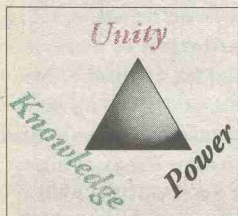


THE NUBIAN MESSAGE

Volume 5, Edition 7
October 3, 1996

The Afrikan American Voice of North Carolina State University



What's Goin' On?

MINORITY CAREER FAIR

Today, October 3, 1996, the Minority Career Fair will be held in Reynolds Coliseum.

HERITAGE LECTURE SERIES

Chuck Stone, Walter Spearman Professor for the School of Journalism and Communication at the University of North Carolina, Chapel Hill, will speak Monday, October 7, 1996, at 7:00 p.m. in Room 356A of the Afrikan American Cultural Center. The topic will be the "Double Challenge to Afrikan American Students: Making History/Serving the Community".

DEMOCRATIC LEADERSHIP COUNCIL

There will be an organizational meeting today, October 3, 1996, in Room 356 of the Afrikan American Cultural Center.

CONVERSATIONS: HAVING OUR SAY

Sisters and Brothers in the Movement, part 2 of a 4 part lecture series will take place on Wednesday, October 9, 1996 in Room 356 of the Afrikan American Cultural Center. The Conversation leaders will be Dr. Paul Bitting, Dr. G. Wyatt Sydnor, and Mr. Robert Sydnor.

THE AFRIKAN AMERICAN STUDENT ADVISORY COUNCIL

The Afrikan American Student Advisory Council (AASAC) will sponsor a voter registration drive everyday until October 11 from 11-2 p.m. on the Brickyard.

Moving Into the Workforce: Finding the Ideal Job

Staff Report

The Nubian Message

Enrolling in the college of your choice is, perhaps, the biggest educational decision you will have to make.

The decision is deciding on a major, which is the field you will pursue as a career. There are many fields in which to choose, and each has a certain appeal to students.

EM queried Black college officials to find out what subjects are attractive to employers. Popular fields for undergraduates include business, engineering, health care and computer science/information systems. Many majors result in satisfying occupations, some very lucrative.

Under business education, however, employers voice interest in students who major in accounting, marketing, economics, hotel and restaurant management. They also are interested in students who are management information specialists.

Hotel managers are responsible for the operation of their establishments. For instance, general managers set room rates, allocate funds to departments, approve expenditures and find ways to better accommodate guests.

Restaurant managers talk with sales representatives of restaurant suppliers to place orders to replenish stocks of tableware, linens, paper, and cleaning supplies. They also arrange for equipment maintenance and repairs.

Marketing managers develop the firm's detailed marketing strategy. They determine the demand for products and services offered by the firm and its competitors. They also identify potential consumers.

Economists study ways a society uses scarce resources such as land, labor, raw materials and machinery to produce goods and services.

The top fields in engineering are electrical and electronic engineering along with industrial, chemical, project and mechanical engineering.

An electrical engineer designs, plans and controls the manufacture of electric and electronic equipment. The equipment is needed in the distribution of electrical energy for

domestic, commercial and industrial use.

An electronics engineer conducts research and development of electronic equipment and its application to commercial, industrial, military, scientific, and industrial use.

Mechanical engineers perform a variety of engineering work in the planning and design of tools, engines and other mechanically functioning equipment.

Chemical engineers apply the principles of chemistry and engi-



Staff Photo

Employers Solicit Potential Employees

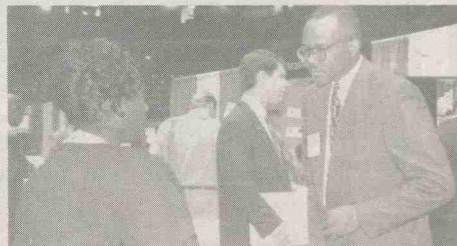
neering to solve problems. They design equipment and develop processes for manufacturing chemicals in chemical plants. They also plan and test methods of manufacturing the products.

Under the category of computer science, employers currently are placing a high demand for computer programmers, systems analysts, computer engineers, network computer analysts, software engineers and management information specialists.

Computer programmers plan and organize the manner in which the computer will operate to carry out a given job.

A systems analyst analyzes business problems and converts them to a programmable form for application to an electronic data processing system.

Demand for jobs in the field of health care includes pediatric nurse practitioners, hospital administrators, occupational therapists, physi-



Staff Photo

Students Look for Jobs at the Minority Career Fair Every Year

cal therapists and home health care specialists.

Hospital administrators are in charge of hospitals, nursing homes or clinics to make sure these areas run smoothly and the patients receive the best care possible.

A physical therapist treats patients with disabilities and injuries to relieve pain. He helps patients restore use and good performance of limbs through exercise, massage, heat treatment and electricity.

Katie Couric, co-host of the Today Show, recently talked with Vicki Spina, a career strategist and author of *Getting Hired in the '90s*. Spina talked about promising jobs of the future. She named elder care, communications, computers and law among the jobs she believes will be in demand.

About elder care, Spina said people are living longer, so there will be a need for home health care professions. Also, society will need more physical therapists, occupational therapists, anything to do with home health care, pharmaceuticals and herbal medications, Spina said.

When Spina talked about communications she mentioned specifically telecommunications, wireless communications, cellular phones and satellite dishes. It's essentially anything regarding the communication fields. She said society is in the middle of the information age.

When asked about the Internet, Spina replied, "Well, electronic commerce. Anything to do with the Internet, on-line services, Web pages. There's going to be positions for public relations people on there. Advertising, graphic arts, anything

in cyberspace."

The term "niche software" is being heard a lot nowadays. Niche software is a specialized software that helps manage information. It can be computer-aided drafting software or computer animation, such as the type seen in recent movie like *Toy Story*.

Spina also named occupations she believed will be risky in the future. They were general practice attorney, general practice doctor, travel agents, secretaries, and defense workers.

She said law students should pursue a specialty law, such as patent attorney or entertainment law, but not general practice law because there are too many of them in the field. She said the same principle applies to general practice physicians and dentists.

"HMOs have really taken the general practitioner; the days of the doctor hanging out the shingle are gone. So you really want to specialize more into your field," said Spina.

She said people will be able to make their own travel itineraries through computers by tapping into an airline's computers. About the need for secretaries, Spina said "What I mean by that is more the clerical group altogether. No longer do people have private secretaries. It's more departmental. So you really want to make sure that you get specialized and be indispensable to your boss."

About defense workers, Spina said, "With peacetime and, God be with us, that it stays that way, that the defense industry will no longer be necessary."

This Week



•The Minority Career Fair will be held today at Reynolds Coliseum. Companies from all over the Southeast will be represented, soliciting potential employees' resumes.

•The Tuesday Night Jazz Concert was held in the Multi-Purpose Room of the Afrikan American Cultural Center featuring Bobby Hinton and the Shades of Blue.
See page 4





The Peer Mentor Program of the Office of Afrikan American Student Affairs would like to thank the peer mentors in the above picture for re-dedicating themselves to the freshman class for the academic year by attending Fall Training on Sunday, September 29.

**Kiapo:
Afrikan American Pledge of
Allegiance**

Our unity in sisterhood, brotherhood and struggle is profound, principled and forever. Our struggle is constantly and continually against the oppressor, and against all in us which is in contradiction to our values and the choice we have made. We choose the liberation of our people as our life goal, and struggle as the method to achieve it. Our choice is conscious, full and free, and we accept all risks and welcome all rewards it brings. We have nothing better, more revolutionary or rewarding to do with our lives than to struggle to bring into being a new world, a world in which we, our people and our children can live, love and create fully, and stand and walk in a warmer sun.

Any Students interested in being a news writer for The Nubian Message, please call 515-1468 and ask for Fred Frazier, News Editor, or stop by Room 372 of the Afrikan American Cultural Center.

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 Clark, Dr. Augustus McIver Witherspoon, Dr. Wandra P. Hill, Mr. Lathan E. Turner, Mr. Hughes Suffren, Mr. Kyran Anderson, and all those who walk by our side as we continue to make our journey to true consciousness.

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.

THE NUBIAN MESSAGE

The Afrikan American Voice of North Carolina State University

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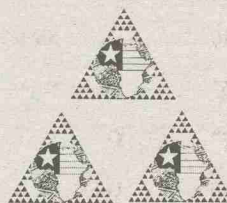
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As we are very committed to accuracy in our reporting and writing, we appreciate reports of any errors you may spot. To serve the community accurately and effectively, your feedback would be greatly appreciated. Please use the above address to do so.

Heritage

Lecture



Series

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, N.C. State
Room — 356
Date — October 7, 1996
Time — 7 p.m.

Free and open to the public

SPORTS

Speed Not Enough Against Purdue

By Alvin Sturdivant
Sports Editor

State traveled to Lafayette, Indiana, on Saturday, hoping to end a losing streak to the Purdue Boilermakers, a team who has struggled in offense this season. Purdue's running game has been a struggle all season and their quarterback situation was still unresolved.

On the defensive end Purdue lacked in experience, but were great in size, out sizing the Wolfpack squad tremendously. State had the speed and were picked by many to pick up their first victory against the Boilermakers, but Purdue had other plans. Purdue's task was to slow State down and to get their offense going for the first time this season.

Purdue's John Reeves got the call on Saturday, becoming the third starting quarterback for Purdue this season. With Reeves at the forefront of Purdue's offense, the Boilermakers scored on their first possession after driving 80-yards and a two yard touchdown run by Junior Kendall Matthews. Purdue used their running game exceptionally well, receiving 61 yards from Junior Edwin Watson, including a 49 yard run leading up to Purdue's 7-0 lead over the Wolfpack.

The Wolfpack moved the ball well on their first possession, but

had to settle for a 23-yard field goal by kicker Marc Primanti, one of his two in the first half; the other being a 45-yard winner. Purdue exploded once again on their next possession, with the help of offensive specialist Edwin Watson. Watson broke through the Wolfpack defense for a 35 yard run, and eventually a 13 yard touchdown run.

Watson filled the game with excitement totaling 227 yards off of 29 carries. Watson scored not once, not twice, but three times for Purdue, also scoring on their third possession of the game off of a 12 yard run.

Coach O'Cain was very disappointed in the outcome of the game stating that "We never stopped them ... they didn't throw the ball in the first half. We were not an emotional team, we didn't have a nasty frame of mind, we weren't ready to play football. There were too many missed tackles. We didn't get it done defensively."

Purdue played its best game of the season against the Wolfpack accumulating 493 yards and avoiding what could have been their worst start since 1982. The Wolfpack were very close in matching Purdue's numbers, accumulating 436 yards, but had troubles with scoring throughout the games entirety.

The highlight of the game for the Wolfpack came when Red-shirt freshman quarterback Jamie Barnette hit his roommate Torry Holt that turned into an 80 yard touchdown, which ultimately became the first and only touchdown pass for the Wolfpack this season.

Purdue came into the game, using its third quarterback of the season and hoping to find what it needed in John Reeves. Reeves finished the game with 119 yards passing, two touchdown passes, and he also rushed for 57 yards off of 10 carries.

The Wolfpack have been unable to settle in on both the offensive and the defensive ends of their game. Coach O'Cain has taken the necessary actions to hopefully prepare his team for the rest of the season.

On Sunday, after returning home from Indiana, the Wolfpack went through a full scrimmage for 15 minutes, which is something Coach O'Cain has resorted to in the past. "We've got to find a way to get tougher," O'Cain said.

"We didn't play with any intensity against Purdue. We didn't have any fire in our eyes. We've got a young team and their not going to get any better going out there to practice in shorts." The Wolfpack will be in Maryland this Saturday, October 5, to continue in ACC play.

Wolfpack Football Update

By Alvin Sturdivant
Sports Editor

Starting Split End Greg Addis and third-string Quarterback Colin Harris were dismissed from the Wolfpack Squad for apparently breaking team rules. Addis, who also returned punts and held on kicks, had caught four passes for 50-yards so far this season.

Harris, a junior college transfer, was in a three-way battle for the starting quarterback position in the pre-season drills, losing out to a more prepared Jose Laureano and Jamie Barnette. Both Addis and Harris will remain on scholarship through the end of the semester. Coach O'Cain would not elaborate on reasons surrounding the dismissal of the pair.

State has not had much success this season, but several Wolfpack players have posted statistics good enough to be ranked by the NCAA. Kicker Marc Primanti is tied for fourth, averaging 2 field goals per game.

Return specialist Alvis Whitted is fifth averaging 28.25 yards per kick-off return. Wide receiver Torry Holt is 45th with 77.33 receiving yards per game and 36th with a 22.75 kick-off return average. Jimmy Grissett is tied for 40th, averaging 5 receptions per game, and cornerback Hassan Shamsid-Deen is tied for 17th, averaging .67 interceptions per game.

Freshman Tony Scott's 25-yard punt return in Saturday's 42-21 loss at Purdue was the largest punt return for the Wolfpack in 23 games when Eddie Goines returned one 37 yards against Clemson. Scott replaced Greg Addis, who was dismissed by Coach Mike O'Cain for violating team rules.

Alvis Whitted has accomplished many feats, with his latest being chosen as ACC Player of the Week. Whitted is the first State player to be named ACC Player of the Week this season. Whitted was chosen following his 174-yard effort against Florida State on September 19. He returned four kicks, including one for 96 yards and a touchdown. One would think that would be his largest, however Whitted returned a kick 97-yards against Maryland last season.

State has suffered in offense this season, failing to score off any touchdown passes, until Saturday's 42-21 loss to Purdue. Red-shirt Freshman quarterback Jamie Barnette threw a pass to Torry Holt that turned into a 80-yard touchdown play against Purdue. Barnette threw for the first touchdown pass of the season for the Wolfpack.

State has four players ranked in the NCAA statistical leaders and as a team is 16th in kickoff returns with a 25.9 average per return. And in turnovers, State is tied for 22nd, gaining 1 turnover per game.

Are You Interested in Being a Staff Writer for the Sports Department? If so, please call 515-1468 and ask for Alvin Sturdivant, Sports Editor, or stop by Room 372 of the Afrikan American Cultural Center.

1996-1997 N.C. State Women's Basketball Roster

| No. | Name | Height | Pos. | Class | Hometown |
|-----|-------------------|--------|------|-------|------------------|
| 00 | LySchale Jones | 5'10" | G | Soph. | Newark, N.J. |
| 10 | Kenyatta Williams | 5'5" | G | Soph. | Metairie, La. |
| 14 | Jennifer Howard | 5'7" | G | Sr. | Newton, N.C. |
| 21 | Umeki Webb | 5'10" | G/F | Sr. | Dallas, Texas |
| 23 | Rosalyn McLendon | 6'2" | F | Jr. | Rockingham, N.C. |
| 30 | Peace Shepard | 6'2" | F | Sr. | Swansboro, N.C. |
| 31 | Tami O'Connell | 5'7" | G | Sr. | Wilmington, N.C. |
| 32 | Constance Poteat | 5'8" | G | Jr. | Grove, N.C. |
| 44 | Chasity Melvin | 6'3" | F | Jr. | Roseboro, N.C. |

Head Coach: Kay Yow (22nd season)

Assistant Coaches: Stephanie Glance (Rollins, '86)
Robin Pate (N.C. State, '91)
Jen Price (Taylor, '92)

The largest career fair held at NC State!

Minority Career Fair

October 3, 1996
Reynolds Coliseum
9:00 am - 3:30 pm

Get your resumes together, NOW!

How to prepare:

- Research employers ahead of time
- Dress professionally (especially if seeking full-time employment)
- Bring several copies of your resume
- Be assertive. Approach employers w/confidence
- Make a good first impression w/a smile & firm handshake
- Prepare a 5-10 second intro of who you are and why you stopped by
- Ask about full-time, internship, co-op or general career information

Visit us online or call 515-5918 for more info!

http://www2.ncsu.edu/ncsu/student_center/uab/bsb/mcf.html

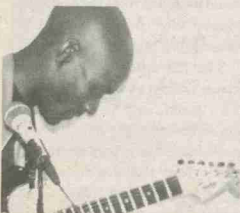
CULTURE

Shades of Blue Vivify Tuesday Night

By **Cassandra Lester**
Cultural Editor

Do you love music? Are you a jazz enthusiast? If you have never taken the time to listen to jazz, are you interested in taking the time to learn more about it now? If you answered yes to any of those questions, then you will be glad to know that the Gallery Committee of the Afrikan American Cultural Center has opened the door to allow you to explore your musical interests.

The Gallery Committee has begun a new program titled "First Tuesday Jazz." This program



Jerry Blackmon/Staff
A Member of the Shades of Blue

brings the worked of jazz to the campus of N.C. State every first

Tuesday of the month for the next eighteen months.

"This idea stemmed from a need to bring jazz to students and offer a platform where student artists could be seen. Also, to give the faculty, students and community a chance to interact so that they won't feel so unconnected," Dr. G. Wyatt Sydnor, a coordinator of the event said.

The cost of this entertainment is very slim. It is only five dollars. I know that some of you may be thinking that five dollars is too much, but considering where the proceeds go, it is well worth it.

"The funds go toward the gallery so that more artists can be booked in the future." That means that by spending your five dollars, you are really paying for the opportunity to listen to jazz music, and to see the visual art of such artists as Ras Jahaziel, whose work is currently being shown in the gallery, and Benny Andrews, whose work was showcased in the gallery last semester.

The event was publicized by flyers being passed out in the community, informing the alumni and putting a notice in the paper. Although turnout was not as great as expected, everyone was confident that the First Tuesday Jazz would

grow.

In fact, that is one of the reasons it was given its particular name. The Gallery Committee hopes that after awhile, it will become automatic for everyone to know that on the first Tuesday of every month they have somewhere to go to hear jazz music.

The featured artist on October 1,



Jerry Blackmon/Staff
Bobby Hinton

was Bobby Hinton and the Shades of Blue. Collectively, this group has played with the very best — with such groups as the Temptations, Platters, Sam Cooke, Marvin Gaye, James Brown, and the Drifters. Hinton has even collaborated on a song all of us know — Shirley Murdock's "As We Lay."

Hinton toured the country sharing his music with the world, until 1978. "I was in Hawaii on tour and

just decided to pack and go home. I was tired of that lifestyle. I went home and taught high school," he said, breaking from a career of performances that he had maintained for about twelve years.

Hinton usually doesn't perform locally — this was a special performance for the students of NCSU. "What we're playing tonight is basically our roots. Young black people don't seem to know anything about it. You go to black clubs, and all you hear is rap. There's nothing wrong with rap, but it seems that's all they know. Yet, at the white clubs, they know our music. They love our music. So by doing this, I hope to educate our young people about their roots."

The lights were lowered to give the Multipurpose Room of the Afrikan American Cultural Center an intimate setting. The side door was left open to entice passersby to stop and check out the sounds of music coming from within. It was a night filled with laughter. Hinton flirted with the audience, inviting everyone to share in the music. This atmosphere of laughter and fun made one feel as if the music belonged to them as well, often taking away the feeling of being a non participating observer.

It was obvious that everyone was having a good time. There were smiles on faces, toes tapping, and heads nodding to the Hinton's soulful tunes. "In order to play the



Jerry Blackmon/Staff
A Member of the Shades of Blue

blues, you have to learn to play jazz. In order to play jazz, you have to have already heard the blues," Hinton said.

Admittedly, the first time did not attract as large an audience as was expected, but there were enough presnent to make the night a success. The next scheduled performance will be, of course, on the first Tuesday in November, and I hope to see all the faces who were there on October 1 return, as well as a few new ones. "Come out and enjoy yourselves," Hinton said, "this is your school, your time, your fun."

Conversations: Having Our Say

Sisters and Brothers in the Movement

Conversations Leader: Dr. Paul Bitting,
Dr. G. Wyatt Sydnor, Robert Sydnor

How do Afrikan American sisters and brothers relate to one another in the political and professional arena?

Wednesday, October 9 at 7 p.m. in Room 356 of
the Afrikan American Cultural Center

Sponsored by The Afrikan American Cultural
Center and Center Stage

"Having Our Say" is supported by grants from the North Carolina Arts Council, a state agency. Center Stage is supported by the United Arts Council of Raleigh and Wake County with funds from the National Endowment for the Arts Local Arts Agencies Program (a federal agency), Wake County and the United Arts Campaign.

"A negro man needs more — expects more — from his wife than other men do.

"A negro woman, no matter what [her] age or background or understanding of the problem, has to be terribly strong. They cannot relax, they cannot simply be loving wives waiting for the man of the house to come home from work.

"They have to be spiritual sponges, absorbing the racially inflicted hurts of their men, yet at the same time they have to give him courage, make him know that it is worth going on, worth going back day after day to the humiliations and discouragements of trying to make it in the white man's world.

"It isn't easy to be a sponge and an inspiration. It doesn't leave enough room for simple love to develop. You both become victims of the system you're trying to fight. The strain on a marriage is incredible.

— Lena Horne, 1965

"Sanity suggest that the street child learns that which prepares him to live in a world that is immediate, that is real. To fail to recognize this is to expect far too much of an human being while crediting him with far too little humanity...

"Now, I don't know what intelligence is. But this I do know, both from life and from literature: whenever you reduce human life to two plus two equals four, the human element within the human animal says, "I don't give a damn." You can work on that basis, but the kids cannot. If you can show me how I can cling to that which is real to me, while teaching me a way into the larger society, then I will not only drop my defenses and my hostility, but I will sing your praises and I will help you to make the desert bear fruit.

— Ralph Ellison, 1963.

Thorpe Highlights AKA Skee Week with "Black Family"

By Carolyn Holloway
Staff Writer

Every year the Kappa Omicron Chapter of Alpha Kappa Alpha sorority hosts "Skee Week," but this year ended up a little different than most. The week began with what most people would consider the strength of the black community, the Black Family.

Facilitated by Toni Thorpe, outreach coordinator for Center Stage along with numerous other titles, the program focused on the effects of slavery on every man, woman, and child and the transitions we have made from the 1930s into the present time.

Thorpe opened the program with a few Afrikan proverbs "When spider webs unite they can tie up a lion," and "Until the lions have their own historian, tales of hunting will always glorify the hunter," that stressed the importance of the Afrikan family.

"[Not until] we examine the changes within the Afrikan family can we determine the strong foundations and the shoulders of the ancestors of whose backs we are

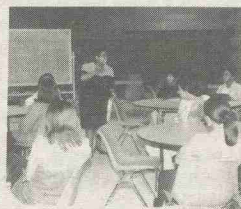
on. [If] Afrikan Americans continue to glorify the hunter, the hunter will always be superior, therefore do not take what you read, listen, or observe at face value."

Afrikan Americans must have a goal, which means that we must know our purpose, Thorpe said. We must always ask at the end if we took care of our business. Afrikan Americans must "realize that our history neither begins with another culture, nor does it begin with mirror images we assume."

With that realization, Afrikan Americans must analyze the role of each gender before and after slavery. Women were treated as sex objects — toys for other cultures — often referred to as "Aunt Jemima" or "mammy." They were denied the use of water, soap, and clothes, yet were still viewed as very attractive. Men weren't treated any different either. Men were thought of as dumb, brute, sex objects, "an animal who had an unnatural hunger for other cultures."

With the downfall of slavery, Thorpe said, "Afrikan Americans began to see false images of what

each person's role in the community should be." Afrikan American women were shown images of women being soft, feminine, naive and not family orient-



Shawna Daniels/Staff

Toni Thorpe: Facilitator

ed. Women not only found it difficult to obtain any jobs after slavery, but they had no tools to bargain with. Men had everything stripped from them and women could do nothing more than sympathize. Men began to feel resentful of their situations as sharecropper or workers on someone else's land.

As time passed, Afrikan American singers began descanti-

ng about strange fruit hanging from trees (the lynching of Afrikan Americans) and women finding themselves indirectly telling men to "allow me to be disrespected so your life [can] be spared."

Segregation came about in the '40s, and America implemented more Jim Crow laws to justified it. In the '50s, as "black persons were allowed to go into the stores, but they were never helped on a first come-first serve basis."

A spark was lit during the '60s that brought about revolution and inevitable evolution. "Do not ever believe that the government started ... free lunch programs. Not only did the Black Panther Party start the free lunch program but they implemented the 'head start' program in the '60s that the government endorsed many years later."

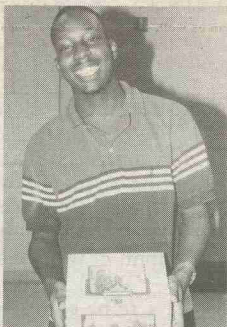
Afrikan Americans began to become more independent. In the '70s Afrikan Americans began to acquire jobs but were still dealing with the mental impact of slavery. The '80s were a time of assimilation for Afrikan Americans. "If we looked the part, I am the part" was the theme that Afrikan

Americans lived by. In the '90s Afrikan Americans began to believe they needed heroes. "Athletes, television figures and single working moms," Thorpe asserted, became the heroes of everyday society.

Relating to the role of television figures, Thorpe analyzed the Color Purple, Roots, the Delaney Sisters, Waiting to Exhale, and the Raisin in the Sun. With all these movies and figures, Thorpe said that each one either defined struggles in the Afrikan American community or exemplified major stereotypes in the Afrikan American community. "Therefore," Thorpe said, "we have to constantly look for things that renew our daily sense of strength," things not found by relying on media images.

Afrikan Americans must learn to be responsible for each other because we must "be the change that we want to see happen," and know the solid foundation of where we stand so we can exert positive energy in as many ways as possible. If all this happens, we can begin to be the true historians of our own history.

Alpha Kappa Alpha's "Skee Week"



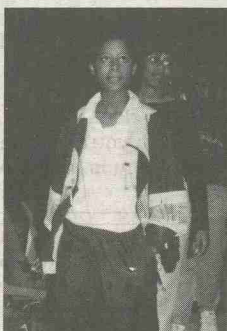
Winner in the Cakewalk



Members of Alpha Kappa Alpha Sorority, Inc.



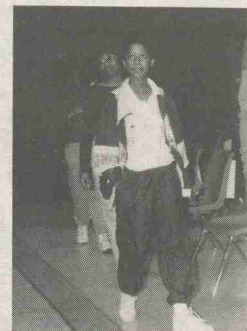
Cormekki Brown of Alpha Kappa Alpha enjoys the cake at the Cakewalk



Participants in the Cake Walk



Students Participate in the Black Family Program



Participants in the Cake Walk

All proceeds from the Cake Walk were donated to the Afrikan American Cultural Center Library

All Pictures By Shawna Daniels/Staff

HEALTH

Caring for Our Hues of Blackness

By Kimberly Pettaway
Staff Writer

Have you ever looked at a rainbow in complete awe? Every color whether bright or dull, light or dark makes the rainbow what it is — something beautiful to behold. This is no different than the many hues of Afrikan American skin. No one shade can rightfully claim superiority. The beauty of blackness is evident and its many shades are endless.

Black is not only beautiful but healthful. Dark skin is smoother and firmer than white skin. It also resists aging better than white skin. The body must constantly reabsorb and replace degenerated elastic tissue that is a result of sun-damaged white skin. Eventually shrinkage and wrinkling will occur because this process decreases the total amount of skin.

Darker skin holds a higher content of melanocytes — granules within the skin cells that produce a dark pigment called melanin. Therefore, there is little to no wrinkling. Melanocytes are larger in black skin. This, larger melanocytes, prevents upper layers

of skin from degenerating with time and cumulative sun damage.

It is simply not enough to marvel at the beauty of our skin. We must take care of it.

The removal of dead cells, superfluous oil, perspiration and dirt from the skin surface can be achieved through frequent washing. Black skin is drier in comparison to white skin. An accumulation of dead skin cells, "ash," is more visible on our dark skin.

A loofah or cleansing grains can be used to slough off dead cells. Be cautious when cleansing skin. Vigorous rubbing or the use of extra coarse grains can lead to scarring and irritation.

Facial skin is very delicate. A mild cleanser and rinsing with cold water to close the pores should be administered at least twice a day. Refrain from using cleansers that contain perfume or deodorant that makes the skin feel dry. Natural products are excellent for facial cleansing and they do not have to be expensive.

However, sometimes regardless of the care we put forth in the cleansing of our faces acne still rears its ugly head. Acne occurs

when the oil glands in the skin become inflamed and clogged with oil and dead skin cells.

Body and Soul provided the following tips for minimizing the effects of acne:

- Keep your face clean. Use a mild, oil-free cleanser and avoid harsh scrubs that are too abrasive for skin that scars easily.
- Use oil-free skin-care products. Read labels and look the word noncomedogenic, which means "nonclogging."

- Keep hair-care products that contain oil away from your face. Don't use the products around your hairline, and wear a scarf when you sleep to keep hair off your face.
- Keep your hands off your face.

Despite the routine hardships your face may encounter (harsh weather, acne, etc.) you must never denote the natural beauty that exudes from your skin. With the implementation of a "proper" skin care regime, radiant skin is yours. Pamper your skin and bathe in self-love so that your inner-Black-beauty shines through.

Being Comfortable With Who You Are

By Randall Haddock
Health Editor

College students face tremendous pressures upon arriving to college whether it be deciding which residence hall to live in, which classes to take, or studying for a major exam. It is often at this point in time where great emphasis is put on and into appearance.

Contemporary society has this attitude toward body images that is becoming more and more distorted, particularly in the eyes of young Americans. Many women, who are constantly bombarded by photographs of ultra thin supermodels, have the misconception that they are overweight.

Aerobic centers and health clubs across the country are being overcrowded by exercise fanatics in search of the elusive "perfect figure." It seems that in today's society, a slim waist has become a symbol of success.

It has been asserted that the media has made a significant contribution in the arena of image misconceptions. Television, for example, has the ability to flaunt images of physical beauty and appeal through various commercials and other advertisements. It is these messages that are seen by the public that makes many believe that they have less than perfect bodies, often leading to overachieving in areas such as grades, looks, and the need for social acceptance.

While body images and excessive weight concerns are common among women, men are not to be excluded. Even though many males want to inevitably increase

their weight through the increase of muscle mass, they are still trying to alter the size of their body relying on their physique for acceptance among peers and personal gain.

Men and women continually try to degrade their own appearance to satisfy the contemporary standards of physical beauty. With the influence of the media illustrating their own views of physical beauty, then the viewing audience will act accordingly.

It has been estimated that by age 18, the average person has viewed more than 350,000 commercials and by 20, has spent an estimated 23,000 hours watching television. It has become evident that by consistent television viewing, listening to the radio, and viewing magazine ads that most people are subjected to the idea of what one should look like.

Well, what are things a person can do to become comfortable with himself/herself?

While there is no one true answer to this question, the most important thing a person can do is to begin trusting themselves and know that they are in charge of all aspects of their lives including their bodies. Often times society teaches people to mistrust themselves by defining for them what is perfect, beautiful, or desirable.

Society also teaches people that if they do not fit into these categories, they are considered undesirable and should be helped. Trusting yourself means that a person is on the way to discovering themselves and how to value those truths.

Information taken from the Center for Health Directions.

A Few Simple Tests Can Save Your Life

By Randall Haddock
Health Editor

Diseases can be hidden and deceptive to individuals. You may have no visible symptoms and may feel great, but something still could be wrong.

There are however, a handful of tests that individuals can have regularly performed by a physician to try to detect some of the most dangerous diseases.

Following are six screening tests that come highly recommended by many physicians:

1. Blood pressure measurement. This test shows the force of blood against artery walls. Blood pressure that is too high can damage blood vessels and kidneys. It also increases the risk of a heart attack and stroke.

Who should be tested: All adults and children.

How often: Adults at least once every two years or as recommended by your physician, and children during doctor visits.

2. Cholesterol test. This test

measures cholesterol levels in the blood. Excessive cholesterol can narrow and clog arteries. This increases one's risk of a heart attack and stroke.

Who should be tested: All men and women over the age of 25.

How often: Every five years or as recommended by your doctor.

3. Mammography. This x-ray of the breast can detect cancerous tumors when they are too small to be felt and at a stage when they are most treatable.

Who should be tested: All women over the age of 30, or as recommended by a doctor.

How often: Every year.

4. Pap smear. For this test, your doctor gently removes some cells from the cervix — the lower end of the uterus. The cells are studied for signs of cancer.

Who should be tested: All women who are or who have been sexually active.

How often: At least once every three years or as recommended by a physician. It is reasonable to have

these tests stopped at age 65 provided that previous tests have been OK.

5. Stool sample for hidden blood. This lab test of a stool sample checks for excessive blood in the bowel movement, which could be a sign of cancer of the large intestine.

Who should be tested: All men and women 50 or older.

How often: Every year.

6. Sigmoidoscopy. This test allows for the physician to examine the walls of the lower intestine to check for possible cancer in the digestive system and large intestine.

Who should be tested: All men and women over age 35.

How often: Every five to 10 years or as recommended by a physician.

Recommendations for these and other screening tests can vary, depending on your health, lifestyle and medical history. If you have any questions or would like more information, please contact a physician at Student Health Services at 514-2563.

Any students interested in being a health writer for The Nubian Message, please call 515-1468 and ask for Randall Haddock, Health Editor, or stop by Room 372 of the Afrikan American Cultural Center and fill out an application.

"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
Tuesdays 1 to 5pm

To make an appointment, you may call INTERACT directly and ask for the NC State crisis counselor 828-7501 or contact Marianne Turnbull 515-9355

AFRIKAN AMERICAN QUOTATIONS

"Black men must be believers in Black people (men, women, and children) twenty-four hours a day and develop a lifestyle that clearly states we are not for sale."

"There is loneliness in our lives. Even in the roar of the crowd we find that our connection to that which is natural and real is often the superficial interpretations of others. Our ability to feel lessens as our world becomes more concrete and individualized. It is not enough that our food is plastic, our water undrinkable, that we are driven from our families because we can't support them, but when human and spiritual bonds that have for so long sustained us in unbearable hours fade away — it is time for urgent reassessment. We are a social people and the Black family has been the foundation of our strength. This foundation is weakened when the men are confused about their role, rather, their mission in life."

— Haki R. Madhubuti, 1979.

• I will not be deterred from my goals by those who expect nothing of me. I will remain committed to my own high standards.

• Even when are youth fail to live up to our expectations, we must keep reaching out to them. We cannot afford to lose any more of our young people.

Who are we today, and where should we be going? No clear answers to those questions come from the black institutions of yesterday. Now television, that is to say, American has taken over the education of our young people, so that where blacks once spoke, as corny as it was, of "racial uplift," we now speak of "getting over." But this is an amoral concept. One gets over any way once can. Thus a curious inversion has taken place. The method now used to combat (make, it survive) in America is no longer ours, but America's own: unscrupulousness. but once one starts down that road, it cannot be contained within black/white relations alone. Lack of principle seeps over into our own cultural space, contaminating and poisoning relations which must be solid and honest to ensure the legitimate preservation — not to mention the prevailing — of the race.

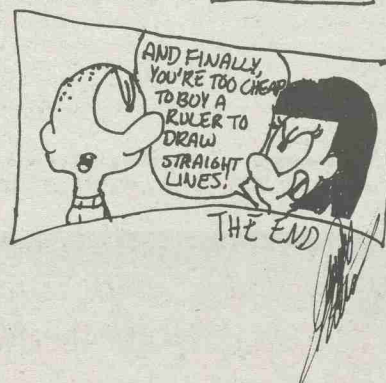
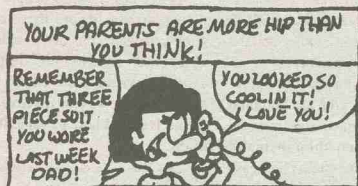
— William Strickland, 1979.

Adapted from
Madhubuti's
presentations

NUBEE AND ARTHUR



SO I PRESENT TO YOU THE
**SECRETS TO TELL
YOU'RE BROKE
IN COLLEGE!**



Our greatest danger is that in the great leap from slavery to freedom, we may overlook the fact that the masses of us are to live by the productions of our hands, and fail to keep in mind that we shall prosper in the proportion as we learn to dignify and glorify common labor and put brains and skill into the common occupations of life, shall prosper in proportion as we learn to draw the line between the superficial and the substantial, the ornamental gewgaws of life and the useful. No race can prosper till it learns that there is as much dignity in tilling a field as in writing a poem. It is at the bottom of life we must begin and not the top. Nor should we permit our grievances to overshadow our opportunities.

— Booker T. Washington, 1895.

— Education is a tool for transforming and revitalizing my life. With it, all dreams and goals are possible.

— Honor the value and dignity of work. Nothing can replace the pride and self-respect it brings.

— We are never without options despite the challenges that life brings.

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 124 | Juan McKenzie Jamila Smith Angela Sykes |
| CH 101 & 107 | Review | Every Monday 5:00 - 6:30 pm Harrelson 233 | Darius Burden 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 233 | 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 345 | Richmond Hill Adrian Holley Annie Mitchell 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 5:15 - 6:30 HA 233 | Delicia Carey Cralen Davis Nicole Hill |

If you have questions,

please call 515-7841

