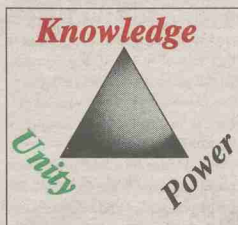


THE NUBIAN MESSAGE

Volume 5, Edition 11
October 31, 1996

The Afrikan American Voice of North Carolina State University



What's Goin' On?

Kappa Alpha Psi

Kappa Alpha Psi will hold an interest meeting for the "Dating Game" tonight in the Brown Room of the University Student Center at 7 p.m.. The "Dating Game" will be held at Stewart Theatre on Tuesday, Nov. 5 at 8 p.m.

Black Students' Board

The Black Students' Board will have a meeting Thursday, October 31 at 5:30 p.m. in Room 3118 of the University Student Center.

Friends of Library Lecture

Andrew Young, former 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 lecture Friday, Nov. 1 at 4 p.m. The lecture is free and open to the public.

New Horizons Choir

The New Horizons Choir will present their Fall Concert on Sunday, Nov. 24, at 4 p.m. in Stewart Theatre. This program will feature contemporary gospel music and Negro spirituals. Tickets will be obtained by calling Ticket Central at 515-1100 or contact Ms. Eleania Ward at 515-8280.

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, Nov. 5 at 7 p.m. in Room 3123 of the University Student Center. Dress to impress.

Students Show Support for Take Back the Night

By Danielle Beatty

Staff Writer

Take Back the Night began nine years ago on N.C. State's campus. The purpose of the march is to raise awareness about rape and sexual assaults that take place on college campus as stated by Patti Hammond, chairperson of R.E.A.L. Men Hear Women.

Over the past three years, the Women's Center, directed by Rhonda Mann, has sponsored the annual event. About 600 people attended the event which included Governor Jim Hunt and Congressman David Price. Chancellor Monteith said that "it is an extraordinary important event to promote a campus free from violence and fear." Chancellor Monteith feels that concerns of per-

sonal safety should not interfere with ones learning. "No means no" seemed to be the theme of speakers featured during the rally.

Amy Bandalik, member of SpeakOut and one of the event speakers said, that we should be "passionate about the cause, take a look around and always speak out." Rob Faggart, a Rape and Sexual assault advocate and member of Bisexuals, Gays, Lesbians and Allies said as a survivor of sexual assault he knows that men have to take responsibility for their actions and their role in society. Faggart stated that some people ask, "Why should a homosexual man be involved with this issue?" Faggart said that it effects all of us; black, white, male and female. Governor Jim Hunt spoke on the overall decline of crime in the state since 1992 but it is not



Koren Atwater/Staff

Students Walk to Take Back the Night

enough but we need to protect ourselves.

Emma Hayes of Alpha Kappa Alpha said that, "AKA stands for strength in all women but especially Afrikan American women and this march shows our support for this

strength."

Several greek lettered organizations, Bragaw Board of Governors, Sista-2-Sista, along with other campus organizations participated in the march

Soul Man Meets Hip-Hop Generation: Del Jones Visits St. Augustine College

By Shawna Daniels

Staff Writer

"I know they are planning to kill us all, my job is to simply tell you about it."

If any student here at N.C. State knows war correspondent Del Jones or has ever heard of him, that student knows he has never held his tongue. His message is always one of truth, justice, and the Afrikan way — finding the steps to rid the Afrikan mind and body of 400 years of brainwashing and physical destruction.

Presented by Watu Yetu, a student organization that conducts discussions relating to many important worldly issues that affect Afrikans and Afrikan Americans, Jones spoke to a group of students at the Seby Jones Fine Arts Building at St. Augustine. Yetu, successor to an earlier African American Students Forum, has become an active part of St. Augustine's student population. Through it's forums and active participation in the community in and around "St. Aug's," Yetu plans to remain a vital part of the awareness of students and members of the community.

Jones is the author of several

books —Black Holocaust, Culture Bandits I", Culture Bandits II, and his newest book, Invasion of the Body Snatchers: High Tech Barbarians, and a leader in the movement for an Afrikan centered change in America today.

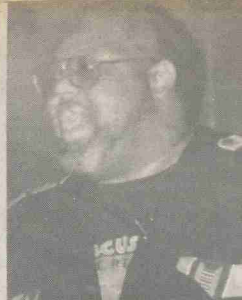
Jones presented his solutions to the problems of today by first stating what he believed to be the problem. "You cannot first attempt to solve a problem if you do not fully understand it. The state of the race today is that Afrikan people are dying and there are those who do not choose or simply do not see what is going on."

He said genocide was occurring in all of the Afrikan communities of the world, "in Ethiopia, death! — in Somalia and Jamaica, death! — in Grenada, Los Angeles, Philly, death!" Jones strongly declared that any person who was not aware and enraged by this genocide was "committing treason against every other Afrikan in the world" because they were not in the mindset to resolve the international conflicts.

His strongest point was for the students that did come to hear him to continue the fight for a revolution, using their own hip-hop culture.

Citing the roots of hip-hop as the "waste material" of the dominating

culture, Jones explained that hip-hop must be used as a channel for the oncoming "revolution." He explained that "if you can develop your own revolutionary culture, then you shall have [your own culture] ,



Shawna Daniels/Staff

Del Jones: War Correspondent

and you cannot have a revolutionary culture without revolutionaries with revolutionary thought."

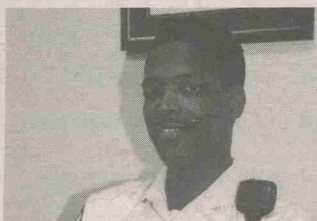
Emphasizing the power of Afrikan centered youth, Jones told his audience of students that "everything you have attempted or will attempt to do has already been done,

you must take from what your ancestors have experienced and build from there," using the lives of Malcolm X, El Hajj Malik Shabazz and W.E.B. DuBois as examples.

When asked how he felt about the recent slaying of Tupac Shakur, a 25-year old rapper, Jones simply declared, "I cry everytime one of my brothers dies." He also said that although "gangsta rap" does not always present a positive image of Afrikans in America, the stories they tell are always important. "They are telling a story about somewhere we do not necessarily want to go."

In his numerous attempts to close out the discussion, Jones repeated that self-determination is the key to forwarding an international Afrikan revolution. He also stated that every Afrikan youth that is working toward that revolutionary change needs to learn the skills to maintain an independent Afrikan nation. "We, the people blacker than blue, should be doctors, lawyers, teachers, and all."

For Watu Yetu, the presentation of Del Jones was the first of many programs the organization will be making to the St. Augustine's College and it's communities.



*Steve Smith: has been appointed the new interim Senior Safety Inspector for the Public Safety Division.

*Mzee Lasana Okpara, Chair of the Black Studies Department, Knox College; President, Association of Black Culture Center, was the keynote speaker at Heritage Day on Oct. 26, 1996. See page 4 for more details.



GRADUATE STUDENTS ARE URGENTLY NEEDED

to assist in the Afrikan American Cultural Center Library. Two Graduate Assistships are available for qualified graduate students. To apply, interested graduate students should contact Dr. M. I. Moses at 515-5210 or in Room 363 of the Afrikan American Cultural Center.

Announcements

1st Tuesday Jazz

Rameses Brown and the Gentlemen of Jazz
8-11 p.m., November 5, 1996
AACC Multi-Purpose Room
\$5.00 general admission, \$3 students
Contributions to benefit the AACC Community Gallery Committee

Heritage Lecture Series

Dr. Clifford Griffin
"Haiti in an American and Afrikan American Context"
AACC Room 356-A
Monday, November 4, 1996
Open to the Public

A Special Thank You to the many students who volunteered or participated in last Saturday's Heritage Day events. Without you the day could not have been a success. Your contribution to the African-American Cultural Center exemplifies the fine work that can be done when the community is in action. We thank you very, very much.
— The Cultural Center Administration

N.C. 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 Nov. 1, 1996. For more information, call 515-3151.

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 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.

THE NUBIAN MESSAGE

The Afrikan American Voice of North Carolina State University

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As we are very committed to accuracy in 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.

Steve Smith: New Interim Senior Safety Inspector

By LaTonya Dunn
Editor in Chief

April 11, the Nubian featured Steven Smith who became the first Afrikan American Safety Inspector.

Now, five months later, Steven Smith is serving as interim Senior Safety Inspector under the fire protection division. Smith is currently supervising two fire inspectors, approximately fifteen housing inspectors and two safety technicians.

Safety Inspectors are responsible for conducting drills, construction, responding to emergency medical calls, plan reviews (making sure that building renovations meet fire inspection codes), fire alarms, fires, and educational programs.

Educational programs are conducted for students, faculty and staff to inform the campus community about safety issues.

Smith is the first Afrikan

American to serve as interim Senior Safety Inspector. He has prospects of fulfilling the position permanently, but his appointment is being con-



Jerry Blackmon/Staff
Steven Smith: Interim Senior Safety Inspector

tested. Smith feels that serving as interim Senior Inspector has given him more of an advantage point and

some insight into the requirements of the job.

Smith had five years of prior experience in the fire protection field in New York before coming to N.C. State. He was born and raised in Brooklyn, New York in one of its poorest areas. Smith dropped out of high school in his 10th grade year but did go back to receive a diploma. The reason why Smith shared this story is to serve as an example of determination.

"No matter how bad life is, you can still succeed." He feels a person can be prosperous and overcome any of life's ills but the only person that will prevent it is yourself. Smith would like to thank God, his family, Chief Harper, A.D. Wright, Krystal Moore, Leroy McRae, Inspector H. Pachios, Inspector R. Bisbee and all of the University Housing Inspectors for making it possible to be where he is today and the overwhelming amount of support.

Message 'n' a Bottle with a 40 ounce handle.

Alfred "Coach" Powell
Thursday, November 7
7 p.m. 375 AACC

Sponsored by the Society of Afrikan American Culture.

**CIA-CONTRAS-COAINED-GUNS-UNCL
E SAM BEING THE PIPELINE THAT
ALLOWED AND PUSHED DRUGS IN
THE AFRIKAN AMERICAN COMMUNI-
TY WHICH EQUATES TO AFRIKAN
BODIES ARE EXPENDABLE IN THIS
WHITE SUPREMACIST SOCIETY
[WHITE NATIONALISM/SURVIVAL
MAKES BLACK BODIES EXPENDABLE**

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//www.sjmercury.com/drugs/
[DARK ALLIANCE]

With only the permission of our ancestors and our elders do we proudly print this and all editions of The Nubian Message. Always keeping in mind and spirit: Dr. Yosef ben-Yochannan, Dr. John Henrik Clarke, Dr. Leonard Jefferies, The Black Panther Party, Mumia A. Jamal, Geronimo Pratt, Dr. Lawrence Clar, Dr. Augustus McIver Witherspoon, and all those who walk by our side as we continue to make our journey to true consciousness.

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

SPORTS

1996-1997 Men's ACC Basketball Outlook

By Alvin Sturdivant

Sports Editor

84 Media Members voted in the preseason ACC poll. First place votes are in parentheses.

Total Votes

1. Wake Forest (65)
718
2. North Carolina (3)
610
3. Clemson (4)
578
4. Duke (2)
556
5. Virginia
358
6. Georgia Tech
339
7. Florida State
248
8. Maryland
243
9. N.C. State
130

Wake Forest, picked to finish first this season, will be led by Senior center Tim Duncan. Duncan, an All-American at center has graced the ACC with his presence for one more season, hoping to lead the Demon Deacons to an ACC and NCAA Championship.

Clemson, who has been picked to finish last for the past two seasons, has amazingly been predicted to finish third this season. The Tigers return their top eight players and are returning from an 18-11 season and a trip to the NCAA Tournament.

Virginia once again will be led by guard Harold Deane. Deane has led the Cavaliers for the past few seasons and has been the primary focus of both his team and his opponents. This year the Cavaliers hope to take focus off Deane and focus attention to other key players and to have a successful season, though they are picked to finish fifth in the ACC.

Georgia Tech has lost its team leader Stephon Marbury to the NBA, but returns three of last season's starters. The Yellow Jackets will focus on their freshmen this season, and though they are picked to finish sixth, hope to surprise many with a consecutive ACC title.

After suffering a losing season, the Duke Blue Devils have regrouped and hope to take advantage of the youth of its team. Despite last season's losing record, the Blue Devils have regrouped and hope to start fresh this season.

Rounding out the bottom of the poll are Florida State, Maryland,

and NCSU. Though Maryland was the preseason favorite in the 1995-1996 season, the Terrapins have been predicted to be one of the worst teams in the ACC. Florida State is very impressive on the football field, but lacking on the basketball court.

The Wolfpack of NCSU has struggled in the past few seasons, but hope to have a successful season under the direction of new head coach Herb Sendek. The Pack returns four starters from last season, but lack in the height area due to the loss of center Todd Fuller to graduation. Guard Ishua Benjamin had a great beginning season, but has not played at his potential since his premier season.

Sendek has attempted to unify his squad this season and hopes to surprise his opponents this season. Leading the way for the Wolfpack this season will be Senior forward Danny Strong. Strong played excellently in his premier season as a Wolfpack and is expected to add a lot of depth to the Wolfpack squad. Other key figures for this season include C.C. Harrison, Ivan Wagmer, Al Pinkins, and the three new additions from the freshman class.

This season, Tim Duncan, of Wake Forest has been named Preseason ACC Player of the Year.

Yow Off To Good Recruiting Start

Staff Report

The Nubian Message

Recruiting has been slow in the past few seasons for head women's basketball coach Kay Yow. Yow, however, has gotten off to an excellent start this season, already receiving three verbal commitments from some of the nations top players.

Yow's first commitment came from Tynesha Lewis of Edgcombe High School. Lewis picked the Wolfpack over Clemson, Connecticut, North Carolina, Tennessee, and Virginia. Yow's second commitment came from 5'8 guard Daphne "Dee-Dee" Hutcherson from Woodward Academy in College Park, Georgia.

Hutcherson posts very impressive numbers and will bring a lot of style to the Wolfpack squad. As a high

school junior, Hutcherson averaged 12.5 points, 4.1 rebounds, 5 assists and 6.7 steals per game. Hutcherson also shot an impressive 49.3 percent from the field. Yow also received a verbal commitment from Monica Dillon, a 6'2 post player.

Dillon was selected as the class 3-A Player of the Year in Tennessee last season after averaging 21 points, 10 rebounds, 4 assists, 3 steals, and 2 blocked shots per game. Dillon chose the Wolfpack over a number of schools, including Auburn, Clemson, Indiana, Kentucky, Mississippi, Mississippi State, and Texas.

Yow will lose a number of players this season, but has begun to establish roots with several recruits, who are expected to do well as replacements for this year's graduating

Sendek Receives Verbal Commitments

Staff Report

The Nubian Message

While preparing for the up and coming season, head men's basketball coach Herb Sendek has also been preparing for seasons to come, actively recruiting players to add to the depth of the Wolfpack squad in future play.

Sendek received a verbal commitment from 6'11, 265 pound Cornelius Williams from Jacksonville, Ala. Williams becomes the fourth player to give a verbal commitment under the direction of Herb Sendek. Williams joins Kenny Inge, a 6'8 power forward, Ron Anderson, a 6'6 wing forward, and Ryan Miller, a 5'10

point guard from Beaver Falls, Penn.

All four are expected to put their commitments in writing during the fall signing period (Nov. 7-13). With Williams' commitment, the Wolfpack has one basketball scholarship remaining. Possible recipients include Ron Kelly, a 6'10 power forward, Jamahl Mosley, a 6'8 power forward, Kaspars Kambula, a 6'9 power forward, Jumain Jones, a 6'8 forward, and Dion Glover, a 6'4 guard.

In addition to adding to the size of the team, Sendek also hopes to add to the speed of the team. Coach Sendek has been busily preparing for the 1996-1997 season, but also values the preparation needed for

Any Students Interested in being a staff writer for the sports department, please call 515-1468 and ask for Alvin Sturdivant, Sports Editor, or stop by room 372 of the Afrikan American Cultural Center.

The Future of Wolfpack Sports

Football

Nov 2 @ North Carolina
Nov 9 Duke

Men's Soccer

Nov 3 UNC-Charlotte
Nov 6 UNC-Wilmington

Women's Soccer

Nov 2 North Carolina
Nov 7-10 ACC Tournament (@ Clemson)

Volleyball

Oct 31 @ North Carolina
Nov 1 @ Campbell

Nov 5 Wake Forest

Nov 8 Georgia Tech
Nov 9 Clemson

Men's Tennis

Nov 13 @ Rolex Regional (Chapel Hill)

Women's Tennis

Nov 1-4 @ Rolex Regional (Chapel Hill)

Cross Country

Nov 2@ ACC Championships (College Park, Md.)
Nov 16@ NCAA District III Championships (Greenville, S.C.)

Golf

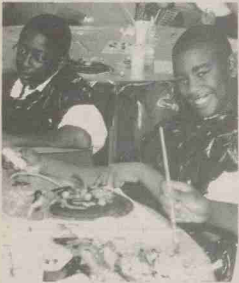
Nov 8-10 @ Golf World (Hilton Head, S.C.)

CULTURE

Embracing Our Afrocentric Heritage

By Fred Frazier
Staff Writer

"Akwaabaa," Dr. Iyailu Moses used to open up Afrikan American Heritage Day's main event. The speaker for the afternoon's lecture was Dr. Fred Hord, a professor at Knox University — one of many hats he wears. He is director of the



Koren Atwater/Staff

One of the many children participants for Heritage Day.

Black Studies Department at Knox,

a poet, a literary critic, noted in Who's Who in Black America, and President of the National Association of Black Culture Centers.

Hord began the lecture talking about Afrocentric Heritage, driving home the idea that Afrikan Americans, "must be centered." Dr. Hord said black people "need to be rooted in our past and there needs to be greater community involvement in all areas of black life."

Through the community involvement issue, he addressed giving back to the community and the reinstatement of the black family. "Black folks like to take individual credit for achievements whereas things work better when we work together as a group," Hord said.

He then moved to a topic on the tongues of all people across the nation. The possible CIA introduction of cocaine into the black community that Representative Maxine Waters is raising a political ruckus over right now.

"Higher education is potentially

as dangerous as crack/cocaine and heroin," Hord said. Because knowledge that has been tampered with, "Historically altered," could and can be detrimental to ones' sense of self — of who they are.

Hord went on to say we must



Koren Atwater/Staff

Dr. G. Wyatt Sydnor, one of the storytellers for Heritage Day.

understand how centered and decentered we have been. In illustrating this point, he talked briefly about his three years at Howard University and how tired he became of that institution being



Koren Atwater/Staff

The Magic of Afrikan Rhythm encourages students to help in their dance workshop.

bourgeois.

The definition he gave of Afrocentric Heritage was that it is understanding what it is to be critically receptive of heritage and understand it. The American concept of "rugged individualism" is at odds with the concept of Afrocentric heritage.

"Black identity," he said, "is rooted in ones' past. The culture is about being community oriented, giving back to the community, and being comfortable with ones' phe-

notype." He touched on the black ethos or black value system, succinctly stated for those non-believers, that "there is one."

Bringing the discussion full circle, Hord reiterated, "We need to be centered." Some main ingredients of African centeredness include: being centered in a non-ruling hierarchical way and being critical of external and internal structures and relationships, and aspiring to be concentric, but grounding those aspirations in our HISTORY.

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"Operation: One Man, One Vote"

One issue: Education

Presidential

Clinton

Reformed Direct Lending for College; Student Loan program.

Dole

Restore interest deductible for student loans.

U.S. Senate

Gantt

Support new middle class. Deductible for college tuition.

Helms

Against middle class deductible for college tuition. Consistently voted to eliminate college

U.S. Representative (4th district)

Price

Supported pilot program for direct federal lending. Co-authored bi-partisan legislation for making student loans tax deductible.

Heineman

Voted to cut student loans by \$10 billion. Voted against student interest deductions.

Based on those statements and actions set forth by the above candidates, SAAC is endorsing Clinton, Gantt, and Price for the election ticket.

Sponsored by the Society of Afrikan American Culture

R U Listening?

By Nik Goodson
Staff Writer

Hip-hop music has become as diverse as any music genre of today. A spin-off from R&B, hip-hop's origin lies with Afrikan Bambata, Grand Master Caz, Kool Hurc, Cold Crush Brothers, Kurtis Blow, the Furious Five, etc.

Yet, the origins of the bass drum beats lie in ancient Afrikan religious ceremonies. In fact, these ancient Afrikan drummers were the precursors to all drum beats used in rock and roll, and R&B, as well as many other music genres. Since these legendary acts, rap has taken many excursions to reach its current state.

Rap has maintained its oriented flavor through the years, dabbling in Africentricity, gangster related hymns, and rump-shaker vibes to say the least. In the process, it gained many patrons and enemies alike, but ultimately demanding the respect of the music industry as a growing art form.

Amidst its rampant negativity, many artists maintain realness, dealing with the real issues within the Afrikan community in America. The purpose of this article is not to disrespect those artists who deal with the problems within our communities

by promoting drug sales, violence, sex and the reality of their environment. Rather, the purpose is to elevate those who take it to the next level by dropping knowledge to further our mental boundaries.

Elevations of thought give way to elevation of individual self-concept and control. In doing so, as a whole we can better understand our current predicament in this nation, foreshadowing moves that will be necessary for the future. I give props to conscious hip-hop artists, for sacrificing record sales to expand the mental health of their audience.

With all due respect, I will list some of the most recent releases by enlightened artists. Jeru the Damaja comes clean again with Wrath of the Math, another PRIMO production. This CD is thorough, perhaps one of the nicest in years. Outkast follows their debut album Southernplayalisticadillacmuzik with ATLiens.

Once again nuttin but the finer things from these southern plays. The Roots ask Do You Want More!!!!!!?, and the response is a resounding, HELL YEAH!! They recently released their second album Illadelph halftime.

In the summer of '96, the native tongues were "officially re-instated"

with the release of Stakes is High and Beats, Rhymes, and Life by De La Soul and a Tribe Called Quest respectively! Bahamadia released her debut Kollage, where PRIMO takes you out beyond, once again.

For brevity, I will simply list a barrage of other conscious artist: Guru, Group Homme, DJ Premier, Busta Rhymes, Digible Planets, KRS-1, BDP, Channel Live, Goodie Mob, Organized Noise, SOS (Society of Soul), Pete Rock & CL Smooth, Show & AG, Common (keeps makin' sense), Poor Righteous Teachers (their new project was released last week), Brand Nubian, Paris, Organized Confusion, X-Clan, Artifacts, Jungle Brothers, Fugees (Refugee Camp), Pharcyde, Sista Souljah, Public Enemy, Boogiemonsters (perhaps the most underrated of this list), and Speech. Also representin': Nas, Wu-Tang, Bootcamp Click, Das Efx, Hieroglyphics, Da Bushbabies (their new CD is it!), and Mic Geronimo!

Sometimes it pays to be aware of the good as well as the bad to gain complete understanding. Nothing but love for all these artists, along with those un-mentioned local and international who promote a concept worth listening to on the intellectual level.

Black Culture Quiz

Who was the first black in a Presidential Cabinet?

President Lyndon B. Johnson in 1966 appointed Robert C. Weaver head of the Department of Housing and Urban Development, making him the first black to serve in the Cabinet. Weaver (1907-) received a Ph.D. in economics from Harvard University. Coming into government service during "The New Deal," he served as aide to the Secretary of the Interior in 1933 as his advisor in the Public Works Administration. He held other federal positions until 1944 when he left to serve Chicago in the field of race relations and housing, to teach, lecture and do foundation work, as well as work with the United Nations. He became the first black in New York State's Cabinet. Under President Kennedy, he returned to Washington as head of the Housing and Home Finance Agency.

Which Afrikan leader was most noted for his attempts to unify the Afrikan continent?

The late Kwame Nkrumah, former president of Ghana. Educated as a young student in London and Lincoln University in Pennsylvania, Nkrumah returned to his native country to lead the Convention People's Party and eventually guide Ghana to independence in 1957. Afterwards, his efforts were devoted to creating a national unity among divergent Afrikan tribal and linguistic groups. Nkrumah died in exile in Guinea in 1966.

Which fiery journalist was the first black man elected to Harvard University's Phi Beta Kappa society?

William Monroe Trotter, founder and editor of the Boston Guardian, received his bachelor's and master's degrees from Harvard University, and was elected to Phi Beta Kappa during his junior year. Active in Harvard campus activities, Trotter was on the debating team and president of the Temperance Society whose secretary was William Lloyd Garrison, Jr., son of the famous abolitionist.

What black woman led a crusade against lynching?

Mrs. Ida Baker Wells Barnett was born in Mississippi, secured an education and began to teach and write. She campaigned, at great danger to herself, for racial justice. At one point she was forced to flee to New York where she was hired by a black newspaper, the New York Age. She compiled and published statistics on lynching, most notably, A Red Record, in 1894. She continued her crusade, finally leading a delegation to President McKinley to protest lynching. She helped found the NAACP and was active in founding clubs for black women. She was the first black to be appointed an adult probation officer in Chicago (1913). In 1940, the Ida B. Wells housing project in Chicago was dedicated.

What was the Brownsville Affair?

On August 13, 1906, a group of armed men rode into Brownsville, Texas, and shot wildly into homes in the white community. One resident was killed and several injured. It had been the aftermath of a fight between a black soldier and a white merchant which had resulted in the town being placed off-limits for the soldier's entire battalion.

President Theodore Roosevelt ordered an investigation. There was no conclusive evidence against the soldiers. None testified against each other, but Roosevelt ordered 167 privates and noncommissioned officers discharged without honor from the army and forever debarred from re-enlisting in any of the services because of the "conspiracy of silence."

This disciplinary action is the only documented case of mass punishment in the Army's history. The Secretary of the Army said that "the concept of mass punishment has for decades been contrary to Army policy and is considered gross injustice."

In September, 1972, almost 67 years later, the Army ordered that the discharges be changed to honorable, clearing the records. The Negro Ensemble Company in New York City presented a drama based on the incident, "The Brownsville Affair," in its 1976 season.

*Any Students Interested in Being a Cultural Writer
for The Nubian Message, please call 515-1468 and
ask for Cassandra Lester, Cultural Editor, or stop by
Room 372 of the Afrikan American Cultural Center
for more information or to pick up an application.*

The Office of Afrikan American Student Affairs

Presents

1997 Symposium Counselor Information Sessions

You may choose to attend any of the following 2 sessions:

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,
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HEALTH

Cancer's Death Toll Begins Declining

By Randall Haddock
Health Editor

Perhaps no other disease touches as many lives as cancer. At present rates, cancer will eventually strike about one in two men and one in three women in the United States. Even if an individual manages to escape the disease themselves, chances are high that a friend, relative, or loved one will not.

With the medical community fighting such a time-consuming battle with cancer, it does leave many to wonder whether scientists are progress with this dreaded disease. With that in mind, this article will attempt to answer some of the questions masses of people may have about cancer.

First, are there any successes in controlling cancer?

Scientists have reported that in the last 50 to 70 years, studies have

shown that there has been an increase in the percent of people who survive cancer within the United States. If an individual looks back into the past they can see that the survival rates were down in the 40 percent range in the 1970s. It was even lower during the 1930s.

Also it has been reported that for the first time in history, the death rate from cancer has started to go down. It peaked at 174 per 100,000 people in 1990 and has been lower in 1991 until the present.

Secondly, do lifestyle changes really help the average person in the prevention of cancer?

There is no question that the future of cancer depends upon the ability of the public to make lifestyle changes. Far and away the most important one is to continue to reduce smoking or the use of tobacco products. The data show that one out of two men who begin

smoking at about age 20 and smoke through the majority of their adult lives will die 20 to 25 years prematurely of that of a non-smoker.

The second factor most important lifestyle factor is diet and the daily consumption of unhealthy foods. Many physicians see the correlation between an individual's eating habits and their likelihood to get cancer.

Lastly, what does the future hold?

Many within the health care profession feel very optimistic with science making great strides in fighting cancer. While it takes research breakthroughs in order to make any significant progress, physicians say that for now the responsibility rests primarily on the individuals to take prevention measures to make visible changes within their lifestyles.

Acupuncture — Ancient Treatment Becomes Miracle Cure of the '90s

By Randall Haddock
Health Editor

Acupuncture is an ancient Chinese therapy that has emerged as a valid and reliable source of treatment for many in contemporary society. According to the Food and Drug Administration, an estimated nine to 12 million acupuncture treatments are currently performed each year in the United States.

Acupuncture is just one of several therapies that constitute traditional Chinese medicine. The ancestors of the ancient world believe that the basis of good health is a balance of vital energy within the body. According to physicians, energy moves through the body along main pathways, and when the flow of one or several pathways becomes obstructed the result may be disease or injury.

Doctors say that by stimulating key points in the body, usually with needles, an acupuncturist seeks to restore balance to the normal energy flow and as a result, will relieve pain or treat disease.

Although acupuncture therapy has been practiced for 5,000 years, it was not until recently that evidence surfaced pointing to its effectiveness as an anecdote. For example, it has been documented that the stimulation of acupuncture points affect both the central and peripheral nervous systems. It triggers the release of endorphins and enkephalins which are chemicals that have pain-relieving properties similar to pain-

relieving synthetic drugs.

To begin treatment, a physician will have to make a complete assessment of a person's medical history to determine whether or not this particular path of alternative healing is best suited for him.

If it is determined that this is the best course for treatment, the individual will see an acupuncturist for the actual therapeutic process. Generally, the acupuncturist will use 10-12 surgical steel needles usually two to three inches long.

With a few quick taps, the acupuncturist will insert the needles to a depth of an inch. The sensations experienced will vary from that of a slight tingling to a sensation resembling mild electric shock. Sensations of heaviness or numbness in the limbs is also common. The needles are usually left in for a period of time ranging from 15 to 60 minutes.

As with any therapeutic procedure, acupuncture is not risk-free. But at the hands of a skilled practitioner, the risk of complications is greatly reduced.

Acupuncture is a valid treatment for a wide variety of illnesses ranging from allergies, headaches and common colds to bouts with substance abuse. Physicians are allowed to perform acupuncture techniques anywhere in the United States, and with its gains in acceptance within society, it is becoming a readily available and inexpensive complement to modern medicine.

Mononucleosis Threatens Students

By Randall Haddock
Health Editor

There are many diseases and illnesses that are contagious and can be easily spread from individual to individual. From the common cold to the HIV virus, there a wide variety of ailments that have raised the level of awareness within people to be careful of as to the kinds of contact they may have with others.

Mononucleosis, or mono, is classified as an infectious or communicable disease that is characterized by a high, irregular fever, sore throat, general swelling of the lymph nodes and other glands. Mono usually comes about due to abnormal lymphocytes appearing in large quantities in the blood. In some cases small purplish spots appear due to hemorrhaging of the skin. Complicating the diagnosis is the

erratic incubation period of mono which can last anywhere from seven to forty-five days.

The disease is sometimes referred to as "glandular fever" because of the high temperature and swelling of the glands. The mimicking ability of mononucleosis makes it difficult to identify, for mono can be diagnostically similar to the common cold, leukemia, hepatitis, and Hodgkins Disease.

The mystery factor of this disease comes into play because scientists and researchers are not sure of how mono spreads for one person to the next. It has frequently been called the "kissing disease," and intimate personal contact may well be involved. Secretions from the mouth, nose, and throat of infected individuals are likely the main route for infection of others. Another

mystery of the disease is the fact that more women seem to become infected than men.

Mono also has the distinct characteristic of appearing when stress does. Epidemics among college students often paralleled examination periods, and many college freshmen succumb to the illness — which might reflect the stresses of adjusting to college life.

Antibodies are generally the treatments given by doctors to prevent infections by bacteria.

If an individual becomes stricken with mono, please consult a physician and let them determine the best course of treatment.

If someone has questions about mononucleosis or needs further information, please contact Student Health Services at 515-2563.

"You are not alone"

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You may call INTERACT directly and ask for the NC State crisis counselor 828 - 7581 (Ernstien) or contact Marianne Turnbull 515 - 9355

**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 to pick
up an application.**

OPINIONS

We Can Get Along

By Tara Waters

Staff Writer

After reading article after article in newspapers and watching shows dealing with the animosity between Afrikan American women, it suddenly hit me that we "sisters" are often at each other's throats. Problems between us often occur because of petty reasons that most often stem from inaccurate perceptions. This is ridiculous and must cease.

Numerous arguments between Afrikan American women stem directly from he-said-she-said nonsense. Before we take into account that our source may not be reliable, we are ready to start a confrontation with the person rumored to have said something about us. We should always think before we act in a way that we may regret. Imagine how much would be different if you had thought before you carelessly acted.

Now I am sure (regardless of how mature we think we are) that we all have played the telephone game in elementary school, and learned how many times a story changes from its original format before it reaches its final destination.

By chance if the rumors are true, does it really matter? Will your life come to an end if someone does not like you? No. You should be mature enough to realize that people will talk about you whether it is negatively or positively. This is their problem. You must not adopt it as yours. There are already too many things to keep us stressed out (tests, graduating on

time, money).

All too often we as sisters choose to form opinions about one another before we take the time to get to know one another. Because she wears nice clothes and keeps her hair done, some females assume she "thinks she is all that," rather than commending the young women's effort to improve or keep herself up. We all have the ability to act and carry ourselves the way that we want to, so do not down a sister for keeping herself together.

It is time for us to get together — and stand together once we are together. We must feel a sense of unity for our sisters so we can be the Beautiful Black Women we were born to be. We must empower our race through the unification of our sisters.

As an Afrikan American woman attending college, how many times have you passed another Afrikan American female on the way to class, sitting in the Atrium, or just chillin' on the yard and looked away to avoid speaking to her? Or maybe you suddenly realized you had "something" in your bookbag that you had to make sure was still there as someone is approaching that you did not care to acknowledge. (Probably too many times for you to accurately recall.)

Think of a time when you and your friends were together and you saw a sister sitting alone. Did you invite her to join you? If the answer was no, was it so because you did not want to come across as being "too nice" or "too friendly?"

As Afrikan American women, we

should be able to associate with all of black students on this campus because you and I represent a small percent of the population. So the next time you pass a sister, regardless of where she is or who she may be with, try saying "hi" or "what's up" and I am sure you will receive a positive response.

The awkwardness will be gone. Chances are you will probably run into that person at another place and you will be able to carry on a conversation with her.

Also, the struggle over the attention of certain males seems to trigger a difference of opinions among us. My sisters, Please! There are enough Afrikan American men in North Carolina (maybe not on the NCSU campus) to satisfy the demands of all black women at NCSU. All too often, the relationship between you and the young man will be short lived. However, if you form a relationship with a female, your friendship could last a lifetime. Think about it.

If we all try (even though it is exceptionally hard being "college students" with our hectic schedule) to maintain a positive attitude when dealing with one another, we should be able to get along.

I am not saying that everyone you meet will become an instant "best friend," but at least we will be able to hold casual conversations with each other. Our success as a people for tomorrow depends upon our actions of today. It is truly up to you. Think about it.

What Integration Has Done To Us

By Spencer

Staff Writer

I am a firm believer that no one does anything that will not eventually be beneficial to his own motives. In this particular case I am referring to integration. There is a common belief that integration has only been beneficial to those whose elders were the victims of segregation. I think I can say with confidence that this belief is only a half truth. I think integration has benefited whites as much as it has blacks.

We can start by looking at the big picture. Look at black neighborhoods. There are some nice black neighborhoods — usually filled with middle and upper middle class black people.

Unfortunately, most neighborhoods where black people are a majority are plagued by problems of drug abuse, poverty, joblessness, lack of decent education, and the threat of violence — violence that can be traced to sources both inside and outside the community.

Many of the people who live in majority black neighborhoods are the working class, or more aptly, the working poor. But we need to look at who does not live in these neighborhoods. There are no doctors, lawyers, or other professionals living there.

Before the great push for integration in New York City — yes, there was and continues to be segregation in housing in New York — there were a good number of professionals who lived in such neighborhoods as Harlem, which was, and is, a majority black neighborhood.

Most professionals have moved into so called "integrated" neighborhoods. I put quotations on the word integrated because you might be surprised at how differently white people view something as integrated, as opposed to the way black people see it.

Some professionals even move into neighborhoods which are exclu-

sively White. But as long as it is "Doctor So and So," or the famous sports star, his presence will be tolerated as long as he manages to stay out of trouble. This is especially true of a certain sports star who is now an outcast in a neighborhood that welcomed him because he was rich and famous.

Neighborhoods have not been the only thing affected by integration. For other examples of how integration has been beneficial to both blacks and whites, we can also look at the instance of both collegiate and professional sports. It used to be that when a black athlete was talented, he would expect to play whatever sport at a historically black college because white institutions were reluctant to accept him. Now it is almost unheard of for a blue chip athlete to even consider attending a historically black college.

This is partially because of the television coverage given to big-time conference schools, none of which happen to be Historically Black Colleges. The athlete benefits from a free education, and the school benefits financially from bonuses given to schools that make it to a bowl. Coaches benefit if they can produce a perennial winner by obtaining shoe and book deals. I don't need to tell you that while sports is concretely integrated on the player's end, such is not necessarily the case on the coach's end.

Mutual benefits do not end at college sports either. Many professional teams have black and hispanic players. Some teams even have black coaches or managers. However, most team owners are white and so are most front offices. There also seem to be a large percentage of agents who are white.

So if anyone ever tries to stress how beneficial integration has been for blacks; you can kindly remind them of how beneficial it has been for whites as well. That's just a little something to grow on.

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Editorial Policy

The Nubian Message is written by and for the students of N.C. State University, primarily for the Afrikan-American community. All unsigned editorials are the expressed opinion of the Editorial Staff and do not represent the University in any way.

The Nubian Message is published on the 2nd and 4th Thursday of each month during the Fall and Spring Semester, except during holidays and exam periods.

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.

**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.**

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
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