

# THE NUBIAN MESSAGE

Volume 5, Edition 16  
January 9, 1997

The Afrikan American Voice of North Carolina State University

Knowledge



## What's Goin' On?

### Saac and national pan-hellenic council

The society of Afrikan American Culture and the National Pan-Hellenic Council will sponsor the first party of the semester, Friday, January 10 from 9 p.m.-2a.m. in the Multipurpose room of the Afrikan American Cultural Center. Admission is \$3 with college I.D., \$4 without.

### Black Students Board

The Black Students Board will have its first meeting of the year on Thursday, January 9, in Room 3118 of the University Student Center at 5:30 p.m. Ideas concerning Pan-Afrikan Week will be discussed.

### MLK festival

The 12th annual Martin Luther King Jr. cultural festival "Igniting the Spirit of a New Generation," will be held Saturday, January 25 in the McKimmon center beginning at noon. The event is sponsored by the Afrikan American Cultural Center. For more information call 515-4516. Free admission.

\*Volunteers are needed for the MLK, Jr. Cultural Festival. The event is scheduled for Saturday, Jan. 25, 1997 (all day). Please sign-up to help at the Afrikan American Cultural Center, Room #360. Individuals, and groups are welcomed to help. Orientation is required for before assignments are given.

### Resident Organization

The first resident organization meeting of the semester will be held Friday, January 24 at 3:30 p.m. in Room 356 of the Afrikan American Cultural Center.

## Leach Named CHASS Coordinator

By Carolyn Holloway  
Managing Editor

For months, the position of Coordinator for Minority Student Affairs in the College of Humanities and Social Sciences remained vacant since the retirement of Joan Griffin. In November 1996, Monica T. Leach was officially named to replace Griffin.

Leach received her Bachelor of Science degree in Business Administration from Louisiana State University in Baton Rouge, Louisiana, in 1991 and her Masters of Education from N.C. State in 1996. Currently, she is also pursuing a Doctoral degree in Higher Education Administration from N.C. State.

Before coming to NCSU, Leach was a Recruiter/Assistant Information Communication Specialist at the University of North Carolina at Chapel Hill.

A native of Slidell, Louisiana, Leach is on a mission to use her personal skills and her college experience to redefine the relationships between students and coordinator, not only in CHASS but in the university as a whole.

"LSU has the same demographics as N.C. State, therefore I can relate to students' college experience here," said Leach, "and that college experience should include an academic base and extracurricular activities."

As a student at LSU, Leach received guidance from her Afrikan American academic adviser who proved to be one of the major reasons she decided to give back to her community through the university. "My adviser gave me motivation, provided warmth, and told me it was alright to be afraid," commented Leach.

From her relationship with her adviser and family background,

Leach said that she has learned to be student-centered, accessible and



Staff Picture  
**Monica Leach: New Coordinator of CHASS**

well-rounded.

From those relationships, Leach enrolled at NCSU because she felt it would be the perfect place to pursue her educational goals in which

Leach describes as "most comprehensive."

As the Coordinator of CHASS, Leach has already made a positive and informative impact on NCSU students by holding a resume writing workshop and has hopes to form an association for students in CHASS that will be an umbrella organization that will provide programs and services for respective majors. She also hopes to start a week-long grant-writing summer program that will help students learn better writing and academic skills.

Leach also serves as the CHASS Disabilities Coordinator in which she provides services to the disabled. Leach holds professional memberships in the Social Association for College Student Affairs and the National Association for Advisors in the Health Professional. She also is very active in the Durham Alumni Chapter of Delta Sigma Theta.

## Study Abroad Seeks Students

By LaTonya Dunn  
Editor In Chief

The Study Abroad office of North Carolina State University has been in existence over the past thirteen to fourteen years under the division of student affairs. The office was originally set up in Alexander residence hall to provide special support for exchange students.

The main task of the study abroad office is to help undergraduate students study in other countries. The office helps students find paid work, volunteer work and internships abroad and helps with international cards. Every year the study abroad office gives 30,000 in scholarship money to students who choose studying abroad.

Anne Haberkern, Assistant Director of the Study Abroad office stated that she advises students on all possible options making sure that the student chooses the most appropriate program. "We have fifteen

summer programs, twelve direct exchanges and over a hundred additional exchanges. We work with students who come here and students going abroad."

Ingrid Schmidt, who has served a year as Director of the Study Abroad Office, said that last year only three hundred students including summer programs, out of a campus community of approximately 27,000 students participated in studying abroad. I wish the numbers would increase, Ingrid Schmidt said.

Schmidt admits that there are misconceptions connected with studying abroad. One misconception is that studying abroad is too expensive, when in fact, most N.C. State exchange programs charge university tuition. Financial aid can be used to cover the expense of studying abroad and students remain enrolled as an N.C. State student.

Another myth is needing a strong language background. Even though studying abroad would enhance lan-

guage skills, but N.C. State does offer programs which another language is not necessary. Students who choose to study abroad can continue taking courses in the major while studying abroad, anything from engineering, English, textiles to theology are offered around the world.

Some students may think that by studying abroad, it may delay graduation or credit would not be given for courses taken abroad. In fact, studying abroad would not delay graduation with planning and a part of the application process involves working with the academic advisor to determine which courses taken abroad would meet the requirements at N.C. State before leaving.

Schmidt said that she wants more Afrikan American students to take advantage of the program. She said that the typical students are white females who chose to go abroad. Afrikan American students can sometimes be pegged into certain

categories or the assumption is made that every Afrikan American student wants to go to Afrika. "I get my reward when students come back so enthusiastic, more confident, and focused and they don't have a fear of trying new things." She said that employers have seen a difference in hiring people who have had international experience and often they choose these students.

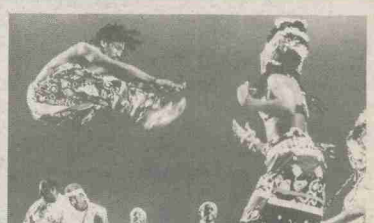
Ingrid Schmidt says that the Study Abroad office is like a customer service, there to help students. "The only stupid question is the one you didn't ask," says Schmidt is a common phrase used around the office and believes in Dr. Stafford's motto, "students first." For more information on Study Abroad, locate the web site at [http://www2.ncsu.edu/ncsu/stud\\_abr](http://www2.ncsu.edu/ncsu/stud_abr) oad

see *Abroad*, page 2



• Students volunteers needed to assist African American Cultural Center with the 12th annual Martin Luther King Junior Festival. Please contact Dr. Iyailu Moses or Mr. Walter K. Davis for more information.

• It's On!! The first party of the year, this Friday in the Multi Purpose Room of the African American Cultural Center. Co-hosted by SAAC and the National Pan Hellenic Council, it's "gonna be the bomb!"



# Abroad, continued from page 1

## Volunteer Abroad

• American Friends Service Committee. The AFSC is a Quaker organization which includes people of various faiths who are committed to social justice, peace and humanitarian service. Today the AFSC has programs that focus on issues related to economic justice, peace-building and demilitarization, social justice, and youth, in the United States, and in Afrika, Asia, Latin America, and the Middle East.

### Amigos De Las Americas

• A summer volunteer program in Latin America for four to six months. AMIGOS volunteers work on public health projects including specific projects in dental hygiene, community sanitation, and immunization.

### CIEE International Volunteer Projects

• A perfect complement to a study or travel experience, and designed to promote international cooperation and understanding, work camps bring 10-20 volunteers from different countries to work for 2-4 weeks on archeological, environmental, construction/renovation, forestry/nature conservation or community service projects.

### Peace Corps

• This internationally known two-year program is designed to meet the challenges of contributing much needed skills to the struggle for self-sufficiency in developing nations.

### Peacework

• Peacework sponsors short-term international volunteer projects in developing communities in which international volunteers learn about

the dynamics of global hunger and poverty by working together on housing, health, and other community initiatives.

## Work Abroad

### American-Scandinavian Foundation

• The Nordic countries are among the world's most advanced nations in engineering, computer technology and education. Paid training positions with private industry and technical universities in chemistry, computer science, forestry, horticulture, engineering are available throughout Denmark, Finland, Iceland, Norway and Sweden, Switzerland and the United Kingdom.

### Au Pair In Europe

• Au Pair Europe offers au pair placements to both U.S. and Canadian citizens in countries such as Australia, Austria, Belgium, Bermuda, Denmark, Finland, France, Germany, Greece, Italy, the Netherlands, Norway, Spain, Sweden, Switzerland, and the United Kingdom. Language proficiency may be required for some countries. Positions range in length of service and extended stays may be an option.

### CIEE Work Abroad

• CIEE's program allows participants to experience short-term work abroad year-around. A variety of job opportunities are available in countries such as Australia, Canada, Costa Rica, France, Germany, Ireland, New Zealand, and the UK. Language proficiency in required for programs in Costa Rica, France, and

Germany.

### JET - Japan Exchange and Teaching Program

• JET is a program sponsored by the Japanese government. Positions are available as Ana Assistant Language Teacher (ALT), or Coordinator for International Relations (CIR). The salary is sufficient to living and personal expenses in Japan, and round-trip air transportation is provided. Japanese language not required. Contracts are for one year with extensions available. Application deadline is in early December.

### World Learning Au Pair/Homestay Abroad

• World learning offers au pair placements in Argentina, France, Germany, Iceland, the Netherlands, Norway, Spain, Switzerland, and the United Kingdom. Language proficiency is required for Argentina, France, Germany, and Spain. Positions range from 3-8 months (6-12 months is standard) and extended stays are optional except in the UK, where placements are six months only. Room and board provided. A monthly stipend is included, as is time to attend classes in the host country. For more information, email: imelda\_farell@mcimail.com

## Internships Abroad

### Dominican Republic Internships/Study Program

• NC State students may participate in this program for a semester or a summer. The program combines Spanish language study and other coursework with placements

available in business, government agencies, international organizations, and non-profit volunteer projects, design, community service and development, and teaching. Costs for a semester are similar to the costs of tuition, room, and board at NC State, and students earn 12-18 credits. Previous study of Spanish is not required, although strong Spanish skills may be necessary for certain placements.

### Educational Programs Abroad—Internships in London, Brussels, Bonn/Cologne, Paris & Madrid

• NC State students may participate in this program for a semester or a summer. The program combines language study (except in London), other coursework, and placements in business, education, environmental work, health care, law firms, medical research, museums, and art galleries, politics, social sciences, and theater. Language proficiency is required for participants in the Bonn/Cologne, Madrid, and Paris programs.

### Findhorn College

• Findhorn College in Scotland is a global college offering semester and year-long programs in human ecology and environmental studies. Findhorn College is associated with the Findhorn Community, the largest and most successful intentional community in the Western world. Findhorn College also offers short-term volunteer opportunities and six month paid internships in administration, fundraising, publications, marketing, and university outreach.

Northern Illinois University

### Australian Parliamentary Internships

• NIU Academic Political Internships are designed to give students practical experience in a political setting while earning academic credit. Students take two academic courses at the University of Melbourne and serve an internship with a member or officer of the Victorian Parliament. The program goes from mid-February to mid-June. Applicants must be juniors or seniors with a 3.0 GPA and should have completed a course that provides some understanding of the political process.

### Partnership for Service Learning

• PSL offers programs which combine structured academic studies with substantial volunteer community service for a summer, semester, or year in the Czech Republic, Ecuador, England, France, India, Israel, Jamaica, Mexico, the Philippines, and Scotland. Placements are available in areas such as English, foreign languages, history, languages, psychology, political science, social ecology, sociology, and the social sciences and are individualized based on the student's needs and interests. Programs are based at recognized, degree granting institutions in the host country; involve 20 hours of service per week, and have an in-country resident director to assist students.

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.

A GRADUATE STUDENT IS URGENTLY NEEDED

to assist in the Afrikan American Cultural Center Library. One Assistantship is available for a qualified graduate student. To apply, an interested graduate student should contact Dr. M. I. Moses at 515-5210 or in Room 363 of the Afrikan American Cultural Center.

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**THE NUBIAN MESSAGE**  
The Afrikan American Voice of North Carolina State University

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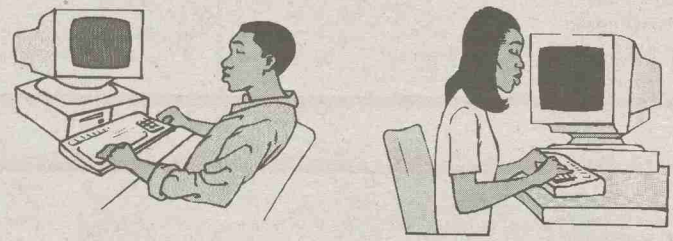
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As we are very committed to accuracy in our reporting and writing, we appreciate reports of any errors you may spot. To serve the community accurately and effectively, your feedback would be greatly appreciated. Please use the above address to do so.



**The Nubian Message needs:**

**News Writers and Copyeditors!!!!**

If you have a problem with what you read in the paper, come show us how it's done. Contact LaTonya Dunn at 515-1468 or e-mail [admiral@sma.sea.ncsu.edu](mailto:admiral@sma.sea.ncsu.edu) for more info.

# SPORTS

## Wolfpack Men Suffer Losses Over Break Pinkins Sidelined Permanently

**By Alvin Sturdivant**  
Sports Editor

The Wolfpack closed last semester with an impressive loss to Wake Forest which allowed them to receive 8 votes in the Associated Press Poll. The loss was impressive because many expected the Wolfpack to be blown out by Tim Duncan and the Demon Deacons, but the Wolfpack played an excellent first half losing by eight points in a well played game.

It's not every season that a team faces both the number 1 and 2 ranked teams in the same season, let alone

the same month, but N.C. State had this fate. Shortly following the Wake Forest defeat, the Pack lost harshly to number 1 ranked Kansas. The Pack suffered serious foul trouble from their guards Ishua Benjamin and Clint Harrison, as both of them obtained their third personal foul in the first half. Kansas outsize the Wolfpack and played better overall. The Pack lost 84-56.

Though the Pack suffered a number of losses over the break, they did manage to pick up several victories over a few unranked and often unheard of teams.

The Pack defeated Central Florida 70-52, forcing 25 turnovers and

grabbing 17 steals. C.C. Harrison led the way for the Wolfpack with 17 points, followed by Danny Strong with 16, and Jeremy Hyatt with 14.

Much like the Wolfpack women, the men also defeated a number of teams by large margins. In a well executed game the Wolfpack defeated Arkansas-Pine Bluff 83-23. Most recently, State defeated Texas Pan-American 75-25. Ishua Benjamin was an amazing 5-of-5 from the field with 13 points. The Pack led Texas-Pan Am 32 at halftime and never looked back. The Wolfpack will face Maryland on Sunday, January 12, at 1 p.m. in Reynolds Coliseum.

### Staff Report

The NCAA has brought a quick end to Redshirt-Senior Al Pinkins' basketball career despite an appeal due to a season opening injury that brought his first season at N.C. State to a quick and almost indefinite end.

During the first two minutes of the opening game against Prairie View A & M in the 1994-95 season, Pinkins suffered a knee injury that put him out of commission for the remainder of the season. Though Pinkins' injury would have ended the career of many, he worked long and hard to rehabilitate himself and to return for the 1995-96 season.

Though Pinkins' ability was

doubtful he returned to the Wolfpack averaging 7.5 points and 4.8 rebounds per game, ranking him second among his fellow Wolfpack players. Pinkins shot 49.1 percent from the field and a remarkable 40.3 from three-point range, despite his failing knees.

Pinkins' averages greatly increased in ACC play as he immediately made his presence known against Wolfpack opponents. Pinkins has been incredible for the Wolfpack this season, quickly filling the void left at the exit of Center Todd Fuller last season. Pinkins will be greatly missed and his absence will be detrimental to the Wolfpack as they make an attempt at a winning season under the direction of new

### Atlantic Coast Conference Women

	Conference W-L	Overall W-L
North Carolina	1-0	10-1
Duke	2-1	10-3
Wake Forest	2-1	10-3
Virginia	2-1	9-3
Georgia Tech	2-1	8-3
N.C. State	1-1	11-3
Clemson	1-2	9-2
Maryland	1-2	9-3
Florida State	0-3	5-7

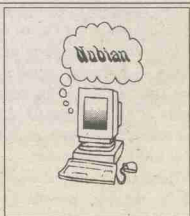
### Extra! Extra!

The Nubian Message **needs** ...

### Sports Writers!!!

If you think you have what it takes, do one of the following:

1. call **515-1468** — ask for Alvin Sturdivant, Sports Editor ...
2. come to **Room 372** of the Witherspoon Student Center and fill out an **application** or ...
3. e-mail **admiral@sma.sea.ncsu.edu**



Help make the Afrikan American Voice of N.C. State University get a little louder.

### AP Women's Top 25

	Record W-L
1. Connecticut	11-0
2. Old Dominion	11-1
3. Stanford	14-1
4. Louisiana Tech	13-1
5. Georgia	10-2
6. Alabama	11-2
7. Texas Tech	9-2
8. Vanderbilt	10-2
9. Tennessee	10-5
10. Arkansas	12-1
11. N.C. State	11-3
12. Texas	7-2
13. Virginia	8-3
14. Duke	10-2
15. Kansas	10-2
16. North Carolina	10-1
17. Wisconsin	10-2
18. Auburn	10-2
19. Western Kentucky	7-3
20. Clemson	10-2
21. Notre Dame	10-4
22. Louisiana State	11-0
23. Stephen F. Austin	11-2
24. DePaul	7-2
25. Florida	11-4

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### AP Men's Top 25

	Record W-L
1. Kansas	13-0
2. Wake Forest	10-0
3. Kentucky	12-1
4. Iowa State	10-0
5. Clemson	12-1
6. Cincinnati	8-2
7. Arizona	9-2
8. Villanova	11-1
9. Utah	9-2
10. Duke	11-2
11. Minnesota	13-1
12. Xavier (Ohio)	10-0
13. North Carolina	9-2
14. Louisville	11-1
15. Indiana	14-2
16. Michigan	10-3
17. Oregon	10-0
18. New Mexico	11-2
19. Maryland	12-1
20. Texas Tech	9-2
21. Stanford	8-2
22. Texas	7-3
23. Boston College	8-2
24. Georgia	11-2
25. Illinois	11-3

# HEALTH

## The Dangers of Skin Cancer      Headaches: Are They More Than You Can Bayer?

**By Randall Haddock**  
Health Editor

Many students are looking forward to the upcoming spring and summer months. With the arrival of warm weather it is almost certain that people will migrate to the coast for some relaxation and fun. However, along with the enjoyment that comes with going to the state's beaches, there are also dangers that lurk unnoticed waiting to strike unsuspecting victims.

It is estimated that one out of seven people in the United States will develop some form of skin cancer, — a disease where malignant cells are found in the outer layers of an individual's skin — and sunburn can increase that risk by as much as 50 percent.

There are several causes of skin cancer, the most prevalent being overexposure to the sun and consistent sunburning. Very simply, sunburn and ultraviolet or UV light can damage the skin, and this damage can lead to skin cancer. Research studies have shown that most people receive 80 percent of their lifetime exposure to the sun by age 18.

The environment plays an important role in the prevalence of skin cancer due to the levels of UV light reaching the earth's surface. Once exposed to these con-

ditions a person can get a variety of skin cancers, melanoma being the most dangerous.

Melanoma is a disease of the skin in which cancerous cells are found in those cells responsible for skin pigmentation. Melanoma usually occurs in adults, but it may occasionally be found in children and adolescents.

Melanoma is a more serious type of cancer and is best treated when it is diagnosed early. Melanoma can spread quickly to other parts of the body through the lymph system or through the blood. The most visible sign of melanoma is the change in the size or shape of a mole.

A person can guard against skin cancer by:

- minimizing exposure to the sun between noon and 3 p.m.

- applying sunscreen with at least an SPF (Sun Protection Factor) of 15 or higher to all areas of the body exposed to the sun

- wearing clothes that cover the entire body, including the face.

If you think you are exhibiting any signs of skin cancer, please consult a physician or health care professional as soon as possible. For further information on skin cancer please contact N.C. State Student Health Services at 515-2563.

**By Kimberly Pettaway**  
Opinions Editor

As a new semester begins, college students get back into the daily grind of going to class, doing homework and taking exams. Even though college students may have different tasks to perform both in and outside the classroom, there is one thing that each and every one of them has in common — headaches.

Tension headaches are the most common type of headache. It affects nearly 75 percent of all headache sufferers. Tension-type headaches are typically a steady ache rather than a throbbing one and usually affects both sides of the head. They are mainly brought

about in response to stressful events or a hectic day.

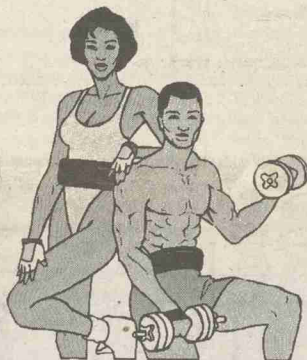
Migraine headaches, on the other hand, are less common than tension-type headaches but still afflicts 25 to 30 million people with three out of four of those affected being female. Nausea is usually associated with migraines, along with sensitivity to light and sound. Migraines are usually felt on one side of the head, and have the distinguishing feature of being potentially debilitating to its sufferers.

There are several factors that contribute to the onset of a headache, most notably stress. Many studies have recently shown however, that certain foods, odors, and changes in weather can trigger headaches. Feelings of depression,

anxiety, frustration, letdown, and even excitement have been associated with the development of a headache.

Individuals can take measures to both stop headaches and keep them from occurring. Most physicians recommend nonprescriptive aspirin, eating properly, regular exercise, temple massages, and stress management techniques as potential solutions to frequent headaches.

Headaches are a normal bodily function that nearly everyone has; however, if you are suffering from such abnormal symptoms as having a headache three or more times a day, dizziness, or shortness of breath, then you should consult a physician as soon as possible.



If you care about your health and is interested in educating others, please call 515-1468 and speak with Randall Haddock to become a health writer today.

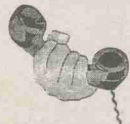


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# Tuberculosis: A Communicable Disease

By **Randall Haddock**  
Health Editor

Tuberculosis, TB, is a communicable disease that can damage a person's lungs or other parts of the body and can cause serious illness.

TB is spread when people who have active TB germs in their lungs or throat cough, sneeze or speak, and send their germs into the air. People who breathe these germs into their lungs can become infected.

Most people who contract TB usually have had very close, day-to-day contact with someone else with the disease. Have a TB infection does not mean that you have the active Tuberculosis virus. For the millions of Americans infected with TB, many will carry germs that will remain inactive.

After TB germs enter the body, in most cases, the immune system controls the germs by building a wall around them the way a scab forms over a cut. The germs can stay alive inside these walls in this inactive state — rendering them incommunicable.

While TB germs are inactive, they cannot do damage and they cannot spread to other people. The person is infected, but not sick with the actual virus.

An individual would not know if they are sick because there are no visible symptoms of being infected. It possible to get TB shortly after the germs enter the body, if the immune system has been weakened as a result of successive illnesses.

When defenses are weakened and inactive TB germs become active, the germs can then break out of the

walls, begin multiplying and severely damage the lungs and other vital organs. Tuberculosis can attack any part of the body, but lungs are the most common target. People with tuberculosis may suffer such symptoms as a nagging cough, fevers, chronic fatigue, or severe and sudden weight loss.

Antibiotics and other medical alternatives are given to those who suffer from TB. Usually, after a week or more of taking effective medication, most patients with TB disease will stop spreading germs. A physician will test the patient and then decide when the patient is no longer contagious.

If there is someone who has questions about TB, you can call Student Health Services at 515-2563 or consult your own personal physician.

# Meningitis: Inflammation of the Meninges

By **Randall Haddock**  
Health Editor

Meningitis is a condition characterized by the inflammation of the meninges, the fine membranes covering the brain and spinal cord.

There are several different types of meningitis. Aseptic or viral meningitis may be caused by different kinds of viruses or fungi, including yeasts, or may be the result of another viral infection — measles, for example.

Bacterial meningitis is often due to either an infection in other parts of the body (lungs, ears, nose, throat) that spreads into the meninges, or a head injury that allows infectious substances to enter. Signs and symptoms of this infection include: fever, shivering, headaches, irritability, sensitivity to light, vomiting and confusion.

Cancer treatments, poor nutrition habits, and other recent immuneresponse reducing illnesses can bring about a meningitis epidemic. Keeping all vaccinations up to date is the best method for reducing risk of meningitis infections.

The risk of bacterial meningitis

infection is highest in infants (up to age two) and in people over the age of 60. The risk increases in alcoholics, in people with sinus infections or infections of the skin around the eyes and nose, and like viral meningitis, in cases of poor nutrition and illness that has reduced the victim's resistance to infection. To prevent this type of meningitis, consult a doctor to treat any infection, and avoid contact with anyone who has been in infected.

No specific treatment is required for viral meningitis, and most patients recover two to seven days after the infection appears. Antibiotic treatments must be administered intravenously to treat bacterial meningitis.

It may even be necessary to administer preventive treatment to people who have been in contact with someone who has bacterial meningitis, even if they have no symptoms. If there are no complications, patients recover in two to three weeks, but permanent brain damage or even death may occur if the disease is not treated quickly.

**Rape  
101.**

If you think rape can't happen to you, you're in for a real education.

Because statistics show that a college-aged woman is vulnerable to rape. Very often by someone she knows. A fellow student. Even a date.

And that's a crime. Because any time a woman is forced to have sex against her will it's a felony.

Rape. It's a subject no one should take lightly.

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First Tuesday

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8-11 pm

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a variety of  
Jazz  
Artists

African American Cultural Center  
Witherspoon Student Center North Carolina State University

general admission- \$5      students- \$3

for information contact Walter Davis at 515-5210

IT'S TIME.....  
PARTY

ΔΣΘ      ΩΨΦ

ZΦB      SAAC      ΦΒΣ

AKA      AΦA

KAΨ      ΣΓΡ

FRIDAY, JANUARY 10, 1997

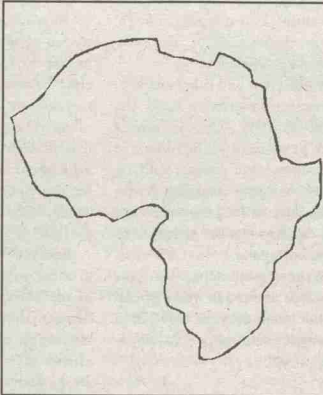
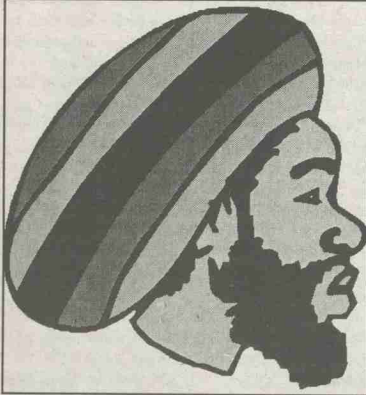
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\$3 W/COLLEGE ID  
\$4 WITHOUT

AFRICAN-AMERICAN CULTURAL CENTER(MULTI-PURPOSE ROOM)  
NORTH CAROLINA STATE UNIVERSITY

sponsored by society of afrikan american culture and national pan-hellenic council

January 9, 1997

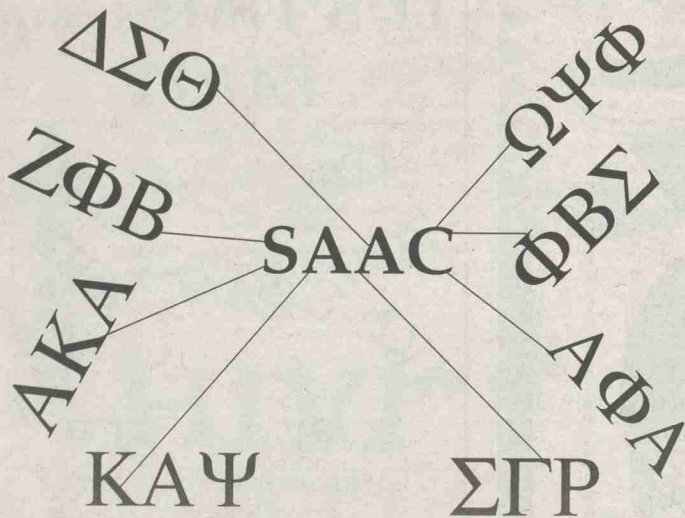
# CULTURE



### The Nubian Message Needs: Cultural Writers!!!

**Do you party? Would you like to sit in the VIP seats during important campus events? Then come on down to the African American Cultural Center and fill out an application. You'll be glad you did.**

## IT'S TIME..... PARTY



FRIDAY, JANUARY 10, 1997

9 P.M. - 2 A.M.

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## The Cancer Connection

He put his hand on my shoulder...  
My doctor said as gently as he could..  
"You have cancer."  
After those words.. I heard nothing.

You were waiting in the lobby.  
I could not speak.  
My face revealed the results..  
We drove around in silence.

You stopped the car..  
Your comforting hand touched me.  
You held my hand.  
With my free hand.. I brushed away  
The cascading tears..  
Silence.

The silence of understanding.  
A personal connection— a touched me.  
We spoke without words.  
Please don't withdraw your hand.  
It's too soon.  
I need to feel the warmth of your touch.

"Cancer. I need to talk about Cancer."  
My body shook with tears.  
You spoke comforting words.  
I knew you understood.

We talked.  
I prayed silently.  
I cried openly.

Many people have held my hand.  
Many people have listened..

It's been several years now.  
I've been blessed.  
My family and friends listened with love  
When I talked about my cancer.  
Everyone who listened  
Gave me love, hope aand strength.  
To all of you  
I saay simply with love and deep appreciation  
"Thank You."

By Frances Bethea Grant

The Cancer Connection ©1996 by Frances Bethea Grant.  
(Frances B. Grant—Cancer Survivor. Amer. Cancer Society Volunteer. Reach to Recovery.  
Raleigh, N.C.)  
Also Founder/Director (1992)  
Minority Women's Breast Cancer Network

### 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.

# OPINIONS

## Endure Less Stress This Semester

By Kimberly Pettaway

Opinions Editor

A contented mind is a continual feast-English proverb.

Initially these words may seem of little importance to you but I am sure once you have allowed these words the opportunity to be mediated on you will understand and wholeheartedly agree with this English proverb. Oftentimes the serenity one can behold as a result of a contented mind is overridden by the presence of stress. No one may know and feel this better than college students.

Experiencing stress during one's college years may appear to be as normal or at least as expected as never getting enough money when you sale your books back at the end of the semester. To many college students stress is perceived as a natural, guaranteed condition to endure during their quest for higher education.

Although it may be nearly impossible to lead a life completely free of stress it is not such a far fetched idea to lead a less-stressed life. Some manifestations of stress encountered by college students are the inability to sleep, sadness, the feeling of hopelessness displayed towards academics, dejection, anxiety over academic ability and the inability to make decisions or concentrate.

While it is always easier to cast the blame of stress on the overwhelming bureaucracy of higher education, much of the stress we as college students face is self-inflicted.

It is the result of not wisely defining and adhering to our priorities (i.e. crying as you walk to class because you know you are about to fail your final because you stayed up all night playing spades instead of studying or calling home begging for money from your parents to pay your phone bill because you spent your money on gas to go partying).

The ability to define and follow through with one's priorities can severely lessen the stress one may encounter during college. Less stressful situations experienced during college can greatly increase one's productivity.

Academic and financial concerns are top on most students list of things that causes them to become

the most stressed out. Many students find it very hard to adjust to their somewhat financial "independence" once they enter college and in doing so accumulate enormous bills by means of credit cards that seem to be omnipresent to college students.

Some seem to ignore the harsh fact that the interest on student loan accumulates as they are voluntarily placing themselves in more dept. When the billing statements begin outweighing the available cash many become very stressed.

The lack of establishing wise priorities concerning financial matters often proves detrimental to numerous students. Realize from the onset that your college education will not be free unless you are on a full scholarship. Even then you are sure to have some expenses.

Some money survival tips that will lessen stress are to set a realistic budget and make sure you adhere to your budget, acquiring a checking account and learning how to keep your account in balance and never get an extreme excess of financial aid by means of loans.

Setting a realistic budget and sticking to it will help to keep stress at a minimum. Oftentimes when we go beyond the constraints of our budget we then find ourselves dipping into money that should be used for other expenses.

When devising a budget remember to include allowances for clothing, leisure activities, transportation, an emergency fund that is not to be touched until something truly unexpected occurs and personal care items.

Upon entering college many students open a checking account. However few learn how to keep their account in balance. The balancing of one's check book can increase your income that can be used for miscellaneous expenses. It will do so by steering your precious cash away from the ever increasing fee of returned checks. Never write a check that you know you can not cover.

Always record changes such as deposits, transfers or withdrawals immediately. This will save you the stress of trying to figure out where that extra money came from or the hassle of trying to figure out why you are a couple-dollars short from paying your credit card bill on time.

Try to avoid repeated use of ATM's that are not sponsored by your financial institution.

Those dollars from service charges do add up and could be used for leisure activities.

Securing an extreme excess of financial aid by means of loans in not a very wise decision. If you are awarded financial aid make sure you read more than the line that states how much you have been awarded. Be sure you know and understand the guidelines of your loan.

This money is not free. It will eventually be paid back with interest. So while you are enjoying the excess cash you received after cashing your refund check keep this in mind now and maybe you will be less stressed as to how you will be

Simultaneously they welcome in the New Year, a year of promise and hope.

In one's college career nothing brings about more longing to better oneself that the unappealing, sickening looking GPA they rest their eyes on as they review their final grades for the semester. Once the initial disappointment of another semester of not reaching our full potential wears off the seemingly determined resolutions begin to form in our minds, "I'm going to do better this semester." It is possible to actualize this statement and be less stressed through the setting of goals.

Goal setting will allow you to evaluate your priorities and can lessen stress. Goal setting will prove very beneficial to your college career if you are willing to make the necessary sacrifices to accomplish your goals. Students should set realistic academic goals. During goal setting students should realistically estimate their grades for the semester. If it is believed that a certain class will be extremely challenging this would be the time to look into getting help for the subject. Never wait until the end of the semester to get help.

Goals should be specific and clear. Always determine the purpose of your goals and their achievement benefits. Set specific strategies for accomplishing each goal. Set target dates for self-evaluation of progress. Do not be naive.

List potential obstacles to attaining the specific academic goals you desire. List strategies for overcoming those obstacles. Be certain to follow through on all strategies.

During your endeavor to master managing your finances and academics you will already be the recipient of a quality that is immeasurable. This quality is self-management.

The practice of self-management builds on the premise that when an individual needs to acquire new behaviors (better study habits or becoming more responsible for finances), or when habitual behaviors are no longer effective (barely passing each semester), the process of self-regulation comes into play.

The practice of self-management, as described by sociologist F.H. Kanfer, comprises of three stages that reduce stress in an individuals life. These stages are self-monitor-

ing, self-regulation and the reaction of the individual to the results of the self-evaluation.

During the first stage, self-monitoring, the individual begins to attend to his or her own behavior, monitoring or assessing qualitative or quantitative aspects of that behavior. You learn that your stress is a result of poor planning on your part. This step requires maturity on the individual's behalf to not only monitor his/herself but the ability to possess the desire to improve.

The second step is self-evaluation. Once the individual has determined that behavior is controllable and important, and he or she has monitored the behavior in some way, he or she will compare his or her own behavior to his or her personal standard.

If you are not where you know you can be socially, financially or academically you work harder. Self-monitoring must be accurate and specific. Also the measurable standards must be reasonable and appropriate.

In the final stage of the reaction of the individual to the results of the self-evaluation the individual is motivated to change. Thus, the desire to change is sparked. Relieving academic stress takes more than believing you can do better. It requires that you are steadfast and actually do better.

In conclusion, life is far too precious to not enjoy its magnificent splendor because all that surrounds you is stress. Remember that God is the only omniscient force of the universe. We are bound to make mistakes and to endure some stress during this journey. However we must not forget that our college career is only a brief portion of our time on this earth.

When we look back over our years let us not allow our stressful college years serve as our most memorable and defining moments. Today let us set our priorities and control our lives. Stress should not be the dictator of our happiness. This semester can be better. It can be less stressful. Prioritize yourself and enjoy these years to the fullest. Let us be less stressed and more content.

After all, a contented mind is a continual feast.



Endure Less Stress

able to pay all of those loans back when the time arrives (six months after graduation).

Prioritize your academics through goal setting. No one is perfect so therefore we are bound to make mistakes. Yet and still, prioritizing one's academics can lessen some of stress many feel after the completion of another disappointing semester.

Someone once told me "A mistake is never a mistake unless you do not learn from it." If this is the case many of us, college students, habitually make half-mistakes. That is we make the mistakes but sadly and to our dismay, some never seem to learn enough not to constantly perfect the same mistakes over and over again.

Nothing brings about more wishful aspirations than the promise of a New Year. As people toast the New Year in they boldly audibly profess to bid a farewell to old unwelcome ways and grievances.

*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.*

*The African-American Cultural Center  
Presents*

Saturday, January 25, 1997

8 p.m.

Stewart Theatre

North Carolina State University

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



*I Have a Dream*

Tickets ...

General Admission — \$10

Students — \$8

Seniors & Children under 12 — \$5

Available from Ticket Central: 515-1100



Performed by National Black Touring Circuit, Inc.

Adapted by Josh Greenfield

Produced and Directed by Woody 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.

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