguistic and cultural anthropology and their meaning for the psychometric use of language as a measure of intelligence.

These racist bigots who write this superior and inferior crap are into covert operations. They adorn themselves in academic gowns and mortar boards today instead of white sheets and hoods of yester
Classifieds

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Applications are now available for the 1995 Summer Veterinary Workshops sponsored by the College of Veterinary Medicine at NCState for rising-sophomore. Two weeklong sessions will be held beginning June 11, each for 36 North Carolina students. The application deadline is Fri., April 21, 1995. Contact Rhonda L. Waters at (919) 829-4224 for more information.

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