

# THE NUBIAN MESSAGE

Volume 5, Edition 19  
January 30, 1997

The Afrikan American Voice of North Carolina State University

Knowledge



## What's Goin' On?

### SAAC/Heritage Society

On Feb. 3, the Society of African American Culture along with the Afrikan Ameritage Heritage Society will present Haki Madhubuti, owner of the Third World Press and author of several books including *Black Men: Obsolete, Single and Dangerous?* in the Campus Cinema (located in the Witherspoon Student Center) from 7-9 p.m.

### United Student Fellowship

Auditions for United Student Fellowship's annual talent show will be held on Wednesday, Feb. 5, at 7 p.m. The event will take place in room 356-A of the Afrikan American Cultural Center. Cash prizes of \$100, \$75 and \$50 are up for grabs. Please contact Richmond Hill at 512-9563 or Maria Barber at 838-9386 for more information.

### Warmth For Wake

Warmth For Wake is an energy assistance program, funded entirely through voluntary contributions from individuals, church groups, companies, civic and fraternal organizations and other interested parties. Funds are used to pay utility bills, purchase fuel oil, kerosene, coal, wood, natural gas or other methods of heating homes. No administrative costs are taken from donations, allowing 100 percent of monies received to go to client services. Contributions are tax deductible, and can be mailed to: Warmth For Wake P.O. Box 46833 Raleigh, N.C. 27620. Contributions may also be dropped off at any participating Wake County banks or other financial institutions.

## N.C. Student Leaders Indecisive Over Affirmative Action

By Carolyn Holloway  
Managing Editor

The wait over the student debate for Affirmative Action may be over in the UNC-System.

Recently, in the gathering of UNC-Student Government leaders at UNC-Chapel Hill, students began the discussion of what may be the hottest issue since Ebonics here in North Carolina.

In an unexpected move, the issue of Affirmative Action was brought up by student leaders, yet in the end, more than a third of the students present voted against using the phrase "Affirmative Action" in legislation that would be presented to the General Assembly.

The first time Affirmative Action was mentioned in the presence of these students leaders, plethora of discussions ensued, followed quickly by a tense dispute.

As the UNC-SGA made up its list of what to lobby for on behalf of its 150,000 constituents, a suggested priority was to keep Affirmative Action programs in place - a clear goal

of President C.D. Spangler and the UNC Board of Governors.

Yet, all the students representing the individual colleges did not feel as if the goal of the President and the Board of Governors correlated with the goals of their colleges. Of the attending representatives, the vote came to a final 20-12 in favor of sanctioning the use of the phrase "Affirmative Action" in official legislation.

With only half of the eligible delegates attending the meeting and several schools represented not sending full delegations, such feelings caused some schools to vote unanimous and others to be split in their representatives' final decision. Five schools were not represented including historically black institutions Elizabeth City State University, N.C. Agricultural and Technical State University, and Winston-Salem State University. N.C. School of the Arts and Pembroke were not represented.

N.C. Central University, N.C. State, Fayetteville State University,

and UNC-CH, UNC-Asheville, UNC-Greensboro, and UNC-Charlotte all voted unanimously in favor of using the phrase "Affirmative Action" and to keep Affirmative Action programs in place.

Jeff Niemann, student representative of NCSU and a member of the Student Senate said the dispute over Affirmative Action existed in the meeting because "the word Affirmative Actions needed to be defined."

In lieu of that definition, Niemann said he voted for Affirmative Action because "Affirmative Action gives equal access to all people and it ensures equal access to persons who have historically been denied that access in the past."

During the meeting, Niemann said "Broad definitions are good, but Affirmative Action is a divisive term. We must look at what Affirmative Action hopes to accomplish, not at political terminology."

Another student representative of NCSU, Joe Kleinman, said "everybody is for the goals of Affirmative Actions but feel as if the words are

negative. Some students felt as if the actual words Affirmative Action would turn off the legislators." Kleinman, however, said he voted for Affirmative Action because inequalities still exist that can only be fixed through such programs.

Of the other universities represented, East Carolina and UNC-Wilmington voted unanimously against using the phrase "Affirmative Action" with Western Carolina, Appalachian State University, and UNC-CH divided in their decision.

ASU's Student Government Vice President Todd Poole declared he opposed Affirmative Action programs and that the majority of ASU's student body did, too. Poole later said, "I think we need to get a system based on merit."

Yet, not many present agreed with Poole, including Joe Monroe of Western Carolina. Monroe, vice president of student government at Western, said

See Affirmative page 2

## Martin Luther King, Jr. Festival: A Celebration of Excellence

By Alvin Sturdivant  
Sports Editor

The 12th annual Martin Luther King Jr. festival, sponsored by St. Augustine's College, Shaw University, and the Afrikan American Cultural Center of N.C. State, proved to be a rousing success this Saturday.

The theme of this year's festival "Igniting the Spirit of a New Generation," commemorated King's birthday and provided educational activities of interest to the community - the Afrikan American community in particular. All activities aimed to illustrate King's teachings of justice, freedom and equality. NCSU envisioned the festival as a day of cultural and educational activities for the entire family.

The day was filled with numerous workshops and seminars for adults as well as special seminars for teenagers, preteens, and elementary-

aged children. Speakers of the day included media specialist Cash Michaels, Gail Paschal-Brown, and Barry Sanders, along with NCSU faculty members Ajuba Joy, Daryl Lester, Kyran Anderson, and Dr. Iyailu Moses, just to name a few.

Although a great deal of enjoyment came from the many lectures that occurred throughout the day, the most enjoyable hour, according to a great number of those in attendance, was the cultural hour.

The hour was truly a family experience, filled with diverse variety of entertainment featuring the talents of the students of Black Repertory Theatre and The New Horizon's Choir, NCSU alumni. Torkawase, a teenage poet, College Dance Company, and New Images were also featured.

The festivities at the McKimmon Center were capped off with a banquet. The honored speaker was Dr.



Staff Photo

### Participants in the MLK Festival

Brenda F. Allen, Afrikan American Coordinator/Professor, College of Textiles, NCSU. Allen focused her speech on the remembrance of King, and the realization of the day's theme.

She reinforced the need for keep-

ing King's dream alive and stressed the need for involvement within the Afrikan American community. The day of celebration ended with the performance of "I Have A Dream" by the National Black Touring Circuit, in Stewart Theatre.



• Zeta Phi Beta Sorority, Incorporated holds its annual Zeta week. See page 4 for more details.

• The Lady Wolfpack continue to extend their winning records as they defeat Wake Forest. See page 3 for more details.





## Affirmative continued from page 1

Affirmative Action programs provide opportunities that would not normally exist. Also, "if we do not say specifically what we want by using the word Affirmative Action, the General Assembly can use that vagueness as a way to say they do not understand the proposal."

John Dervin, president of the UNC-CH's SGA, said many students misunderstand the word Affirmative Action to mean quotas. To him, Affirmative Action, also means equal access for students traditionally under-represented in higher education - from poor students to Native Americans and students from rural

school systems that may not have prepared them well enough.

Dervin's statements correlated with the President Spangler's goal. Spangler's intent is to make sure no one's background prevents them from attending one of the 16 campuses in the UNC system.

Affirmative action "is [designed] to make sure everybody on campus does not look the same way, because society does not look the same way. Society is complex and part of the college experience is learning how to live in it," Spangler said.

To help meet the goals of Affirmative Action and integration, 10.6 percent black population at predomi-

nantly white universities and colleges and a 15 percent white population at historically black colleges and universities has been implemented. Along with the percentage, \$1.6 million in scholarships are being used to help attract students to campuses where they will be in the minority.

On February 14, the student government leaders of the University of North Carolina plan to convene and take another vote on the Affirmative Action platform after hearing from students on respective campuses.

Information courtesy of Cynthia Barnett at The News and Observer.

## International Afrikan Extravaganza Set for Brightleaf Square

### Staff Report

The Nubian Message

Jambo Afrikan Arts is sponsoring the International Afrikan Extravaganza throughout the month of February in recognition of African American History month. The eight day program will feature events and activities highlighting the art, cuisine, and history of people of Afrikan descent throughout three world.

All events are free to the public. Activities feature food tastings of cuisines from East Afrika, the Caribbean, and West Afrika; hair braiding, dread locking, Afrikan Art

Exhibit, presentations of storytelling, gospel music, modern dance, Afrikan dance and drumming. A number of video presentations are also planned.

A number of children's activities are also planned including jewelry making, instrument making, mask making, and dance workshops. Events take place at Brightleaf Square on the corner of Gregson and Main street in downtown Durham. Every Saturday and Sunday throughout February. Festivities begin at noon until 5p.m. each day.

If you are interested in further information please call Djenaba Gregory Pal at (919)490-4413 or Jambo (919)683-8446.

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## JOBS! JOBS! JOBS! Summer Jobs and Internships are Available

### Staff Report

The Nubian Message

Got your attention, did it? Want to get started with a campaign for a summer job? Unsure about what you will do after graduation? Still searching for the major that fits you? You are invited to the place on campus for information and help with picking a career and getting started on your job hunt: the University Career Center in 2001 Pullen.

Find out who your friendly and knowledgeable career advisor is and make an appointment to meet that person. Your career advisor wants to help You! Visit the Center and discover some of the great resources available to you. A few are men-

tioned below. Watch this space next week for more information.

Are you in the College of Humanities and Social Sciences? If you are, plan to spend time at CHASSnet, a job fair with over 40 employers who hire H&SS majors! Mark your calendar for Thursday, February 6, Caldwell Lounge, 10a.m. to 4p.m. Bring your resume and be prepared to talk about yourself. By the way, others majors are welcome.

Come by and watch a 30 minute orientation video and put your resume on line with the Center. You will be amazed at how many employers come to N.C. State to interview. Completing your on-line resume is the first step. Your career

advisor will also refer your resume to employers who call. Did you know that last year about 20,000 resumes were referred to employers this way?

Browse through the library of books and magazines with job listings and information about careers in 2100 Pullen. A new addition is highlighted below

Sweaty Palms—The Neglected Art of Being Interviewed by Anthony Medley. If you're going on a job interview in the near future, you need to read this book. It presents job interviewing techniques tailored to the challenging employment world of the 1990's.

## 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

## 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 Alvin Sturdivant  
Opinions Editor Kimberley Pottaway  
Health Editor Randall Haddock

### Production Staff

Circulation Director Doug Edwards  
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Chief Photographer Koren Atwater  
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### Business Staff

Business Manager Carolyn Holloway  
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Sales Manager Radiah Gooding  
Account Executives Anthony Norman

### Mailing Address:

Room 372 Witherspoon Student Center/AACC  
Box 7318, NCSU Mail Center,  
Raleigh, NC 27695-7318  
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# SPORTS

## Wolfpack mangles Deacons, 88-58

**Sports Staff Report**  
The Nubian Message

Chasity Melvin has dominated down low in the past few ACC games for N.C. State. Her stellar performance on Wednesday night simply complimented her Sunday afternoon performance. Melvin has done in the past two games what she has been capable of doing all season long.

Last night Melvin led the Wolfpack to an 88-58 thrashing of Wake Forest. Melvin scored 25 points and grabbed two boards, just two shy of her accomplishment on Sunday. Although Melvin's stats are very similar in both games, she clearly gave her best performance last night. She played the role of guard, forward and center. She managed to find Peace Shepard open on several occasions with spectacular passes and her driving ability was marvelous.

Melvin has established the attitude that she is unstoppable and plays accordingly. Under Melvin's leadership, the Wolfpack has beaten its past two opponents by at least 30 points each.

This was Melvin's seventh double-double of the season. Melvin also went an amazing 11-of-12 from the free throw line, and although she picked up her second personal foul early in the first half, she led all scorers with 10 points to end the first half.

Adding to the success of the Pack was also Katie Smrcka-Duffy. Smrcka-Duffy has played excellently this season. Her fast-paced offensive style has been very exciting for Reynolds Coliseum and escalated into 17-points for the Wolfpack last night. Much like Melvin, Smrcka-Duffy was unstoppable.

LySchale Jones has picked up the pace this season and has found herself with double-figures for the past few games. She added 14-points to the Wolfpack's destruction of Wake Forest.

Peace Shepard is not a name that fans often speak of, but Shepard also has been outstanding for the Wolfpack. The junior forward threw in 10-points for the Wolfpack and played an excellent defensive game, easily out-rebounding and out-playing the Deacons with her hustle and tenacious spirit.

The Wolfpack bench dished in 20 points with reserve player Kristen Gillespie seeing a number of minutes and scoring a bench high 8-points on the night. The bench has been very strong for State this season, and continues to be as the Wolfpack travels down the final stretch of the season.

Wake Forest has lost its seventh straight game and continues to struggle as they meet their ranked ACC opponents in conference play. The Deacons Freshman Guard Alisha Mosley led Wake Forest with 17-points.

Despite the efforts of Mosley, Wake Forest could not get things going in the second half, after going into half time down by three. The Wolfpack came out of the locker room fired up. The second half began with many Wake Forest turnovers and a great number of steals by the Pack squad.

Wake Forest made only 18-of-53 of their shot attempts, while the Wolfpack connected on 35-of-61 from the field. The number 20 ranked Wolfpack increase their record to 5-and-5 in conference play and 15-7 overall. The Wolfpack will face Colorado on Saturday.

## Cavaliers Staple Pack in Virginia

**By Alvin Sturdivant**  
Sports Editor

N.C. State plays with the fire that wins games, but their desires for a conference win continue to go unfulfilled. The Wolfpack has played most of its ACC counterparts right down to the wire in the first half of this season, but manages to come up short each time in the win department.

State traveled to Virginia on Tuesday night to face an unranked Virginia team that posts a 3-4 conference record and a 12-6 overall record. The game was so close, from beginning to end, the crowd stayed on the edge of its seats, but once again the Wolfpack were placed in a situation that has been familiar to them all season.

With just under four minutes remaining in the game, the Wolfpack had a five-point lead, but Curtis Staples was unstoppable. It was Staples' three-point shot that brought the Cavaliers back to within two and ultimately his 27-point performance that served up another discouraging loss for a struggling Wolfpack team. Staples hit an amazing seven three-pointers to lead the Cavaliers in scoring.

After a trade-off in baskets, the Pack lead remained at two, but Danny Strong was fouled by Harold Deane, and was given the opportunity to increase the Pack lead.

Strong hit the front-end of a one-and-one, but missed on his second attempt to give the Wolfpack a three-point lead as the game was winding down to an end. After a defensive lapse, Staples found himself open once again and drained his seventh three-pointer of the night easily to tie the game at 50.

After playing an excellent second half, the Wolfpack offense fell apart down the stretch. In the final minute of the game the Wolfpack could not buy a basket and they were forced to foul. The first foul came when Benjamin fouled Harold Deane, who scored only six points for the Cavaliers, but was able to hit both free throws to give Virginia a 52-50 lead.

After a failed shot attempt by the Wolfpack, the Cavaliers rebounded and Cavalier Willie Dersch was placed on the line, where he hit both free throws to give Virginia a 54-50 lead. After another failed shot attempt, the Cavaliers recovered only to be fouled again. The one-and-one attempt fell short, however the Cavaliers rebounded.

In an act of desperation, Ishua Benjamin was called for an intentional foul on Dersch. Dersch nailed both free throws. Virginia had a 56-50 lead and had all, but wrapped up the game to hand the Wolfpack their eighth straight ACC loss.

Leading the Wolfpack in scoring was Danny Strong. Strong has struggled this season, but played an excellent game, ending with his season high of 25-points. Strong was key for the Wolfpack and played the best game he has played all season. His offensive effort was outstanding.

In the absence of C.C. Harrison, due to injuries, was Cavalier leading scorer Courtney Alexander. Alexander was out, but Staples was definitely in. Staples picked up the slack for his fellow teammate and dominated the Wolfpack's number one ranked defense. It was his performance alone that gave the Cavaliers the lift they needed to pick up their fourth conference win of the season.

It goes without saying that Damon Thornton is definitely the high light of the Wolfpack squad, and although he had only six points, he had nine rebounds and a powerful dunk that brought tears to the eyes of all in attendance to the exciting matchup.

The Wolfpack are currently 0-and-8 in the ACC and 8-and-9 overall, but could possibly end the season on a winning note by winning the remaining conference games, which they have shown strong capabilities of doing. The Wolfpack will begin the second round of conference play on Saturday in Reynolds Coliseum as they face the Clemson Tigers, led by Terrell McIntyre. The game will be start at 12:00 noon and will be televised on ACC-TV.

## Wolfpack Women Victorious, Men Maintain Status Quo

**Sports Staff Report**  
The Nubian Message

The Wolfpack men faced Georgia Tech on Saturday, only to lose yet another close matchup 54-53. Danny Strong's 20-foot jumper in the last three seconds of the game was no good and the Yellow Jackets went on to victory.

Strong had a good look at the basket, but was unable to capitalize on his three-point attempt. Damon Thornton had an outstanding performance with a career high 19 points and 12 rebounds. C.C. Harrison added 11 points to the Wolfpack loss.

The Wolfpack had one time-out left, but chose to pursue the shot instead. Harrison drove the lane, dished to Strong, and the rest is history. Georgia Tech was led by Matt

Harpring with 16 points. Damon Thornton did an excellent job on Eddie Elisma, the Yellow Jackets big man, and could very well be on his way to an ACC Rookie of the Year honor as he continues to lead the Wolfpack this season.

While the Wolfpack men continue to struggle, the Wolfpack women continue to play excellent basketball, beating some of the toughest teams in the nation. Despite several

losses this season, the Wolfpack continues to dominate the conference, trouncing the Florida State Seminoles last Sunday. The Pack jumped off to a 10-0 run and continued to dominate through the entire game.

Toward the end of the first half, first year Seminole head coach Chris Gobrecht was ejected after receiving

back to back technical fouls, the second coming after her charge onto the court after being displeased with the officiating. Angry Gobrecht was immediately ejected and sent to watch the rest of the game from the locker room.

The Pack continued to be successful in the second half and went on to defeat the Seminoles 75-36. The Seminoles have yet to win an ACC game and shot a poor 23 percent from the field on the night. Chasity Melvin led the Wolfpack with 25-points and 12 rebounds, playing one of her best games of the season.

Umeki Webb and Jennifer Howard both added 11 points each. Aletha Penn led the Seminoles with 13 points, being the only Seminole in double figures.

## Afrikan American Sports Profile:Satchel Paige

**By Alvin Sturdivant**  
Sports Editor

"Satchel" Paige, born Leroy Robert on July 7, 1906, was considered by many to be the best pitcher to ever play the game of baseball. Paige was born in Montgomery, Ala. during a time when negro athletes played solely for negro teams. In fact, for a majority of his career, Paige played in the Negro Leagues.

He continued to play in the Negro Leagues until the Major Leagues integrated. Paige played for many teams, including the

Birmingham Black Barons and the Kansas City Monarchs.

Paige was very good at what he did and was considered to be a "showman and control specialist" by many. It was his will and desire to play the game that often led him to pitch two games per day in different cities during his stint in the Negro Leagues.

At age 42, Paige became the first Afrikan American pitcher in threw American League. Paige signed with the Cleveland Indians in 1948 under the direction of Indian owner Bill Vecky, a man known for pulling publicity stunts in order to increase

attendance at Cleveland athletic events.

Paige only played in the Major Leagues for five years, but he dazzled his opponents with his skill and grace on the mound. Paige retired in 1953, but returned in 1965, at the age of 59, to pitch in a special appearance for the Kansas City Athletics. Paige pitched his final three innings during this game.

Paige was inducted into the Baseball Hall of Fame in 1971. "Satchel" Paige was a great man and a great athlete. The Nubian Message salutes "Satchel" Paige, an Afrikan American great.

## 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.sca.ncsu.edu**

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





January 30, 1997

# CULTURE

## "Workout With the Zetas" Kicks Off Annual Event

By Kevin D. Atkinson  
Staff Writer

On Mon., Jan. 27, the women of Zeta Phi Beta, Inc. presented their second program of Zeta Week. The event was entitled: "Workout With the Zetas: learn healthy tips to keep fit for the summer."

The event began with a brief introduction session followed by a discussion on the benefits of a healthy lifestyle. Thoughts included the positive energy generated when you exercise and eat right. Many audience members shared their workout regime and tips on how to build your body and self esteem. The basic theme was, "Be good to your body and your body, in turn, will be good to you."

There were several pamphlets of which anyone could take home and learn more about healthy living. Pamphlets included topics on bulimia, eating right, exercise, fat grams, and several others. One audience member added, "I didn't know how much fat was in



Staff Photo

peanuts." Peanuts are considered a high fat food, containing up to 56 grams of fat per 1/2 cup serving. Keeping away from this area of high fat foods is always a good way to maintain a balanced diet.

In order for women to maintain or lose weight, she must maintain around 50 grams of fat or less per day. In order for men to maintain or lose weight, he must maintain around 60 grams or less. Another pamphlet stressed the importance

of good nutrition. The event was a very informative discussion to say the least.

The event then took on a more physical form. The audience members were asked to get out of their seats and get ready to sweat. Each audience member pushed their chairs back in an effort to begin their exercise session. The session began with an exercise video featuring Ms. Donna Richards.

## Entrepreneurship Seminar Closes Zeta Week Festivities

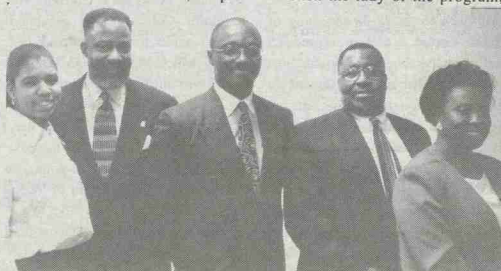
By Kevin D. Atkinson  
Staff Writer

On Jan. 29, the ladies of Zeta Phi Beta sorority, Inc. presented the program, Be Your Own Boss: learn informative tips for starting your own business. The program took place in room 357 at 7:00 pm of the Witherspoon Building.

The event began with a greeting from Ms. Joanne Deverson, the pro-

The idea of helping our own people was a major theme throughout the discussion. Ebony Connections is a dating service for Afrikan-American singles in Raleigh. Haynesworth, a graduate of Lincoln University, also stressed the idea of researching your business before jumping into starting your business. Haynesworth, then gave way to any questions or comments.

Then the lady of the program,



Staff Photo

### Presenters at Be Your Own Boss

gram leader. Then Mr. Andy Andrews took center stage. Andrews, of All State Insurance Co., began giving helpful tips to starting your own business.

"You have to work hard in order to achieve your goals of owning your own business," said Andrews. Intricate parts of the business structure were explained by Mr. Andrews.

Do not plunge into the market if you don't know what you're getting into, was another theme presented by Mr. Andrews. Mr. Andrews took a brief time out for any questions. "You must research your field before going full force," said Andrews. "Do something you like, it makes it easier."

Mr. Brian Haynesworth, from Ebony Connections, Inc took the next turn at the podium. Mr. Haynesworth encouraged, "change your thinking". Haynesworth stressed the support of our community and business.

Mrs. Linda Milner of Bowling Brook IL was given her chance at bat. Mrs. Milner represented her company Personal Preference, a travelling art gallery, open to anyone interested in buying art for home or office. Mrs. Milner explained that it was just something that came to her mind and she enjoyed buying artwork and passing it to others.

Mr. Joseph C. Williams, Sr. then rounded out the program. Williams, from Prestige Imports, a car dealership, focussed in on the importance of developing and writing the business plan. Mr. William also stressed many steps to making your business succeed. "Sell yourself first," said Mr. Williams, to stress not only being the part but also looking the part.

The evening ended with a brief introduction section by the audience, and a closing by Ms. Andrea Breazeale, who thanked everyone for coming.

## New Horizons Choir Announces 1997 Miss True Essence Contestants



New Horizons Choir is proud to present this year's True Essence Contestants. Freshmen — April Parker, La Toya Coley and Sarah Anderson; Sophomore — Franchesca Harper; and Juniors — Nicole Brown, Cheryl Collins and Tabitha Sanders. "We are very proud of our contestants. They are working very hard to plan an exciting evening of pageantry as we celebrate the Afrikan American woman at N.C. State," says Monifa Chamble, Co-Chair of the Event. The pageant will be held February 11, 1997, at 8:00 p.m. in Stewart Theatre. Admission to the pageant is \$2 for NCSU Students and \$3 for NCSU faculty and the general public. Tickets are available through Ticket Central.

### THE NUBIAN MESSAGE NEEDS CULTURE WRITERS!!

IF YOU CAN WRITE, HAVE A NOSE FOR NEWS, AND  
WANT TO GET INTO LOTS OF CULTURAL EVENTS FREE,  
GIVE US A CALL AT 515-1468 OR COME UP TO ROOM 372  
OF THE AFRIKAN AMERICAN CULTURAL CENTER.  
YOU'LL BE GLAD  
YOU DID.

In recognition of Black History Month, the brothers of the Kappa Xi Chapter of Kappa Alpha Psi Fraternity, Inc., will be hosting its annual Afrikan American History Contest from February 3 through February 28, 1997.

Every week, from Monday through Thursday, clues to the weeks topic will be posted on the door of Room 375 located in the Afrikan American Cultural Center. Clues will range from historical places, events and persons in order to guess the topic of that week.

Answers must be filled out on a form which will include your name, date, and time and deposited into the answer box which will be located outside of Room 375 of the Afrikan American Cultural Center. The first three contestants who submit the correct answer will be the winners of the week. To ensure the first three winners are selected, the answer box will be checked frequently.





# Why?

Why YOU love me so  
GOD, i know not.  
But i know i thank YOU  
and the praise will never stop.

for even during the times  
i went against YOUR will,  
YOU were still there  
to act as my shield

no matter what i've done  
whether it be great or small  
YOUR love for me  
was superior to them all

for YOU still claimed me  
as one of YOUR own.  
YOU still comforted me  
and kept me safe and warm.

when the rain did pour  
YOU kept me dry.  
when my vision was short  
YOU placed me up high.

when it was cold  
YOU gave me warmth.  
when it was hot  
YOU cooled me off.

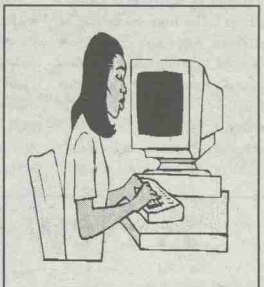
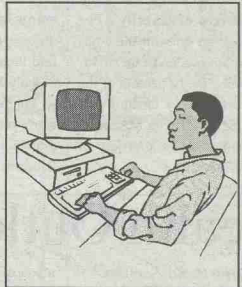
and WHY, i wonder,  
do YOU do all that YOU do?  
and WHY, i asked,  
during trials YOU bring me through?

although i hear no answer  
i thank YOU with a sigh  
but still deep within  
i still question WHY?

Casper!

My gran ... somethin'

my gran ... somethin'  
lived in Afrika  
yother day i hear'd they found  
some stones, those tools, dem bones  
in the Ethiopian ground or dereabouts  
[older an anything known]  
it got me thinkin' 'bout those black savages  
who used to dance upon the pyre and  
stone their flesh to a murky liquid and feed  
their children...  
it got me thinkin' 'bout dem black artists who bled  
their bodies red with animal bones and  
howled at the moon to hear the devil's tune...  
it got me thinkin' 'bout stories my gran ... somethin'  
never told me  
the ones i had to read for myself  
it got me thinkin' 'bout the evolution of a civilized people  
who built a kingdom before y'all's nations knew what was  
was...  
'cause what little y'all've taught me 'bout  
archeology, fossil dating, savagery and mathematical forms  
makes Me think there is a relationship between all  
y'all claim and what i know  
was the-farm, was the-flesh, was de-famed  
from the name of my gran ... somethin'



## 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 La Tonya Dunn at 515-  
1468 or e-mail [admiral@sma.sea.ncsu.edu](mailto:admiral@sma.sea.ncsu.edu) for more info.



# HEALTH

## The Natural Approach to Healthy Living

By **Randall Haddock**

Health Editor

In recent years, there has been a surge in the way Americans choose to heal themselves. Many individuals, particularly the health conscious, are seemingly turning more to alternative methods of healing than through medicine and surgery. One such method is naturopathic medicine.

Naturopathic medicine is a distinctively natural approach to health and healing that recognizes the importance of the whole person. Naturopathic medicine emphasizes the treatment of disease through stimulation, enhancement, support through the healing capacity of the human body.

The practice of naturopathic medicine emerges from several underlying

principles. These principles are based on the observation of the nature of a person's health and the disease that they have contracted.

One of the main principles of naturopathic medicine is identifying and treating the cause. The underlying causes of a disease must be discovered and treated before a person can recover completely from that particular illness.

Symptoms are the ways that the human body expresses its attempts to heal itself and therefore, according to the theory, should not be suppressed by treatment. Professionals practicing naturopathic medicine must evaluate the primary underlying causes on all levels, directing treatment at root causes rather than symptomatic expressions.

A second principle of naturopathic medicine is treatment of the whole

person. Health and disease are conditions of the whole organisms, a whole involving the interaction of physical, emotional, environmental, social, and other factors. A professional must treat the whole person by taking all of these factors into account. The harmonious functioning of all aspects of the individual is essential to recovery from and prevention of disease.

Lastly, the ultimate of any health care approach should be prevention. This is accomplished through the education of the individual and promotion of positive habits that create good health. It is within this principle that individuals learn that the emphasis to better living is put on building your resistance to certain illnesses rather than on fighting disease.

## Knowing How to Deal with Bad Breath

By **Randall Haddock**

Health Editor

In many places, particularly on college campuses, interaction among people is commonplace. Between going to class, study groups and being members in organizations, it is next to impossible for individuals not to interact. With the increased contact an individual has with other people, the one thing that is most feared is encountering someone with bad breath.

Bad breath, Halitosis, is a common problem which often comes from the activity of bacteria in the mouth. In the past, Halitosis was often considered to be an incurable affliction. However, in recent years it has become increasingly evident that Halitosis is treatable once a proper diagnosis is made.

The main problem is knowing whether an individual has it or not, because people are usually poor judges of their own breath odor. Most cases appear to be due to the breakdown of proteins by a variety of microorganisms. Several of the breakdown processes produce foul-

smelling gases.

In people with healthy teeth and gums, the odor usually comes from the back region of the tongue and grows stronger when a person begins talking.

For treatment of Halitosis, dentists usually recommend dental treatment, if there are other areas in which bacteria and food can become trapped and cause odor. There are also things individuals can do to ward off Halitosis. They include: eating vegetables, regular flossing, drinking plenty of liquids, chewing sugar-free gum and cleaning your teeth after eating or drinking dairy products.

Bad breath is a problem that everyone has faced at one time or another. Some people may suffer from it and not even know it. Others may have exaggerated fears about breath odor even though they may not have it. In either case, individuals should rest assure that with proper diagnosis and treatment it can be corrected.

For further information about this particular topic, please consult a dentist or call Student Health Services at 515-2563.

## Obsessive-Compulsive Disorder

By **Randall Haddock**

Health Editor

Many people feel the need to perform certain tasks in a regular and meticulous fashion to aid them through a given day. Sometimes this need is a positive force in an individual's life that provides the motivating force necessary to get things done.

However, it is when these actions begin to interfere with normal daily living and becomes time consuming that they are considered abnormal. This type of behavior is labeled obsessive-compulsive disorder.

Once considered rare, it is now thought that as many as 5 million Americans suffer from some form of this problem. Obsessive-compulsive disorder, OCD, often takes the form of repetitive thoughts or actions that are usually provoked by some fear or anxiety.

Even though many individuals may realize the acts are senseless,

the fear that something will happen is so great that it drives them to continue the same activity over and over again. A common fear among sufferers is one of contagion or contamination by germs. These people usually indulge in frequent washing of the body, especially the hands.

Patients suffering from OCD tend to be secretive about their problem. It has been suggested by studies that their mental processes often contain thoughts about suicide, murder, and the presence of contamination that surrounds them in their daily environment. Many victims feel that this activity will reveal to the world their deep feelings of insanity.

OCD comes in many forms and different degrees of severity. For most, life may go on with the compulsive behavior hidden in the privacy of the home. In 10 percent of the cases, the behavior is chronic and truly disabling. OCD can be seen in children, adults and in a variety of ethnic backgrounds.

Although the specific cause of the disease still remains a complete mystery, there are a number of treatments that are quite effective in controlling the symptoms and restoring a normal pattern of daily living. One method of treatment is behavioral therapy.

This treatment involves the patient performing a routine task without the repetition through the discussion of his or her anxiety or fear. The Food and Drug Administration has also approved such medication as the drug Clomipramine, which is used to reduce the frequency of episodes a person may have.

Through therapy and medication, many individuals conquer their obsessive-compulsive disorder and find themselves back into the cycles of daily living.

For further information or questions on this topic please consult your personal physician or contact Student Health Services at 515-

## A New Health Outlook

By **Randall Haddock**

Health Editor

Every year Student Health Services issues a survey to students in hopes of gaining feedback to see what they can do to improve the services now being offered.

The survey, a comment-card system, asks students a variety of question pertaining to their usage of Student Health Services. Those who evaluate the surveys use it to see student's overall impression of the facility and facilities. They also use it to see what areas need improving so that better care can be extended to those students who utilize the Student Health Services.

Upon the building of the new facility, it has been stated that it would be clearly beneficial to students in many ways. One benefit to the new establishment is the accessibility to a greater number of students.

"With the new facility, we will be accessible to 6,000 students on central and west campus," Jerry Barker, director of Student Health Services, said.

In addition to the greater number of students who will have easy access in its new location, the new facility will be built as a health-care facility versus being in an old residence hall. The new building will

also offer disabilities services, an accessible pharmacy, and 900 square feet for physical therapy services.

As medicine and technology enters the new millennium, there are a variety of avenues that Student Health Services can branch off into, including health education and prevention, more health education counseling, and patient education.

"I see Student Health Services as being the gatekeepers for health care. I would like to see many students utilize the services being offered, and eventually use us as their primary source of health care", stated Mr. Barker.

Hey Eagle eyes, we see you reading this text. Bet you didn't know you had the eyes of a copyeditor, did you? Call 515-1468 or stop by room 372 of the African American Cultural Center to speak to Jerry Blackmon, Copydesk Chief. You'll be glad you did.

"YES,  
I will respond."



### • TO PARTICIPATE IN SURVEY •

the 1st ever electronic survey about Student Health Services — go to  
<http://www.fis.ncsu.edu/health>  
and jump key to "Survey."  
Deadline 01/31/97

Sponsored by the University Health Committee:

Student members:

Cassandra Brolin  
Catherine Clark  
Nick Haltom  
Amanda Lawrence  
Mike Leopold

Becky Roberge  
Eric Shreiber  
Rob Stallings  
Mark Trone



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



# OPINIONS

## IF

If tomorrow never comes, would we be content with today's actions;  
Would we beg for "One more day": to tell someone we love them,  
to ask for forgiveness for scaring someone's emotional chord or  
to tell someone what we REALLY think of them?

If we entered this world knowing how many years we would live  
Would we follow our dreams, our desires  
Would we spend more time with those nearest to our hearts  
or Would we retreat to a corner and wait to die?

If we saw our natural beauty without being told  
Would we agree with arrogance or Would we speedily recollect on the  
Eurocentric hierarchy of beauty  
and see if we measure up?

If we knew the pain we inflict on our sisters and brothers  
Would we begin to accept them for who they are or  
Would we still hold to the corrosive mentality  
"It's my way or no way and F--- those who get in the way?"

If we knew that money was not the defining factor of one's worth  
Would we continuously become indebted with things we can't afford  
Would we work ourselves ferociously into the ground  
for things that will remain once we are gone?

If we knew that God is God regardless of religious preference  
Would we still try to convert everyone to our beliefs  
and condemn all those who chose differently or  
Would we understand the vast difference between being religious  
and being spiritual?

If we knew that the world was ours  
Would we still beg for a "piece" of it?

If we knew that the essence of loving renews the spirit  
and replenishes the soul;  
Would we put so much effort into hating?

By Kimberly Pettaway

## Got an opinion?

Want somewhere to express it?  
Are you prolific?  
Have you had English 214 or  
215?

Wanna get *sPaid*s?

Then you might want to consider writing for the  
Nubian Message.

- Great Resume builder
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Call 515-1468 if you're interested, or just come up  
to room 372 of the AACC and fill out an applica-  
tion. You'll be glad you did.

## Kiapo: Afrikan American Pledge of Allegiance

Our unity in sisterhood,  
brotherhood and struggle is  
profound, principled and for-  
ever. Our struggle is con-  
stantly 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 con-  
scious, full and free, and we  
accept all risks and welcome  
all rewards it brings. We have  
nothing better, more revolu-  
tionary or rewarding to do  
with our lives than to bring  
into being a new world, a  
world in which we, our peo-  
ple and our children can live,  
love and create fully, and  
stand and walk in a warmer  
sun.

## The Need to Volunteer

By Kimberly Pettaway

Opinions Editor

Despite the fact that complaints  
are often made concerning the lack  
of personal time in a college studen-  
t's life, there is always something to  
deter one from his studies.  
Regardless of the tremendous work-  
load provided courtesy of profes-  
sors, there is always time to lounge  
around or maybe just take a nap  
between classes.

If there is ever uncertainty as to  
what to do to fill one's idle time,  
volunteering to an organization or  
institution can demolish the feeling  
of not being productive with extra  
time.

Volunteering not only provides  
an activity to occupy "free" time, it  
provides one with the immeasurable  
chance to help those who truly need  
it and a way to give back non-mone-  
tarily to the community.

People often talk about how  
self-centered and non-communica-  
ble (as far as opening up to others)  
Americans are. Amazed may be the  
expression that beholds one's face  
once he/she has committed to pro-  
viding time for a worthy cause.

Those who are the recipients of  
the good-heartedness often express  
their gratitude and astonishment that  
"even in this busy world, people still  
find the time and the heart to volun-  
teer."

Granted there will not be positive  
feedback from everyone one  
encounters. But the positive respons-

es far outweigh the negative.

The more those who you are  
freely spending your time with get  
to know and trust you, the more they  
will open up and often times grow to  
depend on your routine visit.  
Probably the only setback of volun-  
teering is that attachment levels  
develop so quickly.

Whether you are volunteering to  
a nursing home, an after-school pro-  
gram or a certain ward in the local  
hospital it is near impossible not to  
have some feelings for those you  
give your services to. This feeling  
of attachment makes it hard to quit.

There are several places that  
would welcome volunteers in the  
Triangle Area. Just stop by Student  
Development and ask to see the red  
volunteer binder. You will not regret  
it.

Volunteering also is a wonder-  
ful addition to one's resume.  
Prospective employers want  
employees who are well-rounded.  
Also, the companies who you gave  
your services to are more than happy  
to write you an excellent letter of  
recommendation to vouch for your  
character.

Although, one should never auto-  
matically expect so, many volun-  
teers do so well that they are asked  
to stay on for pay. I was. So not only  
would I have been able to continue  
to volunteer, I would now be getting  
paid for doing something I truly  
enjoyed.

It's amazing how things work  
out!

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### Editorial Policy

*The Nubian Message* is written by and for the students of N.C.  
State University, primarily for the Afrikan-American community.  
All unsigned editorials are the expressed opinion of the Editorial  
Staff and do not represent the University in any way.

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of each month during the Fall and Spring Semester, except during  
holidays and exam periods.



### Reader Feedback

*The Nubian Message* encourages "Reader Feedback," however,  
some basic guidelines must be followed. Letters of campus, com-  
munity or public interest are given first priority. Letters must be  
limited to 350 words and legibly written, typed or properly format-  
ted (in the case of e-mail.)

Letters must have the writer's signature, his/her major, year in  
school (if a student) and telephone for verification. Faculty and  
staff should include title and department. No unsigned letters will  
be published.

*The Nubian Message* will consider fairly all "Letters to the  
Editor" submissions, but does not guarantee publication of any. All  
letters become property of *The Nubian Message* and are subject to  
editing for space and style.

Submit all correspondence to: Letters to the Editor, *The Nubian  
Message*, Room 372 Witherspoon Student Center/AACC, Box  
7318, NCSU, Raleigh, NC 27695-7318.



THE SOCIETY OF AFRIKAN AMERICAN CULTURE,  
VOICES (UAB'S LECTURES COMMITTEE.),  
THE NUBIAN MESSAGE,  
& THE AFRIKAN AMERICAN HERITAGE SOCIETY  
PRESENTS:

## HAKI R. MADHUBUTI



MONDAY FEBRUARY 3rd AT 7:00 PM

IN THE CINEMA OF THE WITHERSPOON STUDENT CENTER  
(ON THE CORNER OF DAN ALLEN DR. AND CATES AVENUE)  
NORTH CAROLINA STATE UNIVERSITY (NCSU)

\*AUTHOR OF

\*BLACK MEN: OBSOLETE, SINGLE, DANGEROUS?  
\*WHY LA.. HAPPENED: IMPLICATIONS OF THE '92 LOS ANGELES REBELLION,  
\*CLAIMING EARTH: RACE, RAGE, RAPE, REDEMPTION; BLACKS SEEKING A  
CULTURE OF ENLIGHTENED EMPOWERMENT,  
\*CONFUSION BY ANY OTHER NAME: ESSAYS EXPLORING THE NEGATIVE  
IMPACT OF THE BLACKMAN'S GUIDE TO UNDERSTANDING THE BLACK  
WOMAN,

THE FOUNDER OF THE THIRD WORLD PRESS, BLACK BOOKS BULLETIN, AFRICAN AMERICAN BOOK CENTER(1974-1995)  
AND CO-FOUNDER OF THE INSTITUTE OF POSITIVE EDUCATION/NEW CONCEPT SCHOOL IN CHICAGO, ILLINOIS. HE IS  
ALSO A FOUNDER AND BOARD MEMBER OF THE NATIONAL ASSOCIATION OF BLACK BOOK PUBLISHERS.

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Presents:

the Lawrence M. Clark Lecturer

## Dr. Margaret T. Burroughs

Artist, Poet, Educator



Thursday, February 6, 1997  
7:00 p.m.

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North Carolina State University  
(on the corner of Cates Avenue and Dan Allen Drive)

FREE AND OPEN TO THE PUBLIC  
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## African-American History Month North Carolina State University

### February

- 2 National African-American Read-in Day--Gallery (AACC), 2:00 p.m.
- 2 Historical Tribute to African-American Athletes at NC State--Campus Cinema, 4:00 p.m.
- 3 Lecture--*Haki Madhubuti*--Campus Cinema, 7:00 p.m.
- 4 1st Tuesday Jazz Night--Multipurpose Room (AACC), 8:00 p.m.
- 6 L.M. Clark Lecture--*Dr. Margaret Burroughs*--Multipurpose Room (AACC), 7:00 p.m.
- 11 True Essence Contest, Stewart Theatre, 8:00 p.m.
- 12 Quiz Bowl, -Multipurpose Room (AACC), 7:00 p.m.
- 15 Charlie Hayden Quartet, Stewart Theatre, 8 p.m.
- 22 Play-- "*Having Our Say*"--Stewart Theatre, 3:00 p.m., 8:00 p.m.
- 25 Ebony: Man Contest, Stewart Theatre, 8:00 p.m.
- 26 Lecture--*Ruby Dee*--Stewart Theatre, 7:30 p.m.

(AACC denotes African-American Cultural Center)

For more information, call 515-5210  
Updated 1/28/97