

# THE NUBIAN MESSAGE

The Afrikan-American Voice of North Carolina State University



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## Dr. Maya Angelou Embraces Fundraising Efforts

By LaTonya Dunn

Editor In Chief

On Sunday, Feb. 4, 1996 at 4 p.m., North Carolina State University, North Carolina Central, and North Carolina A & T State University hosted the program entitled, "An Afternoon with Dr. Maya Angelou and Friends," at N.C. State's Reynolds Coliseum. The program served as a fundraiser for the North Carolina Afrika Educational Opportunities Foundation's Ghana Exchange Program.

The mission of the foundation is to provide opportunities for the exchange of knowledge and technologies between North Carolina and Afrikan faculties, students, and universities.

This exchange will further the goals of increased opportunities for international knowledge by extending the global perspective of higher education within North Carolina



Karel Gatlin/Staff  
Maya Angelou

universities and colleges.

The emcees for the event were Carolyn Clifford, co-anchor of Fox 22's 10 o'clock News and Cy

Young, co-host of Foxy 107/104's "Morning Show." The program commenced with a dinner and music provided by Reggie Jeffreys.

The evenings entertainment began with the "Procession of the Elders" and a dance by Chuck Davis and the Afrikan American Dance Ensemble. The melodic voice of Nnenna Freelon and the Nneena Freelon Quartet raptured the audience as she appealed to them through the timeliness of her lyrics.

The guest speaker for the evening was world renowned poet Dr. Maya Angelou. Angelou, who is a professor at Wake Forest University, authored several books including: "All God's Children Need Traveling Shoes," which was written when she traveled to Ghana.

She is also a producer/director and actress. Her latest movies

include "Touched by ... Angel" and "How to Make an American Quilt." Angelou wrote her latest poem for The Million Man March.

"What is Afrika to Me?" "Why should I be concerned about Afrika, if Afrika doesn't care about me," was a redundant theme throughout the evening as Angelou, Honorary Chairwoman of the Ghana Efficiency, discussed common concerns of today's Afrikan American youth.

Angelou hopes that through this project that young people figuratively and literally can join hands and see themselves in each other. "I AM AFRIKA, I AM IT!" Angelou exclaimed as she drove the point into the hearts and minds of all the present. "There needs to be human

see Angelou page 2

## Melvin Van Peebles Begins Blaxploitation

By Fred Frazier

News Editor

Melvin Van Peebles sat in the chair very relaxed, calm and collected. This interview, while not as highly publicized as Yolanda King's, was more intimate than the camera flashing, rapid fire question environment of the King Interview.

Having just come in out of the cold from hearing Maya Angelou's address, Sunday night, Mr. Van Peebles was ready to entertain the questions that were directed at him. He appeared very cool and laid back as he nonchalantly answered a few reporter's queries.

Melvin Van Peebles wears many hats in the business of entertainment, he is a writer, producer, director, musician, and an actor. He said that he really couldn't pick one job

that he liked over another, because they all had "there advantages and disadvantages."

With acting, for instance, when working in that capacity the director of a project may have a different view of what the character should be doing than what he as an actor would like to do. And when that kind of conflict arises, unless the actor and director can compromise about the situation the actor will have to acquiesce in light of the director's vision.

With his writing, he has spawned many novels, screenplays, and theatrical plays over the span of his life. The screenplay for the 1995 film Panther comes from a novel of his. With his writing he has also collaborated with his son Mario, on many occasions.



Staff Photo

Melvin Van Peebles

Knowing that the bulk of his current success comes from his film work, it is interesting to learn that he originally earned a scholarship to be a painter. From his painting he began to write, and his writing led to screenplays which pulled him into cinema, and cinema led to his work

in the field of music. Because of his particular style of musical expression, he is called the "Godfather" of rap music.

He is also credited with opening up Broadway, due to his play that ran on Broadway in 1971. Which coincidentally is the year that his film Sweet Sweetback's Baadasssss Song was released in theatres, and can currently be seen on the silver screen in the Cultural Center's Annex Cinema during the Blaxploitation film festival.

As far as the term "Blaxploitation" is concerned, he feels that it is a "historical" term, and while unfortunate, "the genre seems to have died out." It is a term that critics have coined and has

see Peebles page 2

## CAMPUS BRIEFS

### SAAC

The Society of Afrikan American Culture will host the Rev. James Luther Bevel, a civil rights activist. He will be speaking at 8 p.m. in the Multipurpose Room of the Witherspoon Student Center tonight, Feb. 8. The event is free and open to the public. For more information call 515-5210.

### Blaxploitation Film Festival

Blaxploitation Film Festival Showing tonight, Feb. 8, in the Witherspoon Student Center Annex cinema: at 6:45 p.m. is Superfly, followed by Penitentiary at 8:30 p.m.

### ACAAGS

The Association for the Concerns of Afrikan American Graduate Students (ACAAGS) at North Carolina State University invites the public to attend its Spring Conference "Saluting Our Past, Shaping Our Future" on Saturday March 2, 1996 from 8:30 a.m. to 5:00 p.m. at the Witherspoon Student Center Annex. The Conference features Pam Saulsby and Kelly

Wright of WRAL-TV5, Lin Dawson former

### ACAAGS continued

Wright of WRAL-TV5, Lin Dawson former tight end for the New England Patriots, and Luncheon speaker, Cornelia McDonald. Various workshops such as "Preparations for Graduate School," "Making the Connection: Networking Skills and Strategies," "From Scholar to Business: Expanding Economic Power-Avenues toward Entrepreneurship" and many more activities will be held. Admission: \$3.00 for students, \$5.00 for the general public. For more information please call 515-8720.

## Peeples continued from page 1

become a part of history, but while the genre may have died out, the films categorized under "Blaxploitation" will never be forgotten because it reminds Black people of that time and that generation.

There are a couple of projects on the horizon for Melvin Van Peebles, which he did not wish to further discuss at this time. And he had just finished a film in Canada with his son Mario, although some editing work still remains on the project.

When asked about items such as the recent Million Man March, he became coy and said that there were other people to whom that question

should be addressed. The thinking behind this query being that Melvin Van Peebles being such a literary and film icon in Black cultural history that he would have some thoughts on the subject.

Melvin Van Peebles, a man who has lived an interesting life and made an impact on history concluded the interview and was on his way out of the Cultural Center. He stopped for a while and chatted with a few of the guys working in the Annex and caught a few minutes of the Simpson's before he pipped out of there. Because he was Sweet Sweetback.

## Study Focuses on Accuracy of Children's Memories

## Courtesy of news services

It is estimated that more than 400,000 children are sexually abused in the United States each year, and many of those children wind up on the witness stand in court. Often, there is little or no physical evidence in sexual abuse cases, but should children be counted on as witnesses in court?

Dr. Lynne Baker-Ward, a researcher at NC State, has found that children's memories of stressful events are quite variable and can be influenced by a number of factors, including the child's age and temperament, the way interview questions are presented, and the length of time between the incident and the interview.

As a result of these findings, Baker-Ward, an associate professor of psychology, and her colleagues have written a set of preliminary guidelines for social workers, police officers, therapists and others who typically are the first to interview children after a suspicion of abuse has been raised. Currently in North Carolina, there are no standard interview procedures, and many interviewers are not given adequate training, said Baker-Ward.

"The initial disclosure interview is critical, whether or not something happened," Baker-Ward said. "It is just important for interviewers to be open to hearing something good as something geared towards a problem."

In her research, she has studied the memories that children have of medical events such as pediatric check-ups, dental examinations, and emergency minor plastic surgery procedures. These events are used for study because of the similarities they bear to instances of sexual abuse: the child is undressed, an adult touches the child's body, and there may be some discomfort or pain.

Over a period of more than seven years, Baker-Ward and her colleagues have studied more than 300 healthy, non-abused North Carolina children. Her research is funded by a four-year grant from the National Institute of Child Health and Human Development. She works with Drs. Betty N. Gordon and Peter A. Ornstein of the University of North Carolina at Chapel Hill and Carolyn S. Schroeder, a clinical psychologist.

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. Kyran Anderson, Harriet Tubman, Sojourner Truth, and all those who walk by our

## Angelou Continued from page 1

and financial spirit to make dreams of hands across the ocean shores possible."

"Afrikan scholars have not [yet] come to these United States to ask Afrikan Americans 'How have you survived', " a disappointed Angelou said to the audience. She prays that one day these young Afrikan scholars will cross the ocean to ask questions of their Afrikan American cousins. One major goal of the exchange program is to allow Afrikan Americans to learn more about their Afrikan ancestry and Angelou hopes this will come to pass.



Karel Gatlin/Staff  
Nnenna Freelon: Participant in the benefit



Karel Gatlin/Staff  
Members of the Chuck Davis' Afrikan American Dance Ensemble

After Angelou's speech, she was presented with the Longleaf Pine Award from Governor James Hunt after which she recited her famous work "Still I Rise." Angelou ended the event soon after the recitation, leaving the audience with these words to ponder: "always tell the truth, but never tell all you know."

In Dr. Maya Angelou's honor, the N.C. Central University faculty converted her poem "A Georgia Song" into a musical. Chuck Davis and the Afrikan American Dance Ensemble presented "Bamaya," a dance originating from the Dagbama region of Northern Ghana where music serves as a crucial integrative function.

Special acknowledgments went to Jane Beard, Marilyn Hardee,

Tammy Sharp, Kimberly Williams, Denise Joyner Wimberly, NCSU Peer Mentor Program, NCSU Air Force and Army ROTC Cadets, The Board of Directors for the North Carolina-Afrika Educational Opportunities Foundation including: Harold Webb, Chairman; Dr. Julius Chambers, Chancellor, NCCU; Dr. Edward B. Fort, Chancellor, N.C. A&T University; Dr. Larry K. Monteith, Chancellor, NCSU; Dr. Lawrence M. Clark, Director, Afrika Project; and Dr. Edward W. Erickson, Coordinator of International Programs, NCSU.

Despite inclement weather, attendance was great and the Evening with Dr. Maya Angelou and Friends was a huge success.

Any Students Interested in Being a News Writer for The Nubian Message, please call 515-1468 and ask for Fred Frazier, News Editor.

## The Message

February 8, 1996.

information call Darriel Hoy at (919) 683-2785.

Rev. James Luther Bevel, civil rights activist, will be speaking at 8pm in the Multipurpose Room of the Witherspoon Student Center. The event is free and open to the public. For more information call 515-521.

February 15, 1996.

The College of Physical and Mathematical Sciences will sponsor the Afrikan American Quiz Bowl in the Multi-Purpose Room of the Witherspoon Student Center /AACC. Time to be announced.

February 9-11, 1996.

The Black Student Leadership Network of the Children's Fund will sponsor the 5th annual Black Student Leadership Network Conference in Charlotte, N.C. For more

February 22, 1996

Faculty, staff, and students are invited to attend the SPEAKOUT !!! For Women's Concerns on Thursday, February 22 from 11:00 am to 1:30

pm in the Witherspoon Multipurpose Room. Chancellor Monteith and Provost Stiles will attend to hear your concerns. Come to express ideas on safety, sexual harassment, women's studies or any constructive ideas for change. All are welcome to attend and participate. This event is sponsored by the NCSU Council on the Status of Women and the Assistant Provost and Facilitator of Gender Equity.

## 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.

## N.C. State Picks Up Big Win Over Tarheels

By **Alvin Sturdivant**  
Sports Editor

With only two previous ACC wins under their belt and a host of close losses, the Wolfpack entered Reynolds Coliseum with a plan of action that would only accept victory. Although snow and freezing temperatures caused many closings and delays, Reynolds Coliseum was packed with Wolfpack fans and few Tarheel supporters.

The number nine ranked Tarheels came to Raleigh expecting a Wolfpack team similar to the one they had defeated by twenty-four earlier in the season, but were quickly disappointed.

NC State opened the first half in Reynolds Coliseum raining threes left and right. With strong defense and excellent perimeter shooting,

NC State was able to build a nineteen point half time deficit, and left the first half with a 43-27 lead.

The second half began with a Tarheels comeback. The Wolfpack's nineteen point lead gradually diminished until the Tarheels had broken State down to a one point lead, the score being 76-75.

With 9.9 seconds remaining in the game, Todd Fuller was fouled and hit two free throws to give NC State the 78-75 lead. With time winding down, North Carolina's Shammond Williams threw up a three from the corner, but the shot fell short and the Wolfpack picked up their second victory against the Heels in two seasons.

Leading the way for the Wolfpack was Fuller with 24 points, 6 rebounds, and a perfect 8-8 from the charity stripe. Assisting Fuller

in the victory included transfer student Danny Strong with 11 points, Junior Jeremy Hyatt and Red-Shirt Senior Al Pinkins both came through with 12 points, and sophomore Ishua Benjamin had 14.

Benjamin played consistently well for the first time in a while, shooting 50 percent from the field, scoring 2 of 3 attempts from the free throw line, and dishing out 5 assists. The Ishua Benjamin playing on Saturday night was very similar to the Ishua Benjamin of yesterday. His play was that of a mature player who was ready to win.

NC State improved its record to 13-8 overall and 3-6 in ACC action. The Wolfpack will host the Virginia Cavaliers on Thursday, February 8, at 7:00. If Saturday night's game is any prediction of what's to come, the Virginia-State match-up should be a thriller.

## N.C. State Women Lose Big to Vanderbilt

By **Chanda Mason**  
Staff Writer

The NC State women's basketball team traveled to the Charlotte Coliseum on Sunday, February 4, to face 7th ranked Vanderbilt in the Naismith Classic only to be defeated by a devastating 32-point margin.

The Wolfpack women shot 32 percent from the field and committed 19 turnovers, 16 of which occurred during the second half. NC State stayed close early in the game, but with the score at 16-13, Vanderbilt went on a 10-0 run to lead 26-13. NC State got within seven during the first half, but once again the Vanderbilt women pulled away to take a 41-24 half-time lead.

The second half opened with a

22-2 run for the Commodores and eventually ended with a 93-61 victory for the Vanderbilt ladies. Leading the way for the Wolfpack were team leaders Chasity Melvin with 19 points and 7 rebounds, Umeki Webb with 8 points and 5 rebounds, and Jennifer Howard with 14 points.

This was clearly NC State's worst game of the season, but the Wolfpack women plan to regroup and come in and play hard in their match-up against the Cavaliers of Virginia on Wednesday night.

Poor shooting and execution were clearly the deciding factors of this game. NC State was 4 of 11 from three-point range, with Howard hitting all four. NC State drops to 15-5 overall, with a 14th ranking in the nation.

## Wolfpack Football Announces 25 Signees

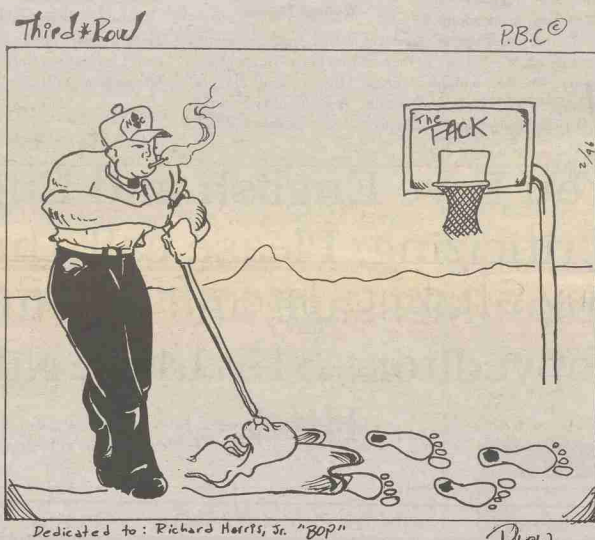
Courtesy Of Sports Information

N.C. State's football recruiting focused on linemen and by all indications it was extremely successful as Mike O'Cain announced a class of 25 signees. Thirteen of the signees will line up in the trenches while the Pack's most celebrated recruit is parade All-American running back Rahshon Spikes from Meriden, Conn.

"I'm pleased with the quality of young men we've signed today, both athletically and academically," said Wolfpack coach Mike O'Cain. Our staff has done an excellent job meeting the goals and needs that we established at the start of the recruiting process. We set our sights on recruiting linemen and I feel good about the quality and quantity there. We signed eight defensive linemen, four offensive linemen, and one tight end. Quarterback was another critical area and we signed three we think are very good.

"Overall, we've met our goals, achieved our objectives. Of course it's difficult to rate this class with others, but this group is a continuation of some successful recruiting efforts over three years."

The Wolfpack returns 13 starters and 51 lettermen and will be rebounding from a 3-8 campaign in 1995.



## Chasity Melvin: The Nubian's Athlete of the Month

By **Dalila Butler**  
Staff Writer

Chasity Melvin, a 6'3" center, had a record setting freshman year and a amazing sophomore year thus far as NC State's number one go to man and leading scorer. Melvin holds records in Wolfpack freshman scoring totals, field goals made, field goals attempted, and free throws attempted.

She ranked first in the ACC in field goal percentage, sixth in scoring average, and thirteenth in the nation for field goal percentage during the 1994-1995 season. Melvin is a very competitive player and a consistent shooter and rebounder. She poses a threat to other centers in the league, but is not easily intimidated.

Melvin is a competitor who does her best each time she steps on the court. As ACC rookie of the year for the 1994-1995 season, Melvin

has had many expectations to live up to, but in no way have these expectations affected her game.

Not only does Melvin lead the Pack with an average of 16.3 points



Staff Picture  
**Chasity Melvin**

per game, but she is also the leading rebounder with 168 total rebounds for the season. But the show does not stop there. Melvin has already had 36 blocks, 25 assists, and 22 steals for the 1995-1996 season.

Traveling opportunities and the chance to meet new people were just a couple of factors that attracted Chasity to State's basketball program. "State's a fun place and there's a nice college atmosphere here," Melvin stated. While having fun is important to Chasity, her education is of more importance. Her education does not stop in the classroom, however. Melvin continues to school her opponents on the court as well.

Melvin is a feisty player and one to be reckoned with. She feels she has improved a little since last year, but there is still room for improvement. Her skills and determination have earned love and respect from fans, fellow players and the entire staff of the Nubian Message. We proudly salute Chasity Melvin as the first recipient of the Nubian Message Athlete of the Month Award.

Any Students  
Wishing to  
Become a Sports  
Writer for The  
Nubian Message,  
please call  
515-1468 and  
ask for Alvin  
Sturdivant,  
Sports Editor.

## Positive Poetry

**By Anthony Lindsay**  
Staff Writer

For Black History Month the NCSU Bookstore presented "A Salute To Black Men: Living Our Stories, Telling Our Truths" on Wednesday, Feb. 7 in the lobby of its main branch at 12:00 p.m. This program featured poetry readings and keynote presentations from North Carolina State University poets Dr. Gerald Barrax and Substance Abuse counselor Ajuba Joy.

The program opened with the coordinator, Sherry Holbrook-Atkinson and student coordinators Ricky Livingston and Oseiwa Opoku. Livingston and Opoku began by naming some Afrikan-Americans frequently in the news: Mike Tyson, O. J. Simpson, Rev. Louis Farrakan, and Ben Chavis.

They recited a few poems relating fear to each one of the men in both positive and negative ways, and followed this portion with "Did You Grieve," a poem by Robin L. Stone to honor the late Rev. Martin Luther King Jr., and Malcolm X. Another poem, "I Want to Go Home" by Tiffany Pierce was presented to honor those who partic-

ipated in the "Back to Afrika Movement."

"The roles of Afrikan-American males and their perceptions are distorted," Livingston commented to the audience. "The negative images relating to drugs and sex cause a loss of respect of Afrikan-American males in our community."

He posed the question, "What is it to be black?" and responded with "What it is, is what you are." Colin Powell, Dr. Molefi Asante, Dr. Maulana Karenga, Dr. Yosef ben-Yochannan, and Clarence Thomas, for example, were noted as being positive influences on the Afrikan American community by demonstrating diversity and strength. "The 'daily man' is the true role model for the community. He is the one who goes to work, feeds his family and loves and respects his wife."

Livingston also noted that the "oppressor" is not the "white man." He believes, the "oppressors" are "the lies degrading Afrikan American males" and those who uphold the lie. Livingston concluded by saying that the American standard of greed must be stopped. "It is up to Afrikan American men to transcend positive ideas likes those who came before us."

## Spiderwoman Theater Comes To NCSU

**By Randall Haddock**  
Staff Writer

Despite the sub-degree weather that hovered over campus this past weekend, many students and faculty came out for the showing of "Winnetou's Snake Oit Show from Wig-Wam City".

The play, with its simple settings and sharp dialogue, managed to slip the audience some awareness of Native American culture and their unique storytelling techniques.

The legend of the main character, Winnetou, was written by a German novelist Karl May. The story is of a German male, who comes to America to seek good fortune. While there, he befriends the noble savage Indian Winnetou.

Although the legend of Winnetou is not true, many accept the character as a true representative of an American Indian.

Spiderwoman Theater, which wrote and created the play, is composed of four strong-willed inde-



Photo Courtesy of Center Stage  
Participants in Spider Woman Theater

pendent Native American women. They are Lisa Mayo, Gloria Miguel, Muriel Miguel, and Deborah Ratelle. It is the oldest running women's theater company in North

America, now celebrating its 20th season. The company takes its name from the Hopi goddess Spiderwoman, who taught people the art of weaving. The ensemble calls their style of narration "story-weaving" in which images of fantasy and power are intertwined.

Spiderwoman Theater's work has a simple feel. Their portrayal of comedy and satire has the potential to create a medium for social change. With great dialogue they translate the images of their lives into narratives which reflect on contemporary issues and ethnic heritage.

The Spiderwoman Theater has been involved in several activities such as performing at the Atlanta Arts Festival and teaching at post-secondary institutions.

For more information about the Spiderwoman Theater, please contact Liz Dunn Production and Management at (212) 611-1970.



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**If You Love English and Enjoy  
Criticizing, Please call The  
Nubian Message and ask to be  
a copyeditor. 515-1468, Nikki  
Hird.**

## P.S. 122 FIELD TRIP



Call it a vaudeville show for the 90's. Four artists from downtown New York's hottest performance space (that would be P.S. 122) take a field trip to the campus of NC State, and serve up a variety show that includes spoken word, comedy, dance, and gut-bucket vocals. Featuring Danny Hoch, Melissa Fenley, Reno, & Tiyé Giraud.

**Friday, February 9, 8pm  
Stewart Theatre  
Presented by NCSU Center Stage  
\$6 NC State students  
\$11 NC State faculty/staff  
Call Ticket Central @ 515-1100**

**FRIDAY AT LUNCH:** Meet and talk with Tiyé Giraud (pictured at left). Seven years the lead singer and percussionist with *Women of the Calabash* and a founding member of *LadyGourd Sangoma*, this incredible artist performs traditional music of the African diaspora. Multi-Purpose Room, Witherspoon Student Center, 12:30-1:30.

## This Day in Afrikan American History

**February 9, 1906** Paul Laurence Dunbar (1872-1906), First poet to use Black dialect in his verse, dies.

--1971 Leroy "Satchel" Paige elected to the Baseball Hall of Fame.

**February 10, 1957** Southern Christian Leadership Conference founded

--1966 Andrew Brimmer, the first Afrikan American to serve on the Federal Reserve Board, is born.

--1927 Leotyne Price, world renowned soprano, is born.

**February 11, 1990** Nelson Mandela, leader of the movement toward democracy in South Afrika, released from prison after 27 years.

--1977 Clifford Alexander, Jr., First Afrikan American Secretary of State, confirmed.

**February 12, 1909** National Association for the Advancement of Colored People, NAACP, founded after a riot in Springfield, Ill.

**February 13, 1923** First Afrikan American professional basketball team, "The Renaissance", is organized.

**February 14, 1817** Frederick Douglass (1817-1895), Afrikan American Abolitionist is born.

--1867 Morehouse College, is founded in Atlanta.

**February 19, 1919** First Annual Pan-Afrikan Congress is organized by WEB DuBois in Paris, France.

**February 21, 1965** Malcolm X (1925-1965) Nation of Islam leader, known also as El Hajj Malik El Shabazz.

## THE SCHEDULE FOR THE BLAXPLOITATION FESTIVAL

**Thursday February 8** 6:45pm Superfly

9:30pm Penitentiary

**Friday February 9**

7:00pm Foxy Brown

9:00pm Three The Hard Way

11:00pm Cooley High

**Saturday February 10**

7:00pm Superfly

9:00pm Black Caesar

11:00pm Three The Hard Way

**Sunday February 11**

5:00pm Cooley High

7:00pm Sweet Sweetback's Baadasssss Song

9:00pm Penitentiary

**Student Ticket Prices \$8.00, General Public \$12.00. Festival Passes offer**

**50% savings. Contact the Afrikan American Cultural Center, 515-5210.**

Society of Afrikan American Culture and Alpha Kappa Alpha Sorority Incorporated Hosts A Party. This Friday Night February 9, 1996 from 9:00 p.m. - 1:00 a.m. Featuring DJ Hindu

\$3.00 All Night

## Student Health Service

515 - 2563

open Monday - Friday, 8 am to 11 pm

Weekends 8 am to 4 pm

On - campus convenience near Quad residence halls;

corner of Pullen Rd. & Cates Ave.

7 full - time physicians (8:30 am - 4:15 pm, Mon. - Fri.)

Medical appointments - 515 - 7107

Student Pharmacy (8:00 am - 5:00 pm, Mon. - Fri.)

Self care center, Lab & x - ray services

Confidentiality of medical records

Nominal charge for certain services

Center for Health Directions

515 - WELL (9355)

## Student Health Service - Gynecology Clinic

515 - 7762

Confidential and Caring Services

Contraception

Pap Smears

Sexually Transmitted Disease and Pregnancy Testing

Gynecologist on staff

For pap smear appt. info. call Teletip 515 - 3737, tape 447

or on computer <http://www2.acs.ncsu.edu/health/>

"on campus specialists in student health"

Rev. Bevel has a crucial message for the critical problems and climate of today!

**Rev. James Luther Bevel**

Civil Rights Activist

L. M. Clark Lecturer

February 8, 1996

8:00 PM

Multipurpose Room  
African-American Cultural Center  
Witherspoon Student Center  
NCSU

Corner of Cates Avenue and Dan Allen Drive

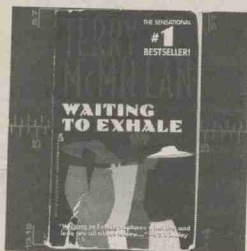
Free and Open to the Public

For future information, call 515 - 5210

## Book Review: Waiting To Exhale

one of those names yourself.

Some of us sisters are like Savannah Jackson. Savannah prays to God asking, "Could you send me a decent man? Could he be full of zest, and please, a slow, tender, passionate lover and could he already be what he aspired to?" OK, rewind, read that again.



Waiting to Exhale

Now do you actually think this is fiction or fantasy? Exactly, it's both. We must all always be aspiring to be something greater, so that knocks out the last request if it is anyone worth having. She soon realized, as we all must at some point, that this dream man is scarce, if he exists at all.

Her relationship with Kenneth was the closest she came to finding

her dream man. After he confessed that he would be willing to give up his marriage, she realized that age was irrelevant when it comes to true love.

Bernadine Harris was a devoted housewife and mother of two. She put her dreams of owning her own catering business aside for the love of her husband. She was dedicated to helping her husband start his lucrative software company.

Once he got where he wanted to be in life, he divorced Bernie for his white secretary, Kathleen. Afterwards, she felt like her life had been a sham.

Her life as she knew it was over and she could not imagine how she would even begin to start over. Most of us can relate. Once we have been with someone like John we feel like we do not want anything to do with anyone. We can not continue to let the bad apple spoil the bunch. We must learn to take charge, take care of business, and kiss that rotten apple with a swift kick, if you know what I mean.

And I must admit to knowing a few Robin Stokes here and there. Robin spent all of her time in dead-end love affairs and nowhere relationships. She lacked a feeling of

self-worth, self-esteem and self-confidence. When she had problems with one man, she would move on to the next.

Her idea of a relationship was not complete without sex. She went looking for love instead of simply letting love find her. Needless to say, she never found it in all the wrong places she looked.

Gloria Matthews was a single mother of a teenage son. She spent the time she was not eating or doing people's hair feeling sorry for herself. She used these things to distract her from the self pity that dwelled within.

After Gloria learned that the father of her son was gay, she felt degraded and lower than ever. She then gave up on men as well as on herself. I see many of my Nubian sisters who are not on the slim side. But they are just as beautiful simply because they are MY NUBIAN SISTERS. I see some who could definitely answer to the name of Gloria in that they feel there is no man worth having that would want them. But I also see some I could call Tamika, Aleshia, and Regina.

I call them by their true names because they have a sense of self worth and know who they are and

what they want. They also know that the man is designed to enhance and embrace the Nubian princess not hold her up or order her around.

Next time you see a Gloria help to learn to call herself by HER name and to know who she is. Let her know she has to feel good about herself to make it where she wants to go in life. Oh, and tell my strong black sisters that you and I love them and it's all about the U-M-O-J-A!

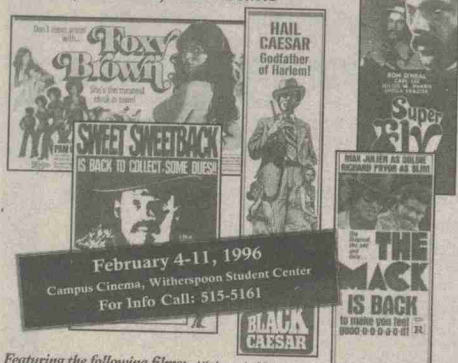
Each one helps the other through the personal crisis that engulf their lives. We must realize that each woman is strong and at some point sees the others as being weak. However, they do not realize that the weaknesses in themselves are the strong attributes of their sisters.

This is what many of us as both Afrikan Americans and Afrikan American women on the campus of North Carolina State University and elsewhere must also realize. The sooner we do, the better off we all will be as a people. Learn to take charge, take care of business, and kiss that rotten apple.

Reserve Your Space in The Nubian Classifieds Today.

### NC State University Blaxploitation FILM FESTIVAL

"Roots, Reasons, and Results"



Featuring the following films: All shown in 35mm  
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Black College Radio Organization  
Post Office Box 3191  
Atlanta, Georgia 30302

Hosted by the National Association of  
Black College Broadcasters

(Published As An Educational Service By This Newspaper)

## T-I-R-E-D

## ANYWAY

Too many of us speak about what should be done and not what I will do. I am tired.

I am tired of smiling at sick people whose only interest is themselves.

I am tired of looking at tired brothers and sisters pan holding their religion like some pimp trying to get someone to turn a trick.

I am tired of dealing with sisters and brothers in powerless positions in organizations on campus and thinking they are the bomb when they do not have the consciousness or insight of a child.

I am tired of seeing the same people wear themselves out trying to get the rest of you to wake up.

I am tired of my sisters changing their eyes, hair, and themselves trying to fit someone else's image, not theirs.

I am tired of brothers making excuses for not going to campus programs or getting involved.

I am tired of seeing Carolyn, Fred, Derrick, Deirdra, Oseiwa, LaTonya, Sam, A.L.; all of the brothers and sisters in design, in a job (trying to pay for this education) and raising/supporting a family (wearing themselves out).

I am tired.

But some things I will never get tired of:

I will never get tired of helping people who are trying to help themselves.

People who not only show respect for themselves but love, support, brotherhood and true strength for the ones who are down with them.

I am down for that and most importantly, I am down for consciousness not amnesia.

I have not forgotten WHO I AM. HAVE YOU—AFRIKAN!!

HOTEP (PEACE)

BY RICKY LIVINGSTON

People are unreasonable, illogical and self-centered.

Love them anyway.

If you do good, people will accuse you of selfish, ulterior motives.

Do good anyway.

If you are successful, you will win false friends and true enemies.

Succeed anyway.

The good you do today will be forgotten tomorrow.

Do good anyway.

Honesty and frankness make you vulnerable.

Be honest and frank anyway.

The biggest men with the biggest ideas can be shot down by the smallest men with the smallest minds.

Think big anyway.

People favor underdogs but follow only top dogs.

Fight for some underdogs anyway.

What you spend years building may be destroyed overnight.

Build anyway.

People really need help but attack you if you help them.

Help them anyway.

Give the world the best that you have and

you'll get kicked in the teeth.

Give the world the best you have anyway.

—Anonymous

Submitted by Nikki Hird in loving memory of her

Aunt Doris L. Robinson (Feb. 29, 1948 - Jan. 15, 1996)



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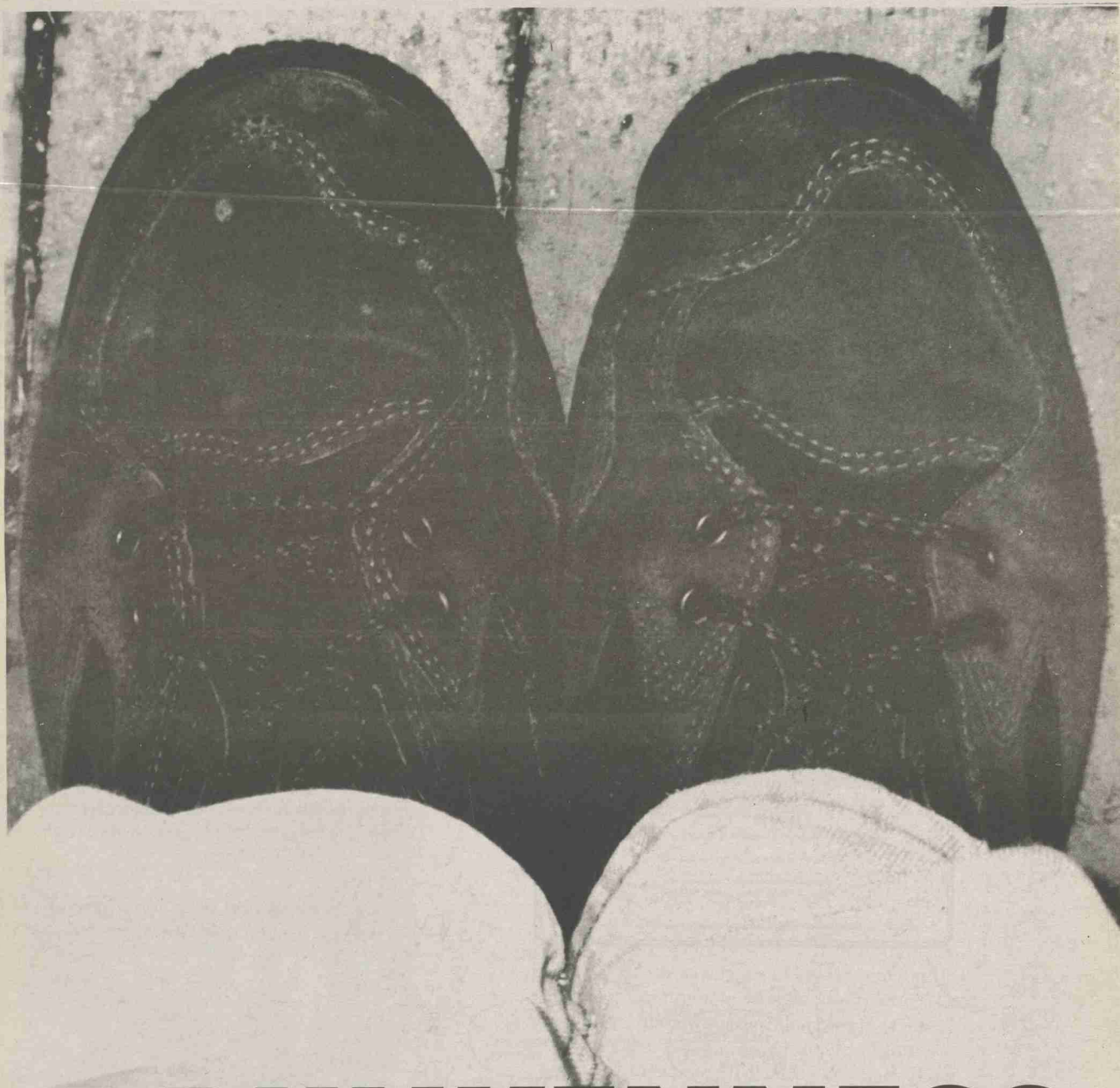
Do you have creative talents?  
Do you draw or sketch?  
Do you write poetry?

Well, if you answered yes to any one the above, then we want your work. The Nubian Message would like freelance contributions to add to the diversity of the publication (and besides, we would love to showcase the talents of fellow Nubians.) Send your appropriate contributions to the Nubian Message or come by the office in Rm. 372 of the Afrikan-American Cultural Center.

All contributions will become property of  
The Nubian Message



# **PUKE ON YOUR OWN SHOES**



## **DRUNKENNESS IS NO EXCUSE**

Sponsored by the NC State Center for Health and Directions and the Department of Housing and Residence Life. Funded by a grant from Funds for the Improvement of Post Secondary Education.

# Diabetes

**By Randall Haddock**  
Staff Writer

Almost everyone knows someone who suffers from diabetes. About 14 million people in the United States have diabetes. Each year 500,000 to 700,000 people are diagnosed with the disease.

Diabetes is a disorder of the metabolism in the body when it digests food for growth and energy. Most of the food we eat is broken down into the simple sugar glucose. After the digestion of food, the glucose passes into the bloodstream where it becomes available for the body cells to use for growth and energy.

Glucose needs insulin in order to gain access to the cells. Insulin is a hormone produced by the pancreas.

When people eat, the pancreas should automatically produce the right amount of insulin to take care of the glucose. However, if one has diabetes, the pancreas is either producing little or no insulin. As a result, glucose builds up in the blood and the body loses its main source of fuel.

There are two types of diabetes. The first is known as insulin-dependent diabetes or IDDM. This type of diabetes accounts for only five to ten percent of diagnosed diabetes in the United States. It occurs most often in children and young adults.

The second type, which is most prevalent in the Afrikan-American population, is called non-insulin dependent diabetes or NIDDM. This form makes up 90 to 95 percent of all cases of diabetes. It

occurs when the pancreas produces some insulin, but the body cells form a resistance against the insulin's action. In addition, the people who suffer from this type of diabetes are often unaware they have the disease because the symptoms appear gradually and go unnoticed (fatigue, extreme thirst, blurred vision, irritated and itchy skin, and sores that may heal slowly). With 80 percent of its victims overweight, many physicians believe the reason for diabetes in minority populations can be contributed to their lifestyles of eating unhealthy foods and the lack of adequate exercise.

With the symptoms of diabetes being initially undetectable, there are four questions potential victims should ask themselves:

1. Is there anyone in my immediate family who has been diagnosed with diabetes (parents, grandparents, brothers, sisters)?
2. Is there obesity, high blood pressure, or heart trouble in my family?
3. Am I less physical than I used to be?
4. Have I gained an excessive amount of weight in a short period of time?

If you answered yes to any of the above questions, set up an appointment to be tested right away. Students with additional questions about diabetes may contact Student Health Services Information Line at 515-2563 or the American Diabetes Association at 1-800-232-3472.

*A Soup Can Never Be Spoiled By Too Much Meat*  
-Akan Proverb

# Lupus: Striking Afrikan American Women

**By Tawana N. Myles**  
Health Editor

Lupus, a chronic disease that attacks the body's immune system, affects nine out of ten women between the ages of fifteen and forty-five each year—with three out of five being Afrikan American. Unfortunately, scientists do not know what causes it and consequently, there is no cure.

When an individual has Lupus, the immune system attacks healthy tissues and organs. Lupus comes in several different forms: Drug-induced Lupus (usually triggered by medication), Skin-Lupus and the most serious, Systemic Lupus

Erythematous (SLE) which affects the joints, skin, kidneys, brain, lungs, and heart.

Lupus is sometimes hard to detect. The disease is not contagious and women sometimes go for long periods of time unaware that they are carrying it. The warning signs of Lupus:

- Red rash or color change on the face, often in the shape of a butterfly
- Painful, swollen joints, accompanied by redness
- Unexplained chronic fever
- Chest pain with breathing
- Unusual loss of hair
- Purple or pale fingers or toes from cold or stress
- Sensitivity to the sun

- Low blood count  
- Nausea, vomiting, and abdominal pain.

are often mistaken for those of other diseases, making the affliction hard to self-diagnose.

Even though there is no cure for lupus, it can be treated with medication and additional treatments that can relieve symptoms. Lupus patients should eat right, get plenty of rest, and avoid cigarettes and alcohol completely. Stress should be kept at a minimum by participating in activities such as: exercising, meditating or yoga. For more information on Lupus, contact The Lupus Foundation of America at 1-800-558-0121.

# Effects of Drug Use During Pregnancy

**By Tamera Griffin**  
Health Writer

Giving birth to a child can be one of the most rewarding experiences in a woman's life, but the intake of drugs of any kind during pregnancy can cause the process to be a very unpleasant one for both mother and child.

The startling fact is that many mothers-to-be are not aware of the harm they may inflict upon the life of their unborn child by using so called "everyday" drugs.

Drugs such as alcohol, tobacco and even caffeine, which can cause a variety of complications, can have a drastic effect on an unborn child. These problems can range from discomfort and jittery nerves in the mother, to mental retardation and other birth defects in the infant.

An unborn baby, as a part of its mother, shares oxygen and nutrients

through the umbilical cord. When a pregnant woman sips a glass of wine, the alcohol passes through her bloodstream to the placenta, and into the baby's blood.

Besides the fact that alcohol stays in the bloodstream of the unborn child after it is born, the child may suffer from Fetal Alcohol Syndrome (FAS). FAS is a set of birth defects divided into four major areas: reduced growth, facial/head malformations, fetal organ defects and mental retardation. Each year, one in 500 children is born with FAS. A mother who drinks heavily increases her child's likelihood of contracting the disease to 30-40 percent.

Another drug commonly misused by pregnant women is tobacco. Tobacco smoke contains over 4,000 distinct chemicals, including nicotine and carbon monoxide, which have proven to reduce the flow of oxygen to the fetus. Nicotine has

been linked to speeding up the heartbeat and increasing blood pressure in the baby. It is believed that the most serious damage from its use occurs between the fifth and eighth months of pregnancy. This means that the chances of the occurrence of birth defects will be considerably lower if smoking is stopped in its early stages.

Pregnancy is already a stressful condition to endure without the use of drugs such as tobacco and alcohol. Once established, giving up tobacco and alcohol habits can be a difficult task, but not impossible. Taking a warm bath instead of having a drink of wine or other alcoholic beverages is an alternative form of relaxation. Taking deep breaths and naps are recommended substitutions for relieving stress as opposed to smoking a cigarette or taking a drink.

# Breaking Free ...

## From The Chains of Weight Obsession (3 Program Times)

Each session consists of a speaker followed by an opportunity to talk with a Professional if so desired.  
(Screening opportunities, etc.)

**DATE:** Tuesday, February 20th  
**TIME:** 7:00 To 9:00 Pm  
**PLACE:** Carroll Study Lounge (Open To Campus)  
**PRESENTER:** Marjorie Howe, CCSW (Certified Clinical Social Worker)  
**SCREENING ASSISTANCE:** NCSU Counseling Center  
**OTHER ASSISTANCE:** Center for Health Directions, Dietitian from University Dining

**DATE:** Thursday, February 22nd  
**TIME:** 7:00 To 9:00 Pm  
**PLACE:** Women's Center - Nelson Hall  
**PRESENTER:** Dr. Molly Hays Glander, Ed D, CSAC (Certified Eating Disorders Specialist)  
**SCREENING ASSISTANCE:** NCSU Counseling Center  
**OTHER ASSISTANCE:** Center for Health Directions, Dietitian from University Dining

**DATE:** Friday, February 23rd  
**TIME:** 12:00noon to 2:00pm (Bring Lunch)  
**PLACE:** Student Health Service - Room 408  
**PRESENTER:** Dr. Lee Salter  
**SCREENING ASSISTANCE:** NCSU Counseling Center  
**OTHER ASSISTANCE:** Center for Health Directions, Dietitian from University Dining

Co-sponsored by: NCSU Counseling Center, Center for Health Directions(Student Health Service), Housing and Residence Life, University Dining and the Women's Center  
Presented in conjunction with the National Eating Disorder Screening Program.

Any students interested in being a health writer for The Nubian Message, please call 515-1468 and ask for Tawana Myles, Health Editor.

# "YOU ARE NOT ALONE"

Have You or a Friend ever had Sex Against Your Will?  
If so it may lead to:

- difficulties with your sexual partner
- feelings of shame, guilt, fear, powerlessness, depression
- difficulty in school or at work

If you need help healing from a recent or past sexual assault or relationship violence ...

INTERACT has office hours on NC State Campus at the Student Health Service

Just call for an appointment  
Ask for Marianne Turnbull  
515-9355

Or you may call INTERACT directly and ask for the NC STATE Crisis Counselor  
828-7501

## Unraveling the Columbus Myth

Most of the world, especially Spain and the United States, celebrated the 500-year anniversary of Christopher Columbus' "discovery" of America. Capitalists seized the opportunity to cash in on this holiday by selling coins, posters, and other paraphernalia to commemorate this infamous day.

But Native Americans perceived it as a day of mourning, for they know that when Columbus found their ancestors, which he erroneously called "Indians," he and his crew exploited their land and murdered them. Those who didn't die by disease, hanging, suicide, or mutilations were sold to slavery. Slavery, however, did not prove profitable, for many of the indigenous people died en route to Spain.

This is the same Columbus who is portrayed as a god-like hero in numerous elementary, high school and college history books. Although Columbus day has passed, we, the Afrikan American people must understand and unravel the Columbus myth, for it has played a vital part in our history.

The myth of discovery goes something like this: Columbus was a "Christian" man who sailed across the ocean, found numerous islands inhabited by dark-skinned people, and claimed land for Spain. He then "civilized" the natives and even took a few back to Spain.

But, this is Columbus' first voyage. Most history books leave off here, without bothering to mention

the other three voyages he made to the New World. Who could blame historians for not wanting us to know about them? After all, Columbus cruelly mistreated the natives and initiated the first trans-Atlantic slave trade.

Historians claimed Columbus discovered America, but neglected to mention the indigenous people who preceded him thousands of years ago. Afrikan explorers, who possessed the mathematics and technology to sail across the globe, were conveniently forgotten. Abubakari II, the emperor of Mali, is one of the many Africans who travelled to the New World.

He led a fleet of 200 ships to the New World to prove the earth's roundness. Afrikan astronomers and geographers proved this centuries ago, long before European scholars began talking about the Earth being flat.

Columbus did not want to sail across the ocean in the name of Christianity, but in the name of Mammon. By finding a western trade route to the Indies, a major trade partner with Europe, he could receive fame and wealth. Since he lacked the money to finance his voyage, he first petitioned King John II of Portugal twice, but without success.

Columbus then tried to obtain funds from the Spanish monarchs, King Ferdinand and Queen Isabella. They had to set his plan aside because they were trying to retake

Spain from the Moors—black Muslims—who made trading with Asia difficult. Finally, in 1492, Ferdinand and Isabella provided him money for his westward trip.

They also agreed to terms—that he be allowed 10 percent of all wealth brought back by him and others and conferred the title, "Admiral of the Ocean and Sea" as well as other titles and he demanded all of it be passed onto his heirs.

After three months on the sea, Columbus and his crew landed on the island of Guanahani. He named it San Salvador, which means Holy Savior. Meeting with the indigenous people, Columbus noted how peaceful they were. He called them "indios" which means "in God." He also believed he found the Indies.

Diplomatic relations were far from Columbus' mind. Instead, he was anxious to know how to make the Taino (Arawak) Indians slaves and how to get their gold. He documents in his journal that, "with 50 of my men they would all be kept in subjugation and forced to do whatever may be wished." Columbus set sail for Spain in January of 1493. He left behind the 39 Spaniards, whose job was "to discover the mine of gold."

Courtesy of Uhuru magazine/Renee Richards/Fall 1992.



**Those Who Do Not  
Know Their  
History Are Bound  
to Repeat It.**

## The Black Church

Even in today's hectic world, the Black church remains a place where Afrikan Americans may go to perhaps relieve stress and strain from a hectic work week, hear an inspiring sermon that would help them through the next week, or listen to the choir sing praises unto the Lord.

Whatever the reasons for attending church, Afrikan Americans are carrying on a tradition that goes back hundreds of years. Also a tradition is the fact that dating back to the 1700's, the Black church remains a strong political force within our communities.

Historically, nearly all communities were attached to some spiritual affiliation. For the enslaved Afrikans, there were no buildings, per se, but present definitely was a spirituality that maintained no separation from the secular or "real" world. This is an idea that followed them from the traditional Afrikan society.

Dr. George Garrison, chairperson of the Department of Pan-Afrikan Studies, suggests that the Black church and the Black community are "inseparable." "The organized Black church," he states, "has a major impact on the community,

[and] the social and political aspects of Afrikan Americans." By extension, the Black church has also had an influence on the nation as a whole in that it has played a major role in almost every era of the

Black struggle for freedom and equality. Early on, "Black America began to establish churches, and organized associations through the church," said Dr. Garrison. From the Abolitionist Movement, backed by the A.M.E. (Afrikan Methodist Episcopal) Zion Church, to the Civil Rights Movement, backed by the Rev. Dr. Martin Luther King, Jr. and the SCLC (Southern Christian Leadership Conference), the Black church has always been in a leadership position for the community.

The earliest known Black Baptist organization in America was founded in 1750. The A.M.E. Church grew out of this, along with several other well known branches of the Baptist Church, such as the Missionary or the Primitive Baptist Church.

According to Rev. Dr. Larry L. Macon, Sr. of the Mount Zion Baptist Church in Oakwood Village, Ohio, "The role of the Black church in the Black community is to serve

Afrikan Americans in all aspects, whether politically, socially, or economically. It provides a religious role, a religious training, and a religious place of worship."

He continues, "Historically, Black pastors have [often] taken leadership roles in the Black community. They have been the spokespersons on issues such as Civil Rights, and are called upon when new issues arise." Some examples of Black ministers in leadership positions are Rev. Adam Clayton Powell and Rev. Floyd Flake of Detroit, he points out.

Also, interestingly enough, ministers have historically been among the most educated components of the Black community. It has been either Black ministers or Black teachers who are looked upon in times of need for general leadership. "He (the Black minister) has always been seen as God's representative," said Dr. Garrison; and while work for the minister has become greatly overwhelmingly, even in today's society they are able to perform in traditional capacities.

see Church page 11

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

## Black Church Continued from page 10

Of course, however, help is needed. "The ministers and lay leaders (those other than clergy, who have influence) have to come together in cooperation in order to deal with the problems facing the community," says Garrison. They have a great task. In contemporary society, the needs of the community are so great, in fact, that there has been a breakdown in some areas.

The youth of today do not feel that the church is receptive to their needs; even amidst the turmoil of the 1960s and 1970s, there were no drive-by shootings or hand guns in the schools, for example. Among other things, with school systems failing in the wake of desegregation, today's youth are left with underdeveloped, though natural, God-given capacities to survive.

Dr. Garrison states that, "Without the skills to be successful in higher education, victimized by the excesses of law enforcement, [and bearing] the natural motivation to survive in a hostile, dangerous, and inhospitable society, those youth are forced to use the tools and mechanisms made available to them. As the community is being flooded with drugs and weapons, the need for leadership on the part of the minister is much greater than ever before."

Minister Oliver Porter, also of Mt Zion Baptist Church, says that, "My greatest way of influencing the community as a minister is through the youth, because they are the future of the community."

He believes that the previous generation, who was influenced by the likes of Dr. King and other leaders, have left a gap between themselves and today's youth, and that no one yet has come along to "pick up the pieces." Generally speaking, Rev. Macon continues to say that, "Few churches have impact on the youth."

Fortunately, though, there are programs that try to reduce violent crimes and teenage pregnancies by implementing outreach programs for teenagers; by going into the schools

and providing mentoring programs like the Boy Scouts, and aiding incarcerated youth who are first-time offenders."

Additionally, the violence in the Black community is devastating in some areas. "Some neighborhoods feel under siege, due to gang banging violence," says Dr. Garrison. "This terrible impact results from the loss of the communalistic idea of life brought from Africa."

The community's spirituality is being undermined." People must ask themselves, "What is the cause of this?" The answer: Growing up under conditions worse than those of the 1960s and 1970s, with increasing poverty and drugs which are coming from an outside force and breeding a breakdown in the conditions of the Black Community.

The Black church must take a major role in addressing such problems, as we have not yet collectively come up with a way eradicate them. "We don't need a white philosophy, and shouldn't want it!" Blacks spend \$400 billion a year in commerce - by focusing on economic empowerment within the community we could rapidly be on our way to self-sufficiency, self-reliance, and economic self-determination.

In taking tithing from its members, the church assumes a commitment to the community. According to Dr. Garrison, "If churches took 10 percent of their money and put it into the community, they could build the community and the schools."

Programs such as Feed the Hungry, The Homeless Church at the Cleveland City Mission, Bible study for senior citizens, single adult classes, and the Christian School Program, among others, have all been implemented at Mt. Zion to help shape the Black community both socially and economically.

The Adopt-A-Family program, for example, works with the families of inner city females who were recently on drugs to assist in reacclimating them to society.

Other important programs implemented at Mt. Zion include the various youth activities. Throughout fellowship hours, members of the Boy Scouts, the Incarcerated Youth Program, and the Harambee Choir are called upon to take an active role in service.

"If you demand more of the kids, then you get more from them," says Minister Porter. "The violence shortens their lives and the promotion of violence erases someone's hopes, [so that] those kids who are 12 years old cannot expect to see the age of 13."

When you give them something to do, they usually show up. [Work in the church] gets them to think about certain things, such as certain types of music (rap), the way they perceive life, and how these things apply to the way they want to live."

"The future of the world depends upon our ability to sustain, nurture, and promote spiritual values," says Dr. Garrison. "Religion continues to have a role in society. The values, imperatives, duties, and obligations placed on people with spiritual and religious beliefs and values make up the difference between those who live a civilized existence, and those who live in a state of barbarism."

In his teachings, Garrison tries to include the spiritual reality of the Black church and the Afrikan world view. Though some say Allah, some Jehovah, and some Lord, it is the centrality of spirit that each branch of Black religion has in common.

The Black church is the only institution that Blacks own. It is totally ours. "It gives Blacks 'Black experiences' that they cannot gain academically," says Rev. Macon. "The Black church becomes a training ground. If people aren't in church, they don't have training for culture."

Courtesy of Uhuru Magazine, Spring 1995/Kellea Tibbs

Any Student Interested in  
Becoming An Opinions  
Writer for The Nubian  
Message, Please call  
515-1468 and ask for  
Carolyn Holloway

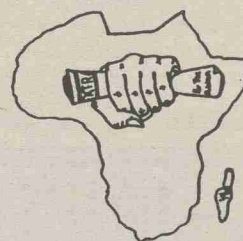
## Publication Schedule for Spring 1995

February 22

March 14, 28

April 11, 25

Summer Date to be  
Announced



## NEW COURSES IN AFRIKAN - AMERICAN STUDIES AT NC STATE SPRING 1996

**TOPIC:**  
**THE POWER OF BLACK MUSIC**

**MDS 497C-003** CALL Number 615160

**INSTRUCTOR:** Dr. William T. Dargan  
Head of Music Department, St. Augustine's College

**TIME:** Thursday  
4:10 - 7:00 p.m.

**PLACE:** Tompkins Hall G113

This course combines lecture - discussions classes with listening and essay writing assignments to develop a critical perspective on music by African-American from both the written and oral traditions. Readings from both history, literature, and religious studies will inform an interdisciplinary understanding of black music as an amalgam of "Song, Dance, and Drum."

**NOTE: THIS COURSE IS NOT LISTED IN THE TRACS CLASS SCHEDULE, SO PLEASE NOTE THE CALL NUMBER LISTED ABOVE.**

**TOPIC:**  
**INTRODUCTION TO AFRIKAN - AMERICAN STUDIES**

**MDS 241-002** CALL Number 610510

**INSTRUCTOR:** DR. KAMAU KAMBON  
St. Augustine's College

**TIME:** Monday  
6:00 p.m. - 8:50 p.m.

**PLACE:** Harrelson Hall 170

Interdisciplinary study of Sub-Saharan Afrika, its arts, culture, and people, and the Afrikan - American experience.

3 credit hours  
University GER H/SS Additional List

**NOTE: THIS COURSE IS NOT LISTED IN THE TRACS CLASS SCHEDULE, SO PLEASE NOTE THE CALL NUMBER LISTED ABOVE.**

**TOPIC:**  
**LEADERSHIP WITHIN THE AFRIKAN - AMERICAN COMMUNITY**

**MDS 497A - 001** CALL Number 615000

**INSTRUCTOR:** Dr. Lawrence Clark  
Prof. of Math and Science Education; former Associate Provost

**TIME:** Monday - Wednesday - Friday  
11:20 - 12:10

**PLACE:** Harrelson Hall 370

This course is designed to provide the student with an in-depth discourse in some of the issues and problems facing the Afrikan - American community during the 20th century. The course presents a selected number of leaders and allows the students to gain insight into how they address these various problems.

**NOTE: THIS COURSE IS NOT LISTED IN THE TRACS CLASS SCHEDULE, SO PLEASE NOTE THE CALL NUMBER LISTED ABOVE.**

# Classifieds

## Help Wanted

### Customer Service

**Representatives Needed.** Need Extra \$? Part and Full Time Available. 10 weeks starting Feb. 12th. Monday through Friday, 5:30 p.m. - 11:00 p.m. and Saturday 10:00 a.m. - 6:00 p.m. \$7.00/hour--potential for permanent. Call today! 878-0877. Five Star Staffing, Inc.

**Excellent Cashier Opportunity.** Southern States Nissan. Superb Pay Plan & Benefits. Monday and Friday Work Week. Call Marge Peters 489-1859.

**Administrative Assistant Needed.** Great opportunity. Must know WP6.0 and Excel. Temp to Perm opportunity at large Cary company. CALL TRC 481-2525.

**POWERFUL INCOME OPPORTUNITY.** \$10,000 in the next 4-6 weeks. Call 1-800-684-8253. Call or stay hungry.

WANT TO earn extra \$\$\$ and set your own hours. No territories. Wide open to build in this state and more. Call now. 878-4497.

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

Do you have something to sell or do you need employees? If so, contact The Nubian Message and place your classifieds today. 515-1468.

## Help Wanted

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



836-1555  
Contact James Willis,  
General Manager

## ALLERGY/ASTHMA SUFFERERS WANTED.

New, safe and effective treatment, no gimmicks. Care provided by Dr. Leann Hidreth, D.C., R.P.T. \$150 free in services with participation. Call 870-7670.

## Help Wanted

### CART CASHIER/Food

Server. M-F, AM Shift, Reliable, Full Benefits, call for an interview, Bill 992-4449 Marriott/Nortel.

**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.

**THE MUSEUM Cafe**, located at the NC Museum of Art, 2110 Blue Ridge Rd., is hiring PART-TIME and/or FULL-TIME WAITSTAFF & a FULL-TIME OFFICE ASSISTANT. Apply in person Tuesday-Friday.

**PART-TIME \$9/HR.** Answer telephones, flexible hours/ local area, no experience necessary. Call 1-809-474-4291 ext 8178 int ld.

**CAMPAIGN FINANCE REFORM ORGANIZER and TRAINER.** Experienced coalition organizer and trainer or journalist sought for campaign finance reform work in several southern states. Based in Chapel Hill. Minorities and women encouraged to apply. For job description contact or send resume to: DRP, 604 Hatch Rd., Chapel Hill, NC 27516; fax 919-968-9184; e-mail: pmacdowell@jgc.org

**PART TIME Help--Daycare.** 3:30-6:00 p.m., great job for student over 18. Call 362-0052.

**TELLER:** Full Time. CCB-Cary. Cash handling experience preferred. Call Bridget, 380-2693.

**Word Processing** secretaries needed. Call TODAY'S Temporary at 571-7410.

## Help Wanted

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## Volunteer Services

**Volunteer** or Volunteers needed for Wake County Youth Services to provide academic tutoring. For more information call Volunteer Services at 515-2441.

**DONATE YOUR** Old Coats & Caps to the homeless. Call James @ 779-2895.

**NCSU Volunteer Services** in here to help you. Our office is located in Student Development at 2007 Harris Hall and our phone number is 515-2441. Office hours are Monday and Wednesday from 2pm-3pm, Tuesday 10a.m.-12p.m., and Fridays from 1:30p.m.-5p.m.

**DEDICATED VOLUNTEERS NEEDED** for various positions throughout our organization. We are the American Social Health Association. Call 381-4856.

## For Sale

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

**SUZUKI MOTORCYCLE**, '86, 550 GSES, tip top shape, \$2100 obo. 829-1153.

**TOYOTA TERCEL**, '84, four wheel drive, 160K, AC, AM/FM stereo, well maintained, 2,000 obo. 544-5863.

## JUNK CARS AND TRUCKS WANTED

\$CASH\$ waiting. Top \$DOLLARS\$ paid. We pick up. Call 832-4646, days.

## Miscellaneous

**SPECIAL FINANCING** available on late model cars. \$500 - \$1000 down can put in a '92 - '93 model. All credit situations welcome. Call AUTO BROKERS 471-9104 for more information.

**COLLEGE ADMISSION SERVICE.** Professor helps students gain admission to college or grad. school, 408-0105 (Chapel Hill), 6-8 p.m.

**FREE CASH GRANTS** Never repay--any purpose--credit unimportant. (305) 424-3372 ext.312.

**AFRIKAN AMERICAN BOOKS FOR SALE.** Black and Single, Work Sister Work, Acts of Faith, Ugly Ways, Your Blues Ain't Like Mine, Bailey Cafe, Black Betty. Call for prices. 598-3724. Leave message.

*Read The Nubian Message*

## FEMINIST WOMEN'S

fiction reading group seeks new members. 3rd Thursdays 7:30 - 9:00 p.m. Call Chris 676-8296 or Susan 490-0472.

## Miscellaneous

**COLLEGE SCHOLARSHIPS, LOANS, FELLOWSHIPS OR GRANTS AVAILABLE--Full report for ONLY 29.95--Message 919-266-1954 EXT. 5-112.**

## SELF-ESTEEM GROUP

For Afrikan American women. Sisterhood Agenda, a non-profit organization, is currently signing up women for a self-esteem support group. Call 493-8358. \$5 per week fee. Limited Space.

**Tribal Art - Folk Art** New, Vintage & Antique Beads Djembe Afrikan Druma \* Supplies Lost & Found Gallery \* Greensboro (910) 271-6954

## Personals

**D.C. : The ancestors always watches out for their children. Hotep!!!**

## 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.

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