

THE NUBIAN MESSAGE

Volume 5, Edition 15
December 5, 1996

The Afrikan American Voice of North Carolina State University

Knowledge



What's Goin' On?

Kwanzaa Week

As a continuing part of Kwanzaa Week, Alpha Kappa Alpha Sorority, Inc. and Alpha Phi Alpha Fraternity, Inc. will sponsor "Imani: Faith in the History of the Afrikan American Community" tonight, in the Multi-Purpose Room of the Afrikan American Cultural Center. For more information, call 515-5210.

Kwanzaa Karamu

The final event of Kwanzaa Week will take place Friday, December 6, 1996 in Room 126 of the Afrikan American Cultural Center. Sponsored by the Student Mentor Association, the Association for the Concerns of Afrikan American Graduate Students, and Dance Visions, the program entitled "Kwanzaa Karamu (The Feast)" will feature storytelling, music, and Nguzo Saba principles.

Afrikan Marketplace

The annual Afrikan Marketplace will take place on Saturday, December 7, 1996 in the Multi-Purpose Room of the Afrikan American Cultural Center. Vendors, Storytellers, and Cultural Dancers will be present.

Publication Schedule

The Nubian Message's publication schedule for the Spring of 1997 are January 9, 16, 23, 30; February 6, 13, 20, 27, March 6, 20, 27; and April 3, 10, 17, 24.

Walker to be Honored at Annual Brotherhood Dinner

Staff Report
The Nubian Message

Dr. Leroy T. Walker, president of the U.S. Olympic Committee, and the recipient of 14 honorary doctorates and Chancellor Emeritus of N.C. Central, will be honored December 13 at N.C. State's University-Community Brotherhood Dinner.

The 15th annual dinner, hosted by Chancellor and Mrs. Larry K. Monteith, is held to recognize an Afrikan American who has made a significant contribution as a scholar and humanitarian. In addition, six outstanding Afrikan American students from St. Augustine's College, Shaw University and NCSU will be honored.

Earlier on that afternoon, Walker is scheduled to give a lecture open to the public. He will speak at 10 a.m. in room 356 of the Afrikan American Cultural Center about "Promoting Academic Excellence and International Understanding through Athletic Competition."

Dinner guests will view a video commemorating Walker's life. Walker, 78, grew up in poverty as the youngest of 13 children, but

went on to attain great success as a coach and college administrator.

He has been in the spotlight most notably this year because of the Summer Games of the



Staff Picture

Dr. Leroy T. Walker

Olympics, which were held in Atlanta. The events took place before 80,000 spectators and a world-wide television audience of 3.5 billion. As the president of the USOC, Walker was honored honored with The Olympic Order, the International Olympic Committee's highest honor, in 1995.

But Walker started out at the tiny Benedict College in

Columbia, S.C. where he was an All-American quarterback and graduated Magna Cum Laude in just under three years.

He later earned a master's degree in health sciences and physical education from Columbia University and a doctorate in exercise physiology and biomechanics from New York University.

Walker came to North Carolina College, now NCCU, in 1945 and ultimately rose to become the school's chancellor. While there, he coached 111 All-Americans, 40 National Champions and 12 Olympians in track and field. He also coached Olympic teams from Ethiopia, Israel, Jamaica, Kenya and Trinidad-Tobago before becoming the United States' first Afrikan American Olympic track and field coach in Montreal.

In 1976 Walker was the head men's coach of the U.S. Olympic Track and Field team in Montreal. Inducted into the U.S. Olympic Hall of Fame in 1987, Walker is the author of four books on physical education and track and field techniques.

As a Hall of Famer for 15 organizations, Walker has influenced a number of acclaimed athletes,

including Wilma Rudolph, the first U.S. woman to win three Olympic gold medals; marathoner Frank Shorter, who won Olympic silver and gold medals at Munich in 1972 and in Montreal in 1976; and decathlete Bruce Jenner, who set the world record in winning the Olympic gold medal in Montreal in 1976.

He has headed many national organizations, including the National Association of Intercollegiate Athletics, The Athletics Congress, the National Association of Intercollegiate Athletics, The Athletics Congress and the American Alliance of Health, Physical Education, Recreation & Dance.

Also, Walker is a former delegate to the International Amateur Athletic Federation. Walker serves on the boards of Benedict College, Duke University's Fuqua School of Business, Georgia Tech Institute, North Carolina Hall of Fame, Special Olympics International, and the United States Olympic Foundation.

The University-Community Brotherhood Dinner was established in 1982.

N.C. State Tutorial Programs Means Higher Marks for Some Students

Staff Report
The Nubian Message

An NC State University tutorial program is helping students who are enrolled in high-risk courses attain higher marks.

The Undergraduate Studies Tutorial Center sponsors Supplemental Instruction (SI) sessions to support the curriculum in courses with relatively high failure rates, such as chemistry, mathematics and physics, said Dr. Kenneth Gattis, coordinator of Supplemental Instruction. Currently, the session are offered to students in most large sections of these freshman- and sophomore-level courses.

The tutorial program, which is based on the SI model established at the University of Missouri-Kansas City in the 1970s, elicits the help of

students' peers called SI leaders to assist them with their course work. The program began at NC State in 1987.

According to Gattis, the main reason the program is successful is that it places emphasis on the learner. "SI sessions are designed to be discussions that are centered around the students, and they gave students a chance to get together with their peers to discuss concepts, work problems and develop strategies for studying the material," said Gattis.

According to Gattis, student participation in SI sessions has increased significantly over the last four years. When Gattis became coordinator in the fall of 1992, only 379 of the 2,527 students having access to SI attended, he said. Enrollment increased to 927 students out of 4,435 during the spring 1993 term.

"I essentially doubled the size of the program during my first year by hiring more SI leaders and serving more classes," he said. "Since that time, the number of students having access to SI has remained fairly constant, however the exact number of sections of mathematics, chemistry, and physics varies from semester to semester."

In the 1995-96 academic year, approximately 1,500 of the 4,300 students enrolled in the selected courses attended at least one sessions each semester.

In most classes, participation ranges between 30 and 50 percent, he said.

The program also has a consistent record of improved grades for attenders. Over the last eight semesters including spring 1996, SI attenders averaged approximately 0.3 grade

points higher than nonattenders in SI courses. Frequent attenders, those participating at least once a week, averaged a whole letter grade higher than nonattenders, Gattis said.

"SI appeals to and is productive for students of all ability levels," he said. "However, grade improvements are larger for students of more modest abilities, the very ones that are in the greatest danger of being lost to attrition. As a result, retention rates are markedly higher for students who attend SI sessions."

Gattis said four-semester persistence rates of students, from spring 1994 to spring 1996, in SI classes reveal that 71 percent of nonattenders are retained, compared to 78 percent for infrequent attenders and 88 percent for frequent attenders.

***Some information courtesy of NCSU's Bulletin**



•Photo reflections from the Sleepout for the Homeless sponsored by Phi Beta Sigma, Alpha Phi Alpha, and Zeta Phi Beta.

•Photo reflections from Kwanzaa Week sponsored by various student organizations.



GLOBAL GALLERIES

www.global-galleries.com

1-800-696-2420

- *specializes in gems, precious stones, jewelry
- *14-22K gold jewelry with various stones
- *fresh water pearl necklace & earrings
- *cultured pearl necklaces & earrings
- *sterling silver & semiprecious stone jewelry

INTERNATIONAL GIFT & ARTS

- *baskets of various sizes and designs
- *brass & wooden sculptures
- *musical instruments

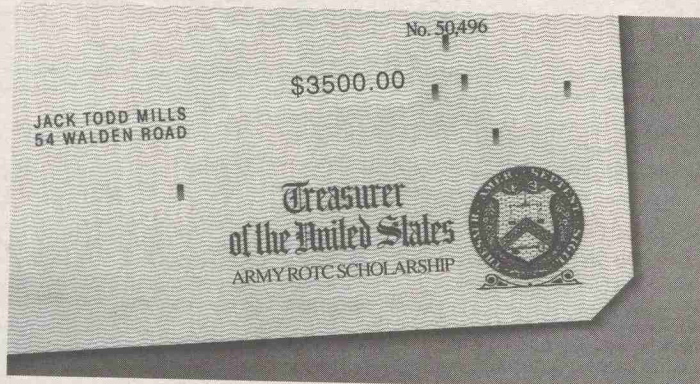
to order visit our web site:

*www.global-galleries.com

or call toll free:

1-800-696-2420

****10% of all purchases via Web Site**



CASH IN ON GOOD GRADES.

If you're a freshman or sophomore with good grades, apply now for a three-year or two-year scholarship from Army ROTC. Army ROTC scholarships pay

tuition, most books and fees, plus \$150 per school month. They also pay off with leadership experience and officer credentials impressive to future employers.



ARMY ROTC

THE SMARTEST COLLEGE COURSE YOU CAN TAKE

For details, visit Room 154, Reynolds Coliseum or call
515-2428/2429

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.

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

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.

UNITED STUDENT FELLOWSHIP

Invites YOU to come Worship With Us!
Worship Service is held every
Sunday Morning @ 11:00 a.m.
in the Afrikan American Cultural Center.
Come Worship With Us.

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 Assistanships 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

**Good Luck on Finals!
Happy Kwanzaa!**

The Nubian Message & S.A.D.

THE NUBIAN MESSAGE

The Afrikan American Voice of North Carolina State University

Editor in Chief
Managing Editor

LaTonya Dunn
Carolyn Holloway

Editorial Staff

Sports Editor: Alyn Sardivara
Opinions Editor: Kimberley Pettway
Health Editor: Randall Maddock

Production Staff

Circulation Director: Doug Edwards
CopyDesk Chief: Jerry L. Blackmon II
Chief Photographer: Koren Abner
Ads Production: Rodney Williamson

Business Staff

Business Manager: Carolyn Holloway
Sales Director: Toby Hunter
Sales Manager: Radiah Gooding
Account Executives: Anthony Norman, Leon Marshall

Mailing Address:

Room 372 Witherspoon Student Center/AACC
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.

SPORTS

Defense Prevails Over Eagles

By Alvin Sturdivant

Sports Editor

Damon Thornton brought the house down with a dunk late in the second half and Tim Wells added excitement with a blocked shot that Winthrop College and Wolfpack fans will remember for a long time to come. That about does it for the excitement of the game, but once again the Pack brought home another victory as they prepare for their first ACC game against number 2 ranked Wake Forest on Saturday.

N.C. State suffered a scoring drought during the first six minutes, being limited to four points, as Winthrop's Andrew McFalls hit two back-to-back three pointers and a driving lay-up to put the Eagles up 13-4. Winthrop however, would now suffer a 16-0 run by the pack and go scoreless for over 13 minutes to end the first half.

Although State's offense got off to a very slow start, their pressure defense dominated Winthrop. The Eagles shot a low 24 percent from the field, becoming the lowest scoring opponent ever to face the Pack in Reynolds Coliseum history with a final score of 28. Winthrop forced many shots faced with many shot clock violations and tossed up a number of airballs on the night.

State's defense put a stop to McFalls and his Eagles early in the

first half and dominated the game from that point on.

Senior Forward Danny Strong led the Pack in scoring. Strong had 12-points on the night, hitting 2 of 3 from three-point range, and tipping in several missed shots by fellow Wolfpack players. Strong also rebounded excellently providing a little size on the inside for the Wolfpack, because of the Pack's lack of a center. Strong has been very key for the Wolfpack this season and he will be a very instrumental factor in Saturday's matchup with Wake Forest.

Despite knee problems, Al Pinkins also had an excellent game for the Wolfpack. Pinkins hit 10-points in 21 minutes and was an amazing 6-of-7 from the free-throw line. Pinkins has suffered tremendously this season from his knee problems, but he will also have to be very big for the Wolfpack on Saturday. The senior forward is one of the closest things we have to a true center and will have the shared responsibility of guarding Tim Duncan on Saturday in Reynolds Coliseum.

The Wolfpack ran a very slow offense, and took a select few shots, but were able to capitalize on the errors of the Eagles. The Pack played very smart basketball defensively and worked just as hard on the offensive end, despite a low

scoring 57-28 win. Herb Sendek has taken a run and shoot team, used to quick shots and transformed them into a settled-down, more relaxed offensive and defensive threat. Despite several losing seasons the Wolfpack have a lot of depth this season and have a lot to prove.

The Pack will face nationally ranked Wake Forest and Tim Duncan on Saturday, which will be State's and Herb Sendek's first true test under the direction of Herb Sendek. The Pack will suffer at the center spot, but freshman Damon Thornton and Pinkins will have to combine their efforts to constrain Duncan and his number 2 ranked team.

The Wolfpack have had an excellent season thus far, and will have to play a tough defensive game, with very little offensive mistakes in order to prevail over the Deacons. A 5-0 start for the Wolfpack is great, but a win over Wake Forest could be the high light of State's season. Tip off will be at 12:30 on Saturday in Reynolds Coliseum.

Herb Sendek has been very impressive from the sidelines, calling time-outs when needed, and pulling players who make key mistakes. Sendek has a task on his hands with Dave Odom, but one he seems to be well prepared for and hopefully capable of overcoming.

Thanksgiving Break Brings Victories For Pack

Staff Report

The Nubian Message

N.C. State defeated Lamar on Thanksgiving Eve by a score of 67-52. The Wolfpack forced 20 turnovers and saw four players in double figures. The Wolfpack shot 51 percent from the field, led by C.C. Harrison's 17 points. Benjamin and Hyatt added 12 points, while team

leader Danny Strong dished in 10. Although Damon Thornton suffered foul trouble he was 4-for-4 in the first half and ended the game with eight points. State's defense once again prevailed over another team and led the Pack to yet another victory.

The pack's second victory of the break came over Memphis. The Wolfpack defeated the Tigers 67-46 with C.C. Harrison leading the way

with a career high 26 points.

The Wolfpack hit 48 percent of their field goals and were able to hold Memphis to 27 percent shooting. Harrison hit 5 three pointers and was offensively unstoppable for the victory as State defeated a Memphis team who had won 33 consecutive games in the regular season in the Pyramid, their home court.

Harley Too Much For Wolfpack

Staff Report

The Nubian Message

It was a controversial rivalry that had provoked fights amongst fans in the past. Many thought and continue to think that it is a game not worth playing, because neither team has anything to gain from the match-up. But Scott Harley saw things a little differently. He had a lot to gain. Three hundred and fifty-one yards to be exact.

Three hundred and fifty-one yards is usually a team total, but on Saturday Harley accumulated these yards to become one of the best in the NCAA in yards gained per game. NC State was trying to end the season on a positive note, but Harley was out for blood and blood is what he got.

A record setting crowd of over 60,000 appeared in Ericsson Stadium to watch the Pirates and the Wolfpack play in both teams final game of the season. ECU had hopes of a Bowl bid with their 7-3 record, but things did not work to their advantage and they ended their season with a tremendous victory over the Wolfpack. Charlotte was filled with anxious fans, filled with anticipation for the event to come, but no one ever expected the stomping the Pirates put on the Wolfpack.

The game began with a 48-yard kickoff return by outstanding freshman Rahshon Spikes to the ECU 45-yard line, but the Pack's efforts were brought to a halt, and they were forced to punt after a fifteen yard penalty. Three plays later Harley began his drive with a 75-yard touchdown run to gain his first of three touchdowns and the beginning to a perfect day for Harley.

On State's next possession they were once again forced to punt, but were able to hold the Pirates to a 23-yard field goal, despite impres-

sive offensive efforts.

The Wolfpack were able to capitalize on their next possession. The Wolfpack drove down field and Jamie Barnette was able to hit split end Jimmy Grissett for an 11-yard touchdown pass. The next two possessions for both teams were ended with field goals, but Scott Harley's day had just begun.

On Harley's second touchdown run of the day, he ran for over 50-yards to give the Pirates 19-10 lead. On the next two possessions the Wolfpack and the Pirates once again traded field goals to bring the score to 23-13 for half-time.

Another Wolfpack loss marked with turnovers and penalties was not what Mike O'Cain expected, but it was exactly what he got once again, and Harley's excellent play did not help at all. Both teams were able to put more points on the board in the second half, but the Pirates obviously wanted the victory more.

NC State was unable to capitalize on several possessions, and despite many great plays, ended the season on a losing note. The biggest crowd ever watched the Pack be destroyed by Eastern Coast rival ECU.

The Pack ends the season with a 3-5 ACC record and a 3-8 overall record. This is the second straight losing season for State, with their last post season play being in 1994, when they participated in the Peach Bowl against Mississippi State.

The Wolfpack are in a rebuilding stage, and even though things did not go there way this season, they have a lot to look forward to in the seasons to come. A loss is not exactly how the Wolfpack wanted to end the season, but it gives State a lot to work for towards in the future. The Wolfpack finish the season with a seventh ranking in the ACC.

ACC Football — Final Standings

ACC Conference Overall

	W	L	W	L
Florida State	8	0	11	0
North Carolina	6	2	9	2
Clemson	6	2	7	4
Virginia	5	3	7	4
Georgia Tech	4	4	5	6
Maryland	3	5	5	6
N.C. State	3	5	3	8
Wake Forest	1	7	3	8
Duke	0	8	0	11

Interested in Being a
Sports Writer
For
The Nubian Message?
Call 515-1468
and Ask for
Alvin Sturdivant,
Sports Editor
or
Stop By room 372 of the
Afrikan American Cultural
Center
for an application

December 5, 1996

CULTURE

Afrikan American Quotes

If there is no struggle, there is not progress. Those who profess to favor freedom, yet deprecate agitation, are men who want crops without plowing up the ground. They want rain without the thunder and lightning. They want the ocean without the awful roar of its many waters. This struggle may be a moral one; or it may be a physical one; or it may be both mental and physical; but it must be a struggle. Power concedes nothing without a demand.

Frederick Douglass

There are no good times to be black in America, but some times are worse than others

David Bradley

Since so many black folk pray only when troubled, God gets them in trouble at least once a day.

Johnny Ray Youngblood

It is an historical fact that whenever the oppressor is called upon to define an indigenous product of the oppressed that product loses its functional value.

Benjamin F. Chavis, Jr., 1978

I'm sick and tired of being sick and tired.

Fannie Lou Hamer

When elephants fight it is the grass that suffers.

Kikuyu Proverb

Romance without finance don't stand a chance.

Afrikan American Folk Saying

Nothing that God ever made is the same thing to more than one person. That is natural. There is no single face in nature, because every eye that looks upon it, sees it from its own angle. So every man's spice-box seasons his own food.

Zora Neale Hurston

KWANZAA CELEBRATION

DECEMBER 6, 1996

AT 6:00 P.M.

WITHERSPOON STUDENT CENTER
ROOM 126

COME ENJOY:

AFRIKAN STORYTELLING,
GOOD HOMECOOKIN'
GOOD MUSIC, AND
LEARN ABOUT NGUZO SABA!

Sponsored by:

Student Mentor Association
Association for the Concerns of Afrikan American
Graduate Students
Dance Visions

AFRIKAN MARKETPLACE

HOLIDAY SHOPPING OPPORTUNITIES

The Afrikan American Cultural Center of North Carolina State University is hosting a day-long Afrikan Marketplace featuring entertainment, food and VENDORS!

December 7, 1996

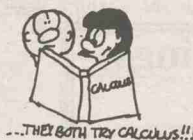
10 a.m. to 4 p.m.

Multipurpose Room of the AACC

SUPPORT YOUR COMMUNITY VENDORS

- The Witherspoon Student Center
- Cates Avenue/Dan Allen Drive•
- N.C. State University •512-5210•

Coming Soon ON NUBEE AND ARTHUR
A SUBAL PREVIEW OF WHAT'S TO COME IN THE LIFE OF NUBEE AND ARTHUR MESSAGE AND ARTHUR JORDACHE



PLUS, SOME LIFE LESSONS ABOUT...

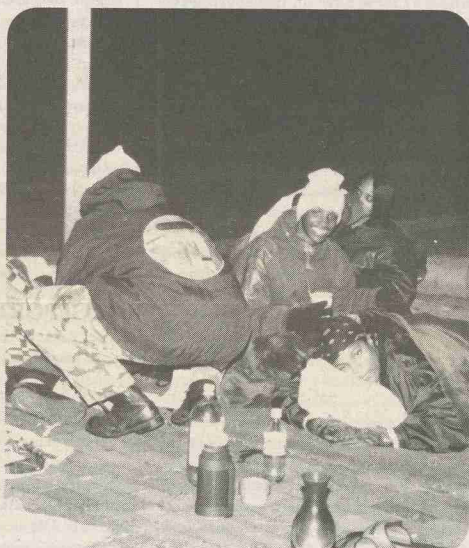


Any students interested in being a Cultural Writer for the Nubian Message, Come to room 372 of the African American Cultural Center, or call 515-1468. Ask for Carolyn Holloway.

December 5, 1996

PHOTOS

A night in the life ...



... of the Afrikan American Cultural Center

HEALTH

Anorexia & Bulimia — New “fads” Plague Youths

By Randall Haddock
Health Editor

Hula hoops, miniskirts, the jheri-curl hair style. Fads come and go, and most are harmless. But when it is a fad to induce symptoms of a severe illness, the latest rage is not as harmless anymore.

Bulimia, a severe eating disorder characterized by compulsive bingeing and purging of food, seems to have become all the rage today. People with bulimia rapidly eat tremendous amounts of food and then get rid of it by vomiting. Bulimia symptoms are found in 40 to 50 percent of patients with another potentially life-threatening disorder called anorexia nervosa — self-starvation.

Many physicians and researchers believe that bulimia has almost achieved a celebrity status. A recently gallop poll on eating disorders projected that about 2 million American women 19 to 39 and 1 million teenagers are affected by some symptoms of bulimia or anorexia.

Anorexia is estimated to affect as many as 1 out of every 100 females aged 12 to 18. Males are said to account for 5 to 10 percent of bulimia and anorexia cases. What exactly causes the illnesses and why they occur primarily in females are unknown. The disorders are obsessive — that is, most victims cannot stop their self-destructive behavior without professional medical help. Left untreated, the disorders can become chronic and lead to severe health damage.

According to the American Psychiatric Association, all of the following criteria must be met for a diagnosis bulimia or anorexia.

For the syndrome of bulimia:

- recurrent episodes of binge eating (rapid consumption of a large amount of food in a discrete period of time)

- regularly engaging in either self-induced vomiting, use of laxatives or diuretics, strict dieting or fasting, or vigorous exercise in order

to prevent weight gain

- a persistent overconcern with body size and weight.

While bulimia and anorexia seem like similar eating disorders, they do vary in some characteristics. The most obvious one being that anorexia usually stems from bulimia.

The symptoms of anorexia include the following:

- refusal to maintain a weight higher than the minimal normal weight for a given age and height
- intense fear of gaining weight or becoming fat, even though underweight

Bulimia begins in adolescence or the early 20s. However, because many bulimics successfully hide their bingeing and purging, an actual diagnosis may not be made until a patients are well into their 30s or 40s.

Bulimia usually begins in conjunction with a diet. But once a binge-purge cycle becomes established, it can get out of control.

Although bulimics appear healthy and successful—a perfectionist at whatever they do—in reality, they have low self-esteem and are often depressed. They may exhibit other compulsive behaviors. Many researchers report that many of their bulimia patients regularly engage in shoplifting, alcohol abuse or addiction at some point in their lives.

Binges, on average, last slightly less than 2 hours and during that time consume 3,400 calories. To lose the gained weight, the bulimic begins purging, which may include using laxatives—from 50 to 100 or more tablets at one time—or diuretics (drugs which increase urination) or self-induced vomiting causing by gagging. Between binges, the person may fast or exercise excessively.

Bulimia's binge-purge cycle can be devastating to health in a number of ways. It can upset the body's balance of nutrients such as sodium, potassium, and calcium. This lack of nutrients can lead to fatigue, seizures, muscle cramps, and decreased bone density. Repeated vomiting can damage the esophagus

and stomach, make the gums recede, and erode tooth enamel.

While anorexia nervosa most commonly begins in adolescence, the onset of the disease is reported in people ranging in age from about 8 to 60. The incidence in 8 to 11 years is said to be increasing.

Anorexia may be a single, limited episode — that is, the person may lose a drastic amount of weight within a few months and then recover. Or the illness may gradually work itself into the victim's life and go on for years.

A person may diet normally for several weeks, for instance, and then increasingly restrict their food intake until the diet gets out of control. Anorexia may fluctuate between spells of improvement and decline, or it may become steadily more severe.

Those who suffer from anorexia are described as having low self-esteem and feeling that others are controlling their lives. Some may be very overactive—exercising excessively. The anorectic becomes obsessed with a fear of fat and with losing weight.

Anorexia and bulimia may be triggered by an inability to cope with a situation in life: puberty, the first sexual contact, ridicule overweight, death of a loved one, or separation from family because of college.

There are several approaches that are used to treat both disorders, including motivating patient, enlisting family support and providing nutrition counseling and psychotherapy. Behavior modification therapy may be used as well. Self-help, or support groups are important in the early stages of primary treatment. Through sharing of experiences, members give mutual emotional support, exchange of information, and diminish the feelings of isolation.

If you or someone you know is suffering from bulimia or anorexia nervosa: Please contact the N.C. State Counseling Center at 515-2423 or Student Health Services at 515-2563.

Chemical Dependency can be Treated

By Randall Haddock
Health Editor

Chemical dependency is a very complex primary disease process that has genetic, social, and environmental components. As with any disease, there is a recognizable set of symptoms that allows for accurate diagnosis.

A chemically dependent person may experience changes in tolerance, withdrawal symptoms and blackouts. The disease of chemical dependency follows a predictable course that is characterized by the patient's compulsive and repeated use of mind-altering substances without regard to the serious impact these have on just about every aspect of their lives.

This disease process affects the emotional, physical, social, psychological and spiritual aspects of a person's life. It cuts across gender, racial, ethnic and economic lines and constitutes a progressive and ultimately fatal disease.

Understanding the psychological aspects of chemical dependency is an important step in examining this problem. Many researchers regard addiction as a “disease of feelings.” That is, chemically dependent individuals often use alcohol or other drugs to change their emotional state of mind.

A primary reason for the difficulty in weaning patients for the substance is that the chemical produces a seemingly beneficial effect for the user at the early stages of the abuse.

Denial is the dominant defense mechanism employed in the treatment of people who are chemically dependent. Denial is characterized by a patient's inability to assess the extent to which chemical dependency has taken control of their lives.

Other characteristics are the inability to manage things and powerlessness. Chemically dependent people seem to behave in erratic ways and are often hostile or abusive in their actions toward others.

Prevention is a goal that individuals must continuously strive for in order to succeed. Prevention efforts are aimed at reducing the effects of bouts with drugs as well as the social and medical problems that can occur as a result of persistent high-risk drug use. Prevention efforts employ a variety of methods.

Effective prevention strategies begin with an understanding of the various reasons why people start to use alcohol and other drugs. Knowledge of what works in preventing individuals, particularly

young people, from using drugs has improved.

For instance, much of the previous effort that focused on the passive approach was not successful. The passive approach, which consisted of presenting young people with information on the harmful effects of drugs, often in a context filled with moral judgment, did little if anything to reduce the demand.

But the approach that many researchers say seems to work is a more confrontational approach in which every facet of society communicates that drug use is unacceptable.

Schools, communities and neighborhoods, and businesses must make it clear that drug use in every aspect of an individual's life is intolerable. By doing this young people and adults alike are confronted on a consistent basis with the same message—that drugs are not only harmful but illegal and that their use will bring harmful consequences.

There are a variety of treatments that can be implemented to help chemically dependent individuals. In addition to the self-help groups, behavior therapies, and/or others forms of therapy, treatments using drugs to control the psychological impact on the individual are also available.

For example, there are techniques for cocaine abuse involve medication to reverse some of the imbalances that are caused by the drug.

Denial is a major obstacle of recovery in light of the individuals' inability to view themselves honestly. Group therapy confronts the denial system while providing honest, direct, and supportive feedback. Group therapy also offers an outlet for addressing anger, resentment, and hurt.

Individual therapy, on the other hand, is sometimes indicated to help chemically dependent persons deal with feelings of depression, despair, hopelessness, and low self-esteem. Therapy can also aid the client in skills training, so that coping skills and problem-solving skills can be acquired to avoid relapse situations.

There are major barriers that come with aiding those that chemically dependent, but with a collaborative effort with schools and communities can improve the quality of efforts that are directed toward addressing chemical dependency, which will in turn decrease drug use.

Dealing With Stress in College

By Randall Haddock
Health Editor

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

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

Without some stress, people wouldn't get much done. The extra burst of adrenaline in stressful situations can produce, can help you to meet challenges causing the stress.

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

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

- problems eating or sleeping
- increased use of alcohol or other drugs
- persistent hostility or angry feelings toward others
- frequent headaches or backaches

- frequent colds and infections

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

The N.C. State Counseling Center and NCSU Student Health Services offer assistance in improving skills which are effective and essential for stress management. Please contact the Counseling Center at 515-2423 or Student Health Services at 515-2563.

Any Students Interested in Being a Health Writer for the Spring Semester, please call 515-1468 and ask for Randall Haddock or stop by Room 372 of the Afrikan American Cultural Center.

OPINIONS

Afrikan American Studies at a Technical School

By **Demetrius Carter**

Staff Writer

As December 26 draws near, we cannot overlook the spiritual holiday Kwanzaa. Devised by Dr. Maulana Karenga in 1966, Kwanzaa represents the first Afrikan American holiday. This family celebration was born out of the recognition that Afrikan Americans were and still are being exploited during the Christmas season.

The focus of Kwanzaa is centered around the seven principals of Nguzo Saba that emphasizes the unity of the black family. As we meditate on these ideals, we must ask ourselves several important questions: is our education here at N.C. State aiding in our realization of the Nguzo Saba?

Is the Afrikan American Studies Minor important in our overall learning experience? Or most importantly, does Afrikan American studies have a role at a technical university, such as N.C. State?

Although thanks to such men as Dr. Nathan Hare, Dr. Molefi K. Asantia, and Dr. Ivan van Seritma, the Black Studies curriculum has made giant strides across the country since its inception in 1968, however it still does not have full acceptance as an area of serious study.

The question arises, why does Academia not accept Black Studies as a viable subject of scholarship? Understanding this will help us to discover the importance of African American studies at a technical university.

Although there may be several factors involved in the lack of support for these departments, the major reason is missing credibility for the discipline. As Black Studies have developed, many of the theories put forth, have directly contradicted the accepted ideology of the western world.

African scientists' research in every discipline — specifically that work of Dr. Cheikh Anta Diop —

has evoked new ideas about the contributions of African people. Western scholars have been unable to accept many of these ideas, as they challenge the very foundation of their thinking. These new theories, present the history of the world in a manner that brings forth proof that many of the customs and rituals practiced today in the United States are representative of Afrikan culture.

It unearths evidence of a people well knowledgeable in the sciences — hundreds of years before the "great" western civilizations of Greece and Rome. Thus, it is understandable, that Black Studies has received so much resistance in the different disciplines of academia, as it shakes the very basis of western ideology.

Knowing the objection, one can see the importance and necessity of Black Studies at a technical university. As we move into the next millennium, it is vital that scholars be as knowledgeable as possible, to answer the questions that will face us in the 21st century.

Many colleges and universities have Black Studies programs, several of which teach under the assumptions of Kawaia Theory, developed by Karenga. Karenga's theory is of cultural and social change in black life. It covers seven major subject areas including: Black History, Black Religion, Black Social Organizations, Black Politics, Black Economics, Black Creative Production and Black Psychology.

According to the theory, earnest discussion of these areas lends insight into the past and present Afrikan/Afrikan American diaspora. However, the missing variable from this equation, is the lack of application to the sciences. Yes, through Kawaia theory, you will ascertain a better understanding of the culture, but this will only provide a limited understanding of the contributions of people of Afrikan descent.

An alternative to Kawaia theo-

ry has been developed by Kwabeena F. Ashanti, visiting professor here at NCSU. African Technical Applied Studies encompasses Kwaia theory, but in addition emphasizes the application of the subject areas to all of the scientific disciplines.

At a technical university, ATAS provides a fresh and innovative look at the field of science and technology, while providing an Afrikan worldview. It covers nine core areas including: history, government, technology and science, religion, geography, economics, culture, psychology and sociology, and art and humanities.

By defining the nine areas of this paradigm, a student at a technical university, regardless of their racial background, will have the knowledge to succeed in the culturally diverse world of the 21st century. Individuals become dually centered in both the western and African philosophies. With this empowerment, a scholar has the ability and knowledge base, to resolve the questions facing society in the future.

Black studies remain as relevant on a technical university campus in 1996, as it was in the '60s. Not only does it seek to educate people on the sundry of contributions people of African descent have made to the world, but it allows scholars to increase their knowledge base.

As the world continually moves into pluralistic societies, it is important that scientists transcend their ethnocentric views. Scholars must have the ability to develop and incorporate several world views, if they are to truly solve the issues we are soon to face.

We must target the centers of higher education and press upon them the validity of paradigms such as ATAS. Only through this type of revolution in teaching, can we move forward as one, not as blacks or as whites, but as humans.

Killer Roads—Don't Be a Victim

By **Kimberly Pettaway**

Opinions Editor

gested holiday highways.

Social parties will provide the opportunity for relaxation and fun. If you are over 21 and will be consuming alcohol at these events please be mindful of your alcohol intake. Do not drink and drive.

If you believe you will be driving, make sure you designate a driver prior to your leaving home. If you're the designated driver for the evening, watch out for others at the event as well. If they drink, don't allow them to drive home. Remember: you may not have consumed any alcohol, but in the end you may be the one who pays.

The holiday season is here. Thankfully the Thanksgiving traffic is behind us but now we must embrace the heavy traffic that annually accompanies Christmas. Traffic will certainly increase as the holiday approaches.

Although the holidays may bring out the joyful spirits one must exercise extreme caution when journeying to various destinations during the holidays. Remember to be cautious — you are driving for yourself and all other motorists on the con-

Death of An Innocent

I went to a party, Mom, I remember what you said.
You told me not to drink, Mom, so I drank soda instead.
I really felt proud inside, Mom, the way you said I would.
I didn't drink and drive, Mom, even though the others said I should.
I know I did the right thing, Mom, I know you are always right.
Now the party is finally ending, Mom, as everyone is driving out of sight.

As I got into my car, Mom, I knew I'd get home in one piece.
Because of the way you raised me, so responsible and sweet.
I started to drive away, Mom, but as I pulled out into the road,
The other car didn't see me and hit me like a load.
As I lay there on the pavement, Mom, I hear the policeman say,
The other guy is drunk, Mom, and now I'm the one who will pay.
I'm lying here dying, Mom. I wish you'd get here soon.

How could this happen to me, Mom? My life just burst like a balloon.
There is blood all around me, Mom, and most of it is mine.
I hear the medic say, Mom, I'll die in a short time.
I just wanted to tell you, Mom, I swear I didn't drink.
It was the others, Mom. The others didn't think.
He was probably at the same party as I.
The only difference is, he drank and I will die.

Why do people drink, Mom? It can ruin your whole life.
I'm feeling sharp pains now. Pains just like a knife.
The guy who hit me is walking, Mom, and I don't think it's fair.
I'm lying here dying and all he can do is stare.

Tell my brother not to cry, Mom. Tell Daddy to be brave.
And when I go to heaven, Mom, put "Daddy's Girl" on my grave.
Someone should have told him, Mom, not to drink and drive.
If only they had told him, Mom, I would still be alive.

My breath is getting shorter, Mom. I'm becoming very scared.
Please don't cry for me, Mom. When I needed you, you were always there.
I have one last question, Mom, before I say good-bye.
I didn't drink and drive, so why am I the one to die?

— anonymous

Is Christmas What It Should Be?

By **Kimberly Pettaway**

Opinions Editor

My grandmother often says, "Christmas just ain't what it used to be." When I was growing up her statement meant little to me. From my perspective, Christmas simply got better with each passing year. After all, every year I always received more presents and money than previous years. What more could I ask for? Family I hadn't seen since last Christmas would come home — bearing gifts, of course.

On Christmas morning I would make sure I was up early enough to open my presents. Once I had accomplished this tedious, yet fun task, I would sit at the kitchen table and decide which family member I would visit first.

Naturally the ones who gave the best gifts had priority over those who only gave hugs, kisses and loose change from their pockets. Those "cheap" relatives would just have to see me after the holidays.

My view of Christmas changed when I was 12. My mother had been sick just prior to the holiday. Her medical treatments had physically, mentally and financially drained her. I'll never forget that Christmas. I was shocked when she gave me a turquoise wallet. Once I recovered, I was so mad I began to cry. I developed a tremendous headache and immediately called my grandfather to pick me up and take me home. For me, Christmas had been ruined.

You may be reading this shaking your head in disgust. Yet and still, I am confident in believing that others have once (may be still do) felt this

way.

For many people Christmas is not the time to celebrate the birth of Christ. Instead it is a time to capitalize. It is a time to capitalize for those who will be receiving gifts and for retailers it is a time to capitalize on the profits they will make during the holiday season.

Contrary to popular belief Christmas is not America's favorite holiday. Many prefer Thanksgiving due to the economical emphases that are now kosher with the celebration of Christmas. Many people go into depression once they realize the holidays are approaching. Their depression is not derived from the dread they display towards holiday traffic of long shopping lines. Rather they dread the thought of not being able to buy relatives and friends gifts.

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

Presents

NATIONAL
ENDOWMENT
FOR THE
ARTS



Performed by National Black Touring Circuit, Inc.

Adapted by Josh Greenfield

Produced and Directed by Woodie King Jr.

Musical Director: Paul Vincent Hendricks

This performance is funded in part by a grant from the National Endowment for the Arts through partnership with the Southern Arts Federation in partnership with the State Art Agency.

I Have a Dream

Saturday, January 25, 1997

8 p.m.

Stewart Theatre

North Carolina State University



Tickets ...

General Admission — \$10

Students — \$8

Seniors & Children under age 12 — \$5

Available from Ticket Central: 515-1100

AN
EVENING OF
THEATRE
AND MUSIC
BASED ON
THE WORDS
OF DR.
MARTIN
LUTHER
KING JR.



Featuring (from left to right):

Chequita Jackson, Bruce Strickland, Herman LeVern Jones and Diane Weaver



"I Have a Dream" is an activity of the 12th annual Martin Luther King Jr. Festival.

Explores