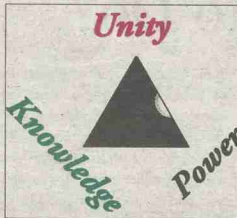


# THE NUBIAN MESSAGE

Volume 5, Edition 10  
October 24, 1996

The Afrikan American Voice of North Carolina State University



## What's Goin' On?

### Society of Afrikan American Culture

SAAC will have a general body meeting, today at 7:00 p.m. in Room 375 of the Afrikan American Cultural Center.

### Heritage Day

Heritage Day will be this Saturday, October 26 from 10:00 a.m. - 6:00 p.m. in the Afrikan American Cultural Center.

### Friends of Library Lecture

Andrew Young, former mayor of Atlanta and mayor of Atlanta and ambassador to the United Nations under President Jimmy Carter, as well as recent co-chair of the Atlanta Committee for the Olympic Games, will speak at North Carolina State University on Friday, Nov. 1, at 4 p.m. The lecture is free and open to the public.

### NC State Fellows Program

The North Carolina State Fellows program is seeking freshmen interested in developing their leadership potential and enhancing their personal growth. Applications are available in 2120 Pullen Hall, and are due November 1, 1996. For more information, call 515-3151.

### Miss True Essence 1997

This Spring, New Horizons Choir will host "Miss True Essence 1997"—A pageant celebrating the Afrikan American woman. An interest meeting for contestants will be held on Tuesday, November 5 at 7:00 p.m. in Room 3123 of the University Student Center. Dress to impress!

## US Senate Hopeful Harvey Gantt Visits NCSU

By LaTonya Dunn  
Editor in Chief

U.S. Democratic Senate candidate, Harvey Gantt, will be a guest speaker of the town meeting between the Atrium and Brooks Hall at 5:30 p.m. today. This town meeting is a last minute effort to appeal to college voters before November 5 — election day — which will determine one of North Carolina's two senatorial representatives for the next six years.

Gantt's Republican opponent, Incumbent Jesse Helms, has served the U.S. Government for 24 years. Helms is seeking his sixth term in the U.S. Senate. During his first run for office in 1992, Gantt narrowly lost the seat to Helms by less than 6300 votes.

Gantt has had an active career in politics. He was a member of the Charlotte, N.C. City Council; the U.S. Democratic Committee and served a term as mayor of Charlotte. During Gantt's tenure, Charlotte underwent unprecedented growth which has attributed to Charlotte's success today. Not only has he served the community politically, but socially and economically. Gantt, an architect, is also a husband, father and grandfather.

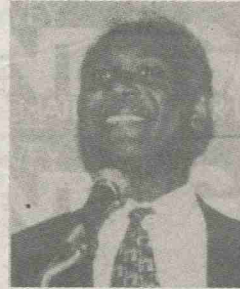
One of the main issues on Gantt's agenda is education. Gantt believes that the federal government should involve itself in certain educational choices that may effect the future of America rather than interfering with state decisions.

Gantt has proposed educational reforms that involve the national

establishment of such early-childhood programs as Head Start, and \$10,000 tax deduction for the families of students of entering freshmen.

"This should increase the number of students enrolled in institutions of higher education," Gantt said. He is also in favor of protecting current student loan programs and supports a woman's right to choose.

David Price, Candidate for North Carolina's fourth district seat in the House of Representatives, will also speak at the town meeting. The program is being sponsored by Students for Harvey Gantt for U.S. Senate, the Afrikan American Student Advisory Council, North Carolina State College Democrats, Meredith College Democrats and the 96 in 96 Vote Project, along with students from Shaw University, St. Augustine's College, Peace College and St. Mary's College.



Staff Picture  
Harvey Gantt: US Senate Hopeful

## Forward Ever, Backward Never

By Fred Frazier  
News Editor

"Forward ever, Backward never!" This statement is a rallying cry for the Afrikan American community.



Staff Picture

### Afrikan American Heritage Day

This statement is also the theme for this year's Afrikan American Heritage Day which is this Saturday, October 26th.

The event starts at 10 a.m. on Saturday morning, with a full schedule of events. The Drum Call will

kick the day off and there is a full list of what will transpire during the day on the back page of The Nubian

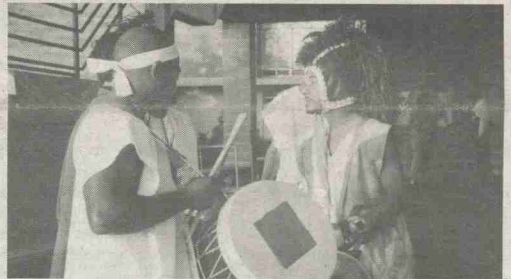


Staff picture

### Vendor will be present

Message.

The Keynote address for Heritage Day will be given by Mzee Lasana Okpara — Dr. Fred L. Hord. He is Chair of the Black Studies department at Knox College; President of the Association of Black Culture Centers, and the author of Life Sentences: Freeing Black Relationships as well as other



Staff Picture

### Drummer will be at the Heritage Day

books.

Some of the featured events of the day will be the Dance workshop put on by The Magic of Afrikan Rhythm, Alpha Phi Alpha's oratorical contest, a fashion show by Black Finesse, and a performance by gospel vocalist Dawn Eaton.

The Magic of Afrikan Rhythm is going to give a lecture on Afrikan music and the rhythm of life. Also, storytellers, vendors, food, fashion, food, and reggae music will be on hand during the Afrikan American Heritage day.

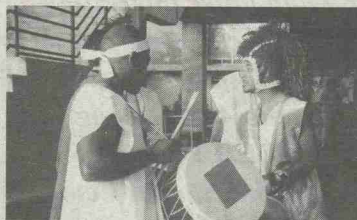
"As President of the Afrikan American Heritage Society, I

encourage everybody to attend this event as it will prove to be extremely enlightening," said Conitsha Barnes.

Afrikan American Heritage Day is being held in the Afrikan American Cultural Center from 10 a.m. until 6 p.m. This event is free and open to the public.

With their eyes on the prize, the Afrikan American Heritage Society is focusing on making progress, learning from our past hindrances, and moving on to bigger and better things. "Forward ever, backward NEVER!"

## This Week



--Heritage Day will be held this Saturday, October 26 from 10 a.m. to 4:00 p.m. in the Afrikan American Cultural Center.

--Ajuba Joy, Substance Abuse Prevention Coordinator for the Student Health Services is featured on page 6.



# CULTURE

## Can You Really Do What You Want to Do?

By **Cassandra Lester**  
Cultural Editor

Lips drawn tightly together in disapproval, heads shaking vehemently, and impotent anger shining in the eyes of many. Those were just a few of the signs of body language that could be easily read in the campus cinema of the Witherspoon Student Center on Monday, October 21, 1996.

Why was there so much negative body language being flung about on that particular evening? The reason is because the Society of Afrikan American Culture and the Bisexual, Gay, Lesbian Association sponsored a program titled "Gay, Black and Male."

It was a two part program that consisted of watching a film and then discussing the issues afterward. Ricky Livingston, president of SAAC, and Pastor Wanda Y. Floyd of St. John's Metropolitan Community Church were the discussion leaders.

The program began with Marlon Riggs' film "Tongues Untied." It was a very moving film that talked about the double hardships of being a black, gay man. For those people who missed out on this film, it is can be found in D. H. Hill Library. Marlon talked about how difficult it was to grow up being called "nigger," "punk," "faggot" and other derivative names.

Riggs said, "cluttered by identities I never wanted to claim, I ran deep inside myself."

He mentioned a point in his life where he was badly beaten because of who he was and that the only person who offered him help was a white man. Those incidences made him look toward the white image for love and for the longest time he did not love his own black image. In his mind, to be black and gay was the worst fate imaginable.

So, for a long time he tried to erase the fact that he was a black man and hide the fact that he was a gay man. However, by the end of the movie, it was apparent that he no longer felt shamed by who he was. He no longer felt that being black and being gay had to be two separate identities.

There were moments in the movie filled with humor, but at some points there was laughter where laughter was inappropriate. It was as if even in the cover of darkness, people felt afraid to be open-minded and try to understand Marlon's message. It was as though the laughter came when someone felt that they were coming a little to close to feelings of empathy.

Unafraid to show the reality of a homosexual lifestyle, Marlon Riggs also had images of intimacy between men in his film. During the early part of the movie, people shifted around in their seats uncomfortably as the image of two black men kissing flashed across the screen. Later towards the end of the movie, when the scene became a little more intimate, two gentlemen who were present at the program were so uncomfortable with what they were seeing, that they had to leave the room.

I have always felt that the most beautiful image in the world is black skin against black skin. While I must admit that I have never imagined seeing two black males touching in such an intimate way, I can't deny the fact that I still found the image very beautiful.

From the conversation that followed the film, I know that many people who were in the audience wouldn't agree with me. Many of you reading this article right know probably disagree with me as well. All of you would agree however, that black love is beautiful.

Why should it be any less beautiful if that love is shared between two

men? As the film faded into darkness, there was a beautiful tenor voice singing the words "You can do what you wanna do," but the conversation that followed showed that many people don't share that same opinion.

As the lights came on and the floor was open for discussion, conversation leader, Ricky Livingston, was met with total silence. It seemed as though many were still trying to digest the images of black love that had been expressed in the movie. The ball began to roll when a member of the audience asked Pastor Floyd if she as a pastor and lesbian felt that homosexuality was a sin.

"Nowhere in the bible is the word (homosexuality) mentioned, although the word was in existence at the time. I would think that if it was a problem, [homosexuality] would have been mentioned in the bible."

Freshman Tameka Cooper, was quick to make this point, "Even though it doesn't say the word, it says something along the lines of man lusting for another man is a sin, and isn't that the definition of homosexuality?"

Pastor Floyd brought up the story of Sodom and Gomorra and how if one takes only a small portion of a bible verse and makes an interpretation based upon that alone, many things could be misconstrued. To show an example of this, Pastor Floyd talked of another passage in the bible where it talks of a man raping a woman, and how someone could misconstrue that incident and believe that all heterosexual acts are wrong.

Not willing to let the pastor get away with that comment, someone pointed out her use of the word rape, and that a rape could not be compared to a homosexual act. This comment caused Pastor Floyd to say

that in some versions of the bible, the homosexual act that is talked about in the story of Sodom and Gomorra is mentioned as a rape.

"The bible was written by man, and there is no way of knowing what was put in by man and what was inspired by God," Livingston responded. His comment was made to support Pastor Floyd's opinion that "you have to read the bible and then make your own judgments about what is wrong or right. You can't just believe blindly in the bible because differently versions tell you different things."

After more discussion on that topic, other areas of the film were discussed. Don-nisha Johnson, a freshman majoring in Sociology, stated, "Until watching this film, I never thought about the two strikes of being black and being gay." This comment was made due to a scene in the movie where it showed Dr. Martin Luther King marching for the rights of Afrikan-Americans during the civil rights movement, and immediately following that it showed gay Afrikan-Americans marching for their rights.

The comparison of these two movements offended some people. In fact, Tricia Jordan, a freshman majoring in Political Science, was compelled to make the following comment. "I don't see how the struggle to be black and the struggle of being homosexual can be compared. I could not choose to be black, but being homosexual is a choice."

This of course sparked the age-old debate about homosexuality being a choice or a sexual preference that one is born with. "I used to think it was the external factors that made me who I am. But now, I believe that I was born this way."

Some people seemed unsure about whether homosexuality is a choice. "It is not a choice ... I don't

think," someone said with great deal of hesitancy. Others were very adamant in their belief that it was a choice and that those people who chose to live that lifestyle were wrong. Another member of the audience had this to say, "Being black is not a choice."

I personally believe that being homosexual is not a choice either. The only difference is that being black is not something you can hide, while being gay is something you can choose to hide. That is where I think the main problem stems from, people get offended when a person makes the decision not to hide who they are."

Tricia Jordan made the final comment. "God doesn't hate the homosexual - he loves us all the same, but it is the sin of homosexuality that he doesn't like."

No one walked away from the program with a change of opinion on the issue of homosexuality. Did anyone walk away with a deeper understanding for the plight of being gay, black and male? I couldn't really say. The one thing that is evident is that despite what the words of that song say at the end of the movie, you cannot "do what you wanna do." Or at least not without suffering the repercussions.

If you are gay and open about it, you run the risk of losing family, friends, and your career. If you are gay, black and male, you run the risk of having your manhood questioned. So although I have the liberal viewpoint that black skin against black skin is beautiful no matter what, other people in the world only share that opinion when the black skin that is touching intimately, is the black skin of a black man and black woman.

So maybe one day we will live in a world where you can do what you want to do, but unfortunately, that day is not today.

The Office of Afrikan American Student Affairs

Presents

### 1997 Symposium Counselor Information Sessions

You may choose to attend any of the following sessions:

Thursday, October 17, 1996

Tuesday, October 29, 1996

Wednesday, November 6, 1996

Monday, November 11, 1996

All sessions will begin at 5:00 P.M.  
in Harris Hall--Room 2015

For more information contact:  
Lathan Turner, AASA Coordinator--515-3835.

**AACCtion Volunteers are needed to assist at the Afrikan American Cultural Center. Can you design a flyer, stick on labels, answer the phone, assist in the library, assist in the gallery. All these and other interesting volunteer projects await you as an AACCtion Volunteer. Please call or stop by the AACC to sign up. WE NEED YOU. 355 Witherspoon Student Center, 515-5210.**

# SPORTS

## Wolfpack Blanked By Cavaliers

By Alvin Sturdivant  
Sports Editor

After four intercepted passes, two blocked punts, and a shutdown of the Wolfpack offensive and defensive units, Virginia escalated into high gear and defeated the struggling Wolfpack squad 62-14. NC State struggled on both ends of the field, failing to make any kind of connection, ending their streak of three consecutive wins in Charlottesville. After the Wolfpack's impressive play against Alabama, expectations were high, but effort was very low, and ultimately ended in an embarrassing loss for the Wolfpack.

NC State opened the game very impressively, forcing the Cavalier offense to punt, but the Wolfpack offense also failed to make any strides and were forced to punt, beginning what would seem like a never ending scoring drives by the Cavalier offense.

Jay Duke's punt was fielded by Virginia's Heisman hopeful Tiki Barber, who exploded through the Wolfpack's special teams, sprinted down the sideline, scoring his first touchdown of the night off of a 74-yard punt return. The Cavalier defense stood strong throughout the game, forcing several Wolfpack errors and a series of key mistakes. Barber led the Cavalier offense scor-

ing Virginia's first two touchdowns, and lifting the spirits of his team to elevated heights. The Cavaliers played one of their best games this season and defeated the Wolfpack by their largest margin in fifteen years.

Virginia's offense was highly motivated and its defense was not far behind. Leading the way for the Cavalier defense was Anthony Poindexter. Poindexter played one of his best defensive games this season, intercepting two Jamie Barnette passes back-to-back before Barnette was replaced by former quarterback starter Jose Laureano. Virginia capitalized on both possessions, and ultimately went into half-time with a 45-0 lead over the Wolfpack.

Despite several early season losses, this was by far the worst loss for the Wolfpack this season. Neither Barnette or Laureano were able to get anything going offensively, but each threw for one touchdown. Laureano hit Jimmy Grisset with a 42-yard touchdown play and Barnette was able to find tightend Michael Foushee in the endzone for the Pack's second and final score of the night.

Barnette did not play very well, but he and Laureano posted similar statistics in the game, once again possibly throwing the quarterback position up in the air. However, Head Coach Mike O'Cain and his staff have assured Barnette that he is

their starting quarterback and that they have full confidence in his ability. Barnette is a young athlete and he still has a lot to learn, but experiences such as Saturday's loss, can be very instrumental and educational as far as his career is concerned.

Barnette had been a very poised and relaxed player up until Saturday's match up, but every player has to lose control at some point, and this was Barnette's time. Despite the loss on Saturday, Barnette has completed 37 of 66 passes for 596 yards and 3 touchdowns. He was also chosen ACC rookie of the week following his impressive showing against Alabama last weekend.

The Wolfpack will be off this week, but will face the nationally ranked Tarheels of North Carolina on November 2. NC State lost a controversial game to the Tarheels last season in Carter Finley Stadium and hope to rebound this year and pick up their second win of the season. O'Cain is currently 0-3 against the Tarheels and holds a 20-21 record in his history at NC State.

The Wolfpack suffered through a losing year last season and is well on its way to that fate once again, unless Mike O'Cain and his troops can regroup and win the remainder of their games this season. The Wolfpack are now 1-5 overall and 1-3 in ACC action.

## ImPack Program Important for Athletes

Staff report

The Nubian Message

As a student-athlete, the transition from high school to college is rigorous athletically, academically, and socially. One must not only excel on the playing field, but also perform well in the classroom and develop as an individual in a thriving campus community.

To ensure that the student-athlete is able to attain these goals, the N.C. State Athletic Department and the Office of Undergraduate Affairs has piloted a program called ImPACK, designed to ensure the success of the student-athlete in all forms of university life.

State is one of 47 universities and colleges working with the "Life Skills" pilot program for student-athletes, implemented to provide an optimum experience for every student-athlete. ImPACK is a "Life Skills" program that encourages the "total development of Wolfpack athletes.

They are encouraged not only as good students but socially conscious people. The program consists of five major components: Academic Excellence, Athletic Excellence, Career Development, Personal Development, and Community Service. The Office of Undergraduate Affairs operates the Academic Excellence facet of the ImPACK program, and with the aide of the Athletic Department, also coordinates the Academic-Support

Program for Student-Athletes.

Athletic Excellence is the responsibility of the Athletic Department and each of NCSU's athletic teams. J. Lin Dawson, Assistant Director of Student Services for the Athletic Department is in charge of Career Development,

Personal Development and Community Involvement. He believes all these individual components are important, but together they form the unique experience of campus life for the student-athlete.

"You can say come here because we have a great academic program, or come here because we have a great athletic program and a winning tradition," Dawson said. "But when you take the academics and the athletics and combine it with social and spiritual, that's when you get the [student-athlete] as a whole individual."

ImPACK also provides student-athletes with services such as career counseling, drug and alcohol education, networking, and tutoring as well as competitive sports opportunity and training.

Besides ImPACK, the Athletic Department also offers orientation sessions for incoming student-athletes and MDS classes through the Office of Undergraduate Studies for its student-athletes. These classes and sessions teach study skills and time management techniques for the students. In addition, study halls are maintained and recommended for student-athletes in many sports.

### Recent Results in NC State Sports

- NC State's women's soccer team defeated Charleston Southern 6-1 on Tuesday.
- The NC State's Men's Cross Country Team, ranked 7th in the nation, remains undefeated, after an impressive showing in the Wolverine Interregional cross country meet on Sunday. The Wolfpack women placed second behind the efforts of unbeaten freshman Christy Nichols.

### ACC Football Standings

	Conference	Overall
	W-L	W-L
Florida State	4-0	5-0-0
North Carolina	4-1	5-0-1
Georgia Tech	4-2	4-2
Virginia	3-1	5-1
Clemson	3-2	4-3
NC State	1-3	1-5
Maryland	1-3	3-4
Duke	0-3	0-6
Wake Forest	0-5	2-5

### Saturday's Games

- Maryland at Duke-noon
- Navy at Wake Forest-1:00
- Central Florida at Georgia Tech-1:00
- Virginia at Florida State-3:30
- North Carolina at Houston-6:30

### Women's Soccer America Poll

	Record
Notre Dame	14-1-0
North Carolina	12-1-0
Portland	10-0-2
Conneticut	15-1-0
Santa Clara	11-3-0
Nebraska	15-0-0
Texas A&M	15-2-0
Florida	14-1-0
UNC-Greensboro	10-3-0
NC State	10-4-1
Maryland	15-1-1
Virginia	9-4-2
Minnesota	12-3-0
Wisconsin	10-2-3
Penn State	10-2-2
Harvard	11-0-0
George Mason	8-4-1
George Washington	9-4-1
James Madison	10-3-2
Clemson	11-4-1

# OPINIONS

## Accepted In the Pews, Not in the Pulpit

**Anonymous**  
The Nubian Message

Imagine one hand unified by bones, cartilage and muscle tissue; yet, the hand is divided by bigotry. The hand can accomplish various tasks with symmetry among all four fingers and the thumb. However, with the use of the four fingers alone, the amount of accomplished tasks is reduced.

One may argue that the four fingers comprise most of the physically visible aspect of the hand. This is true - however, the thumb alone is as significant as the four fingers together. This mentality - acceleration through unification - is what allows the hand the ability to accomplish so much. The hand does not discriminate or have a precedence list and neither should Christians.

For infinite years many in the Christian belief have discriminated against their very own. Many Christians, of both sexes, believe female ministers should not be allowed in the Christian church. How can a religion successfully survive with so many diverse beliefs and contradictory perceptions of how Christianity should be? Let's look for guidance in the Christian's survival guide - the Holy Bible.

"There is neither Jew nor Greek, slave nor free, male nor female, for you all are one in Christ Jesus," Galatians 3:28.

Everyone is the same in the eyesight of Jesus Christ. The overflowing love and guidance of Jesus Christ does not alter because of the titles or societal positions. Jesus Christ does not discriminate regardless of sex, socioeconomic or cultural diverseness.

Perhaps, this "welcomed to all" atmosphere is the reason

Christianity is one of the most widely practiced religions today. Everyone craves the desire for acceptance based on the true and pure person rather than some superficial criteria. Christianity is based on the belief in the Trinity.

Trinity is the unification of the Father (God), the Son (Jesus Christ) and the Holy Spirit as one spiritual body. If this is true, why is there the unmistakable division of the sexes in some Christian churches, if the proverbial halo of unification is to serve as the guide?

The discrimination of God's saints on the sole basis of gender not qualification could lead one to the assumption that Christianity is a religion paradoxical to its very own doctrine. And if it is paradoxical, will it be successful in obtaining its goals?

Perhaps the most widely publicized and controversial issue surrounding the Christian church is the disapproval and unwillingness to recognize the call of female ministers. Is the gospel of Christ Jesus so intense that only men are capable or perhaps worthy enough to interpret and put into proper perspective the message of Christ? Are men the only ones worthy enough to translate the depths of Christ's love to sinners and saints?

God's message is for everyone. Therefore, there is no "special" person in his eyesight. I believe women are equally capable of preaching, teaching, and witnessing to others about the goodness of Christ.

Despite the belief that equality must prevail in the Christian doctrine, sexism still exists in a place as holy as the body of Christ (the church). Before anything else, this issue must be dealt with.

As with all problems, the root of the problem must be recognized before the possibility of eradication

can be considered. In view of understanding such an intense topic, one must contemplate three questions: what does the scriptures actually say of female ministers or preachers, how are these scriptures traditionally interpreted and how the discrimination of female ministers/preachers oppresses the doctrine of the Christian religion.

Although the Bible speaks often on ministers or priests and their role in the church, there is not a scripture condemning, supporting, or denouncing the call of women to preach the Gospel. However, the Bible does speak of the importance of silence practiced by women.

First Corinthians 14:34 says: "Let your women keep silent in the churches - for it is not permitted unto them to speak; but they are commanded to be under obedience, as also saith the law." Many who are against female ministers rely on this scripture for the justification of their beliefs.

Yet, one must consider that the Bible is thousands of years old. With this in mind, one must also take into consideration laws that were religiously abided by then are laughed upon as taboo now. One must be mindful that the doctrine of Christianity requires one to abide by the laws of their time. Perhaps the request of women to speak was inaugurated with the sole purpose of protecting, not ostracizing, women from the preaching of the Gospel. Christ may have feared for their safety.

Someone once said that "women of faith in the 1990s share a common goal: to represent our extraordinary Lord in an extraordinary time." The completion of this goal will never actualize unless the stereotypical roles of Christians based on their gender is forever diminished.

Often, the conformity of certain

primitive beliefs and values to societal traditions or "norms" may result in the demise of the foundation beliefs. It is my belief that the "power" of the message (whether religious or not) is hindered when emphasis is placed more on the speaker and not the content of the message.

Some feel that "as the church became more institutionalized, the ministry became owned by professionals - the clergy." Is it true? Has the institutionalization and perhaps marketing of Christ caused Christians to be short-handed in the passing down of spiritual happiness, contentment and perhaps self-actualization?

In order to further understand this issue, I employed the wisdom of someone who I perceive to be a faithful and diligent soldier in the Army of the Lord. I simply asked one question and the response, in itself, was ingenious. "How do you feel about female preachers?"

"Well, being that I am 74 years old, I have seen many things come and go. But one thing that still remains the same, with no change, is the Gospel of ... Christ. His love, guidance and revering spirit will always remain near to my heart. Christ is not physically with me.

However, his eternal presence will forever guide me in my daily walk. God can reveal himself or his word to me as quickly as he would anyone else. Maybe this is why I get so much joy solely from the mediation of God's words. [Female preachers] are quite capable of porting the Gospel of ... Christ. With so much discrimination in this world, it becomes very easy for one to judge someone on their physical traits or appearance and not their merit.

The next time such a question puzzles you, pray and ask God for guid-

ance. He will answer you as quickly as he would a male. You see, his guidance is available whether you are black or white, poor or rich and male or female."

Without a trained eye, one can see the level of discrepancy in the doctrine of the Christian church and the actual actions taken by those following the doctrine. Therefore, with most of the attention focusing on the worthiness of God's saints, the true meaning of Christianity takes a back seat.

Christ must continue to be first and foremost in our lives, not the contemplation of the worthiness of God's saints. In doing so, our hearts will be made ready for the blessings He wishes to bestow upon us. Our hearts must be free of the notorious presence of hatred and love must profoundly take over and capture our soul.

Christ favors no one and neither should humankind. In order to actualize through Christ, one must forever get rid of all impurities and perceptions of how Christianity should be. The Bible must serve as a Christian's guide and not the ill wishes of ignorant or biased Christians.

The love and unrelinquishing guidance of Jesus should forever serve as an example of how Christians should live. It is a shame that the corrosive face of discrimination is able to peek into the doors of the Lord's house. Justice must forever serve as the ushers in the House of God. Kindness and an unbiased mentality must forever sing the sweet melodies of Jesus Christ.

Biblical wisdom and divine understanding must forever be the preacher to a waiting congregation. Only when this happens will the body of Christ be unified and the threat of division, regardless of the factor, will not prevail!

### Quote of the Week

"When you control a man's thinking you do not have to worry about his actions. You do not have to tell him not to stand here or go yonder. He will find his "proper place" and will stay in it. You do not need to send him to the back door. He will go without being told. In fact, if there is no back door, he will cut one for his special benefit. His education makes it necessary.

Carter G. Woodson

**Any Students Interested In Being a  
Opinions Writer for The Nubian  
Message, please call 515-1468 and ask for  
Kim Pettaway, Opinions Editor, or stop  
by Room 372 of the Afrikan American  
Cultural Center and pick up an  
application.**

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.

#### Reader Feedback

*The Nubian Message* encourages "Reader Feedback," 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*, Room 372 Witherspoon Student Center/AACC, Box 7318, NCSU, Raleigh, NC 27695-7318.

## Alphas Tackle Stereotypes During Alpha Week

**By Cassandra Lester**  
Cultural Editor

On October 22, 1996, several students at North Carolina State University joined the Eta Omicron Chapter of Alpha Phi Alpha Inc., to tackle the everlasting issue of stereotypes among black people. The stereotype of choice was the issue of the relationship between the lighter and darker shades of the Afrikan American community.

When asked the question of whether or not the idea that light-skinned people are seen as better than dark-skinned people, Tyrone Pierce had this to say, "Although there have been times growing up when I felt inferior to light men, as I became more educated I realized that I was equal to any man. I believe that a lack of education is what keeps stereotypes alive."

Sophomore, Tonika Gadsden,

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As I look into the audience, I am blessed to rest my eyes upon the faces of our future leaders. As we anxiously prepare for tomorrow, we must be keenly aware of the realities of today. We must not develop amnesia towards the struggles and pain we as a people have and are presently faced with. We must be self-sufficient, and to be self-sufficient, we must be self-determined.

To be self-determined is to realize that you, not society, control your destiny. To be self-determined is to realize that as an African people we must define, defend, and develop ourselves for ourselves and by ourselves.

We, here tonight, are not only students but, in some round-about way, we are all soldiers. We are soldiers in the battle of life. As we go from day to day, whether we initially realize it or not, we are preparing for tomorrow. The battles we face, exploitation and discrimination just to name a few, are not new. And although the challenges may be constant, we must continuously renew our spirit. That is, if we are to be self-determined.

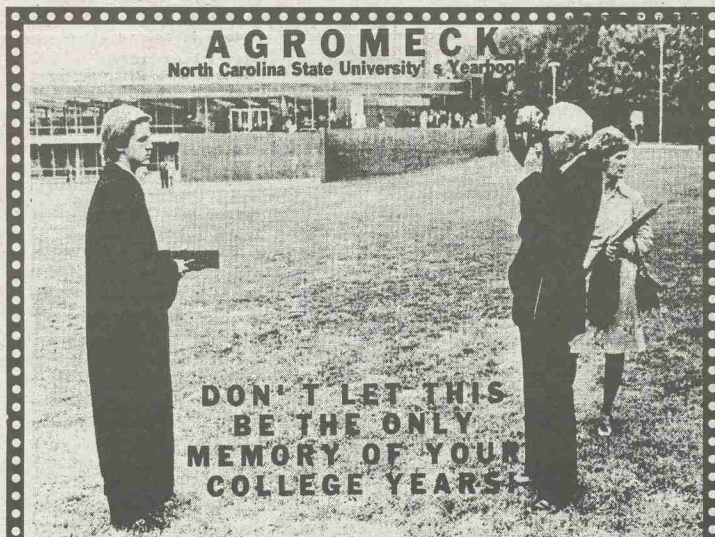
Although things may seem to be peaceful they are not. Perhaps this is why the need for self-influenced self-determination is so great. After all, it is much easier to engage in battle when there seems to be something wrong. But when the enemy is not visible, the task is doubled. First, you must recognize what the problem is and then you must devise a way to be victorious. We must be self-determined. It is up to us to right the wrongs of a society in which people seem to believe that everything is perfect. We must understand that justice is uncompromising. We must be self-determined.

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

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# HEALTH

## Ajuba Joy: A Woman With a Vision

By **Randall Haddock**  
Health Editor

Ajuba Joy is a woman that has many accomplishments. She has received a Bachelor of Arts degree in Behavioral Science from Shaw University. After years in the work force, she returned to school and received her Masters degree in Public Administration from North Carolina Central University.

In her six years with Student Health Services, Joy has been instrumental in the implementation of several educational programs that are offered by students through the Center for Health Directions.

The Center for Health Directions is an organization that is under the umbrella of Student Health Services. This organization has an educational arm that is targeted toward NCSU students. There is a resource room that is available with literary publications, brochures, and videos that promote student health. "The CHD also provides programs on a variety of issues from nutrition to stress management to alcohol and drug education that help students maintain maximum health and wellness," Joy said.

In the nineteen years of the establishment of the Center for Health Directions, Joy is the only woman of color to assume the role as an educator. Under her official title, she serves as Educator of the Substance Abuse Program.

More specifically, the Substance Abuse Program has two divisions: the Alcohol Assessment Program and the Drug Education Class. These programs are educational experiences that are designed to help students make better choices regard-



Staff picture

Ajuba Joy

ing how they socialize with one another.

The Alcohol Assessment Program is involved with helping students recognize the behaviors they have been engaging in. It attempts to teach how alcohol can affect their academic careers and relationships. After counseling students are assessed to yield information to determine the challenges that they would have to face due to their alcohol addiction.

The Drug Education Class focuses on the affects of other drugs in a classroom setting. The class talks about a person's addiction, their

dependence on that particular drug, and the consequence of substance abuse.

"This class is not punitive or moralistic and is focused on maximized health. Students are not made to feel guilty, but are to feel empowered with the knowledge and other alternatives that given to them."

When asked about her thoughts of the upcoming construction of an improved health facility, she felt that the expansion was long overdue. "In this new location, we will be accessible to a great deal of students. Also with the Center for Health Directions and the Counseling Center working so closely; being in the same proximity will make the work a little easier."

When asked of future programs under current development by the Center for Health Directions. She talked of a concept entitled Social Intercourse, which focuses on the social acceptance and communication skills between students on the college level. She said that while the program would be an instrumental tool in improving interaction among students, she is unsure that students will embrace the program.

While many students attend these programs due to violation of university policy, Joy emphasizes that students do not have to seek these services due to negative circumstances. "Students need to know that regardless of the situation I am available to them at any time."

## Catching Up on Our Vitamin Intake

By **Kimberly Pettaway**  
Opinions Editor

Vitamins—organic substances the body needs but cannot make—are either water or fat soluble. Water soluble vitamins such as C and B complex must be consumed on a daily basis because they are rapidly absorbed and rapidly excreted through urine sweat. Vitamins A, E, D and K are fat soluble and can be stored in body fat if they are not used up. This is the reason fat soluble vitamins, if consumed too much, can become toxic.

Despite the fact that people, for the most part, are aware that vitamins are an important part of daily life there still remains a lot of misconceptions about vitamins and minerals. Perhaps the most popular misconception is that vitamins do not contain calories, they do not provide energy.

Many Afrikan Americans for var-

ious reasons tend to lack several important vitamins and minerals in their diets such as vitamin D, calcium, riboflavin, vitamin A and iron. Folic acid, vitamin K and vitamin B6 are other vitamins that are especially important.

Vitamin D enables one to absorb and use calcium and phosphorus. It is vital for building a healthy skeletal system. Vitamin D ignites wide-scale gene activity in many types of tissue, including cells of the skin, pancreas, parathyroid gland, breast and ovaries. The lack of vitamin D can cause muscle weakness, dental decay and bone softening in adults. Margarine, tuna, cod, herring, cod liver oil and fortified milk are excellent sources of vitamin D.

Calcium is the most abundant mineral in the body and 99 percent of it is stored in bones and teeth. Over consumption of alcohol, caffeine and refined sugars can decrease calcium absorption and contribute to bone loss. Afrikan

Americans tend to have low levels of lactose, which causes people to be allergic to milk products. Excellent sources of calcium are dairy products, canned sardines and salmon eaten with the bones and tofu.

Folic acid (folacin) is a key nutrient in blood production, cell growth and maturation. Alcohol consumption, oral contraception's and other drugs may interfere with absorption of folic acid. Folic acid is available in many uncooked fresh vegetables, particularly spinach and other leafy greens.

There are many more. Vitamins are important in the normal functioning of our bodies. There is much more to a beautiful, healthy body than exercise. One must properly take care of the inside as well as the outside of the body. You are what you eat. Consume plenty of minerals and vitamins and be healthy!

## Dealing With Stress in College

By **Randall Haddock**  
Health Editor

Stress is your physical, emotional, and mental response to change, regardless of whether the change is good or bad.

Stress is an inevitable fact of life and is something everyone experiences. Stress is a reaction to the daily demands of life. Studying for exams, moving away from home, or ending a relationship are some of the demands that can lead to stress in the life of college students.

With some stress, people would not get much done. The extra burst of adrenaline can help you meet other challenges.

Excessive and negative stress may be a fundamental factor in half of all illnesses, ranging from the common cold to heart disease. Studies have suggested that your stress level has affects on both the immune and nervous system, metabolism rate, and hormone level.

It is important for those who have problems ranging their stress levels should consult a physician for a regular checkup. The following symptoms may indicate stress

as well as other health problems:

- problems eating or sleeping
- increased use of alcohol or other drugs
- persistent hostility or angry feelings toward others
- frequent headaches or back-aches
- frequent colds and infections

In addition to creating potentially stressful situations, college can give students the opportunity to evaluate and change the ways you manage stress; your ability to face demands of life do rely on certain skills. It has been suggested that stress can be managed if a person exercises good study habits and gets enough sleep and physical activity.

The NCSU Counseling Center and NCSU Student Health Services offer assistance in improving skills which are effective and essential for stress management. If there is a question as to the information mentioned above, please contact the Counseling Center at 515-2423 or Student Health Services at 515-2563.

## New Study Targets Heart and Gum Disease

Staff Report

The Nubian Message

The National Institute of Dental Research has recently reported that there is a possible link between gum and heart disease.

The institute has performed previous smaller studies, including one conducted at UNC-Chapel Hill, showing that people with severe gum disease are more likely to develop heart disease than those without gum problems.

"By tapping into the ongoing Atherosclerosis Risk in Communities study, we will be able to examine markers of periodontal disease in 14,000 individuals already receiving extensive heart disease testing," says Dr. James Beck, principal investigator for the gum disease study.

The ARIC study has tested and followed thousands of people in Forsyth County, N.C.; Jackson, Miss.; Minneapolis, Minn.; and Washington County, M.D., since early 1987 to evaluate arteriosclerosis, often referred to as the hardening of the arteries.

An earlier study, which was controlled for other risk factors such as age, smoking and blood pressure, suggested that people who had lost bone holding their teeth in place had twice the risk of fatal heart disease as other people.

"We believe that certain bacteria colonize the mouth, which clump together in a sticky mass and forms plaque which causes periodontal disease. This gum disease can activate white blood cells in the heart [causing] disease and stroke," Beck says. "Establishing periodontal disease as a risk factor for heart disease and stroke would take on a new dimension for oral health as it relates to overall health."

Researches will measure the extent gum disease in ARIC participants and collect both fluid from their gums and blood samples to search for antibodies and inflammation-causing substances. They will compare the extent and nature of volunteers' gum problems with their heart disease profiles to learn if and perhaps why a correlation exists.

Information provided by UNC Health Service

THE NUBIAN MESSAGE IS A WEEKLY ANTHOLOGY OF  
AFRIKAN AMERICAN THOUGHT

—S.A.D (9/13/96)

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## Alphas Tackle Stereotypes During Alpha Week

By **Cassandra Lester**  
Cultural Editor

On October 22, 1996, several students at North Carolina State University joined the Eta Omicron Chapter of Alpha Phi Alpha Inc., to tackle the everlasting issue of stereotypes among black people. The stereotype of choice was the issue of the relationship between the lighter and darker shades of the Afrikan American community.

When asked the question of whether or not the idea that light-skinned people are seen as better than dark-skinned people, Tyrone Pierce had this to say, "Although there have been times growing up when I felt inferior to light men, as I became more educated I realized that I was equal to any man. I believe that a lack of education is what keeps stereotypes alive."

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mined.

We are fighting a battle that our ancestors also fought. Our ancestors fought long and hard and as a result of their unwillingness to settle for anything less than the best, the battleground is a little smoother, just a little. They were self-determined, and so must we.

We are marching to the beat of a drum tuned towards shaping our world in the reflection of ourselves because we are beautiful. We are equipped with the realization of the jubilation that can be ours as a unified people. We are self-determined.

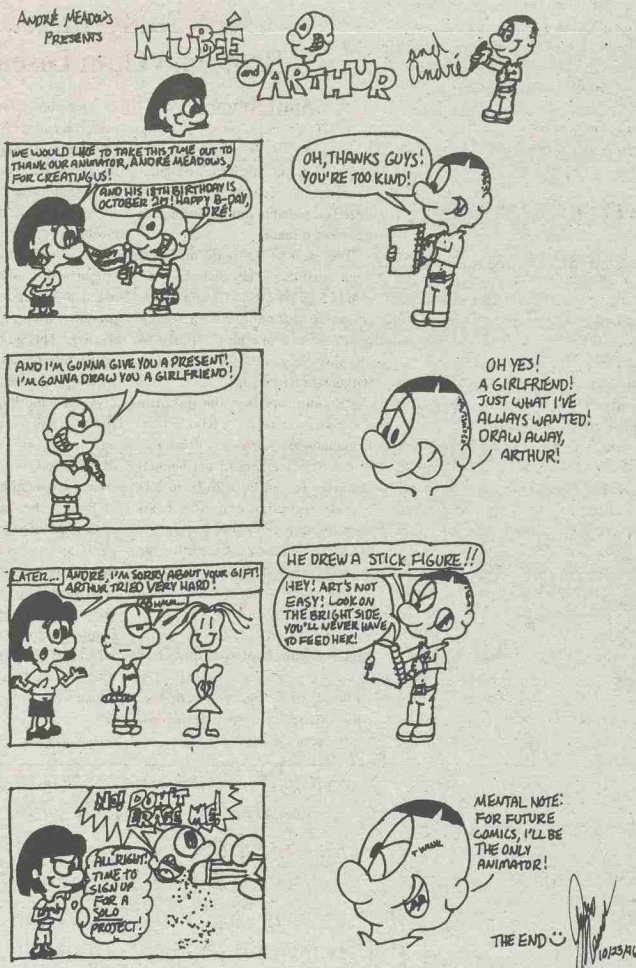
Oddly enough, external foes (forces beyond our control) are not always our downfall. Ironically, it is the internal weaknesses that bring us to our knees. If outwardly we boldly define ourselves as a people or nation but we remain idle and are not active in the decisions that affect our lives and our children's lives, then internally we are defeated. In order to be victorious in the battle of life, we must be armed with the bayonet of knowledge of our people and things that daily threaten to nullify us and a shield of perseverance strong enough to shatter all mystification's of face and in doing so, we are self-determined.

As a proud people in order to wear the stars of continuity in dictating our own history and the strips of consistency in actualizing goals for the upliftment and empowerment of our people, we must be committed to and practice self-determination.

If you are self-determined, then you are empowered. If you are empowered, then you are strengthened with wings of knowledge and vision. If you are strengthened, then you shall ascend to newer and brighter horizons. You shall rightfully place yourself amongst the stars and, in doing so, you and not history, defines yourself.

Timidness and ignorance must not serve as weeds that hide our beauty and stunt our growth in the garden of life. We must lift our voices and sing a song of a people so strong who innately possess so

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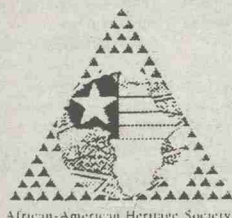


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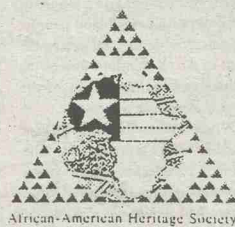
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# African-American Heritage Day



O.c.t.o.b.e.r 26, 1.9.9.6



## *“Forward Ever, Backward Never”*

Come celebrate the richness of African  
American history and culture

KEYNOTE SPEAKER: Mzee Lasana Okpara  
(Dr. Fred L. Hord)

Chair Black Studies Department, Knox College; President, Association  
of Black Culture Centers; author of *Life Sentences: Freeing Black  
Relationships*, and others.

- |  |   |
|--|---|
| 10:00 Drum Call                          | 2:30 Storytelling for youth — <i>Mardia</i> |
| 10:00 African Maskmaking                 | 3:00 Storytelling — <i>Delores Douglas</i>  |
| 11:00 <i>The Magic of African Rhythm</i> | 3:30 Storytelling — <i>Jackie Nburu</i>     |
| 11:30 Video “The Crimes of U-Rope”       | 3:30 Video “The Crimes of U-Rope”           |
| 1:00 Read Me A Story                     | 4:00 Storytelling — <i>Yeani</i>            |
| 1:30 Alpha Phi Alpha Oratorical Contest  | 4:00 Conscious Rap with <i>Torkwase</i>     |
| 1:30 <i>NGM Players</i>                  | 4:30 Fashion Show — <i>Black Finesse</i>    |
| 1:45 <i>Dawn Eaton</i> , Gospel Vocalist | 5:00 <i>The Majestic Lions</i>              |
| 2:00 Video “The Crimes of U-Rope”        |   |
| 2:10 Conscious Rap with <i>Khaotic</i>   | All Day — Gallery Exhibition                |
| 2:30 LECTURE — Dr. Fred L. Hord          | “The Crimes of U-Rope”                      |

Free and open to the public

10 a.m. - 6 p.m. • African-American Cultural Center • NGSU • Cates Avenue and Dan Allen Drive • call 515-5210