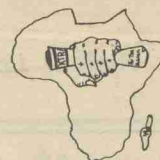


THE NUBIAN MESSAGE

The Afrikan-American Voice of North Carolina State University



Volume 3, Edition 13

Established in 1992

April 13, 1995

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Acclaimed Educator Speaks in The Witherspoon

by **Latonya Dunn**
Guest Writer

On Tuesday, April 11, the Ninth Annual Role Model Leaders' Forum was held in the Campus Cinema-Witherspoon Student Center. The guest speaker for the evening and honoree was, Dr. Madeline Cartwright, a world renowned educator and child advocate.

Dr. Cartwright, a former elementary school principal for inner-city public school system, firmly believes that educators must consider the well-being of the whole child first. She is known for establishing ingenious programs that appeal to the needs of children through school and staff invention.

Dr. Cartwright realized the demand for a new plan of action for inner-city schools early in her career as principal of Blaine Elementary. She shared with the audience how her personal experience at Blaine Elementary demonstrated her leadership abilities. Children were con-

fronted daily with death, violence, hunger, and cold. In order for her to maintain a high attendance record and keep pupils interested in academics, something had to be done.



Nerissa Adams/Staff
Dr. Madeline Cartwright

She decided to fill the classrooms with caring, observant teachers who shared in her belief that, "Every youngster must be offered the

opportunity to participate to the fullest in every aspect of the educational program and to share in as much of the 'good life' that we can help each of them to experience."

She felt that everyone has a role to play in rebuilding the school, so she took steps to get the community involved. Because Cartwright believe in suspension, she had meetings with students, faculty and parents to work out problems. She wanted each of them to know her vision and their roles within that vision. She went on to add that the system at Blaine was not working because people held a defeated attitude from the beginning of the race.

During her eloquent speech, Dr. Cartwright used an analogy of a wagon to prove her point. Just like pulling a wagon, you will have those who want to be in the front, some who will come along just to free-load, while others will not help at all. She wanted teachers to understand that each child has a different place.

Some will always be in the front as leaders. Other students will be critical and skeptical of the effort until they see progress. Still others will slow the progress down because of an unwillingness to cooperate.

Dr. Cartwright's focus then turned to involvement. She wanted students to know that to become a leader one must get involved. Many times it only requires one person to make the first move then others will follow.

Dr. Madeline Cartwright has been featured on ABC's "Primetime" and CBS's "48 Hours." She is also the author of *For the Children* that addresses the problems of single mothers, raising kids, drug addiction, literacy, and poverty. The program was cosponsored by the Leadership Development Committee, Black Students Board and Lecture Committee of the Union Activities Board.

Ebony Harlem Awards A Big Success

by **Shawna Daniels**
News Editor

Wednesday, April 12 was a night for the stars of NCSU—and they really did shine. The Society of Afrikan-American Culture and the North Carolina State University Afrikan-American Cultural Center sponsored the annual Ebony/Harlem Awards of Excellence.

Members of the NCSU Afrikan-American community and leaders in the Raleigh area came out to cele-

brate the excellence of students in their respective categories.

With an introduction by SAAC secretary, Emma Hayes, the emcees, Cash Michaels and Dr. Pauline Goza, stole the show. Dr. Goza, an alumnus, now instructs adults on teaching other adults. Michaels, a well-known community activist, is affiliated with the radio station, WLLE, and holds many positions at

see Excellence, page 2



Tracey Avery, UAB President and Jeneil Robinson, Dance Visions President receive Awards of Excellence.

CAMPUS BRIEFS

Afrikan-American Dance

Ensemble

Come to the joyous Afrikan American Dance Ensemble's Spring Benefit Concert to be held Wednesday, April 26, at Raleigh's Memorial Auditorium, at 7:00 p.m. Join highly acclaimed choreographer Chuck Davis and this national touring company of dancers and musicians for their last Triangle concert.

Blacknificent Books

On Saturday, April 22 and Sunday April 23, Blacknificent Books will hold as its presenters Rev. Ishakamusha Barashango and Dr. Leonard Jefferies. For more information Call 259-110

Focus Groups

Dr. William B. Grant, Associate Provost for NCSU invites all Afrikan-American students to join in on the mission to retain Afrikan-American students here at NCSU. Focus Groups have been started and they need students participation. Contact Dr. Grant in the Provost's Office for more information.

Ambiance Productions

Ambiance Production & Entertainment Co. presents a college fashion competition expo featuring: Shaw University, UNC Chapel Hill, North Carolina State University, St. Augustine's College and North Carolina Central University. The event will take place Thursday, April 13, 1995 from 7:00-10:00 p.m. at Enloe High School Auditorium.

Excellence con't from page 1

The Carolinian, a Raleigh based Afrikan-American newspaper.

Dawn Eaton, a Computer Science Senior, captivated the audience with a rendition of the Peer Mentor Association theme song.

Then, the moment all were waiting for arrived. Ron Foreman presented the awards of excellence in Instrumental Music to Reginald Barnes and Latera Newby. Barnes, a member of numerous campus organizations including United Student Fellowship, is a Communications senior. Newby, a member of New Horizons and Black Repertory Theatre, is also a Communications senior.

Demond McKenzie and Wanda Spell were awarded by Dr. Iyailu Moses, Director of the Afrikan-American Cultural Center for their Vocal Music ability. McKenzie, a senior in Math Education, was honored with a total of five Ebony/Harlems while Spell, a sophomore and member of New Horizons Gospel Choir, was awarded two, both receiving the All-Around, Exceptional Talent.

In the category of Art, both Vanessa Feasterstone and Demond McKenzie were voted by their peers as leaders. Feasterstone, a senior in Business, has shown proficiency through her work with her sorority, Alpha Kappa Alpha, Inc., and other campus organizations. The awards were given by Mr. Bob Jones, of the Southeast Raleigh School of the Arts, and Ms. Nora Gorham, an Art Appreciation teacher in the Wake County School System.

As a special treat, Dr. G. Wyatt Sydnor, owner of Tribal House Bookstore, gave her own special words of advice and wisdom, reminding students that they must live their lives like the gazelle of Afrika. The gazelle wakes up every morning ready to run from the

lioness, and students should also be prepared for the every day obstacles they might face.

Those in attendance were also graced with the chance to see both Dr. Patricia Caple, of Black Repertory Theatre fame, and her husband, Dr. Horace Caple, an instructor at Shaw University. Caple is a man Cash Michaels most remembers for his "thunder-like voice".

The "Dr.'s Caple" introduce the winners of the Drama category, Gloria Carter and Demond McKenzie. Carter, is majoring in Communications with a concentration in Communication Disorders and is a member of New Horizons Choir. Dr. Patricia Caple also expressed her adoration for the graduating McKenzie whom she has grown to know and love deeply.

Ms. Barbara Akinwale, of the North Carolina State Libraries and Dr. Chimalum Nwankwo, an instructor in the English Department, presented Derrick Coley and Shawna Daniels as the winners of the Literature Award of Excellence. Coley, the recently inducted chairperson of the Afrikan-American Student Advisory Council was also a past President of the Afrikan-American Heritage Society.

Also presented was acknowledgements for Dance excellence to Jeneil Robinson and Demond Williams. Robinson, a junior in Industrial Engineering, is also the President of DanceVisions, one of North Carolina State University's dance troupes.

Mrs. Emma Isler, a well-known intellect, recognized Shelton Ford and Carolyn Holloway for their service to the Afrikan-American community. Ford, a senior in Math Education, is a member and past president of the Eta Omicron Chapter of Alpha Phi Alpha, Inc.

Holloway, Editor-In-Chief of the Nubian Message, is a part of numerous campus organizations and is known for devoting her time and energy to those in need.

Tracey Avery, president of Union Activities Board, and Bobby Johnson, Student Body President, were presented the Excellence in Leadership Awards by City Councilman and Mayor Pro-tem Brad Thompson for their hard work on the campus.

For their humanitarian efforts both Ricky Livingston and Dawn Eaton were awarded. Dr. Helen Othow of Saint Augustine's College honored Livingston and Eaton for their appreciation of human life and their work to uphold it. Livingston, a Biology sophomore, has just recently been elected as president of the Society of Afrikan-American Culture. Eaton, whose talents are many, is a member of the Student Mentor Association and Delta Sigma Theta Sorority, Inc.

Mr. Lathan Turner, from the offices of Afrikan-American Student Development, and Ms. Anona Smith, of Education and Psychology awarded the campus' Distinguished Persons. Reginald Barnes, the male recipient, is an outstanding member of the NC State Men's Track team. Tanya Jones, a member of Alpha Kappa Alpha Sorority Inc. is a political science major and intends to hold an office for her homestate of Virginia.

The night ended with the recognition of the Nash N. Winstead Academic Achievement Award, presented by Associate Provost William B. Grant, which was given to Brandon Johnson. Johnson, a design student, was recognized for his excellent academic achievements with a GPA of 3.9.

The Results Are In: O'Quinn Named S.B. President

--Staff Report

John O'Quinn officially became Student Body President on April 12, 1995 after defeating Erik Ness in what turned out to be a tight race for the office. With neither O'Quinn nor Ness, the forerunners in the general elections, receiving over 50% of the vote, a run-off was scheduled.

With the surprise of the run-off and lack on manpower, the Elections Board decided only three of the seven original poll locations for the run-off. The three polls, placed by the Election Board at the Tunnel Inn C-Store, Atrium, and Fountain Dining Hall, were chosen because of their high voter turnout during general elections.

O'Quinn tallied 994 votes (52%) to defeat Ness, who received 916 votes (48%). Ness, not satisfied with the run-off election, filed an

appeal with the Elections Board. He felt that the run-off was not handled in the same manner as the original elections because only three of the original seven polls were opened.

The Elections Board voted in favor of Ness' appeal, but O'Quinn then filed a counter-appeal and the matter was taken to the Judiciary Board. The Judiciary Board overruled the decision made by the Election Board. The Board felt that four less polls not being opened would not have made a big difference in the elections results.

John O'Quinn commented that, "The Student Body President should not serve only as chief advocate for students but also provide a vision for the University as a whole. My vision is simple. We should take pride in our heritage and plan efficiently for the future."



The Dedication of Dr. Augustus McIver Witherspoon

THE NUBIAN MESSAGE

The Afrikan-American Voice of North Carolina State University

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Please call or write to let us know of any errors we need to correct, as we are very committed to accuracy in our reporting and writing.

THE MESSAGE

Today: Ambiance Production & Entertainment Co. presents a college fashion competition expo featuring: Shaw University, UNC Chapel Hill, North Carolina State University, St. Augustine's College and North Carolina Central University. The event will take place Thursday, April 13, 1995 from 7:00-10:00 p.m. at Enloe High School Auditorium.

Visit the Afrikan-American Cultural Center Gallery with its new exhibit, "By the Hands of Art Professors" a collection of works by the hands of artists teaching in North Carolina Universities and Colleges.

Thursday, April 13
Erase-ism fair 10-2 pm in the brickyard. Come and see exactly how to erase all the -isms of our world.

Know someone who is doing something positive for their community?? Nominate them for the North Carolina Public Allies-an organization that inspires, trains, and empowers emerging young community leaders. Applications in the AACC. Deadline is April 14th.

Monday April 17 HEAR Women Meeting, Women's Center (B-18 Nelson Hall) 7pm

Tuesday April 18 Free Your Mind: Stress Relief for Women

Feeling a little stressed about finals????Join Jennifer Phillips from the Center for Health Directions as she gives information on the best ways to relax and relieve stress. 4 to 5:30 pm.

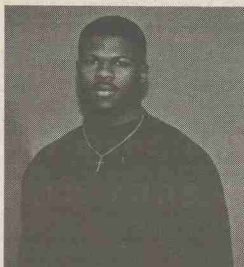
Tuesday April 18 Women's Coalition meeting. 7 to 8 pm. Call Brook Doss at 571-9622 or the Women's Center (515-2012) for more information.

Thursday April 19 Sista 2 Sistuh presents "SisterFire" a program about dealing with fellow Afrikan-American women. Room 356A of the Witherspoon Student Center. 7 to 9.

Finding the Way to the Top

by **Leon Marshall**
Sports Writer

"The first time the team played together it was tough but now we are playing like a unit," said Tony Ellison, a junior left fielder for N.C. State's baseball team. The team's conference record is 7-2 and 23-6 overall. The Wolfpack is currently



Nerissa Adams/Staff

Tony Ellison

ranked 18th in the nation and hope to continue their success.

Improvement in the team's chemistry has been a key factor in placing among the top 20. During the first part of the season, both the pitching and the hitting were incon-

sistent. Even though the team was getting accustomed to playing with each other there were still rough edges that needed smoothed out.

The players are now familiar with their roles on the field. According to Tony Ellison, the team seems to get better with each game that they play. "We were struggling at first and thinking we were not living up to our potential. At the end of the season, we will hopefully be in the top 15 in the country," said Ellison.

Tony feels constant pressure to be successful and to prove something to himself. He leads the Atlantic Coast Conference in home runs with 14 and is on his way to becoming an All-American.

"You have your on and off days in your position but you can count on others to come and help you out," he said. He appreciates the talent he has received and hopes to take full advantage of his skills.

The Wolfpack's expectations to try to qualify for regional tournament. However to get there a team must win 40 games. Currently, the team is 24-9, 7-5 in the ACC. Their season will run into late May ending with the ACC Tournament from 17-21 in Greenville, N.C.

by **Shannon Jones**
Sports Writer

In every sport, individual athletes or entire athletic teams experience highs and lows throughout their season. North Carolina State University's women's track team know both all too well. As with all teams there were goals set in the beginning of the season. But individually, the members set goals for themselves. The paths they would take to achieve these goals varied, but in the end they would converge towards success.

There are many factors that come into play when trying to achieve a personal best. Consequently, just as their are factors that contribute to success there are others that result in

loss.

Track star Tammy Streater states, "Many of my shortcomings resulted because of medical conditions. But on a whole the season has gone pretty well and it is steadily improving." Another factor that can contribute to a slump in one's season is inexperience.

In her first year competing as a member of the team Leslie Jacobs saw this year as a learning experience and contributed most of her downfalls to this factor. She stated, "At this point in the season I have not reached all of my goals. I do see room for improvement on my part."

Although competition in the ACC is stiff, no one knows what to expect when the season begins. Streater felt that the challenge was

there in the beginning, but the intensity picked up because of the out-door meets.

When asked about competition in the ACC, Jacobs responded, "ACC competition is really tough. It's like being the best in high school and then coming here and running against the best in every high school. The competition is so great that there is room to edge to the top for anyone who wants it."

Up until this point, the women's track team has had a season filled with highs and lows. At the present time they are riding high on the victory train. With the ACC tournament approaching, the ladies are preparing to display their best in the 4X400 meter relay, 400 meter hurdles and other events.

Record Season Ends for Lady Wolfpack

by **James Ebron**
Sports Writer

The N.C. State women's basketball team shocked many and disappointed few this season. Coming off of a losing season last year, the Lady Wolfpack were considered a long shot to make the ACC tournament. Not only did they make the ACC tournament, but they qualified for the NCAA tournament with a season record of 20-9.

State's shined in the NCAA tournament until they ran into the pressuring defense and sharp shooting of the Georgia Lady Bulldogs. It was a great matchup between the third seed, Georgia, and the Lady Wolfpack, the seventh and lowest seed to make the Sweet 16. Coming off of an explosive win over Penn State, the Lady Wolfpack were looking for an upset over Georgia.

The game was impressive for both teams. State set a new record for the Knapp Center in Des Moines, Iowa, shooting 10 three-pointers. Georgia stayed on top however, for most of the game, holding a three to four point lead. N.C. State stayed close but in the closing minutes of the second half Georgia opened the lead up to seven and eventually went on to win 98-79.

"It's hard to say exactly what

happened," said Tammy Gibson, senior guard for N.C. State. "I had the flu so I wasn't playing 100%." Gibson ended the game and her

going to miss everything: my teammates, coaches, everything." Gibson plans on playing overseas and possibly coaching in the future.

Another freshman, along with Melvin, was at the Georgia game. Rosalin McLeondon will also be stepping up next year to pick up where Gibson and the rest of the



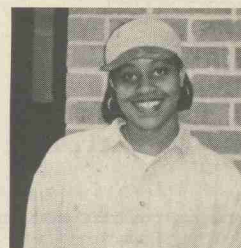
Staff Photo

Tammy Gibson

career with eight points.

"It was a good learning experience for me," said Chasity Melvin, freshman center for the Lady Wolfpack. She finished with 14 points and eight rebounds, but this year's ACC Rookie of the Year was held scoreless for the entire first half and the opening minutes of the second half. Melvin added, "We hope to come out next season and go even farther."

N.C. State will be losing four senior players this season. Along with Gibson, Quicha Floyd, Sarah McLeod and Kolleen Kreul will also be graduating this year. When asked about leaving, Gibson said, "I'm



Staff Photo

Rosalind McLeondon

seniors left off.

"We played a pretty good game," said McLeondon. "It just got to the point where their shots were falling and ours weren't. We are happy we made it to the Sweet 16, but we're disappointed we did not get farther." N.C. State, who had not qualified for the Sweet 16 since 1991, will add three new recruits to their already explosive young team.

SPORTS BRIEFS

GYMNASTICS

At the Michigan Four Way Meet on March 18, N.C. State came in second behind Michigan in Arbor, Michigan. Elizabeth Bernstein finished with scores of 9.6 or better in three of four events. Her score of 38.925 in the all-around placed her fourth overall.

MEN'S TENNIS

State has make-up matches against Virginia Commonwealth on Friday and Virginia and Maryland on Saturday and Sunday. All the matches are at home. The ACC tournament is on April 20-23 in Greenwood, S.C. N.C. State is 0-6 in the ACC and 8-9 overall.

WOMEN'S TENNIS

Chastity Chandler and Blair Sutton combined for three victories to lead N.C. State to 5-4 victory over Virginia. This win raises their record to 12-3 overall and 4-2 in the ACC.

TRACK

N.C. State hosted the Big Four Track & Field Challenge on March 24-25. Alvis Whitted won the 400 meters with a time of 46.45 seconds while Jason Perry won the hurdles beating Tennessee's Darius Pemberton with a time of 14.09 seconds. There were also notable performances by the women, who placed second in the meet. Keisha Taylor won the 200 meters with a time of 26.69 seconds and also jumped 17 feet 1 inch, good for third in the long jump. Track will be hosting High School Raleigh Relays on Saturday. The meet will feature some of the best high school athletes in the state.

Football

Eddie Goines, Graduating Senior and Wide Receiver for the NCSU football team, was recently elected by his peers, faculty and staff members to be the Commencement Speaker at the May 13, 1995 Graduation Ceremonies.

**Read The Nubian Message
Classifieds**

Any person interested in being a Sports Writer for The Nubian Message, call 515-1468 and ask for Dionne Williams, Sports Editor

Pan-Afrikan Week: Taking Our Past, Making Our Future

by **Shawna Daniels**
News Editor

The Black Students Board of UAB took the past of their ancestors to make an impact on the future of the students of NCSU. In doing so, they not only educated, but entertained the student body.

With the Pan-Afrikan Parade, "Jazz 'Round Midnight," Step Show, DanceVisions' dance recital, New Horizons Choir gospel concert, and other programs, the Pan-Afrikan Festival planning committee satisfied every soul. The turnout at the events showed that students enjoyed themselves, also.

"It seems they tried to get everyone's attention with something, and I think they did it," said Aaron Butler a sophomore in Engineering.

The festival, which began on April 1, allowed students and the Raleigh community to celebrate their culture, beginning with the Pan-Afrikan Parade. The Parade featured several campus organizations, North Carolina Central University's Marching Band, and the Pine Forrest High School step team.

That evening, "Jazz 'Round Midnight" featured the music of Al Kee and Friends at the Pullen Park Center, where students and members of the Raleigh community ate and socialized.

Sunday started with a USF wor-

ship service in the Student Center Ballroom and ended with the praising sounds of New Horizons at their

dealt with the true-to-life stories of Afrikan-Americans past and present. The solutions were left to the audi-

They provided the Afrikan-American students with a positive self-image, showing the beauty of

of the student body, in the annual Talent Showcase. Everyone who participated was a winner, but performances by Gifted, Joyful Noyz, Ralph Illes, and Jason Clark were highly regarded by the audience. During the intermission, "Real Talk with Yasmin" looked at relationships in the 90's.

At the start of the weekend, the Pan-Hellenic Step Teams competed, with the Delta Sigma Theta Sorority, Inc. and Alpha Phi Alpha Fraternity, Inc. step teams winning overall. Then, it was to the Ritz, where Redman, Brand Nubian, NINE, and DJ Robocop gave concert goers a real show.

The Junkyard Band was on hand to keep the Blackout from getting dull, and the turnout was better than expected. Vendors showed off their goods, as students talked, danced, and ate the food provided by the Black Students Board. That entire festival ended with a "70's Jam" where a 70's outfit could get students discounted admissions. Afros, bellbottoms, and platforms were the attire for the jam.

With its entertainment and education, BSB and the Pan-Afrikan Festival can surely say they took the past and made the future.



Nerissa Adams/Staff

The First Pan Afrikan King and Queen: Chris Smith and Tanya Jones

Spring Concert where audience members were forced to get up and clap their hands.

Monday, Black Repertory Theatre presented "Ain't No Stoppin' Us Now," a mixture of dance, song, and drama. The skits

ence, provoking thought and conversation after the performance.

During the lunch break Wednesday, Black Finesse "strutted their stuff" in the Student Center lobby, presenting the finest Afrocentric wear for the season.

the individual. That night, DanceVisions exhibited their talent in their spring dance recital. Using the music of several spiritual and mainstream artists, they pleased the culturally diverse audience. Thursday was filled with the talent

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BNR, the research subsidiary of Northern Telecom, is establishing a \$50,000 scholarship program to encourage undergraduate studies in Computer Engineering and Computer Science in the College of Engineering at North Carolina State University (NCSU). The annual Northern Telecom/BNR scholarship program will provide 25 NCSU students with a \$2,000 grant to promote scholarship in two of the engineering fields that are increasingly critical in telecommunications research and development.

Deadline for the 1995-96 scholarship year is April 15. The scholarship is based on merit, a demonstration of appropriate extracurricular activities, and an understanding of Northern Telecom/BNR's involvement in the global telecommunications industry.

Applicants must be students in good standing or accepted for enrollment in either the Computer Science or Computer Engineering program.

For more information, call (919) 515-3487 or write: Associate Dean for Academic Affairs, College of Engineering, 120 Page Hall, NCSU Box 7904, Raleigh, NC 27695-7904.



Students from the YMCA participate in the Pan-Afrikan Parade

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The African-American Heritage Society is calling for papers written by college students to be presented at the Fifth Annual Heritage Society Symposium on Saturday, April 22, 1995 from 9:00 a.m. to 4:00 p.m. at the North Carolina State University African-American Cultural Center in the Witherspoon Student Center.

The Conference theme, "We Shall Not Be Moved: An African-American Perspective on Heritage" will provide participants with the opportunity to express their views on history, culture and other aspects of African-American life.

Students may present papers related to the theme under the broad categories of history, literature, sciences and visual aesthetics. Specific contents may be determined by the contributions of significant scholars in addition to the presenter's own ideas and opinions. The paper must be scholarly work with a clear thesis, developing a problem toward logical solutions. The presenter must be able to respond to a panel of judges regarding the consistency of the paper once it has been presented. All papers must be 5 to 10 pages in length, double spaced and submitted with a title page and the Heritage Society cover sheet. The papers presented will be competitive within each broad category and the winner will receive a monetary prize. Applications for presentation at the symposium must be made by Friday, March 31, 1995.

Applications may be taken over the phone at (919) 515-5210 or made at the African-American Cultural Center, Room 355 Witherspoon Student Center, Box 7318, North Carolina State University. All presenters should submit a final copy of the paper to be presented to Dr. M. I. Moses at the Cultural Center on or before Monday, April 17, 1995.

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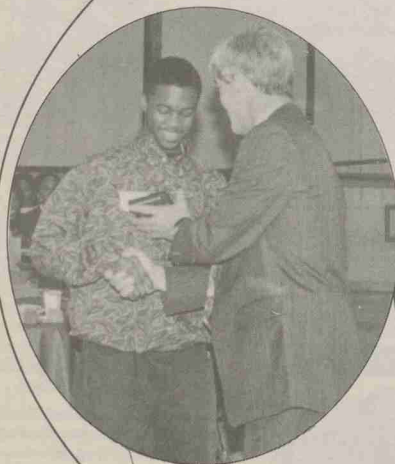
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The Peer

Mentor



Program's

Banquet

CONGRATULATIONS TO 1995 PEER MENTOR PROGRAM AWARD RECIPIENTS

Outstanding Peer Mentor - Carolyn Holloway
Outstanding Mentee - Quinn Frazier and Kim Simmons
Outstanding Team Leader - Michael Charlton and Tonya Perry
Extra Effort - Hubert Hardy and Tonya Perry
Outstanding Service

Student - Dawn Eaton
Staff/Faculty - Dr. Shirley Dove

Outstanding Academic Achievement
Overall - Shammah Daniels

Student Org. Membership Award - The Nubian Message

Meritorious Mentoring - Christina Smyre
Meritorious Performance - Bonnie Rhynes
Tony K. Williamson Award - W. Chris Smith

CONGRATULATIONS! 1995 New Peer Mentors

The following students have been selected for and inducted as Peer Mentors for the 1995-96 school year. These outstanding young men and women have demonstrated a record of academic excellence and concern for the well-being and advancement of Afrikan-American first-year students here at North Carolina State University. We are proud of them and we welcome them to the Peer Mentor Program.

Nerissa Adams
 Kenya Allen
 Damien Armstrong
 Felesia Artis
 Koren Atwater
 Michael Barnett
 Letitia Bascome
 Anjan Basu
 Tabetha Clemons
 Jawara Cooley

David Cooper
 Jay Cornish
 Shawna Daniels
 Melinda Darden
 Ron Davis
 Tanya Davis
 Tia Davis
 Samantha Dawkins
 Christopher Dula
 LaTonya Dunn

Eric Fisher
 Vernee Foreman
 Quinn Frazier
 Karrie Gibson
 Gerard Gorham
 Maurice Hawthorne
 Lentrell Hill
 Adrian Holley
 Janice Hopper
 Titus Hopper

Samona James
 Pauline Jeffers
 Antonio Johnson
 Jada Langston
 James Lee
 Nytisha Lee
 Tamika Lee
 Janette Lindsey
 Lydia McKoy
 Percy McIntyre

Juan McKenzie
 Marie Messick
 Annie Mitchell
 Obire Mojuetan
 Tawana Myles
 Adenike Oyewole
 Cory Parker
 Amparo Penny
 Tamie Ramsey
 Brock Sampson

Andrea Smith
 Selina Stallings
 Alvin Sturdivant
 Al'Tonya Sykes
 Nevonda Thompson
 Adama Tyndle
 Monica Walden
 Malekia Watkins

Pretty Eyes

You say, "You know, you have some pretty eyes."
I say, "It's not what you see in them. It's what I see with
them that makes them that way."

I say, "You can have them too."

Only do this:

Allow the clearness of a summer day to reflect from them.

Let the rain on a stormy day wash them.

Look at a tree and see the strength in it,

See her arms extend. Watch a squirrel thrive in her
armpit.

Squint, if you must, to see God in the way the wind carries
a blossom's life.

(you're getting there)

Watch yourself in a mirror

-the way you move.

-the way you laugh.

-the way your many colors make you beautiful like
no one else could be.

-the way your feelings show in your hips,
your shoulders, your eyes.

(something's happening, can you feel it?)

Beauty is in the eye of whom?

-Behold only that which is beautiful

-Behold yourself

The eye is the window to the soul

-Watch your soul," I say.

I say, "You know -

you have some beautiful eyes."

—Andrea Emanuel

Any persons interested in seeing their
poetry published in The Nubian
Message, please call 515-1468 and ask
for Nicole White, Reflections Editor or
stop by The Nubian.

Let Us Not Be Weary

When all seems lost
and our path looks dim.
Let us not be weary;
for we have a friend in Him.

Through God alone
are all things made.
And only by his everlasting grace
shall our souls be able to endure...

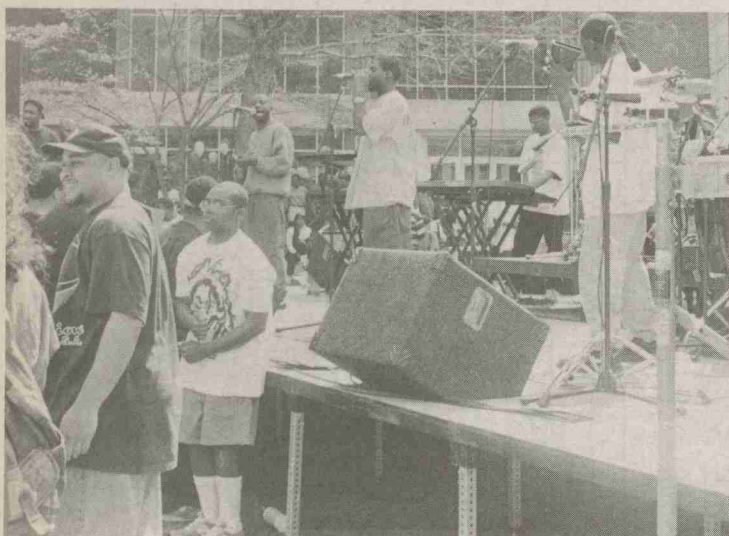
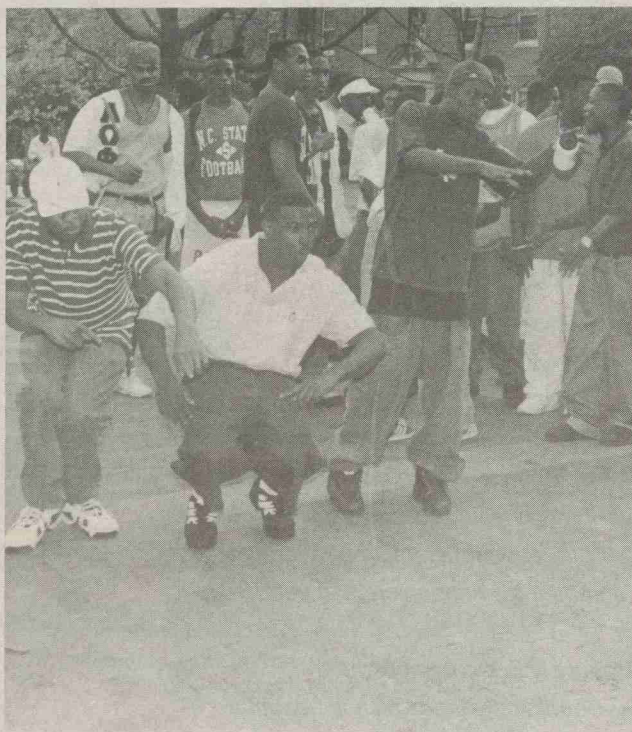
the trials; the sufferings;
the temptations of life.
The heartaches; the deaths;
the frequent pain of strife.

But we must remember
that all things happen for a blessed reason.
It just might be our calling
to experience hardship for a timed season.

So we must be in constant prayer
just to make it through these weeks.
And let us not be weary;
for our best interest is what He seeks.

Casper!

The mass understand-
ing of reality relays
within a mind of a new
born child and is lost
within the psyche of a
racist/hegemonic man.



The Dreadful Disease: Hangovers

By Tawana Myles
Health Editor

--Editor's Report: Reprint of an article from last issue given the wrong title

You partied nonstop all night and thought you were invincible. The next morning, the singing birds sound like megaphones in your ears, and the sunlight on your eyes feels like lasers penetrating your pupils.

You are sure they are going to melt. Hangovers are always dreadful and there is no one way to cure every single symptom that accompanies them. Fortunately, there are things that you can do to help you get through the whole day as painlessly as possible.

First of all, drink fruit juices. "Fruit juice contains a form of sugar called fructose, which helps the body burn alcohol faster," explains Seymour Diamond, M.D., director of the Diamond Headache Clinic in Chicago, Illinois.

A glass of orange juice or tomato juice will help eliminate the lingering alcohol still in your system from the previous night. Eating crackers and honey are also two foods that can flush out the alcohol still in your body.

Honey has a high concentration of fructose which, along with the fruit juice, can help eliminate remains of any alcohol. Also drinking bouillon, broth made from bouillon cubes, helps to replace the salt and potassium that is lost when

alcohol is introduced into the body.

The next thing to do is get some pain relief. Accompanied with all hangovers, pounding headaches are likely to be present the next morning. Anything from aspirin to acetaminophen, to ibuprofen can be used to battle the headaches. These are mild drugs that will not effect your system much.

The more potent drugs run a high risk of habituation and can only lead to more problems. After all, you do not want to add one strong drug to your system while trying to eliminate another.

If you want to take a more natural alternative, bark is an organic pain reliever that contains salicylate, an ingredient found in aspirin. By chewing on a piece, you release this substance which in your body takes on the same effects as aspirin. There are ways to avoid the pain of a hangover in the morning. You do not have to give up alcohol altogether to avoid a hangover. One thing you can do is to drink slowly. Drinking slowly prevents less alcohol from reaching the brain. The trick?

Your body burns alcohol at a fixed pace. Therefore, if you give it more time to burn the alcohol, less reaches your blood and your brain. You can also drink on a full stomach. This is by far the single most important thing you can do to reduce or even eliminate the symptoms of a hangover.

Food slows the absorption of alcohol reducing the amount that enters your blood and reaches your brain. Drink the right drinks. How do you know whether or not you are drinking a drink that is going to leave you feeling sick in the morning? Dr. Blum of Addictive Disease Division of the University of Texas Health Sciences at San Antonio says the chief villains are congeners.

"Congeners are other kinds of alcohols (ethanol is what gets you drunk) found essentially all alcoholic beverages. How they work isn't known, but they're closely related to the amount of pain you experience after drinking." The least harmful alcoholic beverage is vodka.

The most dangerous villains are cognacs, brandies, whiskies, and champagnes of all kinds. Red wine is also dangerous, but for different reasons. Red wine contains tyramine, a histamine-like ingredient that produces a severe headache.

Going out on Friday nights can be fun, but we have to remember to be responsible. Alcohol can be safe if handled with precautions. Hangovers are not safe, and even more harmful for the long term health of your body.

Furthermore, no one should get so drunk as to not be aware of their surroundings. That is taking a higher risk than drinking alone. Always know who you are with, and have a designated driver at all times.

Allergy Season: The Time is Here

By Tawana Myles
Health Editor

Allergy season is right around the corner and dealing with the constant itch and redness of the eyes and burning sensation of the lungs can often be too difficult to combat with just drugs. But do not worry - there are ways to alleviate the symptoms of allergies without drugging yourself up in the process.

Allergies come in three different categories: contact, inhalant, and food. Inhalant allergy patients experience allergies in response to material or debris in the air: the four biggest "airborne troublemakers" being dust, pollen, pet dander, and mold.

Contact allergies range anywhere from pet allergic reactions to clothing irritation. Food allergies come in a variety of symptoms, but the two most troublesome foods are seafoods and spicy foods.

Although most allergies are treated in some form or fashion with hi-tech drugs and allergy shots, there are alternative ways of battling allergies without being doped up with medications. One way is to keep your home air-conditioned.

This alleviates pollen problems and can help with the other two chief inhalants - molds and dust mites. "The basic idea is to create an oasis of sorts. You want your home to be a place of sanctuary, a place you can count on to provide escape", says Dr. Podell, a clinical associate professor of family medicine at the University of Medicine and Dentistry of New Jersey, Robert Wood Johnson Medical School, in Piscataway. "If you've got the windows open, then hey, the inside of

the house is essentially the same environment as the outside of the house - full of pollens."

Another way to battle the burden of allergies is to install an air cleaner or establish dehumidifiers throughout your home. When purchasing either, the more industrial-quality models are more effective because they are installed right into the central heating and cooling unit of your home.

They remove dust particles and pollen that has already been introduced in the home. The dehumidifiers actually add moisture to the air, making it easier to breathe.

The most important thing to do when monitoring an allergy is to get to know your allergies. When something seems peculiar about your symptoms, contact a doctor immediately. Symptoms such as:

-A whistling sound when you breathe - otherwise known as wheezing.

-Congestion of the chest severe enough to make breathing difficult, often

accompanied by wheezing - also known as asthma.

-An attack that does not respond to over-the-counter medications within a week.

-Welts that spring up in response to exposure to an allergen - also known as

hives. They may indicate the onset of anaphylactic shock - an allergic reaction severe enough to kill.

If any of these symptoms become present with your next allergic reaction, you should monitor the symptom, and get help immediately.

An Update on DNA Samples from O.J.

By Eula Teague
Health Writer

After bad news all week for the prosecution in the murder trial of O.J. Simpson, Superior Court Judge Lance Ito handed the team a very important victory by denying the defense team the right to challenge the scientific credibility of the DNA test.

On January 4, 1995, Simpson and his lawyers waived their right to challenge the scientific validity of DNA tests, but in recent motions, they had renewed some of their objections.

If they would have prevailed, it would have been a long halt in the testimony before the jury, while Ito considered the scientific validity of certain DNA tests.

The prosecution has said that

DNA test results will tie O. J. Simpson to the scene of the crime, but Simpson has pleaded not guilty to the June 12 murders of Nicole Brown Simpson and Ronald Lyle Goldman.

According to the prosecutors, blood drops at the crime scene have genetic characteristics matching those of O.J. Simpson. The blood from his car and estate resembles that of the two victims.

Although Ito's DNA rulings strongly favored the prosecution, the judge did find that the prosecution must demonstrate that the DNA tests in this case were performed properly before introducing the results into evidence.

Hemophiliacs Lose Ruling

by Eula Teague
Health Writer

A divided federal appeals panel has overruled a lower court judgment that allowed HIV-infected hemophiliacs to sue as a group. The 2-1 decision, issued by the U.S. Court of Appeals in Chicago, says the federal judge who consolidated the cases into a class action exceeded "The permissible bounds of discretion."

Lawyers for the hemophiliacs, who in the early 1980's, contracted the AIDS virus from blood-clotting medicines manufactured by the defendants, vowed to appeal full court and then to the U.S. Supreme Court if necessary.

This is another disappointment for hemophiliacs to seek justice, for the thousands who have been killed and injured from the disease. Note that four drug firms being sued have

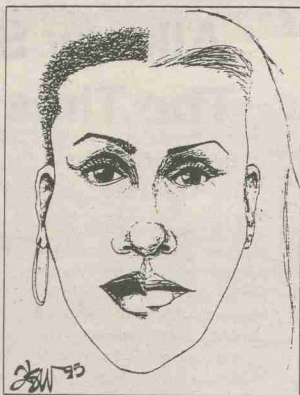
won 12 of 13 cases that have gone to juries. An estimated 8,000 to 10,000 U.S. hemophiliacs were infected with HIV from the medicines, which are manufactured from pooled human blood plasma. About 2,000 hemophiliacs have died; they are dying now at the rate of about one per day. Most federal courts refuse to allow class actions in such cases.

Many people feel that it is a waste to be worrying about the exposure of the companies, it is the so many families who are suffering from the death and devastation of AIDS.

The defendants in the hemophilia case are Rhone-Houlenc Rorer Inc., of Collegeville, Pa., and its Armour Pharmaceutical Co. subsidiary; Mills Inc., of Pittsburgh; Baxter Healthcare Corp., of Deerfield, Ill.; and Alpha Therapeutic Corp., of Los Angeles.

If interested in being a Health Writer for The Nubian Message call 515-1468 and ask for Tawana Myles, Health Editor.

Join The Nubian today



The Double Life of Afrikan-American Women

Afrikana Womanisms: Why Feminism Failed for Afrikans, Part1

Afrikan woman are powerful, but are too many of them also fools? The legacy of sisters to stand and be counted goes back as far as world history is known but the emphasize of this article is solely on the role and position of sisters in the United States and our ties with the feminist movement.

For more than twenty-six years immense effort has been exhausted to bring the Afrikan woman into the feminist movement. There are those Black women in academia, politics and the arts who have accepted and been played well to promote the concepts and philosophy of feminist.

But the majority of our sisters in the trenches have rejected the ideology of feminism and will continue to do so. They unlike others are able to see the core of women's issues are not a part of the political agenda of feminism. And, the majority of sisters on any level know that our legacy was strong way before any Caucasian European women had the nerve to deny their overseer.

The feminist movement at a glance can be seen as an advance of European women to unite themselves and anyone that is willing to accept their ideas of women universalism against men. Universalism, when translated scientifically, become objectification.

The illusion of objectivity promotes the myth of universalistic commitment, that is, it is a stance that disavows political or group interest. It thereby services groups interest more subtly by calling it something other than what it is.

This type of universalism semantically represents European values, is not a universally valid goal and only serves the interest of European culture, saying European patterns and values are wholistic and universal while others are labeled "particular" and "fragmented."

But on deeper levels Afrikan women's psyche can not be accepted or even defined within the feminist movement. The way sisters think; a process sharpened by centuries of struggle for dignity, the way we view the world inside of an Afrikan culture and the way we relate to another "sister", "girlfriend" or "sistergirl" within that female alliance is totally different.

We did not have the privilege of someone else suckling our children while we became acceptable to sexist views of womanhood imposed by others. We were women because



Verner Communications
Afrikana Womanisms

we defined ourselves as such and stood against the wind like a mighty oak planted by the river. Our roots go deep and our fruit cometh plenty in due season.

The gender issue, while important to us, is not seen as equally significant to race ... as some leading women thinkers will agree on. For example, Dr. Joyce King explained: "I am not denying that sexism exists, but how do you go about solving that element of the struggle without distracting from the struggle that Blacks face as a whole."

"We should ...work to eliminate the gender problem but to make that a priority would be a mistake. Besides, African women have always had a more significant role

in African communities at home and abroad."

The most significant opposition to universalism imposed by European feminist is that Afrikan women are still victims of white supremacy while Caucasian women are still gaining ground with it. One of the dynamic results of this is that European men determine the status of both Afrikan men and Afrikan women.

Thus, in many cases sisters are elevated above their brothers, especially in low level employment situations. There are many reasons for this status given or accepted by Europeans over our other halves. Some reasons have played on women being less threatening than men or more docile to the whims of European culture.

These are valid reasons; but, I do not deny those sisters who have achieved because of sheer determination, grit and prayer for they have set marks that can never be passed by anyone. But I do want to ask the readers to go a little deeper.

William Lynch in Let's Make a Slave by Black Arcade Liberation Library delivered a speech on the banks of James River in 1712, that might provide the needed insight. Lynch compares Afrikans to horses in similarity and treatment.

He speaks of how the Afrikan woman is the most important factor for good economics and how you must completely break the female horse until she became very gentle whereas you or anybody can ride her in comfort. Therefore, if you break the mother, she will break the offspring in its early years of development and, when the offspring is old enough to work, she will deliver it up to you for her normal female protection tendencies will have been lost in the breaking process.

Mr. Lynch also spoke of the process of torturing and killing

see Womanisms, page

Words From Our Ancestors

To All My Nubian Brothers and Sisters- "What's UP?!"

I am proud to present to you the first issue of The Nubian Message, NCSU's First African-American newspaper. It's been a long time coming, but we're finally here and yes, we're here to stay!

Despite the enthusiasm most of us have regarding the publication of this newspaper, there are many people, all from different racial groups, who either do not understand the purpose of this newspaper, or simply totally against it. Realizing that we can't please everyone (nor will we ever attempt to), I hope that I can reach some of these people by explaining briefly the reasons for creating and the purposes of The Nubian Message. As many people know, African-American students across the country have been speaking out against what we feel to be unfair conditions on our campuses. At N.C. State, one of our main concerns has been unfair and unjust media coverage of the African-American community on this campus. As hard as we have tried, our cries for justice have not been heard and our proposed solutions to our media problems have not been accepted thus far. Rather than sit around and wait for fair coverage by that other paper on campus, The Nubian Message has been created to represent the African-American community at NCSU totally, truthfully, and faithfully. In doing so, we shall cover every aspect of African-American life at NCSU.

The vision I have for this newspaper, which is shared by everyone involved with it, is ambitious, but not unrealistic. The Nubian Message should and will be the media voice for African-Americans at N.C. State. It will be a publication in which people can learn about different aspects of our culture, as well as find useful information about State's campus. With the concentrated efforts of our people, this vision can become reality very soon.

Finally, it is important that everyone realize that this newspaper is not a racist publication. We are not seeking superiority nor segregation; all we want is an equal voice on this campus and with The Nubian Message, the door is open for us to have that voice. Tony K. Williamson, Founding Editor In Chief

Published by the Student Media Authority of
North Carolina State University

Editorial Policy

The Nubian Message is written by and for the students of N.C. State University, primarily for the Afrikan-American community. All unsigned editorials are the expressed opinion of the Editorial Staff and do not represent the University in any way.

The Nubian Message is published on the 2nd and 4th Thursday of each month during the Fall and Spring Semester, except during holidays and exam periods.

Letters to the Editor

The Nubian Message encourages "Letters to the Editor", however, some basic guidelines must be followed. Letters of campus, community or public interest are given first priority. Letters must be limited to 350 words and legibly written, typed or properly formatted (in the case of e-mail.)

Letters must have the writer's signature, his/her major, year in school (if a student) and telephone for verification. Faculty and staff should include title and department. No unsigned letters will be published.

The Nubian Message will consider fairly all "Letters to the Editor" submissions, but does not guarantee publication of any. All letters become property of The Nubian Message and are subject to editing for space and style.

Submit all correspondence to: Letters to the Editor, The Nubian Message, Rm. 372 AACC, Box 7318, NCSU, Raleigh, NC 27695-7318

The "X" Factor

By Danny Byers
Senior Staff Writer

A few years back when Spike Lee brought out his movie entitled "X," stores and malls got flooded with cheap commercialized "X" clothing and jewelry. Most people that sold and wore the stuff didn't even know the significance of it.

Don't laugh, because many people don't realize the meaning even today. I'm sure many of you, when asked the meaning of "X" will give an answer like: "X stands for the unknown."

The unknown language, religion, ancestors and cultures of our past. X is a replacement of the last name given to us by our slave masters." The X is being promoted as something positive. In the Oct./Nov. 1992 issue of Upscale Magazine, writer Keenan Conigland had this to say about the letter X:

"X. Perhaps no other letter in the English alphabet holds such individual sovereignty. Unconventional, misunderstood and intimidating, it is a self-sustaining symbol of perpetual strength and fortitude in search of truth.

Among these familiar with its nature, history and prowess, its mere pronunciation is powerful enough to induce self-respect, spiritual nourishment, black nationalism and economic self-determination.

Sounds pretty deep doesn't it? All I have to say is that this guy is misleading you, for there is nothing positive about the X.

You see, the X wasn't as important to Malcolm X as many people make it out to seem. Sadly enough, however, there are people who turn the X into a religion. People use the X to represent Malcolm X the same way Christians use the cross to represent Jesus their Christ. Both of these symbols were worn and exalted after the death of these two men. Instead of wearing the X, maybe you should be wearing the bullet that killed him.

The X, as I have stated, has many negative connotations. In Latin, the Roman numeral X equals 10 and according to the lessons of the 5 percenters or Nation of Gods and Earths, 10% is a bad thing. These people are considered to be bloodsuckers of the poor. It would seem logical then, that the 5 percenters would use the Roman numeral V which equals 5 after their names. The 5% people are the poor righteous teachers who are all wise and righteous that teach about the Almighty living God being the supreme being, the black man from Asia. The Clarence 13X's should be re-named Clarence 13V's, correct?

The first time X's were being used in this country were by brown people, Native Americans and people of Nubian descent. They could not read or write in the King's English because the slave master simply did not wish for them to learn to read or write English. So whenever they were tricked into signing away their land, the slave master would make them sign an "X" down; a mark that they were

illiterate and uneducated.

So then what is so Unknown about the X? The things that many people don't know, but should know about the X is that it is a symbol of death just like the cross. The X also represents the cross. It represents death and the cross because this is what Christians say Jesus was crucified and died on. Not only physical death does the X represent, it represents mental death as well. Many are mentally dead because they lack Right Knowledge and are lost in the wilderness of America. Being mentally dead equates to being in mental slavery because you will wear or do anything that the "slave master" wishes you to. Mental slavery means that you are physically enslaved as well, because as long as you under mental slavery you physically will not be able to advance. Stop mocking yourselves with the mystical unknown X, for we are in a day and age where anything unknown to us can prove detrimental. Know yourselves Nubians.

For more information on this subject, as well as others, contact:

The Holy Tabernacle
Bookstore
825E W Florida
Street
Greensboro, NC
(910) 370-1090

Reflections From Afrika

by Angela McNeill
Guest Writer

Do you know you are Afrikan? I know most of you all went through the Afrikan-American Symposium and you came to the conclusion that you were Afrikan-American and you were proud, but do you know that you are Afrikan? As I reflect on a recent pilgrimage to Ghana (the first of many, I hope), I came to the conclusion that I was AFRIKAN not because I was born in Afrikan, but I am AFRIKAN because Afrikan was born in me. Afrikan, to many of my colleagues was like a "going home", but for me, it was like de ja vue, like I had been there before but was returning to a place where I would always be welcome. The feeling is beyond words.

What never ceases to amaze me more than anything is the fact that the kids in Afrika have the worst facilities in terms of classrooms, textbooks, materials, and bathrooms, but they are dying to learn--they are selling different items on the streets in order to pay for their schooling. While here in America, we give our kids everything including the answer, and they could give a good hoot about education--they honestly do not appreciate education. This fact is very distressing to me as an educator.

Elmina Castle--all I can say is SANKOFA (go back to your past). There is no way that you can go to Elmina and not go back to your past--upon entering the castle, you get transported back whether or not you are ready to go. It is hard to come to terms with the horrors that were inflicted upon our great noble ancestors, but to the perished Afrikans whose bone lines at the bottom of the sea and whose souls stand before us leading the way--I salute thee!

Womanisms continued from page 10

Afrikan men in the female presence. By her being left alone, unprotected, with the male image destroyed, it will cause her to move from a position of interdependence and unity with her brother to one of a frozen independent state. So, she will rear her male offsprings to be mentally weak, submissive and physically strong and her female offsprings to be psychologically independent of the male. This creates an Afrikan woman out front and propped up to be independent and strong while the male quivers behind her scared to express himself in his full manhood. This being the perfect situation for sound sleep and economic progress for the master.

So the attempts of seasoning or breaking the Afrikan woman was

twofold, first to devalue the Afrikan man and make him less than acceptable to stand for us and secondly to elevate the Afrikan woman within the Western culture. By allowing the door to be so widely opened for acceptance of the Afrikan woman, that it would disarm those not forever vigilant. Two examples of women blinded by this deceptive European cultural embraces are the career motivated sister and the organized lesbians in our community. The weak minded career-oriented sister will lie in bed with anyone she feels will help her career goals. She exists generally in politics or business and always asks for support because of her heritage (skin color). She holds tight to her membership as an Afrikan-American and then when the time is appropriate and

elections are in, she will stand before television cameras and rally for feminist issues which are in opposition and even detrimental to the Afrikan community. She speaks of her compromises as necessary for our advancement, while riding her latest Caucasian meal ticket. She is a master at taming her Afrikan audience by feeding them the endless plates of charismatic rhetoric of unity and at the same time pissing in the faces of their dreams.

Probably, the most loyal to feminist are Black lesbians. These women have had almost no voice within the Afrikan community. But, within the feminist movement they are validated and are able to flourish. They have grown well in numbers in this movement but not as focused as they would like. Like their counter-

parts (the European man), European women are not about to give up their place of power to anyone. They will promise the world to the Black lesbian but give up nothing. This treatment has angered the lesbian leaders over the years and have aroused many places of frustration. But like Afrikan men in the same seat they are emotionally divided and are not able to focus clearly. Intoxicated on the juices of the forbidden fruit of Caucasian women, they too are caught in the net of "jungle fever", too dizzy with their lust for Caucasian women. They are shown as Afrikan women acting politically correct who represent the forefront of Afrikan womanist thought. They are not only unconscious of the majority of Afrikan sentiment on various issues but are willing to

ignore them altogether so as to be able to lead the feminist movement one day and wherever those objectives may go.

In the final selection of this two part article we will discuss more in detail about the feminist movement bid for power in our community, our heritage, our children and our men. As a final note until next time I would ask you to look at your families, your communities and the relationship you are forming and ask yourself as a people where do our priorities lie. Do not get caught up in the decisive rhetoric of feminism, European integrationism or universalism.

Sankofa

Classifieds

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