

# THE NUBIAN MESSAGE

Volume 5, Edition 17  
January 23, 1997

Knowledge



## What's Goin' On?

### Resident Organization Meeting

There will be a Resident Organizations meeting Friday, Jan. 24, in room 375 of the Afrikan American Cultural Center at 3 p.m. All Resident Organizations must have a representative present.

### Black Students Board

"Once Upon a Time When We Were Colored," will be shown Thursday, Jan. 30 at 7 p.m. in the Witherspoon Student Center, hosted by BSB. Free, and open to the public.

### Evening of Honors

Thursday, Jan. 30 will also feature a night of recognizing the academic achievements of Freshmen in the multi-purpose room of the Afrikan American Cultural Center. All first-year students with a 3.0 GPA or higher will be honored.

### SAAC

The Society of Afrikan American Culture will hold its next meeting, Thursday, January 30, in Room 375 of the Afrikan American Cultural Center. All general body members and those interested in attending a police brutality conference, please be in attendance.

### Movie Night

On February 1, the Witherspoon Student Center will be showing "Get On the Bus," a film by Spike Lee chronicling events prior to the Million Man March. Proceeds will go toward the Alan Patterson Fund. Patterson will make an appearance during the movie.

The Afrikan American Voice of North Carolina State University

## Educator Darryl Lester Returns to N.C. State

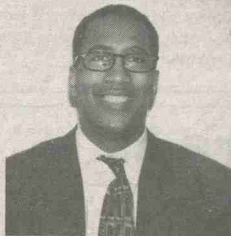
By LaTonya Dunn  
Editor in Chief

Darryl Lester, who left N.C. State in November of 1993 as Assistant Coordinator of Afrikan American Student Affairs returned recently as AmeriCorps Project Director/Extension Associate under the North Carolina Cooperative Extension Service where he has served since December 1996.

Lester received his masters in Education Counselor, minor in Psychology at NCSU, he received a Bachelor of Arts in Economics and finance at Wofford College in Spartanburg, S.C. and an Associate of Arts in Business Administration at Brevard College in Brevard, N.C.

In September of 1994, the Corporation for National Service through the N.C. Commission On National and Community Service granted funds to the N.C. Cooperative Extension Service in order to place up to 55 part-time AmeriCorps members in after-school programs across the state.

During this year of service, AmeriCorps members enhance the quality of school-age care by providing mentoring, tutoring and enrichment activities to elementary and middle



Staff Picture

Darryl Lester

school youth. Lester, who serves now as director over seven counties in North Carolina including Ashe, Currituck, Forsyth, Harnett, Pasquotank, Wayne and Wake that participate in the AmeriCorps program.

AmeriCorps recruits volunteers between the ages of 17 through 55 years of age. AmeriCorps members receive a living allowance during their term of service. At the end of service, the members receive an educational award of \$2,000 to pay for college or pay back existing or future student loans.

The training and experience AmeriCorps members acquire through their term of service will

help them to develop into competent human service professionals with marketable job skills. AmeriCorps volunteers can either take on full time or part time projects. Lester said only a few students from Shaw University and NCSU participate in the program, and wishes more students - particularly more Afrikan American students - would take part.

"My position now doesn't deal directly with students as it did when I was here before, but my first concern and passion is for Afrikan American students," Lester said.

Lester feels he has the best of two worlds because his job allows him to work with all children and is extended to working with young college students who can make a difference. He feels more people need to develop a greater passion for community service. Lester noted that when young people work with other young people, it makes the greatest impact.

Darryl Lester strongly advocates the responsibility that we all have to our community, creator, and those who came before us. "If someone didn't do it for us, we wouldn't be here ... [there] is no other choice but to," Lester said. People can sit around and discuss what the problems are, but all lack the solution,

he said. "AmeriCorps makes one feel good about others and oneself because AmeriCorps are getting things done for quality care."

Darryl Lester is a man who has dedicated most of his life to students in an effort to strengthen the community. Some of his previous job descriptions include Associate Counsel-Research Planner Capital Consortium, Inc., Program Manager for N.C. Public Allies in Durham, Assistant Dean, Office for Student Counseling/College of Arts and Sciences at UNC-Chapel Hill, Counselor at Shaw University Counseling Center and Graduate Assistant in the office of student development here at NCSU.

Some of Lester's civic and community involvement include, working with males grades nine through 12 discussing issues of manhood, church youth day speaker, Omega C.H.A.M.P.S. facilitator and trainer, and Garner Road YMCA Black Achievers program.

Since returning to NCSU, Lester has made an appearance during Kwanzaa Week and plans to coordinate a "Learning Responsibility" workshop alongside Billie Burnie during the Saturday's upcoming Martin Luther King Jr. festival.

## Suffren to Embark on Semester at Sea Journey

By Carolyn Holloway  
Managing Editor

On January 25, 1997, Hughes Suffren, Assistant Coordinator of Afrikan American Student Affairs will be embarking on a journey which many may consider to be the opportunity of a lifetime.

Suffren, who has been the Assistant Coordinator of Afrikan American Student Affairs since 1994, will take a leave from the University until May and participate in the 100-day Global Studies Institute for Shipboard Education Program that is sponsored through the University of Pittsburgh in Pennsylvania.

This educational program which is subtitled "The Semester at Sea: The World in Your Campus" gives undergraduates and graduates an

opportunity to have the most rewarding experience that will help people discover things about others as they discover things about themselves.

Semester at Sea represents over 150 colleges and universities in the world. Faculty and staff who are accepted into the program represent a diverse pool of broad disciplines. Participants in the program come from different academic areas and have a diverse selection of courses in which to choose from.

Faculty members are required to have residential experience from the countries on the itinerary while students get the opportunity to "broaden their liberal arts education" by taking courses in religion, economics, political studies, cultural diversity, among other subjects. One of the prized courses on the itinerary of the Semester at Sea Program is The



Staff Picture

Hughes Suffren

Field Program which is offered in each country.

This Field Program provides hand-on experience that students participate in to bring various cultures to life. The opportunity exists to build relationships that are not

available on a typical campus. Students and faculty followed a carefully planned itinerary that takes students past Western cultures and societies.

Communities are developed aboard the ship in the motif that human beings do not accept inequalities.

The Semester at Sea program will take place on the USS Universe which is an 18,000 ton ship that serves as a "floating campus". The ship includes classrooms, a library, a theater, and other environments conducive to learning.

While aboard the USS Universe, Mr. Suffren will visit the following countries: the Bahamas, Venezuela, Brazil, South Africa, Kenya, India, Vietnam, the Philippines, Hong Kong, and Japan.



• Ajuba Joy, Substance Abuse Prevention Coordinator, and author of various volumes of poetry, allows The Nubian Message to print one of her favorites.

See page 4

• Kimberly Pettaway, Opinions Editor, stresses the importance of observing the Jan. 20 national holiday honoring Dr. Martin Luther King Jr.

See page 7





## Accclaimed Actor Delivers Convocation Speech

### Staff Report

The Nubian Message

Considered to be the preeminent actor portraying Frederick Douglass, one of this country's greatest orators, Fred Morsell will deliver Saint Augustine's College's 130th Founder's Day Convocation speech Thursday, Jan. 23 at 10 a.m. in the Emery Gymnasium.

Through his interpretation of Douglass, Morsell brings the belief that actors, like teachers and ministers are called to shed light on the truth. Morsell engages his audi-

ences into Douglass' pain as a slave, his thirst for freedom, passionate quest for justice, and love for "humanity all over the globe," blending that 19th century perspective with a 20th century outlook.

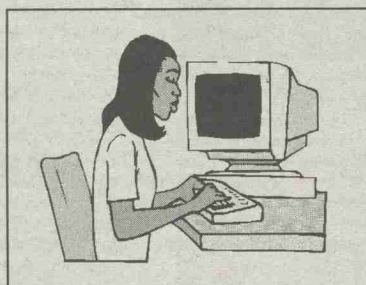
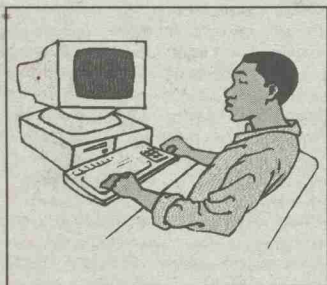
Of his performance The New York Times said, "The standing ovation given Mr. Morsell is clearly and deservedly heartfelt."

Morsell has been a professional actor for the past 28 years, with television credits including: NBC's 25th Anniversary Positively Black, The Bill Moyers Journal, The Charlie Rose Show, Douglass in the CBS

Bi-Centennial production of We, The Women; Hill Street Blues; L.A. Law; Scarecrow and Mrs. King; General Hospital; and One Life to Live.

He has performed in regional theaters across the country, most notably the title roles of MacBeth and Othello, and has been an actor, director and teacher with the Terry Schreiber Studio in New York City. Morsell is a graduate of Dickinson College, and holds a masters degree in Theater Arts from Wayne State University.

## Extra!!! Extra !!!



**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.**

### Community Notes

**MLK Cultural Festival Volunteers:** All persons who have volunteered or who wish to volunteer for the MLK Cultural Festival should contact Mr. Walter Davis at the AACC for specific information regarding duties if you have not already done so. Call 515-5210.

**SAAC Week/Heritage Lecture Keynote Speaker--**Monday, February 3, 1997 at 7:00 p.m. in the Multi-Purpose Room of the Afrikan American Cultural Center--Haki Madhubuti: poet (books including: Black Men: Obsolete, Single, and Dangerous and L. A. Riots; owner of the Third World Press, and activist. **FREE AND OPEN TO THE PUBLIC.**

**National Afrikan American Reading Chain--**Sunday, February 2, 1997, 2:00 p.m. Room 356 of the Afrikan American Cultural Center. Featured guest reader: Dorothy Spruill Redford, author. Reception follows. **FREE AND OPEN TO THE PUBLIC.**

**1997 Lawrence M. Clark Lecture--**Thursday, February 6, 1997, 7:00 p.m.--Multipurpose Room of the Afrikan American Cultural Center--Dr. Margaret T. Burroughs, founder DuSable Museum, artist, poet, educator. **FREE AND OPEN TO THE PUBLIC.**

## THE NUBIAN MESSAGE

The Afrikan American Voice of North Carolina State University

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

## THE RED COATS ARE COMING!

Looking for the ultimate in University fun and responsibility? Apply to be a **CHANCELLOR'S AIDE**. You'll serve as the Chancellor's special ambassador at University functions - official dinners, athletic events, campus tours.

All rising juniors and seniors with a minimum 2.5 GPA are eligible. Pick up applications in the lobby of the Alumni Building, 100 Pullen Road.

The deadline is February 28. You could be one of twelve chosen to be a Chancellor's Aide - it's one of the best educational experiences NC State has to offer.

For more information, call 515-7184

## Peer Mentors Needed

For the 1997-1998 Academic Year

Last day to apply is January 29, 1997.  
Pick up applications at 2010 Harris Hall or call 515-3835 for more information.



Peer Mentor Program

The future of the Peer Mentor Program depends upon the Afrikan American students at NC State who choose to commit their time to this valuable and unique service experience.

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.



# SPORTS

## State Offense Collapses Against Duke

By **Alvin Sturdivant**

Sports Editor

Damon Thornton played one of the best games of his short lived collegiate career, but he alone could not win the ball game for the Pack. Jeff Capel provided the Blue Devils with a stellar performance, often silencing the crowd of Wolfpack crazies that filled Reynolds Coliseum on Tuesday night. Capel came off the bench for the Devils to score 25 points in 26 minutes of play.

Capel was 8-of-13 from the field and was able to hit the big shots when they were needed by the Devils. Although the Wolfpack made several runs, a three would quickly silence Reynolds, and ultimately be the deciding factor in a good effort by State. Capel's performance alone gave the Blue Devils the lift they needed to beat an unranked Wolfpack team, who possibly played their worst defensive game of the season.

Despite State's 70-55 loss, the Wolfpack's effort cannot be described by the score. The Pack suffered from the field, but did an excellent job constraining Greg Newton to 10-points and 7 rebounds,

despite his major size advantage over the squad.

Trajan Langdon and Capel took over for Newton however, to lead Duke to victory. Capel and Langdon combined for 41 points and 4 rebounds, to give the Devils a 4-2 conference record and a 15-4 overall record.

The Wolfpack shot 45% from the field, but were unable to stop the perimeter shooting of Duke, as they went 9-of-20 from beyond the three-point line. The Pack was 2-of-5 from three-point range, with Ishua Benjamin and Clint Harrison both hitting on their first attempts. Danny Strong, who has suffered from the field all season, was held to 6 points and went 0-for-2 from three-point range.

The Blue Devils played a remarkable game, but State's Damon Thornton was the show stopper. Thornton played 38-of-the-40 minutes, and gave one of the most spectacular performances in Reynolds Coliseum this season.

Thornton went 7-of-9 from the field, scoring 15 points and grabbing 7 rebounds, but his defensive performance was what rocked Reynolds Coliseum as the crowd erupted in

excitement.

It was not his monster dunks that caused the most excitement, but his monster blocks that brought the house down. Thornton had 3 of State's 4 blocked shots and even managed 1 steal in his efforts. The freshman sensation is without a doubt the Wolfpack player of the game.

A powerful bench would work miracles for the Wolfpack, but the team lacks in experience where it would be most helpful. Fresh legs are an essential for any team, and with the Wolfpack's starters averaging close to 35 minutes each, fresh legs are a necessity. The loss of Al Pinkins at the beginning of the semester has definitely had an impact on the Wolfpack this season, but regardless State is expected to win a few games.

Size and rebounding has been a key factor in many of the Wolfpack losses this season, but Damon Thornton has stepped up to the plate and answered the call, and with a little more experience will be capable of leading the Wolfpack to success.

The Pack will face Georgia Tech on Saturday, January 25, at Georgia Tech.

## Afrikan American Sports Profiles: Jesse Owens

By **Alvin Sturdivant**

Sports Editor

"I always loved running ... it was something you could do by yourself, and under your own power. You could go in any direction, fast or slow as you wanted, fighting in the wind if you felt like it, seeking out new sights just on the strength of your feet and the courage of your lungs." These are the infamous words of Jesse Owens, a world renowned track star during his time.

Owens was born James Cleveland Owens September 12, 1913, in Oakville, Ala. He was an unhealthy child with chronic bronchial congestion and suffered from pneumonia several times. Despite Owens' illnesses he grew to be 5'10" and 165 pounds. In the early 1920s his family moved to Cleveland, Ohio where he enrolled in school. In middle school, he met Charles Riley. Riley served as Owens' motivator in life and would soon move on to be his coach and father-like figure. Under the direction of Riley, Owens set many national high school records, and went on to attend Ohio State University where he became an All-American.

In the 1936 Berlin Olympics, Owens won 4 gold medals, in the 100 meter dash, long jump, 200 meter dash, and 400 meter relay race. Owens set olympic records in the long jump, 400 meter relay, and the 200 meter dash. He tied the world record in the 100 meter dash, and went on to set his own record with his team members in the 400 meter relay race.

Owens grew up as a poor sharecropper and because of this, he became very materialistic when he became famous. He purchased a new car every year throughout his life and bought large homes for himself and his parents.

After the Olympics, Owens worked to benefit other people and would often lend his name to advertisers for their products. Advertisers included adidas and the Discovery Channel. Owens led an unbelievable life and is one of many black athletes he gave back to his community.

## N.C. State/Duke Game Statistics

Duke	Min	FG	FT	R	A	F	Pts
Price	16	0-3	1-2	0	0	1	1
McLeod	25	3-7	2-2	7	2	4	9
Wojciechowski	38	0-1	0-0	4	5	0	0
Langdon	35	5-10	2-2	2	2	3	16
Newton	29	4-8	2-3	7	0	2	10
Capel	26	8-13	6-9	2	0	1	25
Chappell	3	2-2	1-1	0	0	0	6
Carrawell	5	0-1	0-0	1	0	2	0
Wallace	14	0-1	0-0	1	0	1	0
James	9	0-3	3-4	3	1	0	3
Team Totals	200	22-49	17-23	34	10	14	70
N.C. State	Min	FG	FT	R	A	F	Pts
Strong	37	3-11	0-0	6	3	2	6
Thornton	38	7-9	1-1	7	1	2	15
Benjamin	20	3-6	0-0	0	1	4	7
Hyatt	37	5-10	4-4	5	1	3	14
Harrison	40	5-13	2-4	3	2	2	13
Gainey	11	0-0	0-0	1	1	2	0
Wells	15	0-2	0-0	0	1	4	0
Norton	2	0-0	0-0	0	0	1	0
Team Totals	200	23-51	7-9	24	10	20	55
Team	Period 1	Period 2	Final				
Duke	33	37	70				
N.C. State	28	27	55				

**Three-point goals:** Duke 9-20 (Langdon 4-7, Capel 3-5, Chappell 1-1, McLeod 1-2, Wojciechowski 0-1, Wallace 0-1, James 0-1, Price 0-2), NC State 2-5 (Harrison 1-1, Benjamin 1-1, Hyatt 0-1, Strong 0-2)

**Blocked Shots:** Duke 2 (McLeod 2); NC State 4 (Thornton 3, Wells 1)

**Turnovers:** Duke 11 (McLeod 2, Wojciechowski 2, Newton 2, Capel 2, Carrawell 1, Price 1, Langdon 1) NC State 11 (Benjamin 4, Thornton 3, Strong 1, Hyatt 1, Harrison 1, Gainey 1)

**Steals:** Duke 4 (Wojciechowski 2, Langdon 1, Carrawell 1); NC State 6 (Harrison 2, Strong 1, Thornton 1, Benjamin 1, Hyatt 1)

Attendance: 12,000

## NCAA TEAM DEFENSE LEADERS

Team	Avg.	Games	W-L	Pts.
N.C. State	50.4	14	8-6	706
Marquette	52.9	15	12-3	793
Wisconsin	54.1	14	9-5	758
Wake Forest	54.2	14	13-1	759
Princeton	54.4	14	11-3	762
Wis.-Green Bay	55.4	16	7-9	887
Pacific (Cal.)	55.9	14	13-1	783
Canisius	56.1	15	8-7	842
Utah State	57.3	16	12-4	916
Connecticut	57.5	15	11-4	862
Clemson	57.8	17	16-1	983
Iowa State	57.9	14	11-3	810
Wichita State	58.1	13	10-3	755
Utah	58.1	14	12-2	814
South Alabama	58.2	16	13-3	931
Tennessee	58.6	14	8-6	821
New Orleans	59.1	15	12-3	886
Georgetown	60.2	16	10-6	963
Memphis	60.2	17	9-8	1024



January 23, 1997

# CULTURE

## TRAIN IN MY BRAIN

I love the sound of the distant train  
I hear it travl'n in the fog and in the rain  
Its whistle has its own personality  
It's loud, it's soft, it moans and it screams

It's frequency somehow bends in the wind,  
like smoke in a breeze  
It can move me from a point of presence  
and hurl me back to a time when I was enslaved  
pick'n cotton from sun up to sun down

Forty lashes for being proud  
Forty and one, if I had a strong tongue,  
Forty and two causin' me and you  
would sneak to read in the flickering flame,  
Forty and three for rejecting massa's name

Train tracks contact engines roar vibrating earth  
and a freedom door  
Break for it  
freedom  
returning  
never more...never more...never more...never more...

Today, when I hear the sound of a distant train I  
become empowered it's hard to explain.  
When I hear the sound of a moving train,  
the memory is genetic,  
its etched in my brain.

Train in my brain, freedom door  
break for it freedom returning never more..  
never more...never more..never more...never more...

By: Ajuba Joy

## Kiapo: Afrikan American Pledge of Allegiance

Our unity in sister-  
hood, brotherhood  
and struggle is pro-  
found, principled and  
forever. Our struggle  
is constantly and con-  
tinually 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.

## From Christ

For those who may not know  
my blessed LORD,  
I have a message from HIM  
for your accord:

"Verily, Verily,"  
is what HE said.  
"I've healed the sick  
and raised the dead."

"I've clothed the naked.  
I've fed the poor.  
I've walked among Christians,  
sinners, and more."

"I've walked across the sea  
with Peter close behind.  
I've told many parables  
and performed many signs."

"I've tamed your much feared weather  
and caused trees to bear much fruits.  
I've faced evil, present in MY Temple,  
and then ran out those sinful brutes!"

"I then hung MYSELF upon the cross  
under that hot, blazing sun.  
I've died there for man's sin  
even though I, MYSELF, had none."

"However, for those  
who for some reason may not know,  
in three days past  
I surely rose!"

"I've risen up high and sure  
destined for my FATHER'S mansion;  
to prepare that room you've reserved  
through your many prayers and fasting."

"And all this I've promise you  
if you just accept me in your life.  
For I am HE who will deliver you  
from heartaches, pains, and strife."

Casper!



Four Afrikan American student leaders and the Coordinator of Afrikan American Student Affairs from N.C. State attended the Carroll F. S. Hardy National Black Student Leadership Conference held Jan. 16-19 in Richmond, Va. Over 750 students, collegiate professionals and invited guest were in attendance to debate leadership issues and to hear from nationally renowned speakers such as Michael E. Dyson, Joycelyn Elders, Sister Souljah and others. Attending from NCSU were L. Renee McNair, Sam Harrell, Danyale Davis, Obi Chukwu and Lathan E. Turner.

## THE NUBIAN MESSAGE NEEDS CULTURE WRITERS!!

IF YOU CAN WRITE, HAVE A  
NOSE FOR NEWS, AND WANT TO  
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AT 515-1468 OR COME UP TO  
ROOM 372 OF THE AFRIKAN  
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CENTER.  
YOU'LL BE GLAD  
YOU DID.



## My Mystery Man

This man is more than a man; words will never do him justice.  
I love his touch and treasure his divine presence.  
I love his fragrance of promise and tranquillity.  
Oh, I long to see this man.  
I try to call him every night but sometimes I am not successful.

I image his eyes and marvelous they are.  
His eyes are like a mirror; they behold an image of me.  
I can feel his love for me.  
He doesn't have to tell me, I just know this.  
I'll call him tonight and we will have an in-depth conversation.

He always considers what is best for me.  
My mystery man is not selfish; I could learn from him.  
He doesn't hold my faults against me.  
What a relief!

He greets me in the morning and tucks me in at night.  
I often forget to thank him and  
Sometimes I fall asleep during our conversations.  
It is not my intention to be rude.

I try to read the letters he sends me;  
but have never read them in their entirety.  
Don't frown. I am only human.

He accepts me for who I am and for what I am not;  
There is no fronting when we are together.  
I don't even have to comb my hair when he comes over.  
My attire doesn't catch his eye.  
He does not blink at the catchy jewels.  
This I appreciate, I must let him know this when we talk tonight.

To be with him is what I long to do.  
One day I will and oh what a day that will be.  
His mysteriousness is heavenly.

It may be a while before I see my mystery man.  
However, his presence is enough for me at the moment.  
I love him and he loves me and that's good enough for me.

By Tiffany Chin

*Twice Your Voice  
That Gave Us Birth  
Twice Your Voice  
That Raised Us,  
But Suddenly ...  
You Stopped Talking  
Return So That All May  
Absorb Your Knowledge*

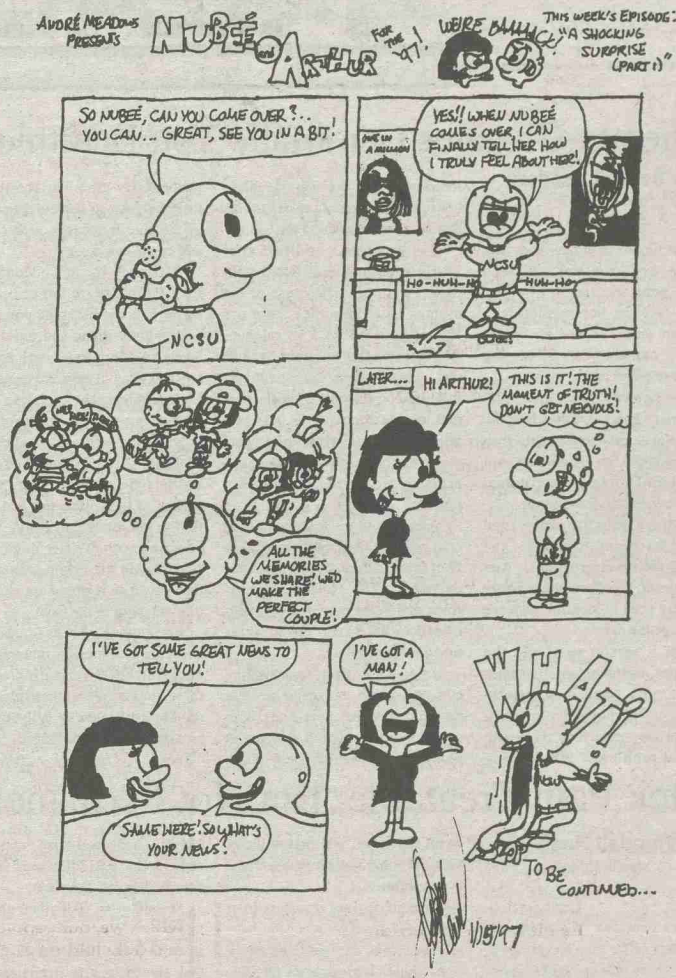
*The Nubian Message*

All Persons Interested  
in Submitting Poetry  
to The Nubian  
Message, please call  
515-1468 and ask for  
Carolyn Holloway or  
stop by Room 372 of  
the Afrikan American  
Cultural Center.

## 4 Reasons to Use K in Afrika

- Most vernacular or traditional languages on the continent spell Afrika with a K; therefore the use of K is germane to us.
- Europeans, particularly the Portuguese and British, polluted our languages by substituting C whenever they saw K or heard the K sound — as in Kongo and Congo, Akkra and Accra, Konakri and Conakry — and by substituting Q wherever they saw KW. No European language outside of Dutch and German have the hard C sound. Thus we see the Dutch in Azania calling and spelling themselves Afrikaaners. We are not certain of the origin of the name Afrika, but we are sure the name spelled with the C came into use when Afrikans were dispersed over the world. Therefore the K symbolizes our coming back together again.
- The K symbolizes us to a kind of Lingua Afrikana, coming into use along with such words and phrases as Habari Gani, Osagyfo, Uhuru, Asante; together constituting one political language, although coming from more than one Afrikan language.
- As long as Afrikan languages are translated (written) into English, etc., the European alphabet will be used. This is the problem. The letter K as with the letter C, is part of that alphabet, and at some point must be totally discontinued and the original name of Afrika be used. The fact that Boers (peasants) in Azania also use the K, as in Afrikaan (to represent the hard C sound) demonstrates one of the confinements of the alphabet.

Source: *From Plan to Planet* by Haki R. Madhubuti, February 1992. Reprinted with the author's permission.



## Do YOU have YOUR tickets?

Friday, January 24 at 8pm  
The legendary & multi-Grammy Award winning

## MIGHTY CLOUDS OF JOY

Only \$6 for NC State students, \$13 for faculty/staff  
PUBLIC \$20 reserved, \$16 general admission, \$8 students

Saturday, February 22 at 3pm  
The beloved Broadway play comes to NC State!

## "HAVING OUR SAY"

The 8pm performance is already sold-out!  
Only \$6 for NC State students, \$13.50 for faculty/staff  
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# HEALTH

## Dietary Changes Can Make You Healthier

By Randall Haddock

Health Editor

Sometimes the human body can be a mystery. We think we have a pretty good handle on how our bodies function, but occasionally a symptom shows up and we cannot figure it out what may be causing it. Unexplained pains.

Slow healing sores and cuts. Consistent tiredness and fatigue. Nothing bad enough for us to rush to the doctor, but then again, not the kind of thing an individual wants to live with for too long.

It is these times that people need to step back and reevaluate the aspects their daily routines. And often times, the first place where they may need to look for evidence is through the diet.

What a person eats, and the quantities an individual consumes cannot only have a long-term impact on the body but can also cause or cure numerous short-term medical problems. Eradicating

these symptoms can be as simple as consuming more or less of things that are seemingly good for you.

One common condition that nearly everyone is afflicted with are leg cramps. The cause of leg cramps usually comes from the lack of nutrients such as calcium, magnesium, or potassium in your diet. These minerals are the things that the body needs to create normal muscle contractions. As you perspire, particularly during exercise, your body releases these minerals to aid in the contraction process.

What aids in the reduction of leg cramps is the consumption of plenty of water before, during and after exercise. The consumption of fruits rich in the nutrients just mentioned to help keep the muscles functioning properly.

If you suffer from slow healing cuts or wounds, this could serve as an indication that your body is in need for zinc, which is believed to promote rapid healing. Individuals,

particularly athletes monitoring their weight, can deplete their body of the zinc it needs to repair cells and create new ones.

A remedy for this condition is for individuals to engage themselves in body-resaping programs, review their diets, and build zinc levels by eating foods such as oysters and vitamin enriched cereals.

A problem that can arise from increasing a person's intake of soda is yellowing teeth. To reduce this problem, it is suggested that individuals drink plenty of water instead of the coffee, tea, and soda that a person's teeth may keep company with. Water dilutes the acids within the mouth, preserving the enamel so it would not alter the original color of the teeth.

For anyone who has questions about the information presented or need further information about these topics, please consult your regular physician or call Student Health Services at 515-2563.

## Exposure to Winter Weather Potentially Dangerous

By Randall Haddock

Health Editor

With the warm days of Christmas having passed, the cold weather that has been hovering over the campus this past week has caught students and faculty off guard. The sudden changes in weather left many open to ailments and illnesses.

One such condition that is prevalent during times such as this is hypothermia. Whether directly or indirectly, hypothermia has become the number one killer during this time of year.

There are two types of hypothermia individuals can be subjected to. The first is immersion, or acute hypothermia. This particular type of hypothermia consists of rapid heat loss, through conduction, to cold water. The second is exposed hypothermia.

This type of hypothermia consists of steady heat loss in a cold environment through respiration, evaporation (sweating), or inadequate insu-

lation.

When faced with a cold environment, the body tries to defend itself by shivering to increase energy production in the muscles, and the reduction of heat loss by diverting blood flow away from the extremities to inner, more essential areas.

There are several methods for treating hypothermia. In milder cases, the victims are encouraged to engage in physical activity to generate muscle heat and drink plenty of fluids. In more severe cases, the opposite is suggested.

Experts say that in severe cases of hypothermia, individuals should not become involved in physical activity or consume liquids because cold from the body surface can be delivered to warmer areas housing vital organs, the heart particularly, resulting in death. For more extreme cases, victims need a gentle heat source, heating pads for example, applied to the arms, chest and neck.

## Back Pain Treatable, But Not Permanent

By Randall Haddock

Health Editor

Every year, half of working age Americans suffer from an episode in which their lower backs ache, spasm, or lock up - paralyzing them with pain. Well, what should you do when your back locks up?

According to many physicians and researchers the answer is simple: try to relax, keep moving, and stay away from doctors. In time your back will very likely heal itself.

Studies have shown that the picture of lower back injury as being a cost and a hard to treat ailment. Anyone who has been frightened by a back pain episode is probably skeptical to the advice of experts. This article will focus on the treat-

ment, symptoms, and prevention of back pain that can prove beneficial to its victims.

First, if an individual is ever caught off guard by a sudden back ache or spasm, the first thing physicians suggest is to apply ice for 10 to 15 minutes to the area to reduce both the pain and swelling. Stay as active as you can, even though it may hurt at first. Try to swim, walk, or ride a stationary bike.

Many physicians also suggest that victims try to avoid going straight to bed. They believe that lying around for more than two days after the initial episode lets bones and muscles weaken to prolong the body's healing process.

If the pain persists, consult a chiropractor. Many experts believe a chiropractor can manipulate a

patient's limbs and torso enough to reduce the patient's pain more quickly than self-treatment.

Secondly, an individual should learn to recognize situations that seem to make them tense. Then, they should look for techniques to reduce tension and pain such as meditation and progressive relaxation.

A program of exercises to increase flexibility, endurance and strength may reduce the frequency of recurrence and can certainly keep you active when you are in pain. Learning new ways to lift, sit, walk, and bend may help. Many experts suggest that the best way to overcome this debilitating condition, is to stop worrying about when another episode may occur.

## Deadly Bacteria Threatens Health

By Randall Haddock

Health Editor

In May of 1996, a food poisoning epidemic swept through parts of Japan. At the height of the epidemic, 9,000 people fell victim to the bacterial infection that was its source. After it was over, seven had died.

This incident left many people stunned due to the fact that it happened in such a well-developed nation. It shattered many perceptions of this particular type of thing occurring only in destitute third-world countries. In many cases, it can be treated. Without proper medical attention however,

the outcome can be death.

Bacterial infections occur when the body does not have enough copper. Women, especially in their child bearing years, are extremely susceptible to bacterial infections the first couple of days after menstruation.

Knowing this, an individual can change their diet to protect themselves from bacterial invasion. The obvious step that can be taken is to eat foods high in copper to build the body's natural storehouse of this particular nutrient, since just prior to menstruation, a woman's bodily copper levels fall well below what is considered normal. Foods rich in copper include almonds, mushrooms, peanut but-

ter, and even chocolate.

Other ways to aid the body's war against infection is to, when cooking food, keep your hands clean at all times. It is essential that the hands be prevented from making contact with the hair, eyes, nose, or mouth as such things facilitate the spreading of harmful germs.

It is also suggested that people cook their food completely and thoroughly to reduce the chances of harmful agents entering the body. Food poisoning is a thing that people should be on the lookout for because what may seem like a tasty meal can have a less than happy ending.



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# OPINIONS

## A Day to Rejoice about Great Accomplishments

By **Kimberly Pettaway**  
Opinions Editor

I was blessed this weekend with the opportunity to attend the Third Annual Afrikan American Leadership Conference in Holy Springs, Miss. As we departed the conference en route to N.C. State on Sunday, the resolution was made to stop by the Lorraine Motel in Memphis, Tennessee.

For those of you who do not know, the Lorraine Motel was the place where Dr. Martin Luther King Jr. was assassinated.

In my brief, yet adventurous 19 years of life, I have watched many excerpts from video coverage of the Civil Rights Movement. During Black History Month, my teacher would always show us King making his famous "I Have A Dream" speech, the struggles those in the Civil Rights Movement faced, and the photograph of King dying on the cold cement balcony outside room 367 at the Lorraine Motel.

No news clipping could have prepared me for the emotions I felt as I gazed upward at room 367. I felt nothing, initially, as I got off the bus, but when the significance of the moment finally hit me, I was perplexed.

My memory continuously flashed back to pictures of King's entourage pointing in the direction the shot came from, and spiritually I felt as if I too had been there on that disastrous day.

My heart was racing. Feelings and thoughts I had never experienced bombarded my senses. The site remained unchanged - exactly the same as it had been that day, and here I was only a few feet away from where it all had happened.

My face mirrored the expressions of those who were with the man at that fatal moment.

The 20th is filled with celebrations honoring King, one cannot justly participate in the observation of this holiday without the realization of how King earned the honor, an honor bestowed upon the man thanks to his participation in the Civil Rights Movement of the 1960s.

Indeed, we grant words of thanks to the efforts of King and others who died to grant such publications as the Nubian Message its first amendment rights to freedom of speech and the press.

I too am glad the Civil Rights Movement of the 1960s occurred. It was indeed necessary not only to make America and the world aware of its internal contradictory denial of human and civil rights, but to make an attempt to purge this great country of the festering evil that to this day divides its varied peoples. It was essential to bestow upon America something it had no desire to have - a conscience.

Before it was even conceptualized, it was needed. It was needed when Afrikans were forcefully taken from their native land and brought to America. It was needed when the aloof, arrogant Christopher Columbus was allowed to "discover" and "civilize" a land that was always here.

It was needed when Americans held sacred the idea of parliament and deliberated laws to give "minorities" so-called "civil rights" that were already their God-given human rights.

It was needed when Native Americans were compensated for the acquisition of their land with the "Trail of Tears," spearheaded by then military officer, eventual President Andrew Jackson - you know, the man on the \$20 dollar bill.

The \$20 bill is a daily reminder of the attempted eradication of an

entire people.

America would have no history to claim if not for its Afrikan people, forgers of the southern economy, the flesh behind the machinery that kept the northern economy running. To have one holiday named after an Afrikan American is not enough, most notably when Americans take leave of their routines to celebrate St. Valentine's and Columbus Days, for example.

America seems to have no conscience. Are a few token Afrikan Americans in positions of power supposed to correct centuries of institutional wrong? Is one day, enough to compensate the fabricators of our materialistic society for well over 200 years of subjugation?

For those of you of the mind-set of ignorance, January 20 is not simply King's birthday. Rather, it is America's day - a day for an oftentimes ostentatious society to ponder its tumultuous past. The 20th is the day America must deal with its firmly entrenched bigotry, lies, racism and skewed socioeconomic hierarchy directly.

On this day, the nation can rejoice at the accomplishments of not just Afrikan Americans, but all "minorities" and presumed majorities whose synonymous struggles helped to erect the dynamic, amalgamated union we enjoy today.

America must understand that the struggles of the Afrikan American race are not yet over, and shall never cease so long as those possessing mentalities concurrent enjoy the privilege of airing incognizant, uncontested, uncensored convictions - and those who condone their expression - retain the privilege.

Ebonics has its place, but only those proficient enough to use both fluently enjoy the privilege of responding to ignorance with eloquence.

## What is "Conscience"?

By **Joseph K. Darkoh**  
Guest Writer

Have you ever been in a situation where you started to question why something happens or what something means? Two weeks ago while sitting in the doctor's office, I happened to come across an article in Parents magazine about the conscience of a preschooler.

The author of the article, a professor of early childhood education, said children pick up good and bad habits from their surroundings. She also said morals and punishments enforced by parents influence a child's behavior. I suppose the main purpose of the article was to show how the conscience is developed.

Like most people, if asked to define the word conscience, I would most likely conjure a picture of someone trying to make a decision between doing the right thing and doing the wrong thing.

His decision influenced by a good force, an angel garbed in white representing good (what a parody), and a little devil dressed in red, fostering mischief and malice. This would be my basic image of conscience.

Besides developing a visual image, I decided to give conscience some type of tangible meaning. I think that it is similar to a person. It goes through a thought process and has similarities with making decisions.

Conscience has to weigh many factors - who, for example, is this decision going to effect, how hard will it be to accomplish, should you go through with it or not, and what are the drawbacks or advantages. I also think conscience is a voice that tells a person to be real with himself and to consider how he might affect people around him.

I believe one's conscience involves his ability to reason

between right and wrong, leaning towards the "right" more heavily. The "right" and "wrong" issues make defining "conscience" very complicated. Conscience helps one come to grips with terrible memories. It keeps man from making mistakes.

For instance, when faced with adultery man has to fight with his conscience, and choose to listen to the part of the conscience that says do it, or to the part that says don't. All in all, what is right and wrong depends on the morals and standards individuals choose to live by.

My spiritual side beckoned me to seek the Bible for an explanation.

As an illustration of the meaning of conscience in the Bible, Romans 2:12-16 says "For as many as have sinned without law shall also perish without law: and as many as have sinned in the law shall be judged by the law ... in the day when God shall judge the secrets of men by Jesus Christ according to my gospel."

The Bible justifies or denies conscience as bearing witness to the wrong-doings a person has committed. In addition to bearing witness, the conscience is seen in one's actions and will be judged by God. Also in the passage, conscience is treated as a law or governing body. It infers that people who don't live by law or conscience are in a law or conscience unto themselves.

The stages of having a conscience can be manifested through many different images. One such image is the brain. The brain is the keeper of thoughts and recorder of man's actions. It gnaws at the mind and soul of man, constantly reminding him of the wrong he has done.

Conscience can take on many different meanings. I guess the choices of the conscience depend on the background, beliefs, actions, opinion and ideals of each individual.

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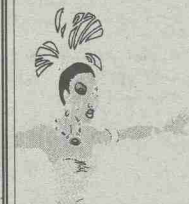
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