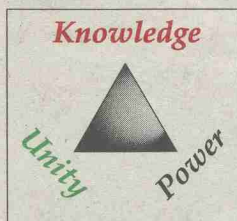


THE NUBIAN MESSAGE

Volume 5, Edition 13
November 14, 1996



What's Goin' On?

Students for the Advancement of Afrikan American Studies/ Alpha Phi Alpha

The Students for the Advancement of Afrikan American Studies and the Eta Omicron Chapter of Alpha Phi Alpha Fraternity invite you to "An Evening With Thurgood Marshall and Dr. John Hope Franklin.

The program, a tribute to Marshall and Franklin, will take place on Thursday, November 14, 1996 in room 375 of the Afrikan American Cultural Center.

For more information, contact Shawna Daniels at 512-1532 or Terrence Burney at 512-7418.

New Horizons Choir

New Horizons Choir is currently holding auditions for the spring semester. For more information, or to schedule an audition, call Ms. Ward at 515-8280.

Resident Organization Meeting

There will be a resident organization meeting Friday, November 15, at 3:30 p.m. in Room 375 of the Afrikan American Cultural Center.

Black Social Workers

The Black Social Workers will host a Free Seminar/ Workshop on Saturday November 16, 1996. A Intimate Relationship Violence seminar and workshop will take place from 10 a.m. to 3 p.m. in the Afrikan American Cultural Center, Room 356. Speakers will include, Dr. Michael Eric Dyson, Dr. Craig Brookins, Mr. Kyran Anderson along with a host of others

Alfred "Coach" Powell: The 40 Oz. Scandal

By Carolyn Holloway
Managing Editor

"Look down by your ankles and pick up your common sense" was one of the many phrases by lecturer, Alfred, "Coach" Powell on Thursday, November 7. Sponsored by the Society of Afrikan American Culture, Coach Powell's lecture focused on "Message N a Bottle; the 40 oz. scandal" among other things.

Powell, a football coach in Ohio and lecturer on youth violence and substance abuse, has stirred the nation with his lecture series on the 40 oz. scandal. The 40 oz. scandal is one of the most famous, but least talked about — the exploitation of alcohol in the Black community.

Powell's message brought a crowd of over 160 people who were captivated by his message for over 3 hours. Powell began his message by speaking about babies, men, and the European American community.

"The brightest and most brilliant people are babies," Powell stated. But the baby comes in with violence and that later transforms into young black men into endangered species who can not find their self-esteem. Look down by your ankles and pick up your common sense."

Powell stated repeatedly that Afrikan Americans pretend. Afrikan Americans pretend there is no hole in black America in which racism

exists. In education, Powell asserted, Afrikan Americans build schools for other cultures and still do not graduate. "Everybody's trying to be a star, but it is not designed for everybody to be a star."

Another form of racism in this hole is toward black men. "Black men are not being accounted for," Powell said. There are 1 million Black men in jail.

Many of these Black men are in jail for the simple fact that they are products of an environment brim-

Afrikan Americans have been led to believe that the number one dependency is crack, which is a "lie."

"[The] C [in crack stands for] — conscious conspiracy, R — radical forms of racism, A — abolishment of Afrikans, C — cold warfare, K — killing of the soul," Powell said.

The whole conspiracy with the CIA interjecting drugs into the Afrikan American community in Los Angeles is nothing new. "Black people knew it all along," he said. "The major reason racism and sexism exists is because it sells — a monetary-profit can be made out of it."

Powell's next topic of action was the internalization of racism. Afrikan Americans are so traumatized by racism, "that we have developed a 'you cannot have more because I want mine' attitude."

This is the case as some Afrikan Americans have developed negative attitudes toward affirmative action and other programs that were created by whites to help the oppression they caused.

Powell said this internal racism exists with the black man's approach to black women. Some black men are starting to believe that they do not want a black woman with attitude.

"Thank God for the Black woman with attitude," he said. "If that was the case, people such as

Queen Nzingha and Harriet Tubman would not be in our history books." Attitude is the reason why you are on this planet. It took attitude to push you out".

The pretension, chemical dependency, and internal racism has caused Afrikan Americans to begin to self-medicate ourselves with alcohol.

"We have accepted the arsenic that is in alcohol and become addicted to it." A serious disorder exists in the Afrikan American community — a disorder that involves wanting to be "the quarterback of a football team instead of the CEO," Powell said.

A disorder also exists when 22 black professionals of the NFL and NBA who attended the Million Man March in October of 1995, lost their jobs as a result, and nobody in the Afrikan American community defended them.

Through racism, Powell said, alcohol dependency easily develops in the black community. Alcohol dependency causes serious disorders in our bodies.

"Malt liquor causes chemical castration because of its contents, and none of this is by coincidence," Powell said.

"Many alcohol companies have gone from 40 to 45 to 64 ounces as

see Powell page 2



Carolyn Holloway/Staff

Alfred "Coach" Powell

ming with alcohol and substance abuse that infiltrated our community.

The number one chemical dependency in the Afrikan American community is alcohol. Powell said

Graduate Insurance Proposed For NCSU

Staff Report

The Nubian Message

To make the Graduate School more competitive in attracting students, NC State should consider extending health insurance to students on stipend, according to a task force proposal.

"We're trying to work out the details of the proposal," Debra Stewart, dean of the Graduate School and chairwoman of the task force, told the Faculty Senate. "But this is generally the direction we're

heading."

The Graduate School is searching for financial incentives to attract students and to stabilize graduate enrollment. It also hopes to lead the nation in defining quality doctoral education in the next century. Formed in mid-October, the task force includes four deans, the university business officer, the president of the Graduate Student Association, a representative of the administrative board of the Graduate School and a representative of directors of graduate programs.

The task force has suggested that

the university spend \$800,000 appropriated by the Legislature to pay for health insurance for research assistants, teaching assistants and fellows, beginning in the fall of 1997.

Stewart said that offering health insurance is the second best way to attract the brightest graduate students. It would be better to provide tuition waivers, which most of NC State's competitors offer, but "the \$800,000 doesn't come close to enabling this," Stewart said.

The task force has found broad support for the health insurance pro-

posal in meetings with numerous groups across campus, Stewart said. The University of North Carolina at Chapel Hill began offering the benefit this fall.

"The students tell us to a person that this will dramatically enhance our competitiveness," she said.

In other business, the Faculty Senate approved a resolution on post-tenure review that provides suggested guidelines for the administration to follow in the review process.

*Information from the Bulletin



• Kappa Alpha Psi Fraternity, Incorporated. Fraternity winners of the 1996 Homecoming Step Show. See page 5 for more photos.

• Sigma Gamma Rho Sorority, Incorporated. Sorority winners of the 1996 Homecoming Step Show. See page 5 for more photos.



Powell, continued from page 1

one serving. Alcohol is an evil spirit for the mind and the body and until Afrikans understand knowledge, they will drop off the ledge of life.

" [The] people who market and sell malt liquor do not drink it," Powell said. He pointed out the symbolism in "Old English 800." "Old English 800 belongs to the British who have a history with black people," Powell said. "This history dates back to the early days of slavery when the British had the powerful navy ships that kidnapped Afrikans from the coast [of Afrika]. Many of the ships belonging to the British Navy and other slave ships

were dubbed "Sweet Ship Jesus," "John the Baptist," or "The Integrity." The British, ironically, paid for Afrikans with crowns — the then monetary unit of England. 33 crowns were typically paid for Afrikans — the same number of crowns adorning bottles of Old English malt liquor, Powell pointed out. "33 crowns each at 25 pence totaled 800, which is the name of the Old English bottle."

"The alcohol scandal is so well-hidden that European Americans think it doesn't affect them," Powell said, but "If you do not stop it in my hood," he warned, "it's coming to your hood."



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Any Students Interested in Being a News Writer for The Nubian Message, please call 515-1468 and ask for LaTonya Dunn, Editor In Chief, or stop by Room 372 of the Afrikan American Cultural Center to pick up an application.

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.

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.

HOOP IT UP!!!

3-on-3 Basketball

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Court One-
Carmichael Gym.

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

Register at Ticket Central - 2nd Fl
University Student Center NOW !!
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The Afrikan American Voice of North Carolina State University

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

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 Web Page Designer/Maintainer.

SPORTS

Pack Defeats Blue Devils In Homecoming Celebration

Staff Report

The Nubian Message

The Wolfpack had a week to prepare and are quickly approaching what may prove to be their last chance at a victory this season. The winless Blue Devils entered Carter Finley Stadium on Saturday to play in front of thousands of fans, parents, and alumni, during N.C. State's Homecoming festivities. Carter-Finley rocked with excitement and

The atmosphere called for nothing but a win by the Wolfpack, whose only win of the season came over fellow ACC members Maryland. The Wolfpack has won 7 of its past 10 games against Duke, losing its last in 1993 and tying in 1988.

The Wolfpack has 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.

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, however the Pack piled on the points against the Devils, defeating them by a score of 44-22. The Wolfpack has been rather quiet this season, and have suffered some tremendous losses, but managed to get the momentum flowing in their favor to pick up a win over a Duke team that has lost its last 9 of 11 matchups against the Wolfpack.

State opened the first quarter with

an exciting 45-yard drive, but had to settle for a 30-yard field goal by Marc Primanti, who continues on his ACC record breaking streak, with 18 consecutive field goals. Primanti has been key for the Pack this season, often times being the highlight of State's offense.

After several foiled attempts at scoring by Duke, with 4:15 remaining in the first quarter The Blue Devils rallied for a 75-yard scoring drive to take a 7-3 lead and their only lead of the day. State immediately answered the call from Duke, scoring quickly and ending the first quarter with the lead and ultimately the win.

The Wolfpack played its best game of the season behind the efforts of reserve fullback Carlos King, who replaced Rod Brown, who was out due to a family emergency. King scored two second-quarter touchdowns and set up a third, leading the Pack to its second victory of the season overall and versus ACC opponents also. King answered the call of Mike O'Cain with 89-yards off of seven carries, including his impressive 62-yard touchdown run in the second quarter from the Wolfpack 38-yard line. King totaled 155-yards for the day, including 66 yards in pass receptions.

State played very well on both ends of the ball, lifting State's momentum as they travel into Clemson Saturday to face the Tigers in the Textile Bowl. Also playing well for the Wolfpack was running back Tremayne Stephens. Stephens captured his second consecutive 100-yard performance with 108 total yards. This becomes Stephen's 11th topping of the century mark for his career, placing him in a third-place tie with Willie Burden for the most games with at least 100-yards rushing.

Jamie Barnette, though still compelled with freshman mistakes, threw for 161-yards and two touchdowns, with no interceptions. Barnette continues to progress and grow and is quickly learning what it takes to be a successful quarterback in the NCAA. Despite several key mistakes this season, Barnette is learning and quickly overcoming the obstacles that come in his path.

Defensively, Hassan Shamsid-Deen has been a lifesaver for the Pack this season. Deen has made two endzone interceptions this season, advancing his total to four, including an impressive pickoff in the fourth quarter of the pack's victory on Saturday. Adding to the success of the Wolfpack's defense on Saturday was also defensive lineman George Williams who forced the Blue Devils Laymarr Marshall to fumble directly into the hands of linebacker Morocco Brown, who ran the ball in from 31-yards out to add to the Pack's lead.

State has struggled tremendously this season, but Saturday's 44-22 victory over Duke may just be the pick up needed to finish the remainder of the season on a positive note. Remaining on the card for the Wolfpack are Clemson, Wake Forest, and East Carolina. Though the Pack is destined to have a losing season, regardless of the outcome of the rest of the season, a lot can be said of the things to come in the future for State football. State has a very young team, and its members are being well groomed for future play and possibly future success. The Wolfpack has an outstanding freshman and sophomore class and continues to draw some of the best recruits in the nation. No one can predict the future, but it obviously holds bright things for NCSU football.

Wolfpack Set To Compete in Textile Bowl

By Alvin Sturdivant

Sports Editor

The Tigers have had an edge over the Wolfpack in the past, carrying a 40-23-1 series advantage into Saturday's game in Death Valley. Clemson is 6-3 on the season, and 5-2 in the ACC, having one of its best seasons of the past few years. Though Clemson has the series lead, the Wolfpack and the Tigers are netted at 5 games a piece in the last ten years. State is 3-2 in Raleigh and 2-3 at Clemson, losing their last game at Carter Finley 43-22.

During last season's loss to the Tigers NC State moved the ball very well and even lead the Tigers 14-7 after the first quarter, but due to the 19 points scored because of NC State turnovers, the Wolfpack simply did not have a prayer. Tremayne Stephens led the attack for the Pack in that game with 88-yards rushing off of 26 attempts. Despite Stephen's efforts all touchdowns were scored through the air with former NC State great Mike Guffie leading the charge with eight catches for 146-yards. The Wolfpack lost the game, but played very impressively, despite many game deciding errors.

The Wolfpack's last victory over Clemson came in 1994. State dominated the entire game and left Death Valley with a 29-12 victory, and their first win at Clemson in seven years. State compiled 255-yards rushing and 238-yards passing, easily surpassing the Tigers in total yards with 494-yards compared to the Tigers 185. Clemson's running game was ultimately shut down and limited to 21 total yards. The Wolfpack took a 19-6 halftime lead behind record breaking quarterback Terry Harvey, who threw touchdown passes to Dallas Dickerson from 2-yards out, and to Eddie Goines who had a remarkable 76-yard touchdown run. Adding to the Wolfpack's success was also field goal kicker Steve Videtich, who kicked three field goals, setting the pace for future kicking stars like Marc Primanti.

The Textile Bowl has been in existence since 1981, and was developed because of the excellent Textile programs available at both respective universities. Throughout the history of the Textile Bowl NC State has produced a number of MVP's, including recent Wolfpack standouts Mike Guffie and Eddie Goines in 1994 and 1995. Previous MVP's dating back to 1988 include Fred Stone, Todd Varn, Mike Jones, Billy Ray Haynes, Anthony Barbour, and Damien Covington.

The NC State/Clemson game has proven to be one of the most exciting ACC matchups in past years. On numerous occasions the Pack athletes have broken records, placing their names among a list of some of the greatest players ever to play in the history of NC State and also in ACC football. The following is a listing of numbers accumulated in the NC State/Clemson series.

Total Series: 23-40-1

NCSU at Home: 13-13

NCSU at Carter-Finley: 8-6

NCSU Away: 9-16

NCSU at Rock Hill: 0-1 (1899)

NCSU at Columbia: 0-1-1

NCSU at Florence: 0-2

NCSU at Charlotte: 1-7

Since 1953: 17-20

First Game: 1899 (Clemson 24-0)

Most Points by NCSU: 45 (45-7, 1975)

Most Points by Clemson: 43 (22-43, 1995)

Most Points By Both Teams: 69 (34-35, 1984)

Fewest Points by NCSU: 0 (15 times, most recent 1962)

Fewest Points by Clemson: 0 (5 times, most recent 1964)

Fewest Points by Both Teams: 0 (1906)

Largest NCSU Win: 38 (45-7, 1975)

Largest Clemson Win: 29 (39-10, 1985)

Women's BASKETBALL

1996-97 Schedule

| Day | Date | Opponent | Location | Time | Score |
|--|---------|-------------------------|--------------|---------|-------|
| Sun | Nov. 10 | Australia (Exh) | Raleigh | 2:00 pm | - |
| Preseason National Invitational Tournament | | | | | |
| Fri | Nov. 15 | Appalachian State | Raleigh | 7:00 pm | - |
| Sun | Nov. 17 | NIT Second Round | TBA | TBA | - |
| Wed | Nov. 20 | NIT Semi-final | TBA | TBA | - |
| Thu | Nov. 21 | NIT Championship | TBA | TBA | - |
| Sat | Nov. 23 | George Mason | Raleigh | 7:00 pm | - |
| Tue | Nov. 26 | East Carolina | Raleigh | 7:00 pm | - |
| Nov. 28-Dec. 1 San Juan Holiday Classic in Puerto Rico | | | | | |
| Thu | Nov. 23 | Syracuse | San Juan, PR | 8:00 pm | - |
| Fri | Nov. 29 | Puerto Rican Nat'l Team | San Juan, PR | 8:00 pm | - |
| Sun | Dec. 1 | Final Round | San Juan, PR | TBA | - |
| Sat | Dec. 7 | Florida State | Tallahassee | 3:00 pm | - |
| Dec. 20-21, Wolfpack Holiday Hoops | | | | | |
| Fri | Dec. 20 | South Carolina State | Raleigh | 7:00 pm | - |
| Sat | Dec. 21 | Delaware State | Raleigh | 3:00 pm | - |

Dec. 28-29, Women's Big Four Classic at Greensboro, NC

| | | | | | |
|-----|---------|-------------------|-----------------|----------|---|
| Fri | Dec. 28 | George Washington | Greensboro | 2:00 pm | - |
| Sat | Dec. 29 | Rutgers | Greensboro | 2:00 pm | - |
| Sun | Jan. 5 | Georgia Tech | Atlanta | 4:00 pm | - |
| Wed | Jan. 3 | Clemson | Clemson | 7:00 pm | - |
| Sat | Jan. 11 | Virginia | Raleigh | 7:00 pm | - |
| Wed | Jan. 15 | Duke | Raleigh | 7:00 pm | - |
| Sat | Jan. 18 | Maryland | College Park | 7:30 pm | - |
| Thu | Jan. 23 | North Carolina | Chapel Hill | 7:00 pm | - |
| Sun | Jan. 26 | Florida State | Raleigh | 2:00 pm | - |
| Wed | Jan. 29 | Wake Forest | Raleigh | 2:00 pm | - |
| Sat | Feb. 1 | Colorado | Boulder | 6:00 pm | - |
| Wed | Feb. 5 | Clemson | Raleigh | 7:00 pm | - |
| Sun | Feb. 9 | Virginia | Charlottesville | 5:00 pm | - |
| Wed | Feb. 12 | Duke | Durham | 7:00 pm | - |
| Sat | Feb. 15 | Maryland | Raleigh | 2:00 pm | - |
| Mon | Feb. 17 | North Carolina | Raleigh | 7:00 pm | - |
| Thu | Feb. 20 | Wake Forest | Winston-Salem | 7:30 pm | - |
| Sun | Feb. 23 | Georgia Tech | Raleigh | 12:00 pm | - |

HEAD COACH: Kay Yow
Game times subject to change.
For tickets call 1-800-310-PACK or 919-515-2106

CULTURE

I Miss U

My heart goes out to you
from the rising of the sun.
My prayers are focused on you;
asking GOD to remember all you've done.

For you were the type of person
one could call on late at nite.
You were always there to comfort
and offer spiritual advice.

You would give someone your all
no matter what your situation may be.
You were more concerned for others
and whether they were happy.

And there were even times
when I was just so down.
But you were always there
to turn around my frown.

I miss you so much
that i ache with sorrow
wondering at times
if I'll make it til tomorrow.

I wish you were still here
to do the things we'd planned:
shivering whenever hearing Mufasa
and admiring your wedding band.

But I know that it is not possible
which is why at times I cry
for every time I think of you
a tear falls from my eye

I break down in unbelief
that no longer can we smile.
no longer can we laugh
and no longer can we style.

You know I miss you dearly
for happiness is what you supplied.
And now I am so very lonely
and I do not feel complete inside

Its been a year from this date
since you had to leave my side
and the thing I truly hate
is that I never got to say goodbye

So with a heart so down
by your endless sleep
I whisper goodbye, for now...
for again we shall meet.
I miss u.

James Baldwin, The Man Behind the Myth

Staff Report

The Nubian Message

James Baldwin ranks as one of the most prolific Black playwrights, essayists, and novelists of modern time. Throughout his works, he consistently treats racial discrimination as a disease of White society.

Born in New York City, August 2, 1924, to David and Berdis Emma Baldwin, James was the oldest of nine children. His father was a minister, so James was raised in a strict religious family. Following in his father's footsteps, he became a preacher when he was 14.

Baldwin's genius surfaced as a student at DeWitt Clinton High School in New York, where he wrote the school's song, and was the editor of the school's magazine. As his writing skill improved, he gave up preaching to follow his literary interests.

After graduating from high school in 1942 and, following the death of his father, Baldwin moved to Greenwich Village where he wrote for a variety of magazines. He also began what would eventually become his first novel. Meanwhile, he met the famed author of *Native Son*, Richard Wright; and largely through Wright's influence, Baldwin obtained the Eugene F.

Saxton Memorial Trust Award in 1945, and the Rosenwald Fellowship in 1948.

Like many other Black artists, Baldwin felt his creativity stifled by the White perception that he was just another "Negro writer," and he left America for Paris, where he spent ten years. He was often lonely and sometimes very hungry, but the relative absence of racial prejudice gave him courage to write.

In 1953, his first book, *Go Tell it On the Mountain*, partly autobiographical, was published. It was very successful, winning the praise of critics and launching a career that would see many of his stories and essays published worldwide in distinguished publications. For him, Paris was a haven of creativity. He associated with such noted authors as Norman Mailer and James Jones.

Following the success of his first book, Baldwin went to write *Notes of a Native Son* (1955), a basically autobiographical account that analyzed Black-White relations. *Giovanni's Room* (1956), which was set in Paris, dealt with cruelty toward another minority, homosexuals.

Nobody Knows My Name, published in 1961, was selected as one of the outstanding books of the year by the American Library Association. Other novels that fol-

lowed were *Another Country* (1962); *Going to Meet the Man*, (1965); *Tell Me How Long the Train's Been Gone* (1968); *A Rap on Race* (with Margaret Mead in 1971); *No Name in the Street* (1972) and *A Dialogue* (with Nikki Giovanni in 1972).

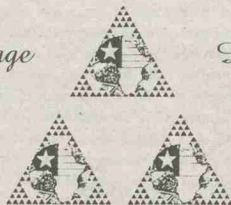
He also scored literary triumphs with his plays, *Blues for Mr. Charlie* (1964), which opened on Broadway, on April 23, 1964. By now, the movement for Black civil rights was in racial violence. *The Amen Corner* (1965) also won critical acclaim. Some of the most fiery and significant essays of Black protest was Baldwin's *The Fire Next Time* and *Nobody Knows My Name: More Notes of Native Son*.

For his literary triumphs, Baldwin received a host of honors, including a Guggenheim Literary Fellowship, a Ford Foundation grant-in-aid, a Partisan Review Fellowship, and a National Institute of Arts and Letters Award in 1956.

In the later 11950's, Baldwin returned to Greenwich Village, where he continued to write, among other works, a television documentary on his childhood. Baldwin died on December 1, 1987. Once, writing about himself, he mentioned his goal: "I want to be an honest man and a good writer." James Baldwin achieved his goal.

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 — Nov. 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

Any Students Interested in Being a Culture Writer for The Nubian message, please call 515-1468 and ask for Carolyn Holloway, Managing Editor, or stop by Room 372 of the Afrikan American Cultural Center for an application.

FCVIN'
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,
Students, NC State
Faculty/Staff \$8.00
NC State Students. \$4.00

Ticket Central-515-1100

NC State University

THOMPSON

T H E A T R E

The Arts and Activities Program at NC State

The Nubian Message.
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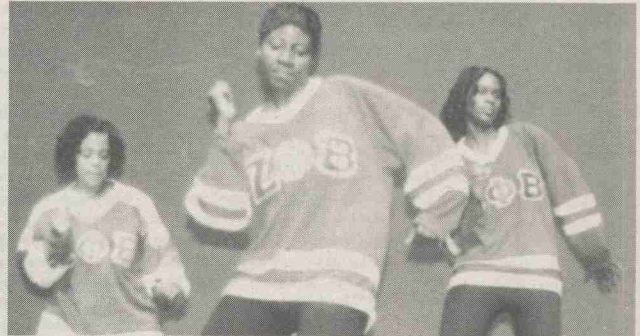
November 14, 1996

PHOTOS

Homecoming Step Show



Phi Beta Sigma



Zeta Phi Beta

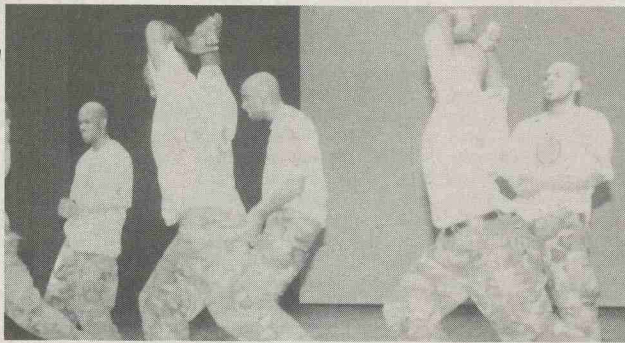


Sigma Gamma Rho



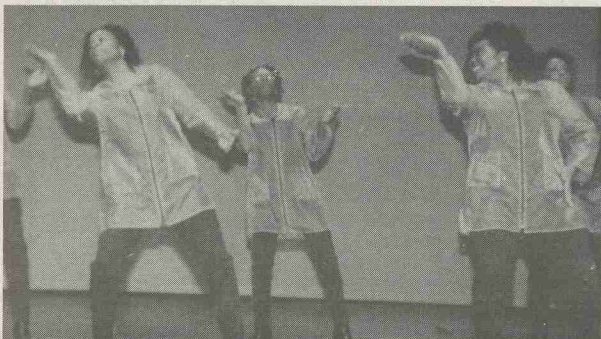
Kappa Alpha Psi

ΦΒΣ
ΖΦΒ
ΣΓΡ
ΑΦΑ

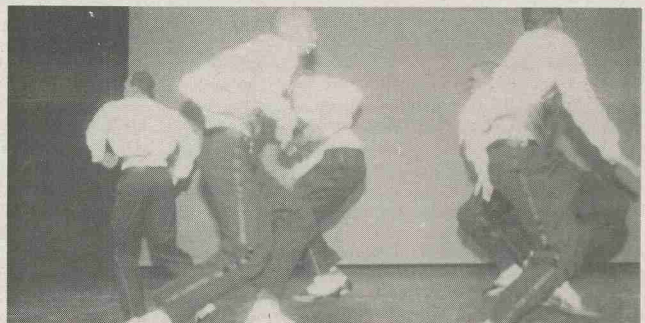


Omega Psi Phi

ΚΑΨ
ΩΨΦ
ΑΚΑ



Alpha Kappa Alpha



Alpha Phi Alpha

HEALTH

Multivitamins: Do They Measure Up

Staff Report

The Nubian Message

Many people stand before the sink every morning, gulping down another multivitamin, presumably arming their bodies against all manner of diseases. In kitchens and bathrooms across the country, millions are doing the same thing: Multivitamins, after all, are the most popped pills in America. But are they actually helping any of us live longer?

The largest investigation to date is not reassuring. Those once-a-day supplements were designed decades ago to provide minimum levels of essential nutrients, thereby preventing diseases of malnutrition, such as scurvy of beriberi. But heart disease and cancer are the killers stalking Americans today.

So researchers at the American

Cancer Society and the federal Centers for Disease Control tracked the health of nearly one million men and women for seven years, checking to see whether multivitamins devotees were suffering fewer deaths due to heart attacks and strokes.

While the data on cancer has not been distributed, it is sad to say that multivitamins did not seem to make much difference. People who took them regularly died from heart trouble and stroke at about the same rate of those who did not. "There has been nothing definitive to show that taking basic multivitamins improves the survival of well-nourished people," says Michael Thun, an epidemiologist with the American Cancer Society.

The problem may be one of dosage. Studies finding that vitamins may help protect against heart disease and cancer usually have

relied on doses much higher than those in most multivitamin tablets, which generally offer the recommended daily allowance of each nutrient. Many once-a-day pills contain only 30 international units of vitamin E, for instance, while volunteers in recent studies have taken 250 units.

And this year a study by a federal scientist showed it takes 200 milligrams of vitamin C to saturate the blood, far more than the dosage of 60 milligrams that are found in most multivitamins.

Even this discouraging study produced some evidence hinting that, at the right dose, some vitamins may be protective. Fatalities were 15 percent lower among multivitamin users who also consumed larger doses of the antioxidant A, C, or E. When it comes to the benefit of vitamins, many experts feel that the jury is still out.

The End of Pain

By Randall Haddock

Health Editor

It is not news that morphine, a drug long synonymous with addiction and death, is enjoying a revival. Given the narcotic's ability to relieve pain in up to 95 percent of cancer cases, doctors now routinely prescribe it to patients seeking peace in their final months. And injections are common after surgery, as the drug can mask discomfort until healing can alleviate it.

But some experts want to take the revival one step farther. They believe morphine and its chemical sister drug, methadone, can and should be used to treat many of the 34 million Americans who suffer from chronic pain—that is, any pain unrelated to cancer that lasts longer than six months.

The morphine pills, called long-lasting opiates, work much like nicotine patches. These drugs enter the bloodstream gradually, providing relief but no euphoric effects. A typical dose lasts from six to 12 hours, avoiding the peaks and valleys of such short-term opiates as Percodan.

Such an approach would appear to be a major advance for those with chronic pain, most commonly from head, back, and neck injuries; arthritis; or nerve damage.

Opiates can play a key role in blocking the memory of pain. Pain does not become a physical sensa-

tion until the pain message, which originates in injured tissue or nerves, is sent to the spine and then the brain. Opiates mimic the body's pain-fighting sensors. They blanket the spine's pain receptors, preventing the message arriving to the brain. In other words, opiates such as morphine simply do not just numb pain, they literally keep the pain from happening. This is why many doctors are now administering morphine before surgery.

Many physicians cite a growing number of studies indicating that drugs such as morphine reduce pain and improve mobility, usually without serious side effects.

It is necessary to mention that opiates are not free of risks. Taking too much at once can trigger respiratory failure and death. These health problems, along with numerous others, have prompted some doctors to take a stance in opposition of the use of such drugs for patients suffering from diseases and injuries that are not life-threatening. Many experts fear that the usage of morphine and other opiates can inevitably lead to addiction.

Should morphine and methadone become frontline alternatives for chronic pain treatments? The question has many experts pondering it. Whatever the outcome is, it is sure to change the face of the medical community and will undoubtedly impact the lives of many suffering patients.

Health History: Alexa Canada

Staff Report

The Nubian Message

Dr. Alexa Canada, became, at age thirty, the first black woman neurosurgeon in the United States. Born in November 7, 1950, in Lansing Michigan, Canada completed her medical studies at the University of Michigan with a specialty in pediatric neurosurgery. Certified by the American Board of Neurological Surgery in 1984, she has taught at the University of Pennsylvania, the Henry Ford Hospital in Detroit, and is clinical associate professor at Wayne State University in Detroit.

—My brother and I were the only black students in the local elementary school. During the second grade I did so well on the California reading test that the teacher thought it was inappropriate for me to have done that well. She lied about what scores were mind and, ultimately, she was fired.

Our family lived in the country outside the city of Lansing. We lived there because the man who had owned the property wanted to build a gas station on the corner and the county refused to rezone it. So he said, "I'll fix it," and he sold it to my father.

As a child, I knew a lot of people who didn't have white-collar jobs but who had white-collar educations. That's something you're always aware of, underutilization of education.

Racism was always presented to me as their problem and not our problem. It affected your behavior, though. What you used to see in the South was excessively formal public behavior. You were always on stage, and aware that you were on stage; somehow this was a different world out there that needed to be treated carefully and thoughtfully.

The civil rights movement made many things possible which would not otherwise have been possible.

People who came out of school with me in the seventies had the feeling that now we're educated and it's different. There were always people who were well educated and it wasn't different. It really had to do with politics and not with education. Education was essential but not a sufficient quality to make your life better.

When I got residency in neurosurgery, I got it not because I'm smarter than somebody forty years ago, but because the politics were such that they needed a black woman and I was there and qualified.

I had impeccable credentials coming out of medical school, but there was an undercurrent of, "How can you, a black woman, have the audacity to want to do this? Don't you know that you've got a double whammy?" Well, I came along at a time when it offered them a double positive. They could fulfill the quotas and say, "I finished women, I finished blacks, and all it took was one person instead of two." So that became a positive for me.

I think the decision about what you do for a living is not an intellectual one. It's really a visceral decision. Some places you feel at home, and I felt at home in neurosurgery. I couldn't play it nice and safe because that wasn't me.

My husband laughs. I can't watch people get shot and cut up in the movies. It freaks me out. You're being a voyeur, you can't intervene, you can't help. This is a very different quality than going to the emergency room where somebody's got blood and gore all over the place and you can do something.

One of the things I think surgeons have to do is shift emphasis. My job is really not to cut. My job is to help people, which often includes cutting, and that's a very different focus.

You get to be a part of people's families in a very intimate way.

You get to see the strengths of the human spirit and that can survive terrible, devastating things, perhaps a situation where their child is dying. You can't make it not painful, but you can certainly make it much easier in terms of their understanding of what's happening.

There have been black physicians for a long time, but they had black practices almost exclusively. You'd have black patients who were really sick go to a white doctor, who must be better. But you never had the really sick white patients coming to the black doctor, who must be better. That's really beginning to break down now. I'm the only black neurosurgeon in the city of Detroit.

The other side of racism is that if you get to be where I am and you're black, they figure you must be really damn good and you get a little bonus for it. When I, a black neurosurgeon and director of the department, walk in and see a family, I must be a messiah. They perceive me as being more powerful than a white physician in the same role. It's just racism in a more benign form.

It's just as important for the white male to train with me as it is for the black woman to train with me. It's important for them to both know that neurosurgery is not the white man's province.

My mother is a role model, because she's bright, energetic, and committed, and has a sense that getting up each day is an adventure. My grandmother is also a role model because she always treated me like I was a person who was worth listening to even when I was a little person and not worth listening to.

I used to tease my parents by saying, "You're raising me to be the person that you don't want my brothers to marry."

People are just not very ambitious for women still. Your son you want to be the best he can be. Your daughter you want to be happy.

*Information taken from *I Dream A World* by Brian Lanker

Sleep Deprivation

By Randall Haddock

Health Editor

Many students will be relieved to be away from campus due to the upcoming Thanksgiving holiday. However, many students will be suffering from stress and headaches soon afterward with the arrival of final exams.

With the pressure that comes with the ending of a semester and the taking of tests, many students are faced with tremendous amounts of pressure to try to excel in their respective classes. It is at this time during a semester that students will go long periods of time without sleep and will spend late nights studying and preparing for their exams. But what students do not realize that with this lack of sleep during this one to two week span that they are actually doing damage to their bodies in the form of sleep deprivation.

Now sleeping deprivation has several characteristics that are different from insomnia. The most distinct difference between the two sleeping disorders is that individuals who suffer from sleep deprivation usually have no problem sleeping

but force themselves to stay awake through the use of coffee, sodas, and caffeine pills. Insomnia, on the other hand, occurs when an individual has problems getting a good night's sleep.

Many studies have shown that those who deprive themselves of sleep during certain situations such as studying for tests end up doing about the same as someone who studied for a limited amount of time and got a reasonable amount of sleep. This is because as the body gets tired, the brain begins to slow down and is therefore unresponsive to information that it would have otherwise grasped if it was functioning at its fullest capacity.

So as final exams approach, students must take extra care to manage their time wisely in preparation for tests and get plenty of rests the night before an exam so that the brain can operate at its fullest potential.

If anyone would like any information on sleep deprivation please stop by NCSU Student Health Services or contact them at 515-2563.

OPINIONS

Understanding Bitterness

By Conitsha Barnes

Staff Writer

The unwelcome taste of bitterness is often washed away or simply covered up with various forms of mouthwash, candy or any other sweet forms of illusion. However there can be bitterness other than in one's mouth.

One such bitterness is the bitterness embedded in one's soul. This form of bitterness can prove detrimental if the issue is not addressed as soon as possible. Unlike the bitterness that is in one's mouth, the bitterness that inhabits one's soul cannot be handled in such a simplistic manner.

Bitterness of the soul or mind must be addressed head on. It must first be addressed with the realization of what it is that is so unappealing to you. Once this occurs, a plan of action must be implemented to eradicate or at least come to an understanding of those feelings which cause such bitterness inside of you.

Ironically though, some forms of bitterness can cause one to become wiser. Due to the bitterness I often feel, I felt it was appropriate for me to write this article.

Today, I am bitter. As an Afrikan American female living in the "land of the free and the home of the brave" I constantly find myself engrossed with feelings of bitterness. I have been forced to live in a society whose main purpose is to dehumanize my people. This angers

me.

Bitterness has not arisen because of the hatred directed by the oppressor toward me but because of the way we as Afrikan Americans have been brainwashed to believe that our destiny is in the hands of the oppressor. We are sadly mistaken. Yet, because we feel so, we and not the oppressor are lessening our success. This saddens me.

As I become more aware and take the "everything is okay" shades from my eyes I begin to grow bitter yet wiser. I am bitter because although society appears to be in a state of normality, it is not. It deeply bothers me when people say "things are as good as can be expected." If this is so, what is to be expected?

Are Afrikan Americans going to continuously come in last in a race where there is only one competitor — the human race? I hope not, for the sake of those who gave their life and spirit so that we may be where we are today, for those who currently are faced with this paradoxical society, and for those who will come to be faced with these troubling occurrences in the future.

I am bitter that we Afrikan Americans often fail to realize the power within us. All too often we imitate other non-Afrikan Americans we see as successful. We choose not to support our own when they open businesses. Is this jealousy? We often say: "You can't give a Black man power because he doesn't know how to act when he gets it." If this is so, how do you explain

the numerous Afrikan Americans who have positively contributed to society on local, state and national levels?

I have to make myself remember that bitterness is not the answer. The answer has been around since the beginning of our civilization. We must simply become aware, and thus, knowledgeable. We must learn about ourselves.

Our ancestors, the queens and kings of this world, did not grow bitter and stop fighting. They persevered. They continued to fight because they knew we are from a great people: Marcus Garvey, Malcolm X, Mary McLeod Bethune, Paul Robeson, Carter G. Woodson, and Booker T. Washington.

We must also remember W.E.B. DuBois who in 1903 wrote *Souls of the Black Folks*. In this book DuBois spoke of the discrimination, racism and prejudices that we as Afrikan Americans faced in 1903 and still continue to face today.

I continue to question my place in this "great" microcosm. Am I to remain idle and simply let what happens happen? Should I accept whatever the world dishes out? Should I make a stand on an issue that I know I will be supporting alone. No. I am a unique and wondrously blessed Afrikan American woman with a unique and definite purpose in this universe. I will not stop until I have self-actualized ... I just hope that my people can do the same.

The Illusion of Inclusion

By Carolyn Holloway

Managing Editor

Recently, I attended the 11th annual Black Culture Center's Conference and the guest speaker was Dr. Naim' Akbar, professor of Black Psychology at Florida State University. Usually when I hear Dr. Akbar, he always gives me a message to give to the people and in the case, he has not let me down.

One of the main points Dr. Akbar made during his speech was the focus of Afrikan Americans students enrolled in colleges and universities.

A specific statement that Akbar made was to know that we are not at any institution of higher learning because of our intellect, but only through the blood, sweat and tears of ancestors are we at any university.

Only through the blood, sweat and tears of our ancestors did we make it to this university and will make it from this university. I find it hard to believe that students feel as if their grades were sole reason they "were allowed" to attend this university. If that were the case, more Afrikan Americans would be attending college.

Did you not think that Afrikan Americans before the 1960's (the time when we were allowed to attend predominantly white universities) had the intelligence, the wit, or the know-how of the students of today. If anything, the ancestors before the '60s had more intelligence than students currently attending college.

It is so easy to forget that people such as Paul Robeson, a living multi-genius in the early 1900's graduated with honors from University of Southern California with Dean's list honors, 4-lettered sports athletes, and a member of Phi Beta Kappa.

Was Paul Robeson not smart. How about Mary McLeod Bethune who had the vision to start her own institute with a \$1.50 (now Bethune-Cookman Institute in Daytona Beach, FL).

What about the millions of our grandmothers, grandfathers, great-grandfathers, and great-grandmothers who never attended any college but definitely knew much more than we will ever know as college students? Were they any less intelligent since they did not attend college? I think not.

Therefore, it is hard for me to understand the arrogance of Afrikan American students. The I, the individualism, the independency of students. Never has anyone ever been productive to a community with a individualistic attitude. A perfect example, Clarence Thomas.

It does not matter if he becomes the president of the United States, as long as he does not represent the best interest of his culture, will he ever be productive. Paul Robeson said it best, and I will paraphrase here, when he said that he would rather do anything in life than die without the respect of his people.

The blood, the sweat, the tears of the many Afrikan Americans who sat in at bus stations, classrooms, and lunch counters to make a better way for people who do not even appreciate the benefits that they have.

And, benefits we do have. Being able to attend N.C. State, being able to work at that job that we hate so much, and riding that big, yellow bus that we all hated to ride in high school.

So, what causes us to act like we do. Mentality, conditioning, or just plain stupidity. A combination of all three is what it is. We have over 33 organizations and 2,000 students here at NC State and only 5 of those organizations are active (excluding department organizations). Only less than ten percent of the 2,000 students are active in any organization.

And, when it comes down to programming, only 6 organizations put on sufficient programming that are productive to the community. All the other organizations have lost their productiveness and their focus. Their arrogance has led them to believe that they can put on social programs that is productive to their society.

Anybody with a 3rd grade intellect can put on a social program. All it takes is looking at what you see do on T.V. and replicating it. All of the organizations that are on this campus have a long history and the founders of those individual organizations would roll over if they knew what the member of those campus organizations are doing.

How can you not be active and Afrikan American on this campus? Automatically, with being an Afrikan American, activity in the community is a must. (Must not be a lot of Afrikan American on this campus)

How easy do people forget that less than 30 years ago our elders and ancestors were fighting to drink out of a water fountain that said "white" and "colored".

How easy do people forget the accomplishments of Dr. Augustus McIver Witherspoon for who the Witherspoon Student Center is named (the only building named after an Afrikan American on N.C. State's campus) and the accomplishments of all those who laid the foundation for all Afrikan Americans to attend N.C. State.

The illusion of inclusion.

Intimate Relationship Violence

Free Seminar/Workshop*

Saturday November 16, 1996

From 10:00 am to 3:00 pm

African American Cultural Center, room 356



Speakers:

- ♦ Dr. Michael Eric Dyson, professor of Sociology at UNC-Chapel Hill and the author of *Between God and Gangsta Rap*.
- ♦ Dr. Craig Brookins will lead a discussion on violence.
- ♦ Kyran Anderson and Ricky Livingston will use role play to demonstrate both appropriate as well as inappropriate ways to handle conflicts and anger.
- ♦ Dr. Mawiyah Kambon of the Blackknifecense Bookstore and Dr. June P. Murray of NC State, Social Work will speak on non violence relationships and the possible damage done by violence.
- ♦ A video tape on violence among adolescents and young adults will follow up discussions.
- ♦ Lunch will be provided for those who participate in the Seminar/Workshop beginning at 10:00 am.

Please RSVP at 512-8175

* Sponsored by the National Association of Black Social Workers, North Carolina State Chapter and University Housing/Student Family Housing

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CLASSIFIEDS

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