

# THE NUBIAN MESSAGE

The Afrikan-American Voice of North Carolina State University



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## Inside Today

### News

--Asante, Founder of Afrocentricity Visits NCSU

--NCSU Ponders Tuition Increase

cover story

-- The Million Man March: The Holy Date of Atonement

page 2

### Sports

--Tremayne Stephens...The Real Deal  
--State Hopes of Bowl Game Crushed

page 3

### Reviews

--Minority Career Fair A Success  
--Is He A Nubian Prince or Dirty Dog

page 5-6

### Health

--Codependency Versus Caring  
--Project Direct: Aiming Towards Disease

page 9

### Opinions

--Why Is It That, Mama

page 10, 11

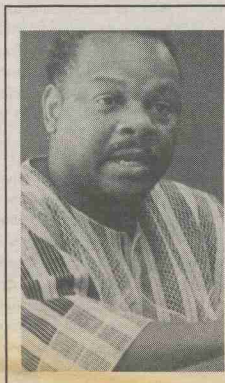
## Asante, Founder of Afrocentricity, Visits NCSU

By Carolyn Holloway  
Staff Writer

Realizing the importance of "Knowing Our Past for the Sake of Our Future," the Association for the Concerns of Afrikan American Graduate Students sponsored a revitalizing symposium on Saturday, October 7 from 9:30 a.m. to 7:30 p.m.

Co-sponsored by a host of organizations that included the Student Government Association, The Undergraduate School (Dean Anderson), The Affirmative Action Office (Mrs. Joanne Woodward), The Graduate School (Dr. Thoyd Melton), the Associate Provost/Coordinator of Afrikan American Affairs (Dr. William Grant), The Nubian Message, The Society for Afrikan American Culture, The Afrikan American Cultural Center, the Graduate Student Association, Blacknificent

books, Delta Sigma Theta Sorority Incorporated, Phi Beta Sigma Fraternity Incorporated,



Jerry Blackmon/Staff  
Dr. Molefi Kete Asante,  
Director of Afrikan American  
Studies Program at Temple  
University

and the Student Mentor Association, the symposium's focus was on preserving Afrikan culture. This preservation of Afrikan culture must first occur by "Getting it right. And in order to get world history right, you must have Afrikan history," says Dr. Molefi Kete Asante, keynote speaker of the evening and Professor and Chair of the Department of Afrikan American Studies at Temple University in Philadelphia.

The symposium also featured workshops on Affirmative Action, The Million Man March, and Black Women: Self-Empowerment.

Dr. Asante, keynote speaker, is the creator of the first Ph.D. Program in Afrikan American Studies (Temple University) and the director of more than sixty doctorate students. He has published more scholarly books than any contemporary Afrikan American and was recently recognized as one of the

ten most widely cited Afrikan Americans. Moreover, Dr. Asante is the creator of the theory of Afrocentricity and the National Afrocentric Institute. He is also the founding editor of the Journal of Black Studies.

Asante began with "My name is Harriet Tubman, Nat Turner, Sojourner Truth, Fannie Lou Hamer, Marcus Garvey and my home is Nigeria, the Congo, Kenya, and Egypt. He then continued "most of the history that the modern day world has excluded from the history books [is] Afrikan history." Asante continued his speech by saying that no hominid is older than the fossils that were found in Kenya which dated from between 150,000-200,000 years. Asante then stated "the Afrikan women who were born 250,000 years ago are the mothers of the 6 billion people who live on Earth today."

see Asante page 2

## NCSU Ponders Tuition Increase

By Fred Frazier  
Staff Writer

Right now, there is the possibility of a \$400 per student tuition increase at NC State. About a month ago, the University of North Carolina at Chapel Hill was faced with this very same dilemma. But the tuition increase is no longer a possibility for them, it is reality. Now it is North Carolina State University's turn to make the big decision.

This decision will be placed into the hands of NCSU's Board of Trustees, when they receive all of the pertinent information that the many committees working on this proposal have to submit. With this

information, the Board of Trustees will have a clearer understanding of where the University stands and decide if this tuition increase is the right thing for NCSU.

From a student's perspective, this is not the best time for talk of increases in tuition. In talking with Student Body President, John O'Quinn, he ardently states that he "is opposed" to these measures. He definitely echoes the thoughts of the student body he represents. "At this point in the deliberations, it's a mixed bag," says O'Quinn on which way the Board of Trustees may be leaning.

The Board of Trustees is taking everything into consideration, and

don't plan on rushing their decision. On October 30, there will be an opportunity for input from the students to be heard by the Board. Students should submit their opinions to John O'Quinn. Once these voices are heard, the Board should be able to see which side of the dividing line the students are on.

If the Board approves the increase, theoretically the money will go to increase faculty salaries and to the libraries. According to the legislation, "If the Board of Trustees of an institution increases tuition, the Chancellor must allocate a minimum of thirty-five percent of the funds provided by the tuition increase for need-based financial

aid. The balance of funds may be allocated for faculty salaries or library budgets." Seeing as quite a few students on NCSU's campus receive need-based aid, that minimum of 35% will most likely be exceeded. The larger chunk of the remaining funds will probably go to the libraries and how much of a salary increase will the faculty have then?

The subject of what effect this possible increase will have on out-of-state students is yet to be discussed. Chancellor Monteith could not be reached for comment, but Assistant to the Chancellor, Jeff Compher affirms that the informa-

see Tuition page 2

### CAMPUS BRIEFS

#### Thompson Theatre

Two Trains Running, a play directed by Dr. Patricia Caple and sponsored by Black Repertory Theatre will open on Nov. 9, running through the 11th and 15-18 at 8pm and Nov. 12 at 3pm. Tickets are \$8.50 for adults; and \$7.50 for students. The Box office opens October 23.

#### Society of Afrikan American Culture

The Society of Afrikan American Culture cordially invites you to its bi-monthly meeting on today at 6:00 p.m.

Buses will be leaving from N.C. State, Harris Lot, at 10pm for the Million Man March. Transportation questions can be addressed to Ricky Livingston at 515-8720, Carolyn Holloway at 515-1468, and Lathan Turner or Hughes Suffren at 515-3835.

#### Center for Health Directions

A physical Self-Defense Class for women will be offered for NCSU students, faculty, and staff. The twelve-hour class will be taught October 11, 12, 18 and 19 from 6pm-9pm at Carmichael Gym. The tuition is \$12.00 which covers the cost of the course manual. To register contact Connie Domino, Sexual Assault Educator at 515-9355.

#### Correction

In the September 28 issue of The Nubian Message, Paul Bitting's name was inadvertently spelled Paul Bidding. The Nubian Message sincerely regrets the error.



## Asante continued

Dr. Asante not only covered the importance of culture, but also stressed the importance of NC State developing an Afrikan American Studies Department (NC State currently has an Afrikan American Studies Program) that will effective-

2. Introduction of a practical and abundant number of courses,
  3. Hiring at least three and eventually twelve faculty members including a Dean and Provost to implement the teaching.
- /With these essentials, NC State



Staff Photo

## ACAAGS poses with Dr. Asante

ly and realistically educate its students. Asante cited three essentials towards creating a competent department:

1. A commitment from the University for space, faculty and money,

will be able to come from twenty years behind and "catch up with other predominantly white institutions who have implemented effective Afrikan American Studies Departments."

## Tuition continued

-tion concerning out-of-state students is being compiled and will be brought before the Board of Trustees. So out-of-state students shouldn't start transferring yet.

The tuition increase is, at the moment, still just a possibility. A possibility that many, if not all, NCSU students do not want to see become a reality. "If we go ahead with this increase, we will set a precedent that will eventually get us

out of the price range of North Carolina students," said O'Quinn. A decision on this matter should come out in November. Keep this in mind, too, Chapel Hill's decision has no bearing on NC State's. Although the two schools were the only two in the UNC system allowed to hike tuition, NCSU will blaze its own path instead of blindly following UNC-CH into the abyss. (Chart about tuition on pg. 4

With only the permission of our ancestors and our elders do we proudly print this and all editions of **The Nubian Message**. Always keeping in mind and spirit: **Dr. Yosef ben-Yochannan, Dr. John Henrik Clarke, Dr. Leonard Jefferies, The Black Panther Party, Mumia A. Jamal, Geronimo Pratt, Hughes Suffren, Lathan Turner, Dr. Wandra Hill, Mr. Kyan Anderson, Harriet Tubman, Sojourner Truth, and all those who walk by our side as we continue to make our journey to true consciousness.**

## 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 Million Man March: A Holy Day of Atonement

By Carolyn Holloway  
Guest Writer

On October 16, 1995 a Holy Day of Atonement and Reconciliation will be observed in Washington, DC by Afrikan American men. As an active part of this Holy Day, NC State students and Afrikan Americans in area counties have planned and implemented a unified plan of action to accomplish the goals of the Million Man March.

These aspirations include restoring the values of the Afrikan family and Community through the Afrikan man, re-establishing corporate America's investment into the Afrikan community, and reaffirming ideals and issues that pertain to the Afrikan family.

The Million Man March is a public proclamation to the world that Afrikan men are serious about their quest for justice and their readiness to elevate themselves as leaders of their families and communities. It is a call for all Afrikan men as Christians, Muslims, nationalists, agnostics, young and old, members of every fraternal, civic, and political organization to unite together as one, demand their rights and determine the future for themselves and their people.

Valiant efforts and pursuits have been made by numerous organizations on campus. Ricky Livingston, president of the Society of Afrikan American Culture and one of the organizers for the March here on campus states, "The March is a lot larger than any organization

or individual involved. "Its goal is to galvanize the community to reflect on the problems that are common among Afrikan Americans, specifically Afrikan American men. Once the problems are brought to the table, we are to objectively strategize and plan the best method in dealing with these issues."

October 16, 1995 is a day of unification and solidarity for the Afrikan American community. In support of the event:

1. All Afrikan American members of college, high-school, and professional teams are asked to observe this Holy Day by not engaging in sports activities,
2. Afrikan American musicians and entertainers are asked not to perform on this day, as a sign of solidarity,
3. No Afrikan American should attend work or school,
4. No Afrikan American should participate in shopping,
5. No Afrikan American should involve themselves with drinking alcohol, drug use, or any unclean or illegal acts.

Also Afrikan American women, particularly mothers, are asked to be with their children on this day teaching them the value of home, self-esteem, family, and unity; and to work with the Afrikan American community to ensure the success of the March and missions to improve the quality of life for the Afrikan American community.

"Specifically pertaining to col-

lege campuses," Livingston says, "Students should meet in their cultural centers or student centers and watch or listen to the occurring events of the March, try to find friends or community programs that are transpiring at local churches or community centers and get involved with the community to talk about aspirations for things to come after the March, watch C-SPAN or other news coverages and stay tuned to local Afrikan American radio stations; and, reflect on your time and commitment to not only yourself, but the greater Afrikan American community."

The Million Man March is officially headed by Rev. Benjamin Chavis, the Director of the Afrikan American Student Leadership Summit. As National Director of the March, Chavis is responsible for the planning and organization of the Day of Atonement.

Along with the Honorable Minister Louis Farrakhan, Mrs. Rosa Parks, Rev. Jesse Jackson, Dr. Maulana Karenga, Queen Mother Audrey Moore, and other organizations and people who have united to celebrate Afrikan American Men.

"Thirty-two years ago, we marched under the exciting leadership of Dr. Martin Luther King, Jr. Thirty-two years later we'll march because our babies die younger, [and] our life expectancy is shorter. We must stand up!" says the Rev. Jesse Jackson.

## The Message

--Any student interested in the **College Democrats** should attend their general body meeting. 7:30 pm in the Student Center Green Room. For more information, Call William Polk at 512-1036

--**1996 Orientation Counselors** are needed to represent the university during January Transfer orientation, June orientation and at Regional Leadership Conference in March. All interested students must attend one of the information sessions. Candidates must be at least a sophomore status with at least a 2.5 GPA. For more information, call 515-7526.

--**The College of Physical and Mathematical Sciences**, Afrikan-American Affairs, will be sponsoring review sessions in the following areas: PY 205, PY 208, MA 101, 107, 108, 111, MA 141, 241, 242, MA 341, CH 101, 107, 195A and at Statistics courses. Please contact Dr. Wandra Hill at 515-7841 or 515-2502 or come by 116 Cox Hall for more information.

--Philip Morris Companies, Inc. and the NC Museum of Art presents "The Art of John

**Biggers: View from the Upper Room.** October 15, 1995 to January 14, 1996. Admission is free and the Museum is open every day, but Mondays. For more information, call the Museum at 833-1935.

--The Performing Arts Institute invites you to James Weldon Johnson's "God's Trombone" October 2, 1995 to November 16, 1995 at the Seby B. Jones Fine Arts Center. St Augustine's College hosts the night of music. For more information, call Dr. Helen Othow at 516-4116 or 516-4113.

--The Triangle Multicultural Women's History Project and the Community Women's Heritage Series present Dr. Lori Brown and a discussion on "Transforming Women's History into a Product: The Case of Pocahontas. Join the presentation and discussion. Wednesday October 18, from 7 to 9 pm at Meredith College. For more information call Elizabeth MacDonald at 362-4436 or Lucy Oliver 490-8634.

--The Kemet Institute and Benu Cultural Center are sponsoring a weekend retreat at Whitelake, North Carolina entitled "SANKOFA: A Journey of Empowerment and Healing" featuring Dr. Mawiyah Kambon. For more information 231-2109.

--Don't miss the **Second Annual National Afrikan American Student Leadership Summit**. October 12 through 15 at the Howard University Hotel in Washington, D.C. Programs include National Student Lobby, Afrikan Centered Summer Programs for Children, Leadership development seminars and student film festival. The Summit's theme for 1995 is "Revolutionary Atonement through Operational Unity. For more registration info, call (301) 559-3404.

--**Senior Seminar #3, "Corporate Games and Players"** A discussion on working in corporate America featuring guests from companies in RTP. In the Afrikan American Cultural Center's Multipurpose Room, 6:30 pm



# Tremayne Stephens... The Real Deal

**By Chanda Mason**  
Sports writer

Tremayne Stephens, a sophomore majoring in Graphics Design here at NC State University, grew up in the small town of Greer, South Carolina. Tremayne's hobbies include drawing, writing poetry, and socializing, but he derives his greatest pleasures from playing football.

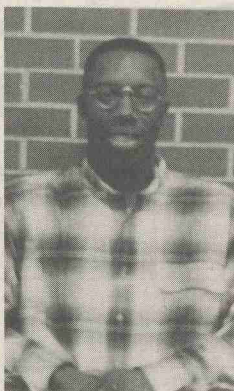
Tremayne was first introduced to the sport at the age of five when he played for the Eastside Dolphins Little League team. His first position was nose guard, but he was later moved to tailback, where he remains today for the Wolfpack team.

Stephens, one of the more experienced and spontaneous players on NC State's football team, has been in the starting line-up since his very impressive freshman year. He currently

maintains his position on the Wolfpack squad and has been ranked as one of the top tailbacks in the ACC.

When asked why he chose State, he responded, "I was recruited by many big universities, but I chose State because of its nice atmosphere. We play as a team and the coaches do their jobs well. The students are nice here, too."

Tremayne explained how playing football is like a full-time job and how time management is very important. The hours are very long and the labor is hard, but in the end he does get his rewards. "When I go to Carter-Finley on Saturday and see that sea of red and white, it just does something to me and I get this burst of energy. Just to see the fans out there makes me play better and they



staff photo

**Tremayne Stephens:**  
Student first; athlete second

(the fans) are really worth all the hard work."

The name "Tremayne Stephens" is no stranger to picture captions, headlines, and television screens. When asked his feelings about the media coverage he has received this season, Tremayne commented, "I try not to think about it, but that is me on television or in the newspaper and I'm so used to seeing big stars in those places."

One day I happened to look up and there I was, and of course that made me feel good. I never let the publicity get to my head, because I know if I do, that is when things will start going down for me."

Tremayne's future is now looking really bright. Stephens is a very impressive individual, capable of going wherever the road leads him.

Although he is unsure what the future holds for him career wise, he has managed to make a wonderful start here at North Carolina State University.

Although NC State has been on a fierce losing streak Stephens feels confident that the team, by working together, can turn the season around and possibly in the season with a decent record.

Tremayne Stephens is definitely a popular person on NC State's campus. He never ceases to amaze the fans as he gracefully performs on the field. His skills and love for the game are apparent in every move he makes. NC State can proudly call him....a member of "The Pack."

## State's Hopes For Bowl Game Crushed

**By Alvin Sturdivant**  
Sports Editor

N.C. State traveled to Alabama to face the 16th ranked Crimson Tide Saturday, only to have their hopes of an eighth consecutive Bowl game destroyed.

The 27-11 loss dropped the

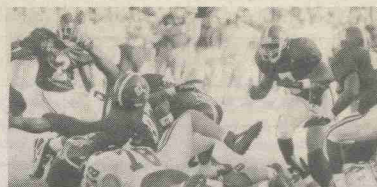
Wolfpack to a 1-5 record with only five conference games left in the regular season. Alabama's offensive unit struggled a great deal earlier this season, but still managed to pick up 356 total yards against the Pack's defense.

N.C. State was down 13-0 at half-

time, but picked up 11 points in the second half from a 41 yard field goal by Marc Primanti and a fourth quarter touchdown drive led by the Pack's reserve quarterback Jose Laureano.

Laureano entered the game with about 8 minutes remaining in the game. Showing great strength and a powerful arm, Laureano hit freshman Torry Holt with a 46 yard pass, and later threw a 19 yard pass to Mike Guffie, who scored State's only touchdown of the night. Seconds later, Laureano hit Jeff Butler for a two-point conversion, which ended the Pack's scoring drive.

Due to several miscues and penalties, The Pack was outscored by Alabama and forced to bear yet another terrible loss. State moved



Aner Barriola/Technician

**The Wolfpacks defense stops Alabama's charge.**

the ball well, but Alabama's third ranked defense held the Pack to only 11 points.

Although State managed to round up 380 total yards with only two turnovers, they were still unable to get their offense going, which proved to be a key factor in their fifth straight loss of the season.

With only five games left in the season and no chances of appearing in a Bowl game, State can still pull

off a few upsets and finish the season with a decent record. Many fans have viewed this season as a rebuilding year for the Wolfpack and look forward to what the future holds for this bright young team.

N.C. State's next game is against Duke in Durham on Saturday, September 21.



Aner Barriola/Technician

**NC State Quarterback, Terry Harvey, tries to evade the Crimson Tide defense, but is stopped by Alabama's number 95.**

## UTP Freshman Finds Stardom At NCSU

**By Tonika Gasden**  
Sports writer

Decisions! Decisions! Many freshman honestly believe they have major decisions to make in adjusting to college.

Try having to make the decisions of a freshman athlete. Bobbie Cotten has managed to handle class, practice, games, homework, and study sessions.

Coming from Hargrave Academy, a prep school in Chatham, Virginia, to North Carolina State University, UTP freshman Bobbie Cotten has found stardom. After three weeks into the 1995 football season Cotten has earned his assignment in the starting line-up as a middle linebacker. Early in his career, he has discovered the formula for being a athlete and student.

Academically, time management and proper study habits have proven to be major adjustments for Bobbie. Unlike high school, where you could "maybe go home and study for about an hour for a class or two, college, requires more time." In college "you could have a whole book to read in one week, and the time needed for studying and reviewing your notes never seems like enough."

Although the academic aspect of college has presented major adjustments for Bobbie, the transition from high school to college football has not proven to be an extreme challenge. "The biggest differences are the size and the speed. Most of the players playing in college are much faster. Even the linemen are much faster," he says. As a college



Staff Photo

**Freshmen player, Bobby Cotten makes his start early**

athlete Bobbie thrives to play with more intensity.

A major stereotype in our country portrays college football players as spoiled by their institutions and society. According to Bobbie, this is not so. "Some of the fans put you on a small pedestal, but other than that, students look at you the same."

None of my teachers show me any favoritism. They might compliment me on doing a good job, but they understand how hard it is being an athlete and trying to keep up good grades. NC State doesn't provide any specific luxuries. The only thing we get as a privilege, I think, would probably being able to eat in Cates."

Initially being inspired by his older brother in the eighth grade to play football, Bobbie decided to use

his God-given talent to get him into college. His major is presently business management, with hopes that one day he will run his own business.

Many freshmen athletes entering college decide to "red-shirt" their first year. When asked if he should have "red-shirted" this year he answered, "Yes, I felt coming in I was going to be red shirted. I think it would have helped me a lot, even though I enjoy playing as a freshman, I think academically, to go ahead and get adjusted it would have helped me a lot in school and allowed me to focus more on my work."



# Nubian Football Pics

Nubian Football Pics are a new feature of The Nubian Message intended to alert more Afrikan-American students about Black College Football Teams and to involve Afrikan-American students and faculty in the Afrikan-America Voice of N.C. State



Richard Burt  
Financial Aid



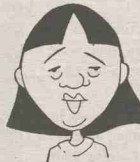
LaTonya Dunn-The  
Nubian Message



Hughes Suffren  
Amer. Affairs



Ed Lindsay  
Instructor



Carolyn Holloway--  
The Nubian Message



Alvin Sturdivant--  
The Nubian Message



Lathan Turner--  
Afrikan Amer. Affairs



Kyran Anderson--  
Imhotep Program

## October 14

S.C. State vs Bethune Cook.	S.C.State	S.C. State	S.C. State	S.C. State	S.C. State	S.C. State	S.C. State	S.C. State
FAMU vs Delaware State	FAMU	FAMU	FAMU	FAMU	FAMU	FAMU	FAMU	FAMU
Morgan State vs. N.C. A & T	N.C.A*T	Morgan State	Morgan State	Morgan State	Morgan State	N.C. A & T	N.C. A & T	N.C. A & T
Virginia vs. Duke	Virginia	Virginia	Virginia.	Virginia	Virginia	Virginia	Virginia	Virginia
Florida State vs. Wake Forest	Fla. State	Fla. State	Fla. State	Fla. State	Fla State	Fla. State	Fla. State	Fla State
North Carolina vs Ga. Tech	No. Carolina	Ga.Tech	Ga. Tech	Ga. Tech	No. Carolina	No. Carolina	Ga. Tech	Ga. Tech

## October 21

Bethune Cook. vs Albany State	Albany State	Albany State	Albany State	Albany State	Albany State	Albany State	B. Cookman	B. Cookman
Del. State vs Morgan State	Del. state	Morgan State	Morgan State	Del. State	Hampton	Del. State	Del. State	Morgan State
Howard vs N.C A & T	Howard	Howard	Howard	N. C. A & T	N.C. A & T.	Howard	N.C. A & T	N.C. A & T
Marylandvs Clemson	Clemson	Clemson	Clemson	Clemson	Maryland	Maryland	Maryland	Maryland
Florida State vs Georgia Tech	Florida State	Florida State	Florida State	Florida State	Florida State	Florida State	Florida State	Florida State
North Carolina vs Wake Forest	No. Carolina	No.Carolina	No. Carolina	No. Carolina	No. Carolina	No. Carolina	No. Carolina	No. Carolina
N.C. State vs. Duke	N.C. State	Duke	Duke	Duke	N.C. State	N.C. State	Duke	N.C. State
Virginia vs Texas	Texas	Virginia	Virginia	Virginia	Virginia	Virginia	Virginia	Texas

## Breakdown of Tuition and Fees Since 1956

continued from page 2

NC State University  
Annual Tuition and Fees History

	Tuition		In-State Fees		Total		Tuition		Out-of-State Fees		Total		January CPI
	Original	95 dollars	Original	95 dollars	Original	95 dollars	Original	95 dollars	Original	95 dollars	Original	95 dollars	
1956-57*	146	795	137	742	283	1,538	496	2,697	137	742	633	3,440	28.1
1961-62	150	764	140	713	290	1,476	500	2,545	140	713	640	3,258	30.0
1966-67	175	812	182	845	357	1,657	600	2,785	182	845	782	3,630	32.9
1971-72	225	836	196	728	421	1,564	950	3,530	196	728	1,146	4,258	41.1
1976-77	330	861	194	506	524	1,368	1,976	5,158	194	506	2,170	5,664	58.5
1981-82	364	589	219	355	583	944	2,076	3,362	219	355	2,295	3,716	94.3
1986-87	480	659	372	511	852	1,170	3,820	5,246	372	511	4,192	5,756	111.2
1991-92	774	856	488	540	1,262	1,395	6,642	7,344	488	540	7,130	7,884	138.1
1995-96**	948	948	784	784	1,732	1,732	9,064	9,064	784	784	9,848	9,848	152.7

\* - estimated breakdown between tuition & fees

\*\* - CPI is July, 1995



## Project Direct: Aiming Towards Diabetes

**By Tawana N. Myles**  
Health Editor

Diabetes is the leading cause of blindness in adults ages 25 to 74 and the most common cause of amputations not caused by injury. Even more unfortunate, more than two million African Americans have diabetes. People with diabetes are twice as likely to have a heart attack or stroke.

In Wake County alone, between 10,000 and 16,000 people know they have diabetes, while another 10,000 have no clue. Raleigh is presently taking a major role in diabetes intervention and management.

On October 7, 1995, Project DIRECT held a kick-off event, planned by volunteers, in Chavis Park.

Project DIRECT (Diabetes Intervention Reaching and Educating Communities Together) is a community-based program aimed towards involving the community in interventions that will educate their friends, neighbors, relatives, etc. about diabetes. Funded by the Centers for Disease Control, the pro-

ject is unique in that it lets the community make decisions about educating their peers and neighbors within the community.

Project DIRECT finds "positive peer role models" that will encourage their particular municipality to practice healthy life styles through such things as getting exercise and eating healthy foods.

The volunteers in Project DIRECT will work in three individual groups: Outreach, Health Promotion, or Diabetes Care. The Outreach work group will inform people about the signs and symptoms of diabetes, provide free diabetes screening, and guide individuals in the right direction for follow-up care.

In the Health Promotion work group, diabetes patients and the communities as a whole will be encouraged to increase physical activity, control and stabilize their weight, and practice healthier food habits by making better food choices. The Diabetes Care work group is responsible for instructing people with diabetes on how to take better care of themselves, while giving the best possible care to the patients.

Project DIRECT's primary concern is reaching out to the African American community in Wake County, which has an estimated 424,000 residents of whom about 21%, or 88,000 are African Americans. Thus 11% have diabetes.

During two national conferences in 1988 and 1989 respectively, the Centers for Disease Control found that

1) African Americans have a high obesity percentage which makes a strong risk factor for non-insulin dependent diabetes;

2) African Americans consume as a whole more cholesterol and less fiber than Caucasians do; and

3) African Americans have less or no accessibility to health services or educational facilities that could improve their knowledge and awareness about the disease.

Project DIRECT wants to control diabetes and help African Americans by educating communities about the disease.

To become a member of one of the Project DIRECT work groups, or to find out more information on the project, contact Project DIRECT at 212-7999.

## Codependency versus Caring

**By Tawana Myles**  
Health Editor

Many individuals believe that being codependent and caring for someone are interchangeable. Surprisingly, more people are codependent than we think. While healthy caring is a two-way street where there are positive emotions between two adults, codependency is a one-way street where one person does all the caring and finds him/herself lost in the process.

When you care for someone, you see one another as two different individuals. You believe that person can manage their own life, you can separate yourself from that person even when they have problems you can relate to, and you help them and give them guidance only when you are needed.

These forms of affection are healthy. You're involved in the well being of the person, but not to the extent that you forget your own well being. Codependency on the other hand becomes a mental instability for the person that is supposedly doing the "caring".

It hurts you and the person(s) around you. Instead of caring about someone else, but still being your own person, you feel that the problems and failures your significant other has are also your problems and failures. You give help whether asked or not, or if you are asked to stay out of the situation, you constantly worry or you do things to help without the person knowing about it.

When you are codependent, you get so lost in caring for that person,

you do not realize whether or not you are helping or hurting that person.

Being codependent can only lead to disaster. It can turn into obsession and can be harmful to the codependent person and the people around him/her. The first step to realizing this problem is to face the facts.

A codependent person thrives on changing someone else. Facing the realization that you cannot change someone else is the first step to dealing with codependency. Furthermore, learn how to detach yourself from other's problems and downfalls.

Detaching yourself is not cold; it is a way to realize your individual self while dealing with someone else. Most importantly, practice caring for yourself. A codependent person does not know how to identify his/her feelings and blends them or molds them in with the person they are codependent on. Accepting your emotion lets you see how you feel along with the how the other person feels.

Codependency is an illness that can be dealt with and even eliminated from someone's life. There are many support groups, and self-help groups that help a codependent person deal with themselves and their loved ones.

Codependents Anonymous is a support group made up of codependents that work with the individual on how to lead an independent life. To contact Codependents Anonymous, call (602) 944-0141, or write to Codependents Anonymous, P.O. Box 33577, Phoenix, AZ 85067.

## Sexual Harassment on College Campuses

**By Randall Haddock**  
Staff Writer

Sexual harassment is a controversial topic that has caused a discord between males and females and changed the way society views its behavior in the workplace and on college campuses.

Sexual harassment can be defined as unwanted and unwelcomed attention that is directed toward another person's sexuality or sexual identity.

Anyone, being male or female, can become targets for harassment, which can drastically alter many relationships among students or between students and faculty on college campuses.

Many college institutions, including NC State, have written policies that provide penalties and punishment for harassers.

While harassers may perceive their behavior as being fun, harmless, or just innocent flirting, their victims are left feeling humiliated and degraded. They feel anger toward their harassers for putting them into such a helpless position, and to themselves for allowing such an act to occur.

There are several causes for sexual harassment on college campuses. One being that professors, especially males, can use their positions of authority to make their female students feel insecure about their place in the classroom setting.

Stereotypes that society has placed on women is another cause

for the rise in sexual harassment complaints. The way television, films, and the media portray women as passive, sexual objects, or victims has a tremendous influence on the treatment they receive from most males.

Although male-female relations should be mutual, there are often occurrences where body language or certain remarks can be wrongly interpreted. When one of the parties becomes offended, it is harassment, not flirting.

If you should fall victim to sexual harassment, notify the NCSU Women's Center or NCSU Judicial Services, because sexual harassment is a crime that you do not have to be a victim of.

*Any Students Interested in Writing for the Health Department of The Nubian Message, please call 515-1468 and ask for Tawana Myles: Health Editor*

## Read The Nubian Message

### Four Reasons for Using "K" in Afrika

- Most vernacular or traditional languages on the continent spell Afrika with a K; therefore the use of K is germane to us.
- Europeans, particularly the Portuguese and British, polluted our languages by substituting C whenever they saw K or heard the K sound—as in Kongo and Congo, Akkra and Accra, Konakri and Konakry—and by substituting Q wherever they saw KW. No European language outside of Dutch and German have the hard C sound. Thus we see the Dutch in Azania calling and spelling themselves Afrikaaners. We are not certain of the origin of the name Afrika, but we are sure the name spelled with the C came into use when Africans were dispersed over the world. Therefore the K symbolizes our coming back together again.
- The K symbolizes us to a kind of Lingua Afrikaana, coming into use along with such words and phrases as Habari Gani, Osagyfo, Uhuru, Asante, together constituting one political language, although coming from more than one African language.
- As long as African languages are translated (written) into English, etc., the European alphabet will be used. This is the problem. The letter K as with the letter C, is part of that alphabet, and at some point must be totally discontinued and the original name of Afrika be used. The fact that Boers (peasants) in Azania also use the K, as in Afrikaan (to represent the hard C sound) demonstrates one of the confinements of the alphabet.

Source: *From Plan to Planet* by Haki R. Madhubuti, February 1992. Reprinted with the author's permission.



# Taking the Test

**By Cassandra Lester**  
Staff Writer

As we get older, we often make serious decisions concerning sex. Some decide to abstain. Many others decide to become sexually active. For some people sex is with someone they know and trust. For others it is with someone they've barely met.

While I would be the first to encourage people to get the most enjoyment out of life, I feel it is important to realize that some enjoyments carry major responsibilities. Sex- or making love are definitely enjoyments that carry responsibilities.

The time for losing control because his or her touch is devastating is gone. Although I haven't been intimate with the world, I am not a virgin. This fact, along with the realization that many female freshmen are in my position, made me sit up and pay attention when I saw the flyers asking "Have you ever had more than one sexual partner?"

These flyers were informing students about free and anonymous HIV tests being offered at the NCSU Student Health Services. The test dates were the 4th, 5th, 10th, and 11th of October. Making the appointment for the test was the easiest thing I had ever done.

It was easy because I felt it was important to know that I would not

be putting anyone's life in danger by sharing the beautiful experience that making love can be.

When I called to make the appointment, I was given directions on how to reach the fourth floor of Student Health, which is where the test was being given. My name was never asked because the test was meant to be anonymous.

On October 10th, the day of my test, I walked to room 408 and waited to be seen. There were pamphlets on the table. These pamphlets detailed the proper technique to use a condom as well as how to prevent STD's. I was not forced to wait for several long minutes dreading my decision to take the test. After only seconds had passed, I was led to the room where the test would be taken.

The examiner began by explaining the procedure of removing blood for the test. He then proceeded to tell me he would ask several personal questions. I was informed that I didn't have to answer any questions that made me feel uncomfortable.

He asked questions like: "When was your last sexual encounter?" "Did your partner engage in intravenous drug use, that you know of?" After answering questions of this nature, the examiner drew blood. It wasn't painful.

Through out the test the examiner encouraged me to ask questions about anything I didn't understand.

Before I left the room I was given a card that has a number on it. This number corresponds with the number on my blood sample. In two weeks I have to return to find out my results. If I return without my card, I can't know the results of my test. This restriction is an extra precaution measure to make sure that the testee remains anonymous.

I wasn't nervous when I made my appointment. I wasn't nervous when I took the test. Now a small part of me is nervous. Now, a small part of me is scared. Do I expect to have the HIV virus? No, but, of course, that's what everyone thinks until they are told differently. We all believe that it can't happen to us even though we still engage in risky behavior. We still deny that this disease is real.

As I was leaving the testing room, I picked up a few of the latex condoms being offered. Do I plan to use them anytime soon? No, I don't plan to, but it's nice to know they are there if the need arises. For those of you who didn't take the test, the time has come to be responsible for your actions.

The time has come to accept the reality of this disease. The time has come to be tested. So although you should seek to enjoy every moment of like it is important to realize that some enjoyments, like sex, require major responsibilities.

## A Holy Day of Atonement and Reconciliation

On October 16, 1995 a new day will begin in the lives of every individual in the United States and abroad. The Million Man March, a Holy Day of Atonement and Reconciliation will affect everyone. The U.S. will have to realize that the Afrikan American male has taken back his place in his Afrikan family, community and abroad. Values will be reinstalled to the persons that lack and a new day will begin. An economic, social, and spiritual rebirth will occur that will cause the nation to be in uproar. Afrikan Americans will be able to retain more than 5cents out of a \$1.00 in the new days following the Million Afrikan Man March.

## Why is it that.....

**By Sam Harrell**  
Guest Writer

Question! Why is it that every time the Black community on this campus takes two steps forward, they get pushed back several? Why are we destined to eternally push the boulder of "Equality" up the hill of "Racism" in this Underworld we call N.C. State.

When I arrived at N.C. State in the Fall of 1992, the Black community was protesting generic descriptions of assailants, racist articles printed by the newspaper, harassment by campus security, and so forth. We marched on the Chancellor's house.

We held assemblies on the Brickyard to raise black consciousness. And now, everything we have worked for is slowly fading. Media resources are again attacking civil rights gains and our Afrikan American character. My brothers and sisters, wake up!

Question! Why is it that many blacks on this campus are "asleep" to the things that are going on that drastically affect the Black community? People, know whom and what you vote for. The level of consciousness here at State has declined since 1992. Many blacks have fallen prey to the "sweet siren's song" of the devils on this campus. My people, question the things you see and are

told. "Beware of Trojans bearing gifts."

Question! Why is it that the leadership on this campus is dominated by the Sisters? Don't get me wrong. I don't have any problems with Sisters running things; someone has to do it. But Brothers, "get up, stand up, don't give up the fight!"

It is time to "shake" those brothers who "front" the stereotypes of being lazy, basketball-shooting, drinking, smoking "slaves" (Afrocentricity, Molefi Asante) so we can help save our people. There is nothing wrong with shooting ball, drinking, and smoking, but when you do this and just watch the community slowly deteriorate—Then something is wrong!

I know there are a few brothers that are involved, but a lot of brothers being involved could do so much more. Younger brothers, what are you all doing? You will be left here to continue the fight, and you are not even getting prepared! Get involved. Stop partying so much. And everyone, "know thyself."

Question! Why is it that a person cannot speak without the listener thinking the other person is trying to "kick it" to them? People get real! Not everyone who speaks is trying to talk to you. We have all been through Symposium, "you know the flava." My people, please

speak to one another. You never know. It could brighten someone's very troubled day.

Question! Why is it that black organizations and programs cannot get support from the Black campus community? Oh, there are the selected organizations and programs. People. The school has a mad "Darwinism" policy in effect; "Use it, or lose it!" Get the ugly picture? Support your people.

Many of you may have a sour look on your faces or have begun to wonder if what I've said is true. Good! This article has served its purpose. The whole point is to raise some questions in the minds of the blacks on this predominantly white campus.

My people, don't believe everything you see or are told. Find out for yourselves. And for all of you who probably do not care too much for what I have said, I take my leave with this:

"If there is no STRUGGLE, there is no PROGRESS. Those who profess to favor freedom and yet deprecate agitation, are men who want crops without plowing up the ground.... The struggle may be a moral one, or it may be a physical one, and it may be both moral and physical one, but must be a struggle. POWER concedes nothing without a DEMAND. It never did and it never will." (Frederick Douglas)

**Any Students Interested in being an opinions writer for The Nubian Message call 515-1468 and ask for Carolyn Holloway.**

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### 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



# Jameka's Juice

One, Two...Wash Dat Do  
Three, Four...Don't Look Good No More

Why is this?

Many females here at State love the salon look. But, note: "the salon look don't last forever."

What I mean is...Don't keep dem fingerwaves in after two (2) weeks. I don't care what kind of gel they put on your head, you ain't gonna be able to keep dem waves up. Honey, let me tell you...."Look to my left, what do I see..I see crusty fingerwaves coming at me!"

I know you all are my friends. That's why I write this column. I don't want to hurt your feelings, but you need to wash that MESS OUTCHA head. Girlfriend, you need to "WORK DAT OWT!"

If you need some help, just call a friend and tell them you need to use their water, and if you have problems using their water, you can come use mine. Girls, I know it's hard trying to keep that salon look, but you got to know that there's no LIFETIME GUARANTEE!

If you have any issues, personal or social, that need to be addressed, contact the Nubian Message and look for it in the next issue.

## African-American Heritage Day

October 28, 1995



"A Celebration of  
Africentricity: the Circle must not be  
Broken!"

**Keynote Speaker: Renowned visual artist  
Benny Andrews, whose current exhibit is on  
display in the African-American Cultural  
Center Art Gallery.**

Events include: Parade, Dance Workshop, Fashion Show, Step Show, Rap  
Sessions Storytelling, Music African Marketplace and Food Vendors.

**Free and open to the public.**

From 9:30 a.m. - 5:00 p.m. in the African-American Cultural Center in the  
Witherspoon Student Center on the corner of Dan Allen and Cates Avenue.

# Go Ask Mama

**WE ASKED MAMA:** How is the educational atmosphere different  
for Afrikan Americans today since the advent of "integration" than back in  
the day when you were a student?

**MAMA:** One thing that young folks had in my day that you all don't  
get too much of is nurturing. When we were in segregated schools, every-  
body was your parent, your teacher, your mentor, your guide. We were  
always encouraged to do our best, and firmly, but lovingly supported when  
we fell short. You all get the so-called privilege of sitting in the same room  
with other groups, getting the book learnin', but your own life story is not  
told; your own experiences are not considered worthy. As a result, you all  
seem much more disconnected from your own communities than we used to  
be. Back in my day, there was no problem with being Black in the Black  
community. Today, so many of you young people have assimilated into  
those lily white class rooms, and you have never learned that your own peo-  
ple have worth. Consequently, you seem to think that your own kind can  
not accomplish anything. You all just don't know your roots. And that's  
the truth.

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Read The Nubian Message Today

Join The Nubian Message today.

-ON THE INSIDE- BY TAGIE TATE-

Hey Girl,  
I just got my  
Braids done.  
How do they  
look? They were  
only \$40 at  
the salon!

Tasha,  
When are you  
going to do  
something  
with your  
hair?!



Well, I do  
like SHANTE'S  
HAIR!

AND NICOLE'S  
ALWAYS  
LOOKS  
GOOD.

THAT GIRL IN  
MY SPANISH  
CLASS, HERS  
IS CUTE  
TOO.

Maybe I  
could try  
something  
new.

ON

BRAIDS \$40  
WASH & CUT \$25  
BLOW DRY \$20  
WET SET \$30  
RELAXER \$40  
S-CURL \$25

Or Maybe I  
will just be  
Myself...

Besides  
I don't  
have \$40.





# Classifieds

## Help Wanted

**Thieves Market** - We buy, sell or consign almost anything! Hwy 64 East, Knightdale. Look for giraffe! 217-0037.

**Hip-Hop DJ** wanted with knowledge of Music production. For more information call Corey at 832-5997.

**Rentals and Promotions Specialist** Handle rental and contracts. Work with visitor industry. Help plan special events. Specialists should have sales or promotions experience and commitment to outstanding service. Fax resume to: NC Museum of Life & Science, 220-5575. Attn: Natalie.

**\$35,000/Year Income Potential.** Reading books. Toll Free 1-800-898-9778 Ext. R-4659 for details.

Students can earn **\$100** plus per day. Easy sales. PT/FT. Total Recall, A Reminder Services Company. Call Mr. Hood now at 286-2144.

Health Research Interviewers, Parttime evenings, weekends in Durham near RTP. Previous interviewing experience necessary. Solid knowledge of medical technology, professional phone manner. Starting **\$8.25/hour**. Send resume to: K. Catoe, CODA Inc., 1009 Slater Rd., Suite 120, Morrisville, NC 27560. No calls please.

**\$40,000/Yr. Income Potential.** Home typist/PC users. Toll Free (1) 800-898-9778 Ext. T-4659 for listings.

Postal Jobs Start **\$12.08/hour**. For exam and application info call (219) 769-8301 Ext. NC565, 9am-9pm, Sun.-Fri.

**Alaska Employment** - Fishing industry. Earn up to \$3,000-\$6,000+ per month. Room & Board! Transportation! No experience necessary! Male/Female. Age 18-70. For more information call: (206) 545-4155 Ext. A74013.

## Read The Nubian Message Classifieds

**G&M French Cafe** All positions available. Part or full-time hours, apply in person between 2 & 5, Mon.-Fri. 957 N. Harrison Ave., North Woods Market Shopping Center, Cary.

An Extra \$900/week processing HUD/FHA refunds. **No experience.** Own Hours. 1-800-484-2799/8311. 24 hours. Call Now!!

## Help Wanted

Get Organized! Virgo Rising **Organizers...** for folks who are rushed for time, stumped for ideas, or just plain disorganized. 933-9143.

**Trainer Search** New marketing company in environment and personal health needs individuals to help train and manage an expanding sales force in the Triangle. Public speaking experience, outgoing personality and management skills helpful. Call 969-8020 to set appointment.

**Lucky 32 Needs Great People!** We are looking for friendly, detail oriented people to work for the most professional restaurant company in our universe. Accepting applications for the following roles: Dining Server Host/Hostess Line Cooks Kitchen Utility Front & Back of the House Leadership Staff Apply in person Monday-Saturday Between 2pm-4pm Lucky 32 919-876-9932 832 Spring Forest Road Just off Falls of the Neuse Road Quaintance-Weaver Inc. EOE/DRUG FREE WORK PLACE

**At Earth & Spirit** - We are seeking a full-time, in-store Sales Person. Should have good communication abilities & be outgoing & friendly with people. 286-4250 Rentals and Promotions Specialist Handle rental and contracts. Work with visitor industry. Help plan special events. Specialists should have sales or promotions experience and commitment to outstanding service. Fax resume to: NC Museum of Life & Science, 220-5575. Attn: Natalie.

**PM Bakery Supervisor** Midnight-8am. Looking for a great environment to learn & grow. Patient executive chef looking for self starter to supervise night bakery production team. Supervisory & bakery experience preferred. Apply in person to: A Southern Season, Eastgate Shopping Center, Chapel Hill. 929-7133

## Help Wanted

**Promotion Director.** Kix 96.1 is searching for Promotion director. Must have 2-5 years broadcast experience. Energetic, detailed. Great benefits. Send resume to Anne King, WKIX, 5706 New Chapel Hill Rd., Raleigh, NC 27607 (EOE).

**Networking Professional** office setting, comprehensive training program and field experience at the top. If you have experience, you know that timing is key! We are approaching explosive growth in our 4th year and need serious individuals, committed to the environment and building equity for themselves. Call 967-8533.

**Sales Assistant** Small, non-smoking Raleigh office seeks experienced person with pleasant phone personality, & computer literacy (Word & Excel) to handle multi-tasks. Must enjoy detail & proficient numbers. Duties include customer service, secretarial functions; & extensive work with numbers. Please FAX resume to (919) 859-6167.

**Rentals and Promotions Specialist** Handle rental and contracts. Work with visitor industry. Help plan special events. Specialists should have sales or promotions experience and commitment to outstanding service. Fax resume to: NC Museum of Life &

**Sales Assistant** Small, non-smoking Raleigh office seeks experienced person with pleasant phone personality & computer literacy (Word & Excel) to handle multi-tasks. Must enjoy detail & be proficient with numbers. Duties include customer service secretarial functions; & extensive work with numbers. Please Fax resume to: 919-859-6167.

**Join the stampede!** Buffalo's Cafe, Creedmoor Road, Stonehenge Market. Immediate openings. Flexible hours. Fun environment. Apply in person after 2pm.

## For Sale

**Weston's Resume & Term Paper Service** Will do other typing. Call Monday, Wednesday & Friday 6-8pm, Saturday 2-7pm. 828-5717.

**IBM PS/1 486SX 25 Mhz,** 129MB Harddisc, 10MB, with Epson Inkjet Printer. \$1000. 598-8247, leave message.

**Toyota '83 Corolla Station wagon.** Body needs repair, but it runs good. \$900, 919-596-0271.

Looking for a **female roommate** to share a 2 bedroom, 1 and a 1/2 bath townhouse in Raleigh, located about a mile from the NC State Campus and on the WOLFLINE route. Rent: \$172 a month plus a third of the utilities. No pets are allowed. Availability: Right now. If interested, call me at 836-9880 (home), 515-5035 (work). Ask for Monalisa Bora or e-mail me at mbora@eos.ncsu.edu.

Read The Nubian Message Classifieds

## For Sale

**Nissan Sentra, '85, \$500 OBO.**, 416-9542

**Ford Probe GT '89, Red;** 225 hp, very fast, modified by HKS, featured in Road & Track and Turbo Magazine. One of a kind. A steal at \$5500 OBO. 992-0071-W or 493-6275-H.

**Volkswagon Jetta, '84, 2 door,** Automatic, AC, Good Condition. 1 Owner. \$1250 or Best Offer. Call Tonya at 512-8988.

**Lawson Sofa for Sale** Classic Style, good condition & very comfortable. \$150. 829-3562, leave message.

**Ford Ranger Truck, '83,** with canopy, 2 door maroon/gray, 4 speed, AM/FM radio & cassette, newly painted, rebuilt motor, new upholstery, very good condition, 30,358 miles. \$3500, 286-3780 after 7pm.

**Fiat X19, '80, hardtop, black, new** paint, good engine and body, 120K, sleek with tint, \$2,000, OBO. 933-4739

**This Spot Could Be Yours if You Placed A Classified in The Nubian Today**

## Rates Information

The Nubian Message classified line items are sold by the word. Line items have a set rate of \$0.20 per word, with a \$3.00 minimum charge. Display classifieds are charged by the column inch. Deadline for placement is noon, one week in advance. For more information call The Nubian Message Advertising at 515-1468.

Nubian Message is not responsible for damages or loss due to fraudulent advertising. however, we do make every effort to prevent false or misleading advertising from appearing in our publication.

## Help Wanted

Drivers needed immediately to make lots of money and have fun too.



836-1555  
Contact James Willis,  
General Manager

As a public service announcement for the benefit of our readers, here is a listing of where The Nubian Message can be found on the 2nd and 4th Thursdays of each month by 12:00 noon at the following locations:

## Circulation Locations:

African-American Cultural Center  
Avent Ferry Complex  
Caldwell Hall  
Dan Allen Drive  
Daniels Hall  
D.H. Hill Library

Dining Hall  
Free Expression Tunnel  
Harrelson Hall  
North Hall  
Poe Hall  
Reynolds Coliseum  
Student Development  
The Quad  
University Student Center  
Witherspoon Student Cinema  
Wood Hall