

THE NUBIAN MESSAGE

Volume 5, Edition 23
February 27, 1997

The Afrikan American Voice of North Carolina State University

Knowledge



What's Goin' On?

SAAC

The Society of Afrikan American Culture will hold a meeting tonight at 7 p.m. in Room 375 of the Afrikan American Culture Center. All are welcomed.

Black Students Board

The Black Students Board will sponsor a program titled "The Impact of the Afrikan American Church in the Black Community." The program will begin at 7:30 p.m. in the Multipurpose Room of the Afrikan American Cultural Center.

AASAC

The Afrikan American Student Advisory Council will have a meeting tomorrow, Feb. 28, beginning at 3:30 p.m. in Room 375 of the Afrikan American Cultural Center.

First Tuesday Jazz

First Tuesday Jazz will feature a trio performance by Pee Wee Moore, Cistie Howie and Ed Moon Tuesday, March 4. Poet Ajuba Joy will also read a few of her works. General Admission is \$5 dollars, \$3 dollars for students - all ticket holders will be eligible for door prizes.

The event is sponsored by the Afrikan American Cultural Center's Community Gallery Committee and the Polygram Group Distribution. For more information contact Walter Davis at 515-5210.

Dee Celebrates Blackness with NCSU

By Danielle Beatty
Staff Writer

Ruby Dee's luminous performances on stage, in television, and on film have made her one of the most recognized Afrikan-American actresses in America.

Dee was born Oct. 27, 1927, in Cleveland, Ohio. Her accomplishments as an actress and a versatile performer include: "A Raisin in the Sun," "The Jackie Robinson Story" (1950), and for the younger crowd such movies as Spike Lees' "Do The Right Thing" and "Jungle Fever." Dee is married to Ossie Davis who is also an actor.

Dee spoke on a "smorgasbord of things," in particular writers that had been of great inspiration to her down through the years - Zora Neale Hurston, Lorraine Hansberry, Nikki Giovanni, Hazel Clayton Harrison, Dorothy Meekins, and Langston Hughes.

Her enlightening view on "that thing called Love." In her talk she

touched on a flurry of stories like the "Pieced up Rock" and "Butterflies," which of course was an excerpt from one of the works of the great writer Hurston who seemed to be a bit of a role model for Ruby Dee.

She called the era that we live in "soul searching times," saying, "it's funny that when you turn the word love around it is the beginning of evolution ..., and when you turn the word lover around it is the beginning of the word revolution ..., isn't it funny how love has something to do with everything."

She elaborated a bit on Hansberry's great accomplishment of being the first Afrikan American woman to have a play on Broadway and how that opened the door for many of those who followed in her footsteps.

Dee recited the poem "Math" by Hazel Clayton Harrison, and a poem titled "Love" that was written by her daughter. She spoke of her love for Giovanni's poem "My House" and asked the audience if they would mind if she recited it as well. Seeing

as how she had gotten the okay from Giovanni herself, she didn't await a reply. Her completion of the piece was greeted with a standing ovation.



Staff Photo

Ruby Dee

Toward the end of her talk, she also read a poem that she wrote, which was a compilation of the Negro National Anthem and "Ode to a Funny Man." Dee also spoke on the

new book 'A Rock Against the Wind,' which is an accumulation of poetry and other works that includes all the aforementioned writers.

Dee touched on the problem of racism with some of her recitals. She said "racism is a sickness," and that "classism and greed are making insignificant all other kinds of 'isms.'" Her performance was astonishing and a great endowment of strength to all those who were present.

It was obvious that she is a woman of all times and not a victim of the times. Though she said she did not come to bring a specific message, her presence was clearly understood. She lived through the inequalities of the past, but seems to be as strong as she was back when she first started out.

In these final days of Black History Month, Dee's talk was right on time. While it is true that things have changed, she gave truth to the fact that nothing can ever be without love.

Clegg Profiles Nation of Islam Leader Elijah Muhammad

By LaTonya Dunn
Editor in Chief

Claude Clegg, author of "An Original Man: The Life and Times of Elijah Muhammad" lectured Feb. 24 as part of the Catalyst Bookstore's Afrikan American History celebration.

Clegg, a professor at N.C. A & T who completed his undergraduate studies at UNC-Chapel Hill, is the first person to publish a biography about Muhammad. Clegg started his research on Muhammad in 1988-89 due to the spark of interest he held after reading the autobiography of Malcolm X. Clegg said that while trying to research Muhammad, he found very few articles and chronicles written about the man.

Muhammad, born Elijah Poole in Georgia in 1897, one of 13 children, was born into a poor family of share-croppers. His father was a minister who delivered fiery sermons while Muhammad would sit in his pulpit, and after the sermons he would criticize his fathers' mes-

sages.

Since Muhammad's family was so poor that by the eighth grade he dropped out to help his family work in the fields and sell firewood.

In Muhammad's early 20s, he witnessed a lynching - an event that changed his view of the world. The effect of segregation, the devastation of the boll-weevil and the need for industrial workers caused him to move to Detroit, Mich. While in Detroit, Muhammad became economically stable with the automobile industry, but by 1929 he turned to welfare and began drinking alcohol.

By 1931, Muhammad's life changed for the better when he first heard of W.D. Fard Muhammad, the founder of the Nation of Islam whose basic belief is that the white race is "devils by nature and the black race is inherently good." The religion does carry a very Christian message, advocating against drugs, welfare, domestic brutality and alcohol.

NOI feels blacks should separate

from whites because society is doomed. Clegg went on to explain why people use the "X." The first reason recognizes the lost of our ancestors' Afrikan names and the second is to eliminate negativity from one's life - prostitution, drug addiction, and keeping off welfare just to name a few. NOI wanted to redefine the culture of Afrikan American people.

By 1934, Fard disappears from the organization and Muhammad was elected to lead a group in Detroit because the organization had many different associations around the world. In 1935 the organization was approximately 8000 strong in Detroit but by 1942, the membership had grown to 15 strong.

Due to governmental interrogations, Muhammad fled to the east coast where he was later arrested for avoiding the draft. While incarcerated, he served as a model prisoner but developed bronchial asthma, an affliction he suffered with for the rest of his life.

Since the FBI played such an intrinsic role in the matters of the NOI, Muhammad became very skeptical with state governments he wanted his organization to keep out of trouble, avoiding urban demonstrations to keep out of the arms of state harassment.

Muhammad's leadership became conservative but held a fatherly figure to his members. By 1946, the organization opened a restaurant and bakery in Chicago. This was a very powerful statement because it showed Afrikan Americans that they could be efficient in economic strivings.

In the 1950s - 60s, NOI expands economically and the membership grows due to the fact that many Afrikan Americans were disappointed with the slow gain after the civil rights movement.

In 1949, Muhammad first heard of Malcolm X who brought a lot of young people into the organization.

see Clegg page 2

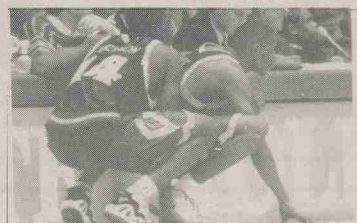


• The Wolfpack women take number 3 seed into the ACC Tournament. Nubian Sports has the story.

See page 3

• Even the 'Noles had to take time out to watch the Wolfpack steamroll to victory, 67-44. Nubian Sports has the story.

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Clegg continued from page 1

Malcolm is a devoted follower of Muhammad by 1952. Clegg said that by the '60s, Muhammad was at his highest point. No actual records of the membership exist, but it's estimated that around the time 20 - 25,000 people were involved, not including the part of the population that was sympathetic to their cause.

Unfortunately, a crisis did arise affecting Muhammad's health, which meant NOI was forced with the decision of electing a new leader. Muhammad's condition worsened, leading him to Arizona to escape the unsuitable air of the city. NOI didn't want Malcolm X as their leader because Malcolm was not a family member, viewed as an outsider.

Muhammad advocated a leadership that was passive and separate waiting on Allah while Malcolm X was more revolutionary. Another crisis that faced NOI was the fact that Muhammad had fathered 13 children during the '50s and '60s. The movement advocated monogamy, but their leader was breaking this philosophy - actions some members felt would lead to scandal.

In 1963, Muhammad had warned his ministers not to talk about the assassination of President John F. Kennedy because of the FBI's constant "watch-dog" over the organization. Malcolm X however, did not obey this policy.

Simply put, Malcolm said the President was aware of violent attacks being inflicted upon certain groups of people and sat idly by doing nothing. As a result, Malcolm said, he just happened to become a victim of these violent attacks. When Muhammad heard what Malcolm said, he immediately

summoned Malcolm and officially silenced him for 90 days.

Clegg said that in his research, he found no evidence of Muhammad challenging Malcolm through this decision. Over the next two years, the relationship between Muhammad and Malcolm degenerated from one of mutual respect to one of utter contempt for one another. Clegg felt Muhammad began to listen to the opinions of others, therefore giving in to his insecurities.

Clegg also said that Muhammad and his followers created an atmosphere of assassination. Louis Farrakhan himself was quoted, saying "no one who loved the Honorable Elijah Muhammad wouldn't have killed Malcolm."

Clegg felt the FBI played a leading role in the division between Malcolm X and Muhammad. After Malcolm's death, into the late 1960s, Muhammad becomes more of a figurehead, less involved with the affairs of the organization. In 1975 at the age of 77, Muhammad died as a result of a number of health illnesses.

Clegg added that Muhammad's ideologies fell along the same lines as that of Marcus Garvey. Muhammad made "blackness" more respectful, that NOI served as an economic initiative for lower-class blacks, it gave moral teachings to blacks to get off the path of destruction, and NOI gave blacks an alternative religion.

One thing Clegg wishes could be shared is the female oral tradition - "the stories of the 'sistas' involved in the movement of the time." Overall, Clegg believes Muhammad had problems with his leadership, but the most effective legacy was the moral messages advocated.

ACLU Activist Speaks at NCSU

By Randall Haddock

Health Editor

The American Civil Liberties Union chapter of N.C. State recently invited long-time activist Frank Wilkinson to speak about discriminatory features that exist in the Anti-terrorism and Death Penalty Act that was brought to the U.S. House of Representatives in 1996.

The bill was established to stop terrorism and criminal behavior, but a sizable portion of the bill does not have anything to do with terrorism, dealing instead with the negative effects on the lives of U.S. citizens. Other sections within the bill puts restrictions on the legal and political activities in support of groups in areas where there is conflict.

The death penalty portion of the bill serves to increase the number of executions to be performed.

Frank Wilkinson has been crusading for the protection of the Bill of Rights for nearly 40 years. He currently serves as the national executive director of the National Committee Against Repressive Legislation in association with the ACLU. His political career began in 1939 when he was named secretary

of the Citizen's Housing Council of Los Angeles.

From there, he joined the Los Angeles Housing Authority where he served as Assistant Director and become a national authority on urban slum housing.

He was abruptly removed from his housing position in 1952 when he refused to name all the organizations he belonged to since 1931. His refusal to cooperate with the House Committee on Un-American Activities lead to a lifetime of struggle and conflict with the various organizations and the U.S. government.

As the 1960s ushered in the Civil Rights Movement, Wilkinson saw his cause of abolishing the repressive activities of HUAC gain momentum. Upon the insistence of Martin Luther King and other civil rights leaders, Wilkinson emerged as a leader of a progressive movement to the rights guaranteed to citizens in the first amendment.

The FBI however, headed by J. Edgar Hoover, tried to silence the noise that Wilkinson and other activist were making through assassination attempts and other illegal means.

"There were 1 million people in this country under surveillance through phone tapping for their supposed political activities under the direction of Hoover. FBI agents were trained to break in and bug homes."

In March of 1964, Wilkinson and his counterpart Carl Braden were jailed for aiding African Americans in their petition for freedom. Once freed, Wilkinson returned to his mission of dissolving activities of HUAC.

In 1980, the ACLU filed suit on behalf of Wilkinson against the Justice Department and the FBI. The suit sought damages on the basis that his home was subjected to 38 years of illegal wiretapping and surveillance to obtain information of his political activities.

When asked what was his hope would result from his visit, he said "The students at this university needs to build a strong ACLU chapter. If you have your facts straight, then people will listen to what you have to say. I wanted to educate you all with what I've done so that you do not leave here tonight so that this would have been another lecture."

The Nubian Message is in need of:

*Copyeditors*News Writers *Culture Writers*Opinion Writers*Sports Writers*Photographers
Is there any money involved? Depends on your qualifications. What can you get from it? Experience, Flexible Hours, Great Résumé items, Computer Access and training, Connections.

Life here at N.C. State can be difficult. You can make things much easier on yourself by knowing the right people, and what better place to establish connections than *The Nubian Message*? Based in the African American Cultural Center, through the Nubian you have access to some of the most powerful, influential African American movers and shakers on campus. Be a part of history in the making. Come help the Nubian Message become the pre-eminent African American Voice of North Carolina. Call 515-1468 or e-mail admiral@sma.sca.ncsu.edu. You'll be glad you did.

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-Yochanan, Dr. John Henrik Clarke, Dr. Leonard Jefferies, The Black Panther Party, Mumia A. Jamal, Geronimo Pratt, Dr. Lawrence Clark, Dr. Augustus Mclver 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.

THE NUBIAN MESSAGE

The African 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.

LAST CHANCE!

Attn: Student Organizations

ONLY TWO DAYS LEFT!!!!!!

GET FEATURED IN THE

AGROMECK '97

The Official Yearbook of North Carolina State University

Submissions: A written article about your organization (please include the author's name!). Include events, fundraisers, unique characteristics and PHOTOS of the 96-97 school year. On each item submitted, please include the name and number of a contact person if you would like them to be returned to you. Submissions are published on a first come, first serve basis and at the discretion of the AGROMECK.

GROUP SHOTS: Call or e-mail us for an appointment.

Mail or Deliver Submissions to: Box 8606
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NCSU Campus

Deadline: March 1, 1997

QUESTIONS??

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SPORTS

Pack Takes Two of Three at Winn-Dixie Showdown

Staff Report

The Nubian Message

The NC State baseball team completed its most successful week of the young season this weekend, defeating UNC-Greensboro 9-2 on Wednesday in the team's home opener at Doak Field, and then coming within a whisker of sweeping the prestigious Winn-Dixie Showdown, Feb. 21-23 at the Superdome in New Orleans.

The Wolfpack defeated the University of New Orleans 8-5 and Tulane 6-2, but lost a heartbreaker 3-2 to LSU. The competition was fierce. LSU is the defending national champion, while Tulane is ranked in the national top 20. Meanwhile, New Orleans is a perennially strong program that went to the NCAA Regionals last season.

"I think it says a lot about the character of our players that they were able to go to New Orleans, play in a major league-caliber environment in the Superdome in front of large, hostile crowds against top-caliber competition and nearly win three games," Wolfpack head coach Elliot Avent said.

The Wolfpack began the Showdown by overcoming a 5-0 lead in the eighth inning Friday afternoon against New Orleans on a bases loaded walk by sophomore pinch-hitter Andy Ferguson and a grand-slam homer by junior center fielder Jake Weber to send the game into extra innings.

Senior right fielder Chris Combs drove in the go-ahead run with a sacrifice fly in the top of the tenth, and sophomore catcher Brad Piercy quickly added a pair of insurance runs with a two-run homer to right

to make the final 8-5. Sophomore righthander Dustin Baker got the win with two hitless innings in relief.

On Saturday, senior righthander Brett Black turned in his second sterling performance in as many outings, shutting down defending national champion and fifth ranked LSU. Black allowed just one run on five hits through seven innings and took a 2-1 lead into the bottom of the eighth. LSU put runners on first and third with one out, and both runners tagged on a foul pop behind third base.

The runner from first broke to second to draw a throw from third baseman Matt Postell, and Terry McLure broke for home on Postell's throw to second. Second baseman Tom Sergio's throw home was a split-second late. Piercy's swipe tag missed getting McLure by a matter of inches. All-America first baseman Eddy Furniss then doubled to left-center to drive in the winning run.

The Pack bounced back on Sunday night to hand Tulane its first loss of the season, 6-2. Sergio led off the game with his third home run of the week, and senior first baseman Scott Lavier hit a two-out blast later in the first. Sergio led off the third inning with another homer to give State a 3-0 lead.

Sophomore righthander Bubba Scarce took that lead into the fifth before retiring and giving way to senior righthander Clay Eason, who allowed just two runs on four hits to raise his record to 2-0. Eason also got the win on Wednesday vs. UNC-Greensboro, allowing just one hit in 5 2/3 innings.

"I was very pleased with the way

we played this weekend," Avent said. "We played hard all the time and at times played very well. There are phases of the game that we still need a lot of work on, and those showed themselves almost every game, but we've continued to improve and get better as the season has progressed. As a coach, that's the biggest thing you're looking for."

This weekend George Washington comes to Doak Field. Avent will send Black to the mound on Friday, Scarce on Saturday, and junior righthander Kurt Blackmon on Sunday.

"Scott Dobson is like a lot of pitchers on our staff in that he needs some work, which is why we're giving him the start against UNC-G," Avent said. "And Kurt Blackmon came in against Tulane in a tough spot in the ninth inning and got two ground balls against the top two hitters in their lineup. He deserves a chance."

Wolfpack Diamond Notes: The NC State pitching staff has been red hot over its last six games. Wolfpack pitchers now have allowed just 13 earned runs on 40 hits over the last 53 innings. The Pack has walked 17, and struck out 39 during that time. The staff ERA in those games is 2.21 and State pitchers have limited their last six opponents to a .212 batting average.

After beginning the season with an uncharacteristic power outage of one home run in five games, NC State's offense has turned up the voltage a bit its last four games, cranking nine homers in that time, four of them by senior second base-

man Tom Sergio, who had hit three homers in each of his first three seasons at NC State.

Sergio began his power burst with a towering three-run shot in the second inning against UNC-G, and then ripped a solo shot to right, and then led off the third inning with a solo homer. Sergio is hitting .410 on the season.

After getting rocked in his first start of the season, Feb. 7 at Florida Atlantic, senior righthander Brett Black is back on the beam, throwing strikes and baffling the nation's best hitters. Although fifth-ranked LSU managed to rally for a 3-2 win over Black in the Winn-Dixie Showdown, Black handled the hard-hitting Tigers like no other pitcher this season, allowing just three runs on eight hits. He walked none and struck out four.

Black now has faced 65 consecutive hitters without issuing a walk. In his last two years, he has gone to a three-ball count on a hitter just three times and went 23 consecutive batters at one point without a three-ball count. In the last two games (including a near-perfect game Feb. 15 at Charleston Southern), he has held opposing hitters to a .167 batting average (9-for-54) and has posted a 1.80 ERA.

As incredible as his recent numbers sound, what Black has done the last two games is routine stuff for the Orlando, Fla., native. Last year, Black faced 501 men in 124 2/3 innings and walked 18. He walked as many as two in a game just six times in 20 appearances (16 of them starts), and allowed more than two

walks in a game just twice all season. He had streaks of 44, 85, and 79 consecutive batters faced without issuing a walk. During one stretch, he faced 179 men and walked just three of them.

While Sergio has been the Wolfpack's catalyst with his newfound power at the top of the lineup, sophomore catcher Brad Piercy has emerged as a force in the fifth spot in the lineup. Piercy a 61st-round draft choice by the New York Mets in the 1995 June draft, went 6-for-13 with a double, a home run and four RBIs in the Winn-Dixie Showdown.

In four games since returning to the lineup after sitting out three games with a sore thumb, Piercy has been on fire, batting .529 (9-for-17) with two doubles, a triple, a home run and five RBIs, and is hitting .440 for the season.

Another hot hitter for the Wolfpack, although in a platoon role, has been junior left fielder Jimmy Slaughter, a transfer from San Joaquin Valley (Calif.) Junior College. A speedy right handed hitter and a gifted defensive outfielder, Slaughter went 4-for-5 with two doubles and an RBI in the Winn-Dixie Showdown.

He came off the bench against NOU to hit a single and a double, and started against Tulane and went 2-for-2 with a double. Slaughter, a 41st round draft pick by the Colorado Rockies in 1994 and a 55th round draft pick by the Rockies in 1995, has five hits, including two doubles, in his last eight at-bats and is batting .455 on the season.

Georgia Tech Stunned by Wolfpack

By Alvin Sturdivant

Sports Editor

Saturday's NC State and Georgia Tech matchup was perhaps the Wolfpack's best overall performance of the season and possibly the best present that Herb Sendek could have asked for on his 34th birthday celebration—watching his Wolfpack squad beat the Yellow Jackets 72-51 before 12,400 fans in Reynolds Coliseum.

NC State played a spectacular game and executed well on both ends of the floor, despite the absence of starting center Damon Thornton, sidelined due to a hip-flexor injury. Thornton has been the Pack's high-light player all season, and his absence was very devastating blow to the Wolfpack, but Sendek counterbalanced by going with a three-guard line up.

The Pack had its best offensive outing of the season, shooting 64 percent from the field, led by the efforts of Senior forward Danny Strong. Strong who has of late been on a tremendous shooting spree, led all scorers with 23 points and was 5-of-8 from beyond the three-point

line. The Wolfpack as a squad shot 55 percent (10-of-18) from the arc. Strong also had four steals.

With the absence of Thornton, much of the Pack's success relied on its guards Ishua Benjamin and C.C. Harrison. Without a low post threat, the Wolfpack were forced to drive to the basket and shoot from the outside.

Despite the excellent defensive effort by Georgia Tech, Benjamin and Harrison were able to drive the lane on several possessions, to combine for 33 points. Harrison, much like Strong, also had an excellent shooting performance, going 7-of-10 from the field.

The Yellow Jackets jumped out to an early lead with just under 17 minutes remaining in the first half, but NC State went on an 18-2 run and had a commanding 21-8 lead over Georgia Tech with 7:40 remaining in the half. The Wolfpack went into halftime with a 38-22 lead, and with the momentum flowing in their favor after hitting 10 of their last 12 shots.

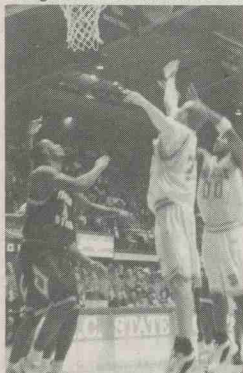
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Wolfpack Men End ACC Play on Winning Note

By Alvin Sturdivant
Sports Editor

In the absence of Damon Thornton, the Wolfpack's Men's basketball team has played its best two games of the season, to end



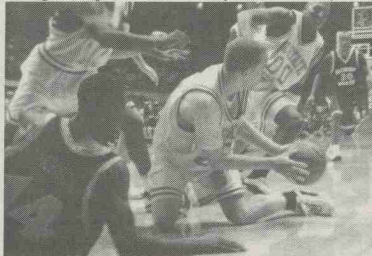
Jerry Blackmon II/Staff

Jeremy Hyatt and Danny Strong hustle for a rebound in the Pack's 67-44 defeat of Florida State.

ACC action with two wins and a 4-12 record, beating the Florida State Seminoles 67-44. Last night Florida State traveled to Reynolds Coliseum to face a Wolfpack team that they defeated earlier in the season, only to lose to a squad that has shot an amazing 61 percent from the field in its last two outings.

The Wolfpack were led by junior guard C.C. Harrison. Harrison had a career/game high 29 points and seven rebounds to lead the Wolfpack in what one fan called "the most spectacular game of the season."

Harrison has been the leader and motivator of the Wolfpack this season, despite sitting out a portion of



Jerry Blackmon II/Staff

Danny Strong pulls down the rebound in last night's win over Florida State University.

the season due to injury. Harrison's performance against the Seminoles was obviously his best of the season, and by far the best seen in Reynolds this year.

Adding to the success of the Wolfpack was also Justin Gainey. Gainey, on 4-of-7 shooting scored 11 points, in 38 minutes of play. Gainey who struggled from confidence problems early in the season, has picked up the pace of late, to become one of the Wolfpack's key court leaders. His poise and patience has been a great contribution to the Wolfpack in its last two games.

Danny Strong was great on the offensive boards for the Wolfpack on last night, with several put-backs. Strong shot 6-of-8 from the field and ended the game with 12 points. Harrison attributed the success of the Wolfpack to Gainey and Strong. Harrison stated "Justin and Danny stood up and hit the big shots when

they were needed." Despite Harrison's recognition of Strong and Gainey, it was clearly his perfor-

mance that lifted the Wolfpack to victory, and more than likely the 500 mark on the season.

Florida State struggled from the field, shooting a poor 33 percent from the field and 26 percent (7-of-27) from beyond the three-point line. The Wolfpack, after shooting 64 percent against Georgia Tech, came back last night to shoot 57 percent against the Seminoles and 44 percent from the three-point arc.

James Collins led Florida State with 16 points. Ishua Benjamin also added 10 points for the Wolfpack.

The Pack will face Wofford on Saturday for their final regular-season game, and will face Georgia Tech next Thursday at 8:30 p.m., in the ACC Tournament Play-In game to be held in Greensboro, N.C. The following are up-to-date ACC standings and remaining ACC games for the season.

State Player Goes to National All-Star Football Classic

Staff Report

The Nubian Message

Rice, Arkansas, Utah, Boston College, East Carolina, Utah State, Idaho, Cincinnati, New Mexico, and New Mexico State.

The National All-Stars Bowl is the most unique all-star event ever. It is not just a single game, but a series of games held in every region in the country. The '97 series schedule is Orlando, Fla. - March 15; Las Vegas, Nev. - March 29; Cleveland, Ohio - April 5; Louisville, Ky. - April 12; Dallas, Texas - April 19; and Minneapolis, Minn. - April 26.

The series consist of eight games in six cities hosting nearly 800 players and over 90 college coaches. Over the past two years, 12 games have hosted nearly 1200 college football athletes and over 150 college coaches. Currently the blue teams lead the series 7 - 5.

The "Pro Day" combine on Friday morning before the game from 8:10 to 10:00 a.m. will showcase the players' athletic testing. Pro scouts from all levels of pro football will review the players in the game including scouts from the NFL, Canadian League, World Football League, and the Arena League.

The testing stations include the 40-yard dash, vertical leap, short shuttle, bench press, and height and weight. This all-star event over the past two years has proven a valuable tool in the scouting process for pro teams. Players have gone on to sign pro contracts in all levels of pro football including the leagues mentioned above and Europe.

N.C. State cornerback Chris Roseboro will represent the Wolfpack in the third National All-Star Bowl College Football Classic. The game will be played at University Stadium in Orlando, Fla. Saturday, March 15. Kick-off time for the game is 7 p.m. Head coaches for the games include: Tuck Woollum-Union College Ky. (Blue Team) and Ralph Ferguson-Bethel College Tenn. (Red Team).

The series will showcase some of the finest college football talent in the country. Players will represent colleges and universities from around the nation and will feature many players that will go on to play professional football. All levels of college football will be represented in the game including NCAA Division I, I-AA, II, III, and NAIA Division I and II.

In addition, throughout the course of the series players will represent colleges from every state in the continental United States and Hawaii. Some of the colleges scheduled for the '97 series include Notre Dame, Florida State, Miami of Florida, USC, Texas, Houston, Pitt, Ohio State, South Carolina, Hawaii, Wyoming, Oklahoma, Louisville, Oklahoma State, Kansas State, BYU, TCU, Tulsa, Virginia, Georgia Tech, Alabama, Arizona State, N.C. State, Boston College, Southern Miss, Texas A&M, Iowa,

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The Yellow Jackets had 9 turnovers in the first half, which escalated into a majority of the Pack's points. The Pack scored 29 points off the Yellow Jackets turnovers.

The Wolfpack have played excellent defense all season, and this game was no different. Perhaps the best defensive performance came from Senior guard Jeremy Hyatt. Hyatt held Georgia Tech forward Michael Maddox to 3 points and 0-of-7 shooting. Ishua Benjamin also did a great job on Matt Harpring.

Harpring scored 17 points, just 2 under his season average, but also turned the ball over nine times, compared to the Pack's 10 on the game.

The Yellow Jackets shot a poor 40 percent from the field and 10 percent from the three point line. This marks the 4th straight loss for Georgia Tech. The Wolfpack are now 11-13 overall and 3-12 in ACC play. With just two games remaining in regular season action the Pack can still finish at 500 by defeating Florida State and Wofford.

Wolfpack Women Third Seed in ACC Tourney

Staff Report

The Nubian Message

After defeating Georgia Tech on Sunday afternoon behind the efforts of Senior guard Umeki Webb, the N.C. State Wolfpack women earned the number three seed in the ACC Tournament to be played at the Independence Arena in Charlotte, N.C.

State will play in the quarter finals on Friday, Feb. 28, at 8:30 p.m. versus number six ranked Clemson. Clemson finished the regular season with a 17-9 overall record and an 8-8 ACC record. This will be the third meeting between the two teams this season, with the Tigers winning the first game in Clemson back on Jan. 8, 60-54, and the Wolfpack winning the second, 64-53, in Raleigh, Feb. 5.

The Wolfpack holds a 33-15 lead in the series. Clemson has an all-time record 18-18 in the ACC Tournament and was the tournament champion in 1996. NCSU leads the ACC Tournament series over the Tigers 6-2, most recently losing in 1994 in the quarterfinals, 73-52.

As the regular season ends, three Wolfpack players have been named All-ACC by the ACC Sportswriters' Association. Chasity Melvin, the junior center, was chosen as a first team ALL-ACC selection, while Umeki Webb was also named to the ALL-ACC team. Freshman Katie Smrcka-Duffy received the most votes for the All-Rookie team. Smrcka-Duffy and senior guard Jennifer Howard were also honored with an honorable mention All-ACC selection.

Extra! Extra!

The Nubian Message

needs ...

Sports Writers!!!

If you think you have what

it takes, do one of the follow-

ing:

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

...

Help make the Afrikan-American Voice of

N.C. State get a little louder,

ACC Standings

	ACC	Overall
Duke	11-3	22-6
Wake Forest	11-4	22-4
North Carolina	9-5	19-6
Maryland	9-5	20-7
Clemson	8-6	20-7
Virginia	6-9	17-11
Florida State	5-10	15-10
N.C. State	4-12	12-13
Georgia Tech	3-12	9-16

Upcoming Schedule

Thursday, Feb. 27
Maryland at Duke

Saturday, March 1
Clemson at Georgia Tech
Wake Forest University at Florida State
Wofford at N.C. State

Photos!! People!!! Free Social Events!!! Come take pictures for the Nubian. Be the "eyes" of your people. Call 515-1468 or come up to 372 for an application. You'll be glad you did.

CULTURE

Delaneys 'Say' Stewart

By Carolyn Holloway
Managing Editor

If you heard the rave reviews for "Having Our Say", then you still had to be amazed at the performance given by Lizan Mitchell and Micki Grant Saturday, Feb. 22 at Stewart

play focused on the spectacular life of two hundred-year-old sisters who proclaim that they have led a normal life and consistently ask the question, "Why would anyone be interested in writing a story about two old ladies?"

Lizan Mitchell, who played Bessie Delaney, embodied the

spiritually enter into the hearts of each audience member - allowing them to feel the joy, pain and love of being born in 1891. Historically, this was a time when it was easy to deny the importance of being Afrikan American, (or colored as the Delaneys will always say) when Afrikan Americans were still mentally enslaved.

Grant, who portrayed Sadie Delaney, actualized why Sadie was called "Sweet." A momma's girl by heart and keeper of the family by choice, Sweet Sadie did not miss what she did not have because family was all that she was ever given. As the oldest of the Delaney sisters, Sadie sacrificed her life to making sure that the family was intact.

Grant also made Sweet Sadie feel as if she were the storyteller and little kids were sitting at her feet tugging her leg for more information about the family. Sadie's quiet spirit and compromising attitude identified her character and spirit with so many other Afrikan Americans who were born in 1889.

"Having Our Say" exemplified the hard work of the actresses straight from Broadway performances, the efforts of NCSU's Center Stage, St. Augustine's College, and countless others who played major roles in making "Having Our Say" a reality for all persons interested in continuing the great Afrikan oral tradition.



Guest Photo: Roger Mastroianni

Lizan Mitchell as Dr. Bessie Delany and Micki Grant as Miss Sadie Delany in *HAVING OUR SAY*, written and directed by Emily Mann, adapted from the bestseller, "Having Our Say: The Delany Sisters' First 100 Years," about the centenarian Delany sisters and their reflections on 100 years of American Life.

Theater. With a combination of personal skill and Broadway experience, Mitchell and Grant exemplified the phenomenal life, the complex but simple attitudes and the history making of Queen Bessie and Sweet Sadie Delaney.

Set in Mount Vernon, N.Y., the

feisty spirit, uncompromising desire and action to be physically and mentally free, as well as the unconditional love for family that Queen Bessie staunchly made a part of her life and character until her death in 1995.

Mitchell made Queen Bessie

**I am a Black, a Negro, or Afrikan American,
but nigger I am NOT!!!!!!**

You question my beginning, my history
But that does not determine my destiny
You made me follow your "Jim Crow" laws
But still FREEDOM I saw
You made me sit at the back of the bus
But soon I got tired and made a fuss
You made me to work in the fields all day
Not knowing at night I would steal away
You told me to "stay in my place"
However I am from a persistent race
You beat my people and hung them from a tree
But listen, that actually encouraged me
You made me think I was less
But in the end my people got the best
You tried to keep me in slavery- BOUND!
Well, that is until my inner beauty I found
You called me names- nigger most often
But my talents, hopes, and dreams still were within
A nigger (ignorant person) I would say is you
Because to yourself you weren't being true
You see my people have and still achieve a lot
I am a Black, Negro, or African-American but nigger I am NOT!!!

AlTonya LaShane Sykes

What is Blackness?

By Kimberly Pettaway
Opinions Editor

you are anti-white or anti-Native American.

Dr. Thomas Conway was the last faculty to render his opinion on the panel. Dr. Conway stated that the "essence of being black is the essence of being human." He also powerfully recited a poem by Ruel Ne Ebo.

After the panelist rendered their opinion of what blackness was, Ruel Williams open discussion to the audience.

One student beckoned for clarity in the definition. He asked if "blackness was the quality that could be possessed by anyone or is blackness just only for certain ethnic groups.

In response to the question, Dr. Moses asked the audience to define blackness. She asked if blackness was "being able to bop, sing or speak Ebonically." To this question laughter was expressed from the audience.

Todd Waldo, a senior in Communications, spoke about the lack of concern of color when younger. He stated that "sometimes qualities associated with being black may be learned."

The issue of stereotypes was discussed. Mr. Turner commented that the main problem is "when we left others define ourselves." The Afrikan proverb can into mind: Until the Lions have their own historian, the tale of the hunt will always glorify the hunter. Ms. Ajuba Joy statement fell into line with the conversation. She stated that "We have to write our own story. The pen is very mighty, tell our story."

Although the conversation was very productive it is up to one to get their own definition. In the words of a member of the audience "to make sense of ourselves, we must try to define what blackness is not!"

On Monday, February 24, 1997 at 7:30pm Black Students Board engaged in the first of week long events in their "Celebration of Blackness" Week.

The lecture that started off the week was entitled "What is Blackness." In order to truly decipher what blackness is, a panel of faculty was on hand to render their opinion.

Those on the panel were Lathan Turner, Coordinator of Afrikan American Student Affairs, Dr. M. I. Moses, Director of the Afrikan American Cultural Center and Dr. Thomas Conway, the Assistant Dean of Undergraduate Studies.

Ruel Williams, a co-coordinator of "Celebration of Blackness" began the program by explaining the purpose of the discussion and rendering an introduction of those who served on the panel.

Dr. Moses, the first to speak began by saying that "Biologically all our blood is the same...red. We live in a country where one drop of so-called black blood makes you black." Dr. Moses also stated that "Connectness to what may be black depends on experiences. We encounter experiences that never happen to others."

Lathan Turner was the second speaker. Mr. Turner stated that "Blackness is an interpretation of who we are." He noted the importance that the youth remember that they are "riding the tidal wave of success because of the struggles of our ancestors."

The younger generation must "press for perseverance" stated Mr. Turner. Many nods of agreement were given when he stated that "to teach pride in who you are as an Afrikan American does not mean

I don't know the key to success, but the key to failure is trying to please everybody.

— Bill Cosby

Treat the world well...It was not given to you by your parents...It was willed to you by your children

— Kenyan Proverb

Living and dying is not the big issue. The big issue is what you're going to do with your time while you're here.

— Bill Jones (Dancer and Choreographer)

A wise person speaks carefully and with truth, for every word that passes between one's teeth is meant for something.

— Molefi Asanté

I used to want the words "She tried" on my tombstone. Now I want "She did it"

— Katherine Dunham (dancer, choreographer, and activist)

It's better to look ahead and prepare than to look back and regret.

— Jackie Joyner-Kersey

Michael Bond Named Ebony Man

By LaTonya Dunn
Editor in Chief

"Fly Like An Eagle," was the theme for this year's Ebony Man contest sponsored by Black Repertory Theatre this Tuesday in Stewart Theatre, and truly

Mistress of Ceremony for the evening, Freddavia Ross, a sophomore majoring in Mass Communication, opened the program with the introduction of Miss True Essence 1997, Nicole Brown, who rendered a dance ensemble and served as the Co-mistress of ceremony for the evening.

The contestants for this year's event — Dale Burkett, a senior majoring in mechanical engineering, was sponsored by the Kappa Omega Chapter of Sigma Gamma Rho Sorority; Michael Bond, a senior majoring in electrical engineering who was sponsored by New Horizons Choir; and Tim Allen, a sophomore majoring in the Art and Design Program who was sponsored by the Afrikan American Design Student Association.

The judges for the evening included, Lathan Turner, Coordinator of Afrikan American Student Affairs; Anona Smith, Director of Student Services in the college of education and psychology; Mo Johnson, Director of YMCA Urban Services; and Jerold Bryant,

Assistant Director of Admissions here at N.C. State.

The first part of the program allowed each contestant to express themselves on issues pertaining to today's society. Burkett pointed out that teen pregnancy, a rise in illiteracy, and juvenile delinquency remain problems because "teachers don't care and don't make children aware of their full potential." He urged the audience to "be role models for these young children in order for them to succeed."

Bond shared with the audience childhood experiences of how he was judged based on the color of his skin, pondering how people could pre-judge him when he excelled academically and was active in sports. Bond was able to overcome this feeling because he "knew God."

Allen expressed his concern through a question he asked the audience repeatedly, "Do you have what it takes to be successful?" Allen stressed the importance of finding help to succeed, which he himself sought from various student organizations on campus such as the Peer Mentor Program and Imhotep Academy.

Brian Hamilton, President of Black Repertory Theatre and Ebony Man 1993, sang a song by Kenny Latimore. The contestants displayed musical and artistic talents for the evening. Burkett sang "I Believe in You" by Whitney Houston, Bond

sang "I'll give You Praise," accompanying himself on the piano and Allen demonstrated his artistic talents with an airbrush.

The next part of the evening would truly determine this year's Ebony Man. The contestants were asked their definition of "What is an Ebony Man?" Burkett said that a true Ebony Man is proud of his manhood and that an Ebony Man is not complete without a "sista." Bond made a reference to the concept of ebony and ivory, of how the white keys lay on bottom while the black/ebony keys adds depth to a song.

He feels an ebony man believes in character building, is unselfish and basically has a heart for people. Tim Allen told the story of Daniel and King Ebekinesha and the type of man Daniel was.

The contestants posed in formal wear provided by VIP Formal Wear and were asked impromptu questions by the judges. All the contestants for this year's Ebony Man were very competitive and each possessed his own unique values of an Ebony Man. Second runner-up Burkett, and first runner-up Allen ultimately yielded to Bond, NCSU's Ebony Man for 1997. Special thanks went out to Dr. Patricia Caple and Ron Foreman along with a host of others who helped make the event possible.

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.

"The thing that I have done throughout my life is to do the best job that I can to be me.

—Mae Jemison

"Excellence is not an act but a habit. The things you do the most are the things you do the best.

—Marva Collins

"...if you have a purpose in which you can believe, there's no end to the amount of things you can accomplish.

—Marian Anderson

Kiapo:
Afrikan American
Pledge of Allegiance

Our unity in sisterhood, brotherhood and struggle is profound, principled and forever. Our struggle is constantly and continually against the oppressor, and against all in us which is in contradiction to our values and the choice we have made. We choose the liberation of our people as our life goal, and struggle as the method to achieve it. Our choice is conscious, full and free, and we accept all risks and welcome all rewards it brings. We have nothing better, more revolutionary or rewarding to do with our lives than to bring into being a new world, a world in which we, our people and our children can live, love and create fully, and stand and walk in a warmer sun.

I Only Want

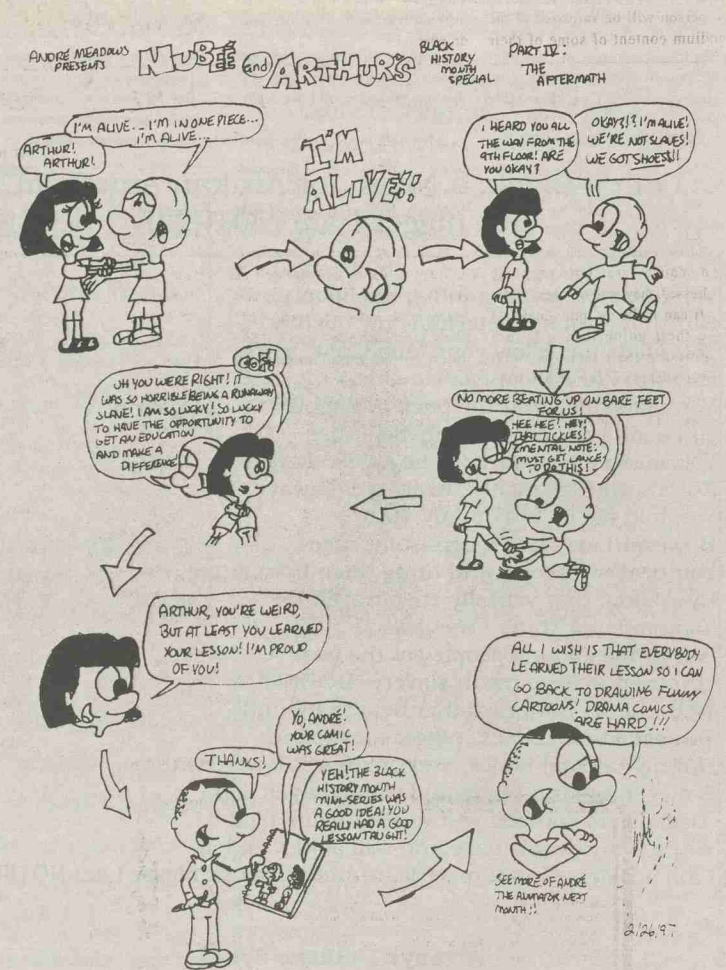
I only want to please you, Lord.
I only want to place a smile upon your face.
I only want to send sweet sounds to your ears.
I only want to please your taste.

I only want to see your glory
I only want to feel our grace
I only want to go to Heaven.
I only want to stand in your presence; in my place.

I only want to send you praises
I only want to know and shout your name.
I only want to feel the spirit.
I only want to dance up a holy flame.

I only want to spread your word
I only want to be saved
I only want to be in your blessed family.
I only want your name to be praised.

Casper!



HEALTH

Q & A on Health Problems

By Randall Haddock
Health Editor

Q: What harm does salt do to the body?

A: The human body strives to maintain a balance of sodium and calcium. Eating too much salt causes your body to absorb more calcium from your bones. With the bone structure missing this essential nutrient, the human body becomes the prime target of such diseases as osteoporosis.

The government recommends that the daily intake of salt for an individual should not exceed the limit of 2400 milligrams. Scientists have also reported that the human body needs 500 milligrams of salt to stay healthy.

The easiest way to cut back is to check nutritional labels. Ten percent of the sodium is a person's diet occurs naturally in food, 15 percent comes from the salt an individual puts on his or her food, and a whopping 75 percent is added to food during processing.

A bowl of chicken noodle soup delivers a person's maximum intake of salt, as do other fast-food meals. A person will be surprised at the sodium content of some of their

favorite yet healthy foods. A glass of tomato juice has 880 milligrams, while the parmesan cheese that many love to add to their spaghetti adds 500 milligrams. Smart shopping alone can cut a person's salt intake in half.

Q: What is the benefit to having earwax?

A: Researchers do not know for sure, but it is probably to protect the ears. The sticky mass is actually a fat that is secreted by glands near the opening of the ear canal, and it seems to keep the skin wall inside the ear well lubricated. Earwax migrates from the canal outward, and it traps and carries dirt as it moves. In addition, earwax is acidic, so it may discourage growth of infectious bacteria.

Experts agree that individuals should have some earwax in their ears. They say that the devices that are used to remove earwax such as cotton swabs and hair pins can have a reverse effect on the wax that may result in blockage of the ear canal.

If an individual thinks that wax buildup is interfering with their hearing, they should try an over-the-counter cleansing kit. Or for a home remedy, squirt a few drops of baby or mineral oil in the ear with a ear dropper.

Q: Could there be a correlation between stress and procrastination, and if so how can it be prevented?

A: Studies have shown procrastinators do pay a price in waiting until the last minute to perform tasks. In contrast with those who do attend to tasks quickly, procrastinators experience greater amount of stress and get sick more often.

The reason for this link between stress and procrastination is because as your body engages in tasks your brain works hard to keep your body in working condition until the task is completed. Given that, if an individual performs a task that is last minute or sudden, then the brain works even harder to keep messages going to different parts of the body that are involved in performing the task. It is this pressure that a person puts on his or her body that causes headaches, colds and stomach aches.

As for the prevention of stress from procrastination, the one clear thing to do is to devise a system that will allow an individual to divide their time among projects so that the last minute deadlines can be eliminated. It is important to know that time management is the key to doing things quickly and effectively.

Eczema: Red and Dry Skin

By Randall Haddock
Health Editor

The skin is one of the most important organs of the human body. It functions as a protective layer to guard against damage that can be done to inner organs. It also serves as an insulator to keep the body warm due to drops in temperature, and as a coolant through the evaporation of sweat during times of temperature increase.

However, with the advantages of the functions of skin comes disadvantages as well. One mainly being skin disorders that are caused by the reactions of the skin to certain fabrics, foods, and fragrances. A skin disorder that has been known to affect many people, but because of the similarities it has with Dermatitis it has been misdiagnosed by a large percentage of individuals—this disorder is known as Eczema.

Eczema is used to describe a variety of conditions where the skin becomes red, dry and itchy.

Many scientists believe that the main factor that distinguishes Eczema from Dermatitis is that it is believed that Dermatitis is brought about by external factors such as contact with certain fabrics, perfumes and dyes, whereas Eczema is believed to be brought about by internal bodily functions.

There are several categories of Eczema that individuals fit into, the most common types are Atopic, Adult Seborrheic and Infantile Seborrheic eczemas.

Atopic eczema is thought to be related to hay fever, allergies and

asthma. People with this particular type of Eczema will usually suffer from at least two out of the three symptoms. It is thought to be hereditary in nature. If a person has a family history of hay fever, asthma, or Eczema then there is an increased risk of it developing the disorder within their lifetime.

Adult seborrheic eczema occurs in adults and usually affects the scalp and head. The skin becomes very dry, red and flaky. People who suffer from it are often treated with prescribed medicated shampoo to decrease the onset of the symptoms.

Infantile Seborrheic eczema occurs in infants a couple of weeks after birth. The skin will appear dry, flaky and wrinkly. Within a few months the condition usually dissipates and is not hereditary.

There are several misconceptions as to contraction of this skin disorder and what complications can result from it.

Eczema is neither contagious nor infectious. The only way that an individual can contract the disorder is if other people within their immediate families have suffered from this disorder.

It is not a life-threatening condition, the only complication is that any area on the body may become infected. The treatment used is the application of antibiotic cream, lotion, or an oral antibiotic. The risk of infection can be reduced by keeping the skin and hands clean, by preventing the skin from drying out. Itching and scratching can be avoided by bathing with a medicated bath oil.

Conquering Grief can Relieve Stress

By Randall Haddock
Health Editor

It is unwise to underestimate the effects of grief experts say. If the negative feelings that a major loss can cause are not properly addressed, they tend to linger on.

It can make an individual feel like their going insane by not expressing their feelings about hurtful situations. So much of what people are taught about grief is wrong. The misconception that most individuals have about grief can fill books.

One common misconception is that we are told that time can heal all wounds, but that is not true. Waiting around to feel better is like waiting for that person or thing that has been lost to come back. What counts is using that time to take appropriate and necessary actions to get an individual on the right track.

The idea that a person can beat grief by keeping busy is another misconception. People think that if they can distract themselves day

after day then the pain will finally go away. What a person should do is to grieve and mourn for what they have lost, to experience pain and then move forward.

Perhaps the worst misconception is that if an individual prolongs the grief long enough, it will eventually dissipate. Men are particularly likely to fall into this trap because they have been taught that their job is to identify problems and solve them and to be strong for others.

If a person finds themselves still hurting from a loss long after the event, here are some things that a person can do about their grief.

First, a person should seek outside help. The best way to cope with a loss is through the exploration of their feelings and moving them through the stages of grief—anger, denial, bargaining, depression and acceptance. This often requires the support of others because most people cannot deal with their grief by themselves. They need someone else to help guide them through it.

Get some closure and deal with

the unfinished business that may still exist. There are a variety of things from putting away old papers, photos and clothing to the selling of a home. It is this process that relieves the individual of the emotional baggage that comes with the grief of losing someone.

If an individual feels guilty about the loss, they can counterbalance those feelings by doing good deeds throughout their day.

Keeping the body in good working condition and maintaining one's health will help them function well enough to complete the necessary grief work. Not taking care of oneself is a common way to sabotage the grieving process.

If a person can stomach the work it takes to complete the grieving process, there is usually a reward: One day they may wake up and suddenly feel the force of life going through their veins again. They may realize that for the first time, they may actually want to participate in life. This is how people know they are on the correct path to enjoying life.

The Hidden Causes of Fatigue

By Randall Haddock
Health Editor

Fatigue usually results when the body has not had enough sleep. However are there days when you feel exhausted and you do not know why? You got plenty of sleep the night before, there was no noise on the hall, no fire alarms in the middle of the night, but by noon the next day you are dosing off during a class lecture.

What you do not know is that there are underlying forces that surround you that contribute to the fatigue that your body experiences. If you can spot them, chances are they can be beaten. Here are some of the most common explanation as to the cause of fatigue:

One possible explanation of fatigue can be the lack of water in your diet. Once you feel that you are thirsty, one to two percent of the fluid in the body is lost. With this lost of water in the body, a decline in physical performance is eminent. To solve this problem keep a container of water accessible to you at all times and be sure to drink an appropriate amount of water each

day.

The presence of too many carbohydrates in your diet can also result in fatigue. Men and women who eat only high-carbohydrated meals restrict their protein levels. Carbohydrates releases the chemical Serotonin which is a chemical that calms the body. Protein causes the body to produce Dopamine, which has the opposite effect.

A reduction in your overall carbohydrate intake is not needed. It is advised that a combination of the two groups be implemented when eating meals.

It is known that certain antihistamines, cold medicines, and cough syrups can make you drowsy. But what is not known is the list of other drugs that are potential energy absorbers. These include painkillers, such as Ibuprofen, which is found in Advil and Nuprin and a few asthma and blood-pressure medications. It is recommended to talk to a physician for possible non-sedating alternative medication.

The elimination of these hidden causes can have a positive effects, leaving you with plenty of energy to carry on through the day.

Rape 101.

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

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

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

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

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OPINIONS

Something Inside So Strong

By **Kimberly Pettaway**
Opinions Editor

Excuses are easy to render yet so hard to take. There always appears to be some kind of justification as to why something happened or failed to occur.

It is almost second nature to expect others to accept our slackness but we will not tolerate procrastination on the behalf of others. Why is this so?

Others may receive the blame for our mistakes because some way, somehow they hindered our progress.

It is essential that we take charge of our own destiny. We must no longer wait on some mythical factor to make right our wrongs. If we are to reap the benefits of a steadfast toil, we must be willing to accept the labor that comes along.

Bessie Delany once said: "I thought I could change the world. It took me a hundred years to figure out I can't change the world. I can only change Bessie. And honey, that ain't easy either."

The toughest battle that mankind will ever face is the taming of the

inner spirit. We are often engaged in various activities that we fail to take time for ourselves. When issues are confronted they should be confronted by a whole person...physically, mentally and spiritually. You are no good to a cause if you come prepared for battle half-equipped.

It is evident that racism, poverty, political oppression and disease are issues that affect everyone, whether directly or indirectly.

Yet and still, before we begin to confront any of these issues worthy of concern we must confront ourselves first and foremost.

We must take the much needed time to get to know, love and respect ourselves. Realize that we are not perfect.

It is important that everyone understands that they are a unique individual with something to contribute to humankind. Collectively, with nourished souls, we can make our tomorrow a better day.

Your inner being is just that...yours. It is up to you to maintain your sanity in a world of constant turmoil. Develop your spirit. After all, you are the one who will have to live with your worst critic...yourself.

Often we are extremely hard on ourselves. Perhaps this is because we understand our potential like no one else can. We know when we could have done better and when we did the best we could.

Whether or not you reach your goals in life depends entirely on how well you prepare for them today. If you desire something bad enough, nothing will hinder you from obtaining it. You will find a way to survive and capitalize.

Nothing ponders the mind more than insecurity. Often times when a task is not completed our mind becomes bogged down with what-ifs.

What if I had done this instead of that? What if I had waited a little while longer instead of being so impatient, would things have been better?

Sadly, one will never be able to answer these questions. Do what you need to do today so your tomorrow will not be filled with doubt.

It is important to note that life's champions are not trained by scholars. They are the successful mold of something they innately possess. No one can take it away, because no one gave it.

Our Beliefs

By **Kimberly Pettaway**
Opinions Editor

Our beliefs are what motivate us to do the various things we do. Our beliefs shape our view of the society in which we live. Our beliefs help us choose who and what we will associate with.

Millions of Americans believe in the concept that there should be a job available for everyone who desires to work. However the country that we live in is corporately controlled.

Many people believe they should live in a disease free environment, yet many voluntarily engage in unprotected sex. Many are mentally enslaved to crack and heroine.

We no longer need the whip or rope of a slave-master to kill us, we are doing it ourselves. Although African Americans only constitute 12 percent of the population in the United States, we represent 34 percent of the AIDS population in the U.S.

Millions of Americans proudly proclaim that America's greatest strength is her vast ethnic and cultural diversity. Not saying that America has to respect her people of evident differences, just have them here for the census.

Millions of African Americans want to reap the benefits of their ancestors' hard labor. However, they do not see the need to lay a concrete socioeconomic foundation for those who will follow after them.

Many of Americans believe that in all mankind there are only two races - White and Black. Oftentimes

maximizing their struggle, they forget that others too have suffered and continue to struggle to obtain dignity, respect and their innate rights.

Many in mankind believe in some form of a Creator. Many are extremely spiritual. Yet if you do not engage in the same religious practices and beliefs that they do you are a lost cause. You must see their light.

Many African Americans boldly criticize those they believe are not truly "conscious" brothers and sisters. However, these same powerful people can not get over the issues that constantly divide the African American community. Many still possess color and hair complexes. They are so enlightened, they choose not to aide those they perceive as "lost" individuals.

Many Americans are dissatisfied with the political system. These same will not take an active role in the government. Many do not see the need to vote. We elect and reelect people into office who promise big things but once in office they attend to their personal agenda.

Millions of America behold the "American Dream." Many do not see the need to have their own dreams and aspirations.

Many of Americans love to engage in "intellectual" conversation but do not see the need to engage in respectful listening. An African proverb states that: If you are greedy in conversation, you lose the wisdom of your friend.

Our beliefs define us. Yet and still our actions must not be contradictory to our beliefs.

Afrikan American Quotes

If there is no struggle, there is no progress.
— Frederick Douglass

Opportunity follows struggle. It follows effort. It follows hard work. It doesn't come before.

— Shelby Steele

Presumption should never make us neglect that which appears easy to us, nor despair made us lose courage at the sight of difficulties.

— Benjamin Banneker

Even the smallest victory is never to be taken for granted. Each victory must be applauded, because it is so easy not to battle at all, to just accept and call that acceptance inevitable.

— Audre Lorde (poet and writer)

Mother's credo: "There's no such word as can't."

— Constance Clayton (educator)

Whether you have a Ph.D., or a D.D., or no D, we're in this together. Whether you're from Morehouse or No house, we're in this bag together.

— Fannie Lou Hamer

My sitting her now is the result of people, black people, and people of good conscience in particular, fighting a struggle in the real world, changing the real attitudes and the real social situation.

— Danny Glover

The dream is real, my friends. The failure to make it work is the unreality.

— Toni Cade Bambara

We must teach our children to dream with their eyes open.

— Harry Edwards (sociologist)

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Editorial Policy

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

The Nubian Message is published weekly, on Thursday each month during the Fall and Spring Semester, except during holidays and exam periods.

Letters to the Editor

The Nubian Message encourages "Letters to the Editor", however, some basic guidelines must be followed. Letters of campus, community or public interest are given first priority. Letters must be limited to 350 words and legibly written, typed or properly formatted (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.

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