

THE NUBIAN MESSAGE

Volume 5, Edition 12
November 7, 1996

Knowledge



What's Goin' On?

The Society of Afrikan American Culture

SAAC will meet today at 7 p.m. in Room 375 of the Afrikan American Cultural Center. The guest speaker for the evening will be Coach Alfred Powel who authored the 40 oz. scandal. He will speak on the exploitation of alcohol in the Black community, among other things.

AASAC

The Afrikan American Student Advisory Council, will have a meeting Friday, November 8 at 3:30 p.m. in Room 375 of the Afrikan American Cultural Center.

Afrikan American Symposium

The last day information sessions for Symposium Counselord will be Monday, November 11, 1996 in room 2015 of Harris Hall. For more information, contact Lathan Turner, Coordinator of Afrikan-American Student Affairs at 515-3835.

New Horizons Choir

The New Horizons Choir will present their fall concert on Sunday, November 24 at 4 p.m. in Stewart Theatre. This program will feature contemporary gospel music and spirituals. Tickets are \$2 for NCSU students and faculty/staff and general public \$3. For more information call ticket central at 515-1100.

Patterson On Road to Recovery

By Carolyn Holloway
Managing Editor

Friday, October 13, 1995 was a tragic day for the Patterson family, friends, and other members of the N.C. State as Gregory Alan Patterson fell victim to random gunfire in Washington, D.C. Patterson, in the D.C. area for the Million Man March, was paralyzed from the neck down. He was told that he would probably never walk again.

Immediately after hearing of Patterson's condition, campus organizations, individuals, faculty members and the community rallied to support Patterson financially and emotionally. As a result of that effort, over \$15,000 was raised for the Gregory Alan Patterson Fund.

Thursday, November 7, 1996, is much different than that tragic day exactly one year and 25 days later. Patterson, after months of rehabili-

tation, is no longer in the same condition as after his tragic shooting. Immediately after the accident, Patterson went to the University of Maryland at Baltimore's intensive care facilities.

There he stayed for 60 days and later went to a rehabilitation center in West Orange, N.J. for three months. Patterson went from New Jersey to his home in Greensboro, N.C., on March 5. In Greensboro, Patterson has participated in physical therapy at least once an day.

Patterson underwent a successful operation this summer, and doctors were able to remove the bullet from his spine. Unexpectedly, Patterson went home the day after his operation as opposed to the week the doctors had suggested.

"I have been able to move both arms and have slight movement in my legs and toes," Patterson said. "[I am] very appreciative of the students and faculty of NCSU and the letters and monetary contribu-



Staff picture

Gregory Alan Patterson

tions have helped out a lot." Patterson says that he will return to NCSU in the future and continue his degree.

Lathan Turner, Coordinator of Afrikan American Student Affairs and the official spokesperson for the Gregory Alan Patterson Fund said that efforts have continued in the name of Alan. "In the spirit of the Afrikan American family, I

believe it is important that we do what we can to help Alan progress towards his goals and dreams to be a contributing member to our society," Turner said. "This act of random violence could have struck any member of our community and we must always realize that although life is short, we do have an eternity in which we can accomplish many great things and Alan deserves that chance."

Recently, members of the North Carolina community started a foundation called "A Song for Alan" which raises funds for Patterson's treatment. This fund put on a gospel fest in Greensboro, N.C., with guest musicians Witness. Fundraising events have continued to happen through both of these foundations and as a result, Patterson's family was able to buy a van to move Patterson around.

Tenure is Under Fire for Faculty

Staff Report

The Nubian Message

A chilling omen for the end of tenure as we know it, or a rational approach to protecting the responsible exercise of academic freedom for the benefit of the society we serve? Post-tenure review, a term that has been added to the lexicon of higher education over the last 15 years, has various driving forces and a variety of manifestations, but it is undeniably a result of at least one fact: Tenure is under fire.

Decision makers for higher education nationally, members of legislatures and governing boards, as well as university students, their parents, members of the general public, and, yes, many in academia are taking their shots. In the fusillade is found everything from calls for major reform to outright condemnation of the whole idea. Tenure is variously understood as providing a job-for-life, granting individual and absolute autonomy of faculty in our professional work

, being the cause of lethargy-both personal and institutional-and being the reason for repeated incidences of poor teaching, ineffective service, and uncreative research. Moreover, the quest for tenure is thought by some to be cramming libraries with useless articles written only for the purpose of jumping the tenure hurdle. Among those who provide the resources which support our work as faculty are many who question the continued application of resources through a system which provides, as they see it, little accountability and virtually no ability to take corrective action.

An American invention, tenure came into existence as a result of a 40-year process that began in 1900 when the widow of railroad builder Leland Stanford used her significant influence to cause the president of Stanford (named for their son of governor of California, Leland Stanford Jr.) to dismiss a young faculty member and economist, Edward Ross, because of his

study of the use of Asian labor in the building of railroads. Tierney and Bensimon, in their excellent book, *Community and Socialization in Academe* (State University of New York Press, 1996) recount the story. The ensuing national debate resulted in the birth of the American Association of Colleges, published in 1940 its Statement of Principles on academic freedom and tenure.

Richard Chait, founder of the Center for Higher Education Governance and Leadership at the University of Maryland-College Park and currently a member of the Graduate Department of Education at Harvard University, in the October 1996 issue of NASULGC Newsline (Vol. 5, Nov. 9), identifies three reasons for the attack on tenure:

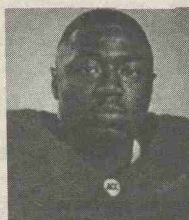
*Public lack of understanding and appreciation of why members of the academy enjoy what the public sees as an anachronistic privilege not existing in other sectors of

professional endeavor:

*Growing concern by governing boards and legislatures that tenure is a restraint impeding institutional ability to adapt to shifting financial conditions and expectations for service; and

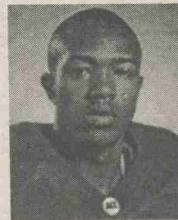
*Junior faculty beliefs that the tenure process detracts from academic freedom through a process variously viewed to be randomly exercised, secretive, collusive, and punitive.

Chait notes that 99 percent of all U.S. public institutions of higher education, and 71 percent of all institutions maintain tenure systems. Sixty percent (108,000) of faculty in public research institutions are tenured, and another 19 percent are on the tenure track. Yet, during the past 10 years, there has been a 42 percent growth in the number of non-tenure track, full-time faculty. At NC State, 68 percent of the full-time faculty are tenured, and 17 percent are on the tenure track.



• Jimmy Grisset is sidelined with injuries as N.C. State faces Duke this Saturday, Nov. 9. See page 3 for more details.

• Torrey Holt is also sidelined for the Wolfpack for homecoming '96. See page 3 for more details.



Patterson continued from page 1

Patterson's family was able to buy a van to move Patterson around.

Patterson says he is always willing to receive letters and mail from anyone concerned about his condition. Anyone wanting to contact Patterson or are interested in sending monetary contributions can address

mail in care of Gregory Alan Patterson to: The Nubian Message, Box 7318, Afrikan American Cultural Center, Raleigh, N.C. 27695 or to Lathan Turner, Afrikan American Student Affairs, 2010 Harris Hall, Box 7314, Raleigh, N.C. 27695.

FLYIN' WEST

A HISTORICAL DRAMA

by PEARL CLEAGE

celebrating the determination and fortitude of 19th century AFRICAN AMERICAN WOMEN.

Directed by Dr. Patricia C. Caple

November 7-9 at 8:00 p.m.
November 13-16 at 8:00 p.m.
November 10 at 3:00 p.m.

The year is 1898 and the pioneering settlers of an all-black Midwestern community find independence and self-determination to be fragile commodities in the post-slavery era. A group of four tenacious women homesteaders, led by the feisty Sophie, battle forces that threaten their land and their independence in this historical drama inspired by the real-life town of Nicodemus, Kansas.



Adults \$9.00
Senior Citizens,
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Faculty/Staff \$8.00
NC State Students. \$4.00

Ticket Central-515-1100

NC State University
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THEATRE
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needed to assist at
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Tenure continued from page 1

Yet, during the past 10 years there has been a 42 percent growth in the number of non-tenure track, full-time faculty. At NC State, 68 percent of the full-time faculty are tenured, and 17 percent are on the tenure track.

GRADUATE STUDENTS ARE URGENTLY NEEDED

to assist in the Afrikan American Cultural Center Library. Two Graduate Assistants 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.

HOOP IT UP!!! 3-on-3 Basketball

Saturday, Nov. 16
Men & Women Divisions

Court One-
Carmichael Gym.

Fee: \$10 per team
Trophies for
1st and 2nd Place



Register at Ticket Central - 2nd Fl
University Student Center NOW !!
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Alfred "Coach" Powell

Thursday, November 7

7 p.m. 375 AACCT

Sponsored by the Society of Afrikan American Culture.

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.

**CIA-CONTRAS-COAINED-GUNS-UNCLE SAM BEING THE
PIPELINE THAT ALLOWED AND PUSHED DRUGS IN THE
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EXPENDABLE**

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THE NUBIAN MESSAGE

The Afrikan American Voice of North Carolina State University

Editor in Chief
Managing Editor

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Carolyn Holloway

Editorial Staff

Sports Editor: Akeem Shakidwan
Opinions Editor: Kimberley Petway
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Circulation Director: Doug Edwards
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Business Manager: Carolyn Holloway
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Mailing Address:

Room 372 Witherspoon Student Center/AACCT
Box 7318, NCSU Mail Center,
Raleigh, NC 27695-7318
(919) 515-1468

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

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 Designer/Maintainer.

SPORTS

Grissett and Holt Sidelined With Injuries

Staff Report

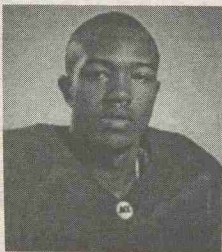
The Nubian Message

In the Wolfpack's loss to the Tarheels of North Carolina on Saturday, also taken out of commission were starting wide receivers Torry Holt and Jimmy Grissett. Holt is said to be out for at least three weeks with a separated right collarbone and Grissett suffered a hip injury and it is not likely to see any playing time in Saturday's Homecoming festivities.

Holt and Grissett have been key figures for the Pack this season, and are a severe loss for the NCSU offense.

Holt and Grissett have a combined 53 catches this season for 801 yards, accounting for more than half of the Pack's team receptions and receiving yards. Holt and Grissett's

presence has been a great asset to the Wolfpack this season, and there presence on the field will be truly missed



Staff Photo

Torry Holt

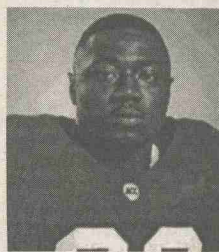
in Saturday's matchup with the Duke Blue Devils. Starting in the place of

Holt will be junior track star Alvis Whitted. Whitted is a very talented player, with the speed and the ability to be one of the best receivers on the NCSU squad. This season Whitted has averaged 23.1 yards in receiving.

If Grissett is unable to play on Saturday, he will be replaced by Chris Coleman. Coleman has caught three passes for 93 yards this season, including a 72-yard touchdown in the Pack's close loss to Alabama. Coleman is currently in the fourth spot in the receiving rotation, due to the dismissal of Greg Addis earlier this season and has shown a lot of improvement throughout the progression of the season, despite their 1-6 record.

Serving as receiving backups will be sophomore Roderick Brown, red-shirt freshman Quentin Neals, and sophomore walk-on Rusty Russell.

Eric Leake, a true freshman, is also in contention, however speculation has it that Leake will be red-shirted this



Staff Photo

Jimmy Grissett

season. Not one of the backup receivers have received a pass this

season, but have proven themselves to be likely candidates in practice.

Holt and Grissett have been very detrimental in the success of the Wolfpack this season and their presence on the field will be greatly missed. Holt has been very effective this season, becoming one of the biggest threats to State opponents, and being ranked in several record breaking categories for the Wolfpack and the ACC.

Without Holt and Grissett the Pack will have to look to their running game lead by Junior Tremayne Stephens. Stephens had an excellent game against the Tarheels and is expected to be a big asset in the Duke matchup. State has lost in all areas this season, but hope to rebound in Saturday's Homecoming celebration against the Blue Devils.

Sendek Begins New Era in Wolfpack Basketball

By Alvin Sturdivant

Sports Editor

Reynolds Coliseum has been silent for the last few months, but the time has come for Wolfpack fans to pile in cheering louder than ever before as the twenty-first century quickly approaches and the Herb Sendek Era begins.

The Wolfpack roster consist of 13 players with the capabilities, the skill, and the talent, of some of the best players in the nation. Sendek joins the Wolfpack after three successful seasons at Miami (Ohio) University, and hopes to bring a winning tradition back to Wolfpack basketball. Leading the way for the Wolfpack this season will be Seniors Jeremy Hyatt (6-5, 210, Jacksonville, Fla.), Al Pinkins (606,227, Canilla, Ga.), Danny Strong (6-6, 227, Great Falls, S.C.), and Jason Sutton (6-3, 180, Fayetteville, N.C.).

Jeremy Hyatt started in every game during the 1995-96 season, leading the Wolfpack with 46 steals, and also recording career highs in rebounding (142) and assists (104). Hyatt alone provides the most experience on the Wolfpack roster and will be very detrimental in NC State's success this season.

Hyatt has currently played more minutes than any other team member and is expected to add more of his skill and ability to a Wolfpack team that has struggled in the last few seasons. Hyatt's leadership, along with the other Seniors on the team, may be the guiding force for the Wolfpack this season.

Leading the way in the Wolfpack frontcourt will be Danny Strong and Al Pinkins. Both, transfers into NC State, have added alot of depth to the basketball team. Strong immediately made his presence known in the ACC last season, starting in every game, and finishing as the Wolfpack's third-leading rebounder, with a 4.7 average. Strong came second only to

Hyatt in steals with 37, and his total of 73 three-point field goals is the fifth-highest single-season total in school history.

Strong was able to single-handedly lift the Wolfpack on several occasions with his soft touch and his consistent shooting ability. Despite the losing season, Strong was very impressive and is in line to be considered one of the Wolfpack's greats, quickly catching the hearts of NC State fans.

Al Pinkins was not a starter last season, but came off the bench in 31 games to provide a little muscle on the floor for the Wolfpack. Pinkins was NC State's second-leading rebounder, averaging 4.8 per game. Pinkins also shot just over 50 percent from the floor against ACC opponents. Both Pinkins and Strong have proven their dedication to the Wolfpack and have provided hard-work and determination in preparation for the coming season.

Jason Sutton has seen very little playing time in his career at NC State, but posted very impressive numbers last season, coming off the bench. IN the past Sutton has been a perimeter threat of the Wolfpack and is expected to be a big asset to the Wolfpack this season.

Sutton has been key in several clutch moment plays for the Wolfpack and is expected to be a key team leader in his Senior season as a Wolfpack.

Jeremy Hyatt and Jason Sutton are potential threats in the NC State backup this season, but Ishua Benjamin and Clint "C.C." Harrison are not those that you want to turn your backs on. Benjamin was very instrumental to the Wolfpack in his freshman season, but has since then been less of a factor for Wolfpack opponents.

However, Benjamin averaged the team's second-most assists and third-most steals. In Benjamin's two seasons with the Wolfpack, he already

ranked twelfthon the Wolfpack career assist record list with 231 and seventeenth in steals with 84.

Harrison, though not as popular as Benjamin in their freshman season, picked up his play tremendously in his sophomore season, starting in the final fifteen games of the season, enjoying his top rebounding and assists averages.

Both Harrison and Benjamin contain a unique style and technique, and having proven themselves to be very effective on the court, despite several losing seasons since their arrival at NC State.

The Wolfpack, lost the ACC's leading scorer in Todd Fuller, and also lost their big man, leaving the center position wide open for Marco Harrison. However, Harrison transferred and left the Wolfpack without anyone in the middle and a serious size problem to overcome. Head Coach Herb Sendek has been successful at coaching for many years and has to overcome many obstacles and this can be seen as a possible brick wall in the path of Sendek's success.

Sendek has prepared the Wolfpack to the best of his ability, but realizes that success does not come overnight. Sendek's appointment as coach opened up the door for those players who had once been in the shadows to show their skills and attempt to make runs for starting positions.

Some of those players will see a lot more playing time this season, while the others will be expected to produce off the bench if needed.

Sophomore Luke Buffum and Red-shirt junior Steve Norton will be looked upon to provide presence on the baseline, despite their lack of experience, due to limited playing time under the direction of former

see Sendek, page 4

Wolfpack Our For Blood Vs. Duke

Staff Report

The Nubian Message

The Wolfpack have had a week to prepare and are quickly approaching, what may be their last chance at a victory this season. The winless Blue Devils will enter Carter Finley Stadium on Saturday to play in front of tens of thousands of fans, parents, and alumni, during NC State's Homecoming festivities.

Carter-Finley will be rocking and the atmosphere will call for nothing, but a win by the Wolfpack, whose only win of the season came over fellow ACC members Maryland. The Wolfpack have won 7 of the last 10 games against Duke, losing its last in 1993 and tying in 1988.

The Wolfpack have dominated the Blue Devils, but each game has been significantly close, with each team losing by an average of 6.5 points per game. However, the Blue Devils hold a 39-27-5 advantage over the Wolfpack dating back to 1924.

NC State has come out victorious in its last two matchups with the Blue Devils by a margin of four points, but each game has been played down to the wire. Last season the Wolfpack's victory was not sealed until Brandon Davis picked off a Spence Fischer pass on the Wolfpack five-yard line to stop the ensuing Blue Devil drive. In 1994, the Wolfpack came from 16-points down in the third quarter to win 24-23.

The Duke/NC State matchup has always been an exciting one and this season may be no different considering the similarities in team records and styles of play. Both teams have struggled this season on both offense and defense, with costly turnovers and key mistakes in clutch moments, however momentum tends to be in favor of the Wolfpack in terms of team totals and offensive efforts.

The Wolfpack and Blue Devils have combined to average more than 60 points per game and on 10 occa-

sions one team or the other has scored 30 points since 1987.

The average score has been 33-29, and six of the last nine games have been decided by three points or less, including three one-point game deciders and a tie. Defense has traditionally not been a deciding factor in any of the Duke/NCSU matchups, considering the yard totals posted in the last ten seasons of play.

Seven of the last nine games of the series have produced at least 750 yards, three have produced 950, and two have produced more than 1,000 yards of total offense. Though the Blue Devils are winless this season, this game is viewed as their first true opportunity at victory, and possibly the highlight of the season for Duke fans.

Listed below are the game totals in the series between NC State and Duke.

Total Series: Duke leads 27-39-5
NCSU at Home: 16-16-4
NCSU at Carter-Finley: 9-3-2
NCSU away: 11-23-1
Since 1953: 20-19-4
First game: 1924 (NCSU 14-0)
Most Points by NCSU: 47 (47-45, 1987)
Most Points by Duke: 75 (0-75, 1943)
Most Points by Both Teams: 92 (47-45, 1987)
Fewest Points by NCSU: 0 (14 times, most recent 1956)
Fewest Points by Duke: 0 (8 times, most recent 1990)
Largest NCSU Win: 26 (33-7, 1966)
Largest Duke Win: 75 (0-75, 1943)
Largest NCSU Win Streak: 4 games (2 times, most recent 1977-80)
Largest Duke Win Streak: 12 games (1933-45)

More Sports page 4

CULTURE

First Tuesday Jazz

Staff Report

The Nubian Message

Rameses Brown and the Gentlemen of Jazz completely captivated the small, but involved audience at the recent First Tuesday Jazz Nite in the Afrikan American Cultural Center. The quartet gently lifted the spirits of those attending with their smooth and soulful renditions of such standards and old favorites as "Killer Joe," "Satin Doll," "What's Going On," "Strangers and Lovers" and "Take Five."

The instrumentalists in the group are keyboard player Charles Bradshaw, Cedric Thompson on alto sax and Steven Corley, a Shaw University music major, on drums. The quartet is rounded out with its vocalist and group leader, Rameses

Brown. Brown thrilled and tantalized the audience with tunes like "Summer Time," "On A Clear Day," and "My Funny Valentine."

Members of the audience got a chance to sing along as he encouraged them to share their talents on "You Are the Sunshine of My Life." Leaving the jazz medium and moving off into the blues, Brown ended the evening with a warm, earnest version of Joe Williams' "Send Me Someone to Love."

The First Tuesday Jazz Nite will continue on December 3 at 8 p.m. with a return performance by Bobby Hinton and the Shades of Blue. The cost for each Jazz Nite is \$5 for the general public and \$3 for students. The jazz events are fundraisers of the Afrikan American Cultural Center's Community Gallery Committee.

To be black is to live with anger as the defining emotion of a racial experience. To be successful is to learn how to keep the emotion from consuming or debilitating black ambition.

--Audrey Edwards, Craig Polite



1996-97 NC State Men's Basketball Schedule

Date	Opponent	Time
Nov 06	Athlete's In Action (Exh)	7:30
13	Australian National Team (Exh)	7:30
22	Florida Atlantic	7:30
25	Penn State	7:30
27	Lamar	7:30
30	at Memphis	8:30
Dec 03	Winthrop	7:30
07	Wake Forest	12:30
12:30ESPN		
19	Central Florida	7:30
21	at Kansas	8:00
31	Arkansas-Pine Bluff	7:30
Jan 04	at Florida State	1:30ACC
07	Texas-Pan American	7:30
12	Maryland	1:00ACC
15	at North Carolina	9:00ACC
18	at Clemson	12:00ESPN
21	Duke	9:00ACC
25	at Georgia Tech	1:30ACC
28	at Virginia	9:00ACC
Feb 01	Clemson	12:00ACC
05	at Maryland	8:00
08	at Duke	8:00ACC
12	North Carolina	9:00ACC
16	at Wake Forest	4:00ACC
19	Virginia	7:30
22	Georgia Tech	12:00RSN
26	Florida State	7:30
Mar 01	Wofford	7:30
6-9	ACC Tournament (Greensboro, NC)	TBA-ESPN

Sendek continued from page 3

head coach and new Athletics Director Les Robinson. The Wolfpack, in the past, have concentrated tremendously on freshman talent, and this year will be no different. Adding to the depth of the frontcourt will be freshman forwards Damon Thornton, Andre McCollum, and Tim Wells. Though none have any college playing experience, their contribution will be well-needed and their presence will also be very essential to the overall success of the Wolfpack this season. In the backcourt will be freshman, Justin Gainey. Gainey has exhibited excellent skills as a defensive spe-

cialist and is centered around the fundamentals of basketball. Gainey is very quick and works very hard to improve each week.

The Wolfpack have a very strenuous season ahead, playing four teams in the first month of the season, that were seeded no lower than fifth in the NCAA tournament. However, the Wolfpack will not begin ACC action until December 7, when they face two-time defending ACC Champions Wake Forest. Coach Sendek has faced some of the best teams in the nation with success, and hopes to bring the same success to the Wolfpack.

The NC State's Men's basketball team defeated the Athletes In Action team in exhibition play on last night 84-71. Leading the way for the Wolfpack was senior forward Danny Strong with 24 points. Strong shot 80% from 3 point range. Also, playing impressive was freshman Damon Thornton who gave the fans a lot to cheer about.

Any Student Interested in Being a Sports Writer for The Nubian Message, please call 515-1468 and ask for Alvin Sturdivant, Sports Editor or stop by Room 372 of the Afrikan American Cultural Center for an applica-

Dating Game With Kappa Alpha Psi

Staff Report

The Nubian Message

On Thursday evening, the brothers of Kappa Alpha Psi Fraternity, Inc., sponsored "The Dating Game" at Stewart Theatre. The game is mimicked after the once popular television game show. The game was hosted by Reggie Degraffenreidt, member of Kappa Alpha Psi Fraternity.

Contestants for the program were selected through an interest meeting held before the actual event. Two bachelorettes and two bachelors were selected to ask questions in hope of finding the ideal date.

Antonio Hicks, senior in political science was the first bachelor to chose a date. He was most interested in bachelorette number two whose stage name was "precious." Jamila Smith, a sophomore in child psychology was next up to chose a date.

Smith, asked the three contestants, "If you saw me at a club, how would you get my attention," and one of the gentlemen answered, "I'll

look at you and lick my lips." She selected "Sebastian" as her date. Joe Bailey, sophomore in medical technologies, had his chance to ask another group of contestants questions. "If you were a ice cream favor, what favor would you be," Bailey asked. One of the contestants responded, "I would be chocolate because I am and its rich and goes down smooth." He chose bachelorette number one as his date.

Robin James, a freshman in business was the last guest. She asked the bachelors, "If you were a candy bar, which one would you be" and one of the bachelors responded, "Nutrageous." James selected "Kenny" to spend an evening with.

At the conclusion of the game, gift certificates from Darryl's, Applebee's, the Olive Garden and Red Lobster were presented to four of the couples.

"This event tonight was just for fun. We wanted people to come out to laugh and have a good time," said Sean Sessoms, member of Kappa Alpha Psi Fraternity.

The Office of Afrikan American Student Affairs

Presents

1997 Symposium Counselor Information Sessions

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

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.

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

Heritage Lecture Series

Dr. Clifford Griffin (rescheduled)

"Haiti in an American and African-American Context"

African-American Cultural Center, N.C. State

Room — 356

Date — November 18, 1996

Time — 7 p.m.

Free and open to the public

The Witherspoon Student Center • Cates Avenue/Dan Allen Dr. • N.C. State University
• 515-5210 •



Candlelight Vigil & Memorial Service

in memory of



7/13/56-11/8/91

November 8, 1996

Vigil:

6:00 p.m.

Martin Luther King, Jr.
Memorial Garden

Service:

7:00 p.m.

Bennu Cultural Center
2011 Poole Road

Invited Guests:

Rev. Dr. Benjamin F. Chavis
and Friends of the Ingram Family

Too many of us are hung up on what we don't have, can't have, or won't ever have. We spend too much energy being down, when we could use that same energy--if not less of it--doing, or at least trying to do, some of the things we really want to do.

Terry McMillan

I know one thing we did right
Was the day we started to fight
Keep your eyes on the prize
Hold on...
Civil Rights Movement Song

HEALTH

Asthma Sufferers: Relief Is At Hand

By Randall Haddock
Health Editor

Asthma is a common disease that affects nearly 5 percent of the population of the United States, perhaps as many as 13 million Americans. Since asthma is a mild illness, these numbers probably underestimate the true number of cases. Between the years 1984 to 1994, the number of asthma cases has increased by 42 percent.

Asthma is an inflammation of the lung which causes airways to become narrow, making it difficult to breathe. During an asthma attack, the muscles surrounding the windpipe tighten making the opening in the windpipes smaller, thus causing the lining of the

windpipe to swell and causing the airway to become smaller.

Asthma can cause individuals to become highly sensitive to conditions that not affect other individuals. The following are some substances that have been known to trigger asthma:

- grass, mold, or ragweed
- smoke, paint, or fumes from gas
- viral infections—colds, flu, sore throats
- changes in air pressure and cold air
- strenuous exercise

While there is no cure for asthma, there are medicines available that help relieve symptoms and treat the underlying disease.

One type of medication given to asthmatics are anti-inflammatory

medicines that reduce the swelling of the lining of the windpipes and reduce mucus production. These medicines include oral steroids and inhaled cromolyn sodium. These particular types of medications are best when used daily for moderate to severe asthma.

The cause of asthma is unknown, but the disease does tend to run in families and most asthmatics have allergies. Asthma varies greatly from person to person. Symptoms can range from mild to severe cases. It is important to know that asthma is a long term disease that can occur at any time in one's life. It is a serious disease with acute episodes that come in the form of asthma attacks that can be life-threatening.

Potential Treatments for Acne Sufferers

By Randall Haddock
Health Editor

It is estimated that eighty percent of teenagers and young adults are affected to some degree by acne. Acne is another example of an ailment that occurs in correlation with stress and the general pressures of daily living. There are a number of factors that contribute to the cause of acne. More specifically, the problem is influenced by the endocrine glands on certain parts of the skin.

The structure of the skin is very complex, but basically it functions as a temperature control and excretory organ. It also provides a protective shell over vulnerable body tissues. The hairs of the skin are also protective, in that they help prevent abrasions and wounds to it.

Each hair is provided with the sebaceous gland, which keeps the hair from drying out and becoming brittle. These glands do not fully develop until puberty. During puberty, the endocrine glands are especially active — accounting for many changes within the body. As the glands develop, the walls of the hair-gland follicle leading to the opening in the skin change in shape. Some close or become so reduced in size to the extent of blocking all oil secretions. As the secretion clogs the opening of the skin, and when mixed with bacteria in the air results in pimples and whiteheads.

There have been studies that have reported a correlation between an individual's diet and acne. Foods such as chocolate, nuts and cola drinks are found to have effects on the overall health of the skin.

Acne can also have psychological affects on an individual's well-

being. Adolescent relationships are just beginning to develop at the time when acne is most prevalent — a time in a young person's life when social status is typically based upon physical appeal. A person with acne is often judged on his or her affliction and is therefore viewed as anything but attractive, a rejection that may lead the individual to become withdrawn and aloof due to the social rejection they have experienced.

The treatment of acne depends upon the level of severity of the condition. Individuals who suffer from mild cases cleanse their skin with a gentle abrasive antibacterial soap that eliminate blackheads. People who suffer from more severe forms of acne undergo treatment with the use of antibiotics, surgery, or other drugs such as tetracycline and sulfonamides to help alleviate the severity of the ailment.

For those who are victims of acne, here are some measures that may help in recovery:

1. Consult a physician and follow his or her directions carefully.
2. Wash your face at least twice a day, use hypoallergenic soaps or moisturizers to eliminate further damage on the skin.
3. Each person's metabolism is different. If you notice an aggravation of acne when eating certain foods (such as chocolate), then avoid them.

Acne can be a serious ailment because of its psychological as well as physical effects on people. If you need to seek information or counseling on this particular issue, please contact Student Health Services at 515-2563 or the NCSU Counseling Center at 515-2423.

Early Influenza Vaccinations Can Prevent Widespread Epidemics

By Randall Haddock
Health Editor

With the winter months quickly approaching, many students will find themselves battling more than just final exams. Influenza, is an acute respiratory infection caused by a variety of viruses. The most familiar characteristic of the flu is how it usually spreads through communities such as college campuses.

Outbreaks of the flu usually begin rather quickly. Studies have shown that as the disease spreads through communities, the number of cases peaks in about 3 weeks and subsides after another 3 or 4 weeks. It is during this time that twenty to fifty percent of a population becomes infected.

Besides the rapid onset of the outbreaks and the large numbers of people infected, the flu is important because of the seriousness of the complications that can develop. Most people who contract the disease recover within a week.

The transmission of the flu are spread through viruses and from person to person, especially by coughing and sneezing. Flu viruses can enter the body through the opening of the eyes, nose, and mouth.

After a person has been infected with the virus, symptoms usually appear within 2 to 4 days. The greatest risk of infection is in highly populated areas, where people live in crowded conditions, and in schools.

The flu is usually signaled by

headaches, chills, and a dry cough, which are followed by rapidly by body aches and fever. Once an individual has been diagnosed with the flu, a physician will prescribe a treatment to accelerate recovery.

Treatment of the flu usually consists of resting in bed, drinking plenty of fluids, and taking medication such as aspirin to relieve fever or other discomfort.

"Student Health Services has been running this program since October 16 and will continue throughout the month of November. It has been a real success in having students wanting to get the flu shot," said office personnel assistant Jenny Spells.

For further information students can contact Student Health Services at 515-2563.

Any Students Interested in being a health writer for The Nubian Message, please call 515-1468 and ask for Randall Haddock, Health Editor or stop by room 372 of the African American Cultural Center located in the Witherspoon Student Center to pick up an application.

ONE LOGO THAT MEANS SOMETHING



Joint Commission

on Accreditation of Healthcare Organizations

Student Health Service is open to serve you for outpatient medical care & health education
M-F 8 am-11 pm and weekends 8 am-4 pm.

Look us up at <http://www2.acs.ncsu.edu/health>
Call 515-2563 Health education 515-9355
Medical app't. 515-7107 Gyn app't 515-7762

"on campus specialists in student health"

OPINIONS

Can You Afford To Get Sick

By Kimberly Pettaway
Opinions Editor

This summer I volunteered at a nursing home during my brief vacation. I thoroughly enjoyed working there and I looked forward to going to work. My duties included visiting regressed patients, planning and conducting activities for the resident, putting together the nursing home's newsletter and just being there to listen and talk to the residents.

The list of reasons people were in the nursing home ranged from having no family, to simply having a comfortable and somewhat intimate place to stay until they died. Regardless of the "niceness" of most of the employees at the nursing home and the fact that the nursing home was staffed 24 hours per day, everyday, the residents had many concerns.

Some wondered why their family no longer took the time to visit. Others wondered why they were alone and why they lived long enough to see all of their family die. And many wondered why people seem to be so mean to the elderly, why they are already thought of as dead, why are they treated so — those seasoned with knowledge.

Perhaps the universal concern was of the sharply escalating cost of health care. Many knew they could not afford to get any worse. For instance: If a patient lived on the West wing of the nursing home and his insurance ran out, he had to be moved to another hall.

Oftentimes as I visited, patients many would say that their head hurt, back ached or arthritis was bothering them. Naturally I would offer to tell the nurse about their ailment and then bring them some medication. Ironically though they would always refuse. I was initially confused.

I thought it was due to a lack of trust in me or the nurses who would be disbursing the medicine to them.

I would try to convince them that I genuinely meant no harm and that I only wanted them to feel better. They would say: "Baby, it's not because I don't trust you."

It's because I can't afford an aspirin. Don't you know they charge you extra? Them nurses don't forget nothing. They will put it on my tab and I will be charged for it."

At first I could not begin to understand why this until I began to think back to the time my grandfather was in the hospital. He had received a balloon bypass and was in his recovery period. Well, one day he asked the nurse during one of her routine stops for an aspirin. As she was about to give him an aspirin he asked the price.

The nurse informed him it would be \$2.00. And he replied "I don't think you understand. I want one aspirin not a bottle." The nurse informed him that \$2.00 was the price of one aspirin. Upon hearing this, he replied "Oh well, that's okay. I'll pray the pain away."

Now while this may seem humorous, it is the truth. The issue of health care is not a comical matter. I have never seen any smiles of jubilation on the faces of those who empty their wallet after a visit to the doctor.

In response to this, one may question if every person should have access to "essential health care covered by comprehensive, government-regulated insurance programs." The Clinton administration thinks so.

It is now of no bewilderment as to why health care became the issue when President Bill Clinton appointed First Lady Hillary Rodham Clinton to head the efforts of his administration to reform the national health care policy and delivery systems. There were two issues concerning the matter that were and still critical: access and cost.

Health care cost has continued to develop into a problem. People

(those who cannot offered to simply get up and go to the doctor whenever they may sneeze or cough) must now answer two questions before they even consider obtaining health care: 1) Am I really sick enough to go to the doctor and 2) Can I afford medical attention if I am?

The spending concerning health care has continually risen. It is drastically different today than it was in the 1960s. The United States spent no more than five percent of its economic resources on health care in the early 1960s.

Amazingly, health care costs have almost tripled with its percentage weight of the nation's total spending by the early 1990s. Some feel that shorter stays in hospital may be one method of lessening bills originating from hospital stays. People are now having more outpatient surgery done than ever before. They simply do not have the financial means to pay for a lengthy hospital stay.

Research has shown that as of late 1995 there were 37 million U.S. citizens not covered by health insurance. Many people cannot afford the premiums of individual insurance companies. They are simply out of reach for most people.

Health care has become such an issue that people must consider far more than the salary from the job when contemplating whether or not to accept it but also the insurance/dental coverage. Some often reply when asked about their job, "The money is not all that good but at least my family is covered."

It is a shame that people have to save money months in advance to have an operation that was needed months ago. Such a shame that the elderly have to decide whether they will buy food or medication. Such a shame that patients in hospitals or residents in nursing homes must settle for a half an aspirin rather than a whole. This is supposed to be the land of opportunity. In this country, can you afford to get sick?

i sit i wonder i pray

i sit i wonder i pray
why do i feel this way
it seems as if i am all alone
no one to turn to, no one to depend on
am i wrong is it me
is it there and i fail to see

i sit i wonder i pray
why do things happen this way
the best come to those who wait
is it too much to anticipate
lord help me understand
lead me, guide me by the hand

i sit i wonder i pray
is there a brighter day
things look so rough
yet people say stand tough
easier said than done
no where to hide, no place to run

i sit i wonder i pray
what is right to say
some are easily hurt
others respond like dirt
is it wrong to express the way you feel
it's all about being real

i sit i wonder i pray
what is the price to pay
why does it cost so much
to show others the master's touch
the struggle is not easy
but the victory is up to me

i sit i wonder i pray
how much longer from day to day
is this a test will i pass
hurry you better think fast
time is drawing nigh
soon i won't have to cry

i sit i wonder i pray
lord i need your strength today
your comfort, your love, your grace
only then can i keep a smile on my face
you are my only true friend
and i know to us there is no end

AlTonya L. Sykes

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Editorial Policy

The Nubian Message is written by and for the students of N.C. State University, primarily for the African-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 opinions writer for The
Nubian Message, please call
515-1468 and ask for Kim
Pettaway, or stop by Room
372 of the Afrikan American
Cultural Center for an
application.**

Conversations: Having OUR Say

On Saturday, February 22, 1997, NCSU Center Stage and St. Augustine's College will present two performances of the Broadway production of "Having Our Say" in Stewart Theatre. Adapted from their best-selling book, this play recounts the remarkable lives of Raleigh natives Sadie and Bessie Delany, who at the ages of 103 and 101 share fascinating stories drawn from their rich family history and their careers as pioneering African American professional women. In conjunction with these performances — Center Stage, the African-American Cultural Center, the Society for African-American Culture, the African-American Heritage Society, and Sista 2 Sista — will sponsor a series of conversations about Black women's issues inspired by the Delany sisters' own words of wisdom.

Wednesday, September 18 ♦ Black Women: When We Have Our Say

Conversation Leader: Dr. Joyce Pettis Temple

What is the interpretation of "our" spoken and unspoken word by our peers, our men and people of other cultures? Are we often misunderstood, terribly unheard or politely ignored? *"Bessie can be a little bit nasty sometimes, you know. She thinks it's her God-given duty to tell people the truth. I say to her, 'Bessie, don't you realize people don't want to hear the truth?'"*

— Sadie Delany

Wednesday, October 9 ♦ Sisters and Brothers in the Movement

Conversation leaders: Dr. Paul Bitting, Robert Sydnor, Dr. G. Wyatt Sydnor

How do African-American sisters and brothers relate to one another in the political and professional arena? *"Though the sisters were pioneering professional women — Sadie a teacher and Bessie a dentist — they were often relegated to the background in a male-dominated society. Thus the Delanys claim an additional measure of poetic justice in having their say about the importance of women's rights."* [from "Living History Bears Witness" by Kevin Gaines. *The NY Times*, 4/2/95]

Monday, November 25 ♦ In The Company of Ourselves

Conversation leader: Denise Wimberley

How do African-American single women cope? Peacefully? Joyously? Lonely? *"When people ask me how we've lived past one hundred, I say, 'Honey, we never married. We never had husbands to worry us to death!'"* — Bessie Delany

Tuesday, January 14 ♦ Sisters Then and Now

Conversation leaders: Dr. Iyailu Moses, Carolyn Holloway, Conitsha Barnes

What is the "sister" commitment today? Do our busy schedules put too much distance and time between us? Do our mates and children impinge on "sister" relationships? *"After so long, we are in some ways like one person. She is my right arm. If she were to die first, I'm not sure if I would want to go on living because the reason I am living is to keep her living."*

— Sadie Delany

All "Conversations" will take place at 7pm at the African-American Cultural Center, Room 356, Witherspoon Student Center, NC State University. The discussions are open to the general public. Call 515-5210 for more information.

Saturday, February 22 ♦ The performances of "Having Our Say"

Two shows: 3pm and 8pm in Stewart Theatre.

These performances are expected to sell out early, so get your tickets soon. Call Ticket Central at 515-1100, or go by Ticket Central on the 2nd floor of the University Student Center (just outside the entrance to Stewart Theatre).

Pre-show discussion conducted by Dr. Patricia Caple

Walnut Room, University Student Center, 6:45-7:45pm

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