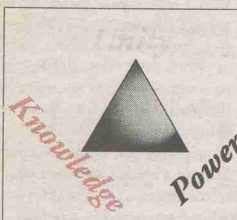


THE NUBIAN MESSAGE

Volume 5, Edition 3
September 5, 1996

The Afrikan American Voice of North Carolina State University



What's Goin' On?

UNITY IN THE COMMUNITY

The Blacknificent/Bennu Cultural Center and Umoja Productions present "Unity in the Community" featuring D.J. King Duece on September 7th from 1p.m.- 7 p.m. in Chavis Park — Free Admission. This event features music from the '70s, '80s, and '90s, Afrikan dancers, drummers, Jazz and Reggae, poetry, vendors, games, food, storytelling, activities for children, and presentations on Culture, Health, Community, and Empowerment. For more information contact DLS at 878-3447 or Tom at 510-5998 ext. 1095 or 871-2338.

BLACK REPERTORY THEATRE

Auditions for Pearl Cleages' "Flyin' West" are on Monday, September 9th and Tuesday, September 10th at 7pm on both evenings in Thompson Theatre. Needed are 4 female actors and 2 male actors. No prior acting experience necessary.

HERITAGE LECTURE SERIES

On Monday, September 9th, in Room 356 of the Afrikan American Cultural Center at 7 p.m. the Afrikan American Heritage Society presents Dr. Chuck Stone, a Walter Spearman Professor of the School of Journalism and Mass Communications at the University of North Carolina at Chapel Hill. The lecture is entitled "Double Challenge to Afrikan American Students: Making History/Serving the Community."

Funding in Question for AACC Library/Gallery

By Fred Frazier
News Editor

In a turn of events not uncanny to this complex, the African American Cultural Center's library has, once again, run into staffing problems. Normally the library operates from 9 a.m. to 9 p.m., with a part-time staffer from D.H. Hill Library working for 4 hours, and offers some weekend hours along with two part-time graduate students who aide in keeping the library open during its peak hours.

Dr. Iyailu Moses, director of the Afrikan American Cultural Center under whose jurisdiction the library falls, said "It's a hassle wondering every year if the library will have the support necessary for keeping the library operational during the

course of the academic calendar."

In addition to the part-timer from D.H. Hill, and the graduate students, the AACC Library has work study students who come in and work, but that work is according to time they have in their schedule and may not always coincide with times the library actually needs to be staffed.

With these fluctuations, Moses doesn't know how it can be staffed on a regular basis. Plus, double that with the fact that a decision regarding whether or not the Graduate students will be in the budget, is still up in the air at this point because the powers that be are currently in budget negotiations.

In regards to the Art Gallery, there is little to no outside press for this feature of the second floor of the AACC.

"It seems they treat this as a sec-



Staff picture

The Afrikan American Cultural Center: Home of the AACC Library/Gallery

ondary concern — as if there is no commitment to this program," Moses said.

"If the library is not staffed, then it will not be able to operate, and even then if it's not utilized, the

library may be slowly — but surely — phased out of existence, which would be a travesty in the eyes of the many who fought for the Afrikan American Cultural Center in 1992."

Lincoln's Lyrics Harmonize Stewart

By Cassandra Lester
Cultural Editor

Entertainer, actor, singer, and composer-lyricist. Sounds like superwoman doesn't it? Well, in truth, all of these attributes are credited to Abbey Lincoln, a legendary jazz singer.

Lincoln will be appearing Saturday evening September 14th, here at N.C. State. Abbey Lincoln's latest recording "A Turtle's Dream" has been well-received by critics everywhere. David Hajdu of Entertainment Weekly wrote, "this album of love songs is so intoxicatingly bitter-sweet that it could have passed import standards as a Bordeaux."

Many would assume that a talent such as Lincoln's was gained through rigorous training under professional guidance. But, that is not the case. Born Anna Maria Woolridge, Lincoln was the tenth



of twelve children. She taught herself to sing, learning how to play the piano to accompany herself.

Lincoln began winning contests for her singing abilities while still in high school. She began to perform at 19 years-of-age and by 1955, with the release of her first

see Lincoln, page 2

Tutors Lend A Helping Hand

By Fred Frazier
News Editor

Some people never know when to swallow their pride and ask for help. Then there are the others who notice problems early and take care of them before they start.

For people in either of these categories, the College of Physical and Mathematical Sciences offers Afrikan American help sessions. These help sessions are headed by Afrikan American students, who have been and are in the exact same classes that current undergraduates are in.

In these sessions, the tutor goes over problems that students come in with, helping the students overcome the barrier or barriers to learning that he or she may be encountering currently.

Students who come into help sessions, are there for specific reasons, so the tutors don't lecture to

them for fear that the boredom factor may rise.

All the tutors involved in the program, have plenty of experience in the course that they give assistance in, which adds to the quality of help potential tutees receive.

In order for this program to continue at its current levels of excellence and even continue at all it needs the support of the Afrikan American students.

If the students support the Afrikan American help sessions, this service will always be at the disposal of students whenever they may need it.

In addition to answering any queries a student may have concerning chemistry, math, or physics, the tutors give tips that may prove useful in class to their tutees and they also sometimes furnish the students with their old tests in preparation for the new test

see Peers, page 2

This Week

The Crimes of U-Rope

A Visual Arts Exhibition

RAS Jahaziel

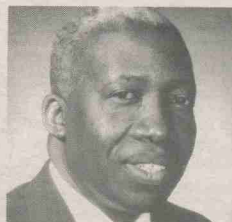
August 25—December 7, 1996
Reception: August 25, 1996
2:00 p.m.—5:30 p.m.

African American Cultural Center
N.C. STATE UNIVERSITY



➔ Ras Jahaziel
Visual Arts
Exhibition continues
in the Afrikan
American Cultural
Center Gallery
10-4 M-F

➔ Faculty and Staff
highlighted for the
student body and
others.



Tutorial continued from page 1

Tutors advise all students reading this publication to come to the Afrikan American help sessions early in the semester, as opposed to waiting around until they are on the line between failing and passing in a class to consider getting help.

A schedule for the Afrikan American help sessions throughout this semester is printed with the following information: classes, days, times, places, and the names of spe-

cific tutors.

All of this is made available to make the students' decision to get help that much more efficient; so that he or she won't be confused when the need for help arises.

If there are any questions concerning the help sessions or more information needed please call 515-7841.

Lincoln continued from page 1

recording "Affair... A Story Of A Girl In Love," a star was born. Due to her beauty, Lincoln was considered a sex symbol. She landed many acting roles including a movie with Oscar winner Sidney Poitier.

At the age of 64, Lincoln's beauty still holds strong as well as her musical talents. Her newest album "A Turtle's Dream" contains nine original tunes. In response to her album's success, Lincoln states "I think I've climbed a mountain and found a plateau." Yet this extraordi-

nary jazz musician does not see this album as a final culmination of her abilities. In fact, she believes "there will still be other mountains to climb."

Once again Lincoln will be performing here at NCSU on September 14th. The tickets are \$6 for students and \$13 for faculty. Needless to say, they are selling quickly. For more information about this upcoming event call 515-1100.

FROM THE OFFICE OF

Dr. Wandra P. Hill
African American Coordinator

African-American Help Sessions

September 3 - December 7, 1996:

CH 111	Review	Every Monday 5:00 - 6:30 pm Harrelson 210	Juan McKenzie Jamila Smith Angela Sykes
CH 101 & 107	Review	Every Monday 5:00 - 6:30 pm Harrelson 215	Sherice Nivens Sonya Wright
PY 205, 208, 131, 211 212	Review	Every Monday 5:00 - 6:30 pm 515 Cox	Samuel Acha Shannon Harvey Kevin Atkinson
MA 101, 107, 108, 111 121, 141, 241, 242	Review	Every Tuesday 5:30 - 7:00 pm Harrelson 210	Koren Atwater Adrian Holley Annie Mitchell Eugene Whitlock
MA 101, 107, 108, 111 121, 141, 241, 242	Review	Every Wednesday 5:30 - 7:00 pm Harrelson 335	Richmond Hill Adrian Holley Carlynn Murrell Eugene Whitlock
PY 205, 208, 131, 211 212	Review	Every Thursday 5:00 - 6:30 pm 515 Cox	Samuel Acha Kevin Atkinson
Statistics (101-400 level) 507, 508, 511, 512	Review	Every Thursday 5:00 - 6:30 HA 113	Delicia Carey Crahn Davis Nicole Hill

If you have questions.

please call 515-7841

New Double Degree Programs Begin at N.C. State

Courtesy of News Services

North Carolina State University has added two double-degree options for students seeking to combine a degree from the College of Humanities (CHASS) with one from a technical field of concentration.

Beginning this fall, the Leonardo Da Vinci Scholars Program in the School of Design and the Gifford Pinchot Scholars Program in the College of Forest Resources will enable students to participate in uniquely designed curricula. Three other five-year, double-degree programs have been established at NC State over the past decade.

The programs were announced by Dr. Margaret Zahn, CHASS dean. Zahn said, "These programs will give their participants the enriching experience of a liberal arts education, while at the same time providing them with the technical expertise needed for a career in design or forestry. Our Double degrees bring together in one program academic opportunities that students, separated

by different curricula, often don't get to explore."

The Gifford Pinchot Scholars Program will allow forestry students to pursue a second degree in multidisciplinary studies, with an emphasis on international affairs or public policy in forest management.

Two students have been selected for the inaugural class and will receive scholarship funding from the N.C. Forestry Foundation. Pinchot Scholars will have an academic adviser from the college and a mentor from the forest industry.

Pinchot, called the Father of American Forestry, was the first chief of the government agency that became the U.S. Forest Service. Pinchot was influential in developing the nation's forest policy in the late 19th and early 20th centuries.

The selection process for Leonardo Da Vinci Scholars Program will begin in the fall with information sessions for first-year design students. Applications will be taken during second semester, and selected students will formally

enter the program in the fall of 1997. Scholarship funds are being sought at this time.

The Pinchot and Da Vinci Scholars will join three existing NC State double-degree programs: the Thomas Jefferson Scholars Program, the first cooperative program, started in 1985 with the College of Agriculture and Life Sciences; the Benjamin Franklin Scholars Program with College of Engineering and the Eli Whitney Scholars Program with the College of Textiles. The Franklin and Whitney programs began in 1990.

Students are selected for double-degree programs on the basis of leadership and academic achievement. The curricula for each feature special interdisciplinary courses that examine the relationship between technology and society. Students are encouraged to pursue study abroad opportunities to enhance their global understanding in given fields.

Totu: An Eye for the Future

By Merton Pajibo and Dawn Eaton

Guess who the new scoop in the Triangle is? It's an organization called the Totu Foundation for Education and Development, and its notoriety is quickly catching on!

TFED, a nonprofit organization registered in the state of North Carolina, was founded on July 19, 1996 by the President and Secretary of the organization, Merton and Tanya Pajibo, under the direction of Dr. Faheem Ashanti. The formation of the organization was due, in part, to the escalating social unrest in Liberia, as more wars began to break out across the country.

Johnson Totu Pajibo, the "Father of the Organization," was distressed over the plight of the Liberian people both home and abroad. Pajibo, thus, gave his time and efforts, and ultimately, his life promoting the social upliftment and economic progress of Liberians everywhere.

It is in his memory that the

Johnson Totu Pajibo Foundation was formed by Merton and Tanya Pajibo in 1993. As more members joined the organization, the name of the organization was changed to TFED, and its services were expanded to include all people of African ancestry.

TFED serves the community through the following four thrusts:

Educational Assistance:

TFED will target and assist several students who are in need of educational assistance. The organization will also publish scholarship leads to aid students in scholarship searches and requests.

Entrepreneurial

TFED will act as a Minority Business Development Center, Assistance providing information and funds to aspiring small business owners. Seminars will be provided for the general public to keep the community abreast of the fast-paced changes in today's business and industry.

Relief Assistance

Since TFED's background is based on Liberian principles, the organization is dedicated to providing relief assistance to the families who are without food, clothing and shelter dueto the Liberian War. TFED has already provided financial and material assistance to over 600 Liberians and the organization is currently holding both a donation drive and a Food Lion fundraiser in an effort to assist more families.

Exchange Program

As an international organization, TFED will provide exchange program opportunities for students both here and in Afrika to experience the world outside their normal realm of life. In addition, TFED will engage in school-building projects that will benefit both Afrika and America.

The TFED founding members consist of five N.C. State students, Merton and Tanya Pajibo, Valecia Wahyoon, Carnley Norman, and Dawn Eaton, and one N.C. Central student, Ezekiel Norman.

THE NUBIAN MESSAGE

The Afrikan American Voice of North Carolina State University

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As we are very committed to accuracy in our reporting and writing, we appreciate reports of any errors you may spot. To serve the community accurately and effectively, your feedback would be greatly appreciated. Please use the above address to do so.

Check THE NUBIAN MESSAGE out at our new web site:

http://www2.ncsu.edu/ncsu/stud_pubs/nubian_message

Courtesy of John Dawkins. Our new Web Page
Designer/Maintainer.

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, Dr. Lawrence Clar, Dr. Augustus McIver Witherspoon, and all those who walk by our side as we continue to make our journey to true consciousness.

SPORTS

Intramural Sports: A Way of Life

By Alvin Sturdivant

Sports Editor

N.C. State's department of physical education prides itself in its ability to offer highly competitive and rigorous athletic and physical training programs to its more than 27,000 students, faculty and staff.

The mission of the department is to educate each student about the benefits of a physically active lifestyles, accomplished through the highest quality instruction in sports and physical activities. The department also teaches courses in athletic coaching that students can elect for a minor plus several health-related courses.

Faculty members provide service to the university, schools, community, and professional colleagues through scholarly and practical clinics, workshops and outreach programs. Research and scholarship by

the faculty improve the quality of instruction and contribute to the profession. The department also uniquely serves the university through a comprehensive Intramural-Recreational Sports program.

State's department of intramural-recreational sports provides athletic activities for more than one-third of the student body in competitive and recreational league play, club sports, individual fitness and fun activities, and outdoor adventures on a voluntary basis.

The program is composed of divisions in intramurals, club sports, informal recreation, fitness, and outdoor adventures. The program offerings are available to all students, faculty, and staff with a valid all-campus card.

According to the intramural department, seventeen sports are scheduled through intramurals including basketball, flag football, softball, soccer, volleyball, bad-

minton, bowling, cross-country, golf, handball, pitch & putt, racquetball, squash, swim-meet, table tennis, tennis, and track-meet.

There are 33 active clubs with seven seeking affiliation to active status. The active club sports are aikido, archery, baseball, bowling, cricket, cycling, equestrian, fencing, ice hockey, judo, lacrosse (men), lacrosse (women), outing, racquetball, rodeo, roller hockey, rowing, rugby (men), rugby (women), sailing, snow ski, soccer (men), soccer (women), tae kwon do, tennis, triathlon, ultimate Frisbee (men), ultimate Frisbee (women), volleyball, water polo, water ski, wind surfing, and wrestling. Those seeking

affiliation are the dance team, field hockey (women), golf, mountain biking, scuba, social ballroom dance, and squash.

Some of the activities included in informal recreation are archery, backgammon, darts, 5K Fun Run,

free throw/hot shot contest, grass volleyball, homerun derby, putting contest, and spades tournaments. Fitness activities include a variety of aerobic sessions (aqua aerobics, low-high combination, step, slide, and tone, slide and step, and toning [upper/lower body]).

Self-directed fitness activities include fit pack and walking, swimming, running. Additionally, there are fitness workshops in the areas of back care, foot care, injury prevention, massage, nutrition, stress management, swimming, stroke clinic, time management, weight training, and yoga.

The outdoor adventures division provides trips for canoeing, backpacking, cultural and historical site touring, wildlife art exposition, and winter camping. Instructional workshops are offered for backpacking and expedition planning, photography, camp tool and equipment maintenance, rock climbing, and wilder-

ness cooking. The outdoor adventures storehouse contains equipment and supplies available for checkout. All items are available to assist with trip planning.

The Intramural-Recreational Sports Program is comprehensive in scope and committed to meeting the sports and physical activity needs of the students, faculty, and staff at North Carolina State University.

In order to ensure that the NC State community has the finest indoor and outdoor facilities possible, years ago the Department of Physical Education completed one of the finest physical education/recreational facilities in the country, Carmichael Gymnasium. Carmichael totals 330,000 square feet and provides students with an air-conditioned space in order to sweat their troubles away. Below is a list of all facilities offered by the Department of Physical Education.

Academics First

By Kimberly Pettaway

Staff Writer

In the hierarchy of education, college is fulfilling a role of unquestionable prominence. As the completion of college education becomes more expensive to obtain along with the realization that job placement after college is not guaranteed, students — especially student-athletes, who are faced with surmounting pressure to assure both academic and athletic success.

Regardless of the apparent pressures student-athletes face in their attempt to balance practices, games, schoolwork, and a social life; academics must always prevail. Institutions of higher education are continuously embarking on newer and better projects centered around the betterment of academics in relation to student-athletes, and N.C. State is no different.

The NCAA has upped its requirements for student-athletes and now mandates study-halls and higher academic standards among its varsity level athletes. For years, NCSU was plagued by scandals involving the academic records of its athletes, but has responded to the adversity by instigating a stronger commitment to academic quality and integrity not only locally, but across the ACC as a whole.

Athletes have the beneficial presence of tutors who work around the

athletes' hectic schedules, also benefiting from programs enacted to ensure the actualization of success among student-athlete.

ImPack, the program based in the Department of Athletics' Office of Student Services, oversees outreach into the community, conducts mentoring programs for area children and ensures that student-athletes are well integrated into the university and become full participants in its academic programs.

NCSU has three essential athletic goals, the 1995-'96 chancellor's report states. One of which being to "provide an environment that supports the academic success of its athletes." NCSU wants to make it irrefutably clear that academic excellence among student-athletes will become an empirical reality.

NCSU also wishes to provide an atmosphere in which student-athletes can compete at the highest level, that nurtures, supports, and inspires their personal growth through character development and life skills. NCSU is committed to the success of its student-athletes and with this in mind, has established a setting appropriate for the establishment of this environment.

The seed has been planted in each student-athlete, but it remains the responsibility of the athlete to nurture that seed, also allowing for self-improvement, and ultimately self-growth.

Indoor Facilities

1. handball/racquetball courts (18)
2. squash courts (6)
3. weight rooms (4)
4. aerobics studio
5. aerobic conditioning room

6. golf room
7. fencing room
8. large activity area, the equivalent of 8 regular-sized basketball courts, for badminton, basketball, and volleyball
9. large activity area, the equivalent of 3 regular-sized basketball courts, for archery, badminton, basketball, and volleyball
10. jogging track (6.5 laps to a mile)
11. dance studio
12. gymnastics area
13. rock climbing area
14. 50-meter swimming pool with sun deck
15. 25-yard swimming pool

16. men's locker room
17. women's locker room
18. sauna
19. steam room

Outdoor Facilities

1. archery range
2. golf and trap green
3. natural grass and artificial turf putting greens
4. large grassed area for field hockey, flag football, Frisbee, golf, lacrosse, rugby, soccer, and softball.
5. 400-meter track
6. 24 hard-surfaced tennis courts (18 are lighted)
7. basketball courts (2)
8. weight training area

(Information in this article is attributed to the Department of Physical Education/Intramural-Recreational Sports. For further information please call 515-3161.)

Afrikan American Sports History

Arthur Ashe was named captain of the U.S. Davis Cup team in 1981. Inactive as a competition player after suffering a heart attack in 1979, Ashe had been not only the world's leading Black tennis profession for nearly a decade but on the professional circuit as well. In a sport traditionally closed to Blacks because of its private-club setting and the financial cost involved, Ashe rose to be the No. 1 amateur tennis player in America in the late 1960's before turning pro. He was twice ranked as the top player in the world. Ashe was a winner at various times at Wimbledon, the Australian Open, the U.S. Open, the U.S. Clay Court Championships, and the World Championship Tennis Tournament.

ANY STUDENTS INTERESTED IN BEING A SPORTS WRITER FOR THE NUBIAN MESSAGE, PLEASE CALL 515-1468 AND ASK FOR ALVIN STURDIVANT, SPORTS EDITOR

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see Faculty page 5

How to See More A's in Your Notebook

By Cassandra Lester
Cultural Editor

I was standing in line in a food-mart on Hillsborough Street when an Afrikan-American male walked up to me and gave me a purple flyer. I know many of you are thinking — purple flyer, must be an Omega party — but you're wrong. Instead of it being an Omega "thang," it was a Kemetic Benu Order (KBO) "thang." the Kemetic Benu Order fraternity was created and organized January 27, 1987, here at N.C. State., the first formally founded Afrikan fraternity in America. The philosophy of the KBO is based on Afrocentricity.

"Would you like to see more A's in your notebook?" The flyer asked me. Well, considering the fact that my grades last semester boasted only one A, I thought it couldn't hurt to see what the meeting was all about. So, like a few other people, I arrived at the cultural center a few minutes after 6 p.m.

That was a mistake, because

unlike some programs that operate on "CP" time, this meeting began promptly at 6 p.m. Why? You ask? Because being on time is important because every second of these meetings are filled with vital information you can't afford to miss.


The meetings begin with exercise. No, not the kind of exercise that makes you sweaty and exhausted, the kind designed to get your blood flowing and your "intellectual juices" pumping. The organization is geared toward teaching discipline, enhancing self-confidence, improving GPA's, and redefining how one looks at Afrikan history. Going to this meeting gave me a sense of power that was somewhat scary. The power stemmed from my knowledge that by freely choosing to attend the meeting, I had taken the first step toward broadening my intellectual horizons.

The meeting was well attended, but I've always believe that an organization can never have too many people. This is especially true when


the members of the organization are active, rather than being dead weight. For those interested in experiencing the Kemetic Benu Order for themselves, the opportunity to join this Afrikan fraternity has not yet passed.

The next meeting will be held on Wednesday, September 11, in the multipurpose room of the Afrikan American Cultural Center. If you do not come to this meeting, the opportunity to become "family" will be lost for this semester. If you do attend this next meeting, you are committing yourself to the KBO program.

The Kemetic Benu Order meetings begin simply, with a walk. It is a walk that, if you open your mind, can lead to an intellectual journey. A journey that allows you to explore your inner self. A journey that teaches the value of your history. Many of the people who attended the meeting have decided that they are ready to make the journey.



HERITAGE LECTURE SERIES




African-American Heritage Society

Dr. Chuck Stone
Walter Spearman Professor
School of Journalism and Mass Communication
University of North Carolina, Chapel Hill

**"Double Challenge to African-American Students:
Making History/Serving the Community"**

African-American Cultural Center, NCSU
Room - 356
Date - Monday, September 9, 1996
Time - 7:00 p.m.
Free and open to the public.



Faculty and Staff Continued from page 4

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HEALTH

Heal Your Hungry Heart

By Randall Haddock
Health Editor

Doctors have long suspected that having a so-called "Type-A" personality, characterized by frantic and angry behavior, was a risk factor for a heart attack, but it was not until a 1980 study at Duke University that researchers found the first clear evidence that only one aspect of a Type-A personality — hostility — was associated with heart disease. In recent years, other studies have shown a connection between hostility in healthy people and the subsequent development of atherosclerosis and high cholesterol.

Why are chronic anger and frustration so hazardous to one's health? The explanation is that when the nervous system reacts to stressing situations such as being stalled in traffic, the heart takes a beating as a result of increased adrenaline production and a subsequent raise in heart rate and blood pressure. Fats and cholesterol are dumped into the bloodstream as a result of the increased pressure on the organ.

Of course, occasionally losing your cool is not harmful, but walking around in a constant state of irritation can build a habit that, in time, takes a physical and emotional toll on the human body.

The trouble is that it is not easy to turn off your stress responses. Furthermore, many people fail to realize how angry they are. To check your hostility level, ask yourself the following questions:

1. Are you generally mistrustful of everyone and cynical of everything?
2. Do you get very angry if someone disrupts your daily routine?
3. If someone at work offers to help you with a task, do you assume they are doing it exclusively to promote their own self-interests?
4. Do you honk your horn repeatedly when the car in front of you does not move quickly after the light turns green?

An answer of yes to any of these questions means you are at high risk of developing heart disease. To lower your stress level, try a combination of activities such as regular exercise and meditation. Experts also suggest you keep a diary to give a clear measurement of how often and why you became upset, as well as helping to determine how you should respond in a particular situation.

We may never know at precisely what point chronic inner conflict becomes a heart hazard since it is likely that the threshold differs from person to person. But given that approximately 100,000 people die suddenly of a heart attack each year, it is never too early to adjust a potentially lethal attitude toward life. So the next time you're stuck in traffic, take a deep breath, count to 10 and try looking on the bright side.

Any Students Interested in Being a Health Writer for The Nubian Message, please call 515-1468 and ask for Randall Haddock, Health Writer.

The Nubian Message is looking for photographers for this academic year. Any students willing to be a photographer for The Nubian Message, please call 515-1468 and ask for KorenAtwater, Photography Editor.

The Pill--More Than Just Birth Control

By Randall Haddock
Health Editor

What if women could take a drug that not only prevented pregnancy, but also strengthens their bones and dramatically reduces risk of developing such gynecological disorders as pelvic inflammatory disease? That drug is available now, and has been for 36 years — it is the birth control pill.

Surprised? Well, you're in good company. A recent survey of 247 women receiving care from Yale University Health Services found that very few knew of any additional benefits from the pill other than its contraceptive capabilities and convenience.

"The fact that birth control pills offer women major health benefits is a well-kept secret because there is a lot of misinformation and confusion about it," said Sheri Foskey, a senior in Computer Science.

The pill certainly is not the best choice for everyone, but it is an

option for most. Some statistics detailing the usage rate of birth control pills among women:

- nearly 10 million, or 29%, of women who are now using birth control rely on the pill
- the pill is used most often by women under age 25 and unmarried women
- nearly 3 million teenage girls, or 52%, using birth control take the pill
- more than 40 million women, 80% of all women, have used the pill at some point in their lives

The pill has generally consisted of estrogen (the female sex hormone) and progestin (the synthetic form of the female hormone progesterone), but today's versions have much lower hormone doses than their predecessors.

Today's newer pills contain one-fifth the estrogen and progestin of earlier versions. As a result, today's

pills are much less likely to cause adverse side effects.

Although the list is not long, some women are not good candidates for the pill — mainly those whose blood clots abnormally frequently — statistically women who smoke, suffer from hypertension, diabetes, heart disease and those who have had breast cancer.

Understand that while the birth control pill offers significant benefits and minimal risks, it does not guard against sexually transmitted diseases.

No matter what contraceptive they use, women of any age with multiple sex partners — or even just one partner whose sexual history is uncertain — are at risk. A condom or some other form of contraceptive should be used for maximum protection.

Statistics provided by American Health Magazine

"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
Tuesday's 1 to 5 pm**

**To make an Appointment
You may call INTERACT directly and ask for the NC State crisis
counselor 828 - 7501 (Ernstien)
or contact Marianne Turnbull 515 - 9355**

Smoking Cessation Program

Sponsored by Center for Health Directions Student Health Service in conjunction with The American Cancer Society's Fresh Start Quit Smoking Program

Quit Smoking Now!!!!!!

When: September 9th, 11th and 16th, 18th (Monday and Wednesday)

Time: 4:00 - 5:00 p.m.

Place: 4th Floor Classroom, Student Health Service

Cost: \$10.00 for the 4 sessions. Those who attend all 4 sessions will have their fee returned. Checks to be made to the American Cancer Society.

BE A NON - SMOKER!!!!

OPINIONS

Change in Government Must Begin at Home

By Jason Hairston
Staff Writer

Don't let anyone mislead you, there is a war going on as we speak. But the weapons of this war are not bullets, missiles, or tanks — they are rhetoric, resolutions, and verdicts.

Though Washington is nearly 300 miles away, the decisions made by lawmakers there can radically affect the lifestyles of North Carolinians, particularly minorities.

Since the climate of race relations is getting worse as we approach the next millennium, it is imperative that we send a clear message to not only the powers that be in this country, but also to spectators worldwide that we will not stand idly by and watch progress made by the civil rights struggles wash away before our eyes. We need to make a strong, unified effort — starting with this election — to put a stop to this national trend of regression.

Although the pendulum that is racial climate has swung in the opposite direction in the eighties and nineties despite significant strides toward racial equality during the late '60s and early '70s.

By ruling on the scope of previous social equity verdicts, the Supreme Court — whose decisions ended segregation in schools — forced the redistricting of certain congressional districts, and widened the scope of Affirmative Action laws passed during the '60s and '70s — one of the biggest factors behind decisions of this caliber.

While we cannot rid the court of such detrimental justices as Scalia and Thomas, we can replace those members of congress responsible for the genesis of the laws that engender such negative advances by replace them with more moderate, conservative individuals.

Change needs to be effected not only on the national level, but locally as well. Local change need not be enacted solely via the voting booth though. It can start in the way we approach our everyday lives. Become an active member in a campus organization. Introduce yourself to new people, because each individual has the power to change another's perspective on issues. "The revolution will not be televised," and every revolution starts one person at a time.

Patronize Afrikan American Businesses

By Andrea Spencer
Staff Writer

I once read a cartoon that went like this: An Afrikan man visits a European-owned establishment and is cheated. So, the man takes his business to another European-owned establishment with no further problems. Later on, the Afrikan takes his business to an Afrikan-owned establishment and is cheated. His response to the injustice is — "See, that's why I don't do business with niggers."

That cartoon makes a sad statement about where we are as a people. Why is it that we do not patronize Afrikan and Afrikan American owned businesses? Why is it that the only time we think of an Afrikan or Afrikan American owned business it is usually about the one where we did not have a positive experience?

To try and alleviate the problems of Afrikan money not being spent in Afrikan businesses, here is what we should do — patronize an Afrikan business, and if you have a good experience, recommend it to others.

Well, in order to patronize Afrikan businesses, we have to know about it. The intention of this article is to recommend Afrikan-owned establishments. In the first part of a series of articles on how and where we spend our Afrikan dollar, I thought it might be appropriate to recommend Afrikan-owned eating

establishments.

The first restaurant is Ben's Jamaican Restaurant and products. Ben's is located at 8306 Chapel Hill Road in Cary. They can be reached at 380-1818.

The second is LeCount's Restaurant and Cafeteria. LeCount's is at 1214 East Lenoir Street. Their number is 821-4388.

The next establishment is the Rock-n-Reggae Jamaican Cafe. It is on Avent Ferry Road in the Mission Valley Shopping Center in the Upper Level. They can be contacted at 832-3577. Rock-n-Reggae is a family-owned business and the atmosphere is very relaxed. As you eat, you listen to Reggae music. There are many pictures of Jamaica on the walls. The food at Rock-n-Reggae is excellent. The cream soda, jerk-chicken salad and beef patties are highly recommended.

The last restaurant recommended for your patronage is Una's Jamaican restaurant. Una's is located at 1909 Poole Road in Raleigh. Their number is 231-3288. Ask about their daily specials. But if you are looking for something different try the oxtails. Free your mind!

Hopefully, you will get to try one or more of these restaurants soon. If there is a restaurant soon. If there is a restaurant that you would like to have mentioned, please contact "The Nubian Message." Until then, good eatin'.

Words for Thought

By Carolyn Holloway
Managing Editor

Every now and then, I get this inspiration to write an article and I guess this week I got that inspiration. A couple of things were on my mind, so I guess I'll just start rambling.

It stirs a deep feeling inside whenever anyone refers to the Witherspoon Student Center as the Student Center Annex, the Witherspoon Student Annex, Witherspoon Student Activities Annex, and just about every name except the Witherspoon Student Center.

It amazes me that no one remembers that the building was officially renamed the Augustus McIver Witherspoon Student Center on April 1, 1995, even the people who hold offices in the Witherspoon Student Center or frequently visit the Witherspoon Student Center refer to the building as any name except the Witherspoon Student Center. (I guess you should know by now that I am going to use Witherspoon Student Center as many times as I possibly can in this specific section).

A man with such prominence as Dr. Augustus McIver Witherspoon having a building named after him, especially the only Afrikan American to ever have a building named after him, is something to me that is just too hard to forget (and I thought I could not remember a lot of things).

I think it probaly ticks me off even more that incoming Afrikan American freshmen and people who use the Afrikan American Cultural Center, which is housed in the Witherspoon Student Center, do not even recognize the big portrait of Dr.

Witherspoon that is behind the door on the entrance to the Multi-Purpose Room.

Which leads me to my next point, the Afrikan American Cultural Center. Now this is, I guess, the testy part. First of all, let's talk about all the people who do not even know there is an Afrikan American Cultural Center on campus. When I first came to campus, I wanted to know every building on campus, especially the buildings that I passed every day. I guess times have changed and people do not explore like they used to or they just seem to pass over the Afrikan American Cultural Center as a part of campus. Who knows?

Another point about the Afrikan American Cultural Center is that it is just that. It is not the Multi-Cultural Center, it is the Afrikan American Cultural Center. Afrikan American organizations hold office in the Cultural Center and they conduct programs on different issues. No other cultures hold office in the Afrikan American Cultural Center; therefore, it is not a multi-cultural center.

Since I'm writing sensibly, I will continue on. It amazes me how people always want to be something they are not, specifically college students. People come to college and lose all sense of home training that their parents may have instilled in them. Cursing, drinking, smoking, and adopting basic rules of assimilation that they never knew of before.

I think if I see one more Afrikan American person smoking, I think I may yell. We (Afrikan Americans) die of every heart disease, cancer, and every disease known to man yet we add lung cancer to them because

it is either a style, "I've been doing for so long I do not know how to quit" or I basically have no reason for smoking, which is senseless.

One thing my momma always told me was that someone is always watching you whatever you do. Whether it is your peers, educators, or whatever the case may be, someone is always watching you. And, for those who say I do not care what people think of me, you really do because if you did not, you would not be doing the things that you do.

Maybe my last point is the lack of initiative that resides within people such as people who want to be leaders but do not know how, people who are following leaders but need to be leaders, and people who totally lose focus of what they want to do in life. Many people are fooled by the definition of leadership and who it applies to. I will state the definition just for reference. The Webster's dictionary (I did not know him either but I will use his definition) defines a leader as "a person who leads or a person who has capacity to lead". Now, I will interpret this definition in another way, leadership is not handed down neither does a person who hold a specific position have leadership skills.

It just amazes me how people think that people have natural-born leadership skills, especially naive college students who have not seen examples of leadership to know the difference. Everybody thinks some leaders of social organizations or fraternities or sororities are leaders, but they are just good at being social and everybody defines that as leadership. If that is the case, I guess we got a lot of leaders on campus.

When you don't know when you have been spit on, it does not matter too much what else you think you know. -Ruth Shays

In our particular society, it is the narrowed and narrowing view of life that often wins. -Alice Walker

Would America have been America without her Negro people. -W.E.B. DuBois

While I am in favor of universal suffrage, yet I know that the colored man need something more than a vote in his hand... A man landless, ignorant and poor may use the vote against his interests; but with intelligence and land he holds in his hand the basis of power and elements of strength. - Frances Ellen Watkins Harper

No person is your friend who demands your silence, or denies your right to grow. - Alice Walker

Africa my Africa...
I have never known you
But my face is full of your blood. - David Diop

I am invisible, understand, simply because people refuse to see me. - Ralph Ellison

The black man who wants to turn his race white is as miserable as he who preaches hatred for the white. - Frantz Fanon

In America, black is a country. - Amiri Baraka

Next to God we are indebted
to women, first for life itself,
and then for making it
worth living. - Mary McLeod Bethune

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