

# THE NUBIAN MESSAGE

Volume 5, Edition 25  
March 27, 1997

Knowledge



What's Goin' On?

## AASAC

The Afrikan American Student Advisory Council will hold its annual planning retreat April 4, at 3:30 p.m. in the Afrikan American Cultural Center. All organizations are urged to attend.

## Resident Organizations

The resident organizations of the Afrikan American Cultural Center, are sponsoring the "He'p Us, He'p Us" raffle as a fund raiser for the Afrikan American Cultural Center. Tickets are \$1. Prizes include dinner for two at Rock-N-Reggae, artwork, and a color television. For more information, call 515-1468.

## Pan-Afrikan Festival Parade

On Saturday, April 5, at 11 a.m., Black Students Board will kick off the third annual parade led by Grand Marshal Wisdom Martin of WRAL. The parade will feature marching bands, drill teams, queens, dignitaries and local organizations. If you are interested in participating in this event please contact Karsten Tyson or Sontina Spinks at 515-5918. For all other information call 515-2451.

## New Horizons Choir

The New Horizons Choir of will celebrate its 20 Year Anniversary on Sunday, April 6 at 4 p.m. in Stewart Theatre. Tickets - \$2 for students and \$3 for general admission - available at Ticket Central 515-1100. For more information, contact Eleania Ward at 515-8280 or Ron Foreman at 515-2451.

The Afrikan American Voice of North Carolina State University

## Afrikan American Candidates in Spotlight

By **LaTonya Dunn**  
Editor in Chief

Student Body positions for the 1997-98 academic school year opened on Wednesday, March 26. Afrikan American students running for major positions including Ricky Livingston for Student Body President, Aimee Smart for Student Center President and Alvin Sturdivant, who is running for Chief Justice.

Ricky Livingston, a senior majoring in sociology and Afrikan American Studies has an extensive history in student activities around the N.C. State community. This year he served as executive assistant to the student body president as chief of operations, UAB Lectures Committee chairman and coordinator for student programs at Student Health Services. For the past two years, Livingston has served as president of the Society of Afrikan American Culture, member-at-large for R.E.A.L. Men, board member of Chancellor's Liaison and during the fall of 1995-96

resident adviser for Metcalf and Tucker Halls.

Some key issues on Livingston's platform concerning academic and campus related issues include: advising, plus/minus grading system, access to teacher evaluations, safety on and near campus, and access to computing facilities.

Concerning student government internally Livingston is dedicated to enhancing administrative responsiveness to student concerns, and streamlining procedures for submitting requests for funding. "My motto is, Student Representation and affordability," Livingston said.

Aimee Smart, a sophomore majoring in microbiology, is running for student center president. Smart says, "the mission of the Union Activities Board has been to provide programming for the student body, and we have been moderately successful. However, I intend to bring the UAB to another level. I want students to be able to come to my office and talk to me about what they would like to see happen on campus. I see the UAB as ears lis-

tening to organization and student programming needs."

Smart has had two years experience with UAB and served for the past year as Leadership Development Committee chairman. She plans work on increasing the efficiency of the board through a complete restructuring, promoting student awareness of activities, involving off-campus students in events, and promoting unity among campus organizations.

Alvin Sturdivant, a junior majoring in psychology with a concentration in Pre-Law echoed the words of the late great Martin DeLany, a prominent abolitionist. "Our elevation must be the result of self-efforts and work of our own hands. No other human power can accomplish it. If we but determine it shall be so, it will be so."

Sturdivant went on to say, "one of the main goals of the Judicial Board is to promote and ensure the academic integrity of the university by removing and/or educating any and all students who illustrate a lack of ability to perform normally and obediently as defined by the

Code of Student Conduct."

Sturdivant has held an active role in the NCSU community; a resident adviser in Tucker Hall for the past two years, and sports editor of The Nubian Message. Sturdivant is also a trained Peer Health Educator, member of the Big Brother/Big Sister Program and a former Peer Mentor.

As Student Body Chief Justice, Sturdivant hopes to ensure adequate advising to all students brought before the board, consistency in sanctions and fair and just sanctions as outlined by the Code of Student Conduct, and to ensure that sanctioning is not arbitrary, but has some educational value to the student charged and found guilty under the code.

Voting will take place April 7 and 8. This year, students can vote at several polling locations including: Fountain Dining Hall, University Student Center, Quad C-Store, Syme C-Store, Tunnel Inn C-Store and Centennial Campus C-Store. In order to vote this year, a valid NCSU identification card is required.

## Chambers Opens Human Rights Week

By **Kevin D. Atkinson**  
Staff Writer

On Monday March 24, the fourth annual Human Rights week was officially kicked off with an opening ceremony at 12:15 on the Brickyard of NCSU. Following the ceremony was a discussion in the Brown Room of the University Student Center, entitled "Human Rights in Haiti".

The keynote address, however, was the highlight of the evening. The keynote address featured none other than Dr. Julius L. Chambers, chancellor of N.C. Central University. Dr. Chambers grew up in East Charlotte in the late 30's where he learned about racism at an early age.

Dr. Chambers graduated high school in 1954 and was determined to further his education. He attended N.C. Central University and

graduated summa cum laude with a degree in history. Chambers then attended the University of Michigan where he received his master in History. In 1959, Chambers entered the University of North Carolina at Chapel Hill Law School and graduated first out of a class of 100 students in 1962. Dr. Chambers then taught at the Columbia University Law school while earning a masters of law.

Dr. Chambers commented at the beginning of his address, "I think what you all are doing is extremely serious.", on the topic of human rights week. Chambers discussed many topics plaguing the society of America today. He remarked about the University of North Carolina School system as well as the idea of integration.

Dr. Chambers has made countless contributions for North Carolina as well as the country. He opened up a law firm in Charlotte

and it was one of the first integrated law firms in North Carolina. His law firm handles mostly cases that deal with civil rights issues.



View of Human Rights as History

1997

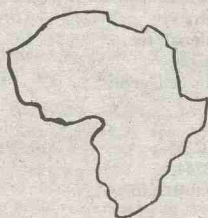
He has opened up offices in New York, Washington and Los Angeles to further help the struggle.

"We're coming to a point where people think that we don't need special programs to assure equal rights for all," commented Cham-

bers. Some people believe we don't need to consider race an issue anymore. Chambers believed that we were not at that point yet.

Chambers felt that we're not even at a point where we can come together and communicate in a type of forum to discuss. He digressed to his earlier days, when graduated from Carolina at the top of his class and how hard it was for him to get any type of job. Chambers being a very qualified person at that time could have gotten any type job if he were the right color at that time. It's not fair that people are judged by their ethnicity or race.

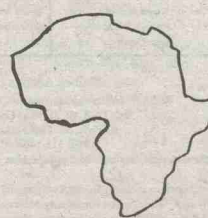
After the address, Chambers opened the floor to any questions and the audience responded rather nicely. Chancellor Monteith even got involved in the whole discussion about what we could do to help heal this society. After which a brief reception was held.



• N.C. State football prepares for an awe-inspiring season. New recruits look promising. Could State football be in for a "Cinderella" season?

• From the secret of longevity to eliminating headaches, Randall Haddock and the Nubian Health staff have the answers

See Page 6





## NOW President Ireland Addresses Campus

By LaTonya Dunn  
Editor in Chief

As a part of the third annual Human Rights Week, Patricia Ireland, President of National Organization for Women spoke on the importance of activism and how individuals can make a difference. Ireland is one of the most influential leaders in the country. She has used her extensive legal credentials and history of personal activism to move NOW to the forefront of the political scene.

Ireland, the author of "What Women Want," reveals the path she herself has taken and the direction in which the country must go now. Ireland's job as a stewardess for Pan-American launched her career as a feminist political leader. It was an era when women were subordinate to men in the air, fired for getting pregnant and faced sexist advertising campaigns. When Ireland's

husband needed dental care, she discovered that Pan American would not cover him under her employee health plan, although it did cover the wives of her male coworkers. With the help of a local NOW organization and affirmative action laws, it won her equal benefits and served as her driving force. After leaving the airline, she went on to pursue a career in law and became a leading feminist advocate.

Ireland shared with the audience that the feminist movement as allowed for the legalization of birth control, abortion, voting rights acts passed, pregnancy discrimination, battered women shelters, gay/lesbian rights inacted, ect. The movement has also changed public opinion and language. For example, instead of gender directed terminology like, "policemen, crossboys and firemen, the language has been shifted to police officers, crossguards, firefighter, flight attendance, ect.

### Black Finesse Modeling Group

On Monday, April 7, at 7:30 p.m. in Stewart Theatre, Black Finesse will present its spring fashion show. Tickets are \$2 in advance and \$3 at the door. For more information please call 512-9712 or 512-7953.

### Klapor African 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.

With only the permission of our ancestors and our elders do we proudly print this and all editions of The Nubian Message. Always keeping in mind and spirit: Dr. Yosef ben-Yochannan, Dr. John Henrik Clarke, Dr. Leonard Jefferies, The Black Panther Party, Mumia A. Jamal, Geronimo Pratt, Dr. Lawrence Clark, Dr. Augustus McIver Witherspoon, Dr. Wandra P. Hill, Mr. Kyrin 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

## THE NUBIAN MESSAGE

The African American Voice of North Carolina State University

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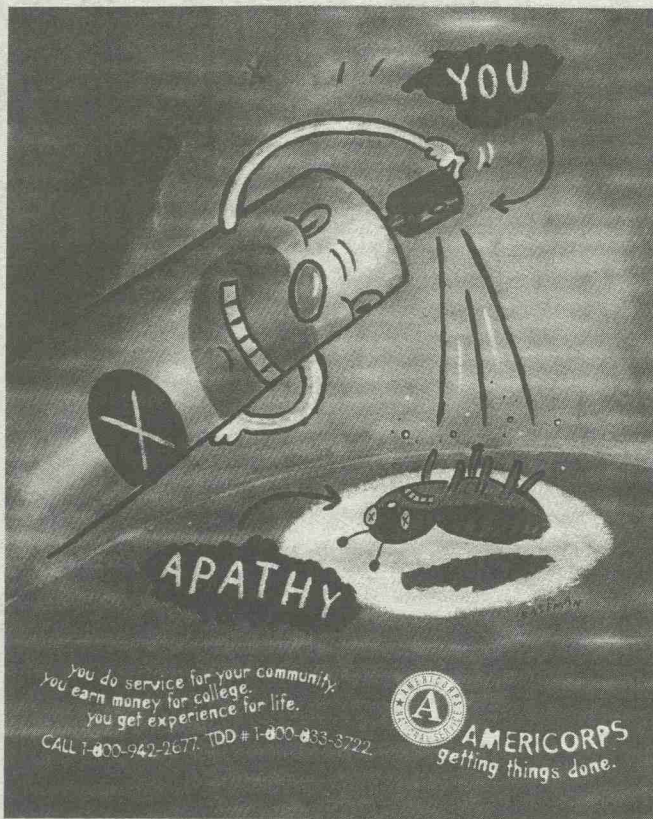
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As we are very committed to accuracy in our reporting and writing, we appreciate reports of any errors you may spot. To serve the community accurately and effectively, your feedback would be greatly appreciated. Please use the above address to do so.



### OUTSTANDING RESEARCHERS SOUGHT

The annual undergraduate research symposium will be held on April 17. Undergraduates in all departments involved in scholarly research under the supervision of one or more faculty members are eligible to participate.

The research project must be summarized for publication in the Symposium Proceedings in the form of an abstract of 300 words or less. On the day of the Symposium, the student author(s) must present their research project in poster session format during one of two three-hour periods.

There are four award categories - biological sciences, engineering and technology, humanities and social sciences and physical and mathematical sciences. A team of faculty judges will select the most outstanding contributions in each category for special recognition. The prizes are presented by Sigma Xi, and consist of a certificate and a small monetary award.

Applications forms can be obtained from the departmental offices and from the World Wide Web at <http://www.ece.ncsu.edu/cacc/ugrs/>.

### American Chemical Society- Ford Travel Grant

PMSE is pleased to solicit applications for the Ford Travel Grant Awards, sponsored by Ford Motor Company, which provide \$500 of partial travel support to graduate women or under-represented minority men to attend and present their research at National American Chemical Society meetings. Four awards are made annually, two at each of the National ACS meetings. Selection is competitive.

Eligibility requirements are: Female or under-represented minority male graduate students performing research in fields related to Polymer Science and Engineering, U.S. citizenship or permanent resident status, full time graduate students at the time of application and concurrent preprint submission to PSME.

Application of eligible students is as follows:

1. Copy of the preprint which was submitted to PSME describing their research. Preprint should be written in the style conforming to ACS submissions procedures. Guidelines are published in PSME Preprints.
2. The Application Form certifying eligibility, with advisor's signature.
3. Letter of recommendation from research advisor.
4. Deadline for receipt of application materials will coincide with the deadline for submission of PSME Preprints.

Send application materials to:

Professor Peggy Cebe

Physics Department, Tufts University

Science and Technology Center Room 208,

4 Colby Street

Medford, Mass. 02155.

phone: 617-627-3744.

e-mail: [peggy@cebe.phy.tufts.edu](mailto:peggy@cebe.phy.tufts.edu)



# SPORTS

## Recruits Review

### Nubian Sports' Recruits Review '97 Sports Staff Report

In an effort to establish N.C. State football as an ACC powerhouse, Coach Mike O'Cain and his staff have recruited what may be considered by many as one of the most powerful and strong recruiting classes in the nation. O'Cain focused on the weak points of the team and recruited accordingly, grabbing the nation's best to serve the purpose of bringing a winning tradition back to Carter-Finley Stadium.

#### DEFENSIVE LINEMEN

Derek Allen

6'2, 270  
Duluth H.S., Duluth, Ga.  
Coach Mike Strickland

Selected to USA Today's prestigious "Super 25" team in preseason. Two-year starter at defensive end and defensive tackle for Duluth. Timed at 4.9 in the 40, bench presses 375 pounds and can squat close to 500 pounds. Made 68

tackles, including nine sacks and 10 tackles for a loss, caused six fumbles and returned one fumble 35 yards for a touchdown during his senior season

Named to The Atlanta Journal-Constitution Class AAAA all-state team. Rated

No. 13 defensive lineman in the SEC Region and all-American by PrepSTAR.

Honorable mention Player of the Year for the State of Georgia by USA Today.

The National Recruiting Advisor graded him a 5.3 on a 6.1 scale. Earned

Gwinnett County Defensive Lineman of the Year following his junior year, when

he totaled 70 tackles, and eight sacks and helped Duluth to a 7-3. His coach Mike Strickland also coached former NCSU standout quarterback Terry Harvey. Picked the Pack after considering Alabama, Tennessee, East Carolina, Notre Dame and Virginia.

William Brown  
6'4, 260  
Varina H.S., Richmond, Va.  
Coach Ed Bulheller

He is quick for a big man and has good technique. Three year starter at Varina High. A two-way star, playing tackle and fullback in short-yardage situations. Finished his senior season with 54 tackles, including 23 initial hits, and six tackles for lost yardage. He also had four sacks, forced two fumbles and recovered a fumble. Bench presses 350 pounds, squats 500 and runs a 5.0 40-yard dash. As a senior he was a member of the all-region, all-metro and all-district teams. Led 1996 Varina team to a 9-2 record and made the first round of the 3A playoffs. Rated No. 11 defensive lineman in the ACC Region and All-America by

PrepSTAR. A second-team all-region selection as a junior. In 1995 led Varina to a 9-4 finish and a berth in the

state semifinals. Richmond Times Dispatch rated him on its Virginia Top 30

prospect list. Comes from the same high school as NCSU 1976 All-ACC lineman Mike Fagan. Also recruited by Virginia, Virginia Tech, West Virginia and Maryland.

Darius Bryant  
6'3, 253  
Lakeland H.S., Suffolk, Va.  
Coach Ed Smith

Has tremendous agility for a big man and is quick off the ball. Clocks at 4.75 in the 40. Superprep labeled him one of the MidAtlantic "sleepers."

Four-year starter on both sides of the ball at Lakeside. Finished his senior season with 91 tackles, including 61 solo stops, six sacks and two fumble recoveries. Led Lakeland to a 6-4 record in its first season of competition

at the class AAA level after moving up from the Class AA. An All-American and rated No. 12 defensive lineman in the ACC Region by PrepSTAR. Earned

first-team All-Southeastern 3-A District honors on both offense and defense

in his senior season. Recorded seven sacks, 60 tackles, one interception and

one fumble recovery for an 8-4 team that reached the regional finals his junior year and earned first-team 2A all-state and all-district honors. Named first-team Class AA All-State by the Virginia High School Coaches Association as a junior. Throws the shot put and discus in track and field and has advanced to the state championships in both events. Picked the Pack

after considering Wake Forest and James Madison. Interested in majoring in biology.

Rashad Streets  
6'3, 280  
Riverdale Baptist H.S., Upper Marlboro, Md.

Played at Hargrave Military Academy last season after committing to the Wolfpack in 1996. Possesses size, strength, intensity and an overwhelming

desire to win ... Started all season at Hargrave for a team that finished 5-5. Played nose guard, defensive tackle, offensive guard and offensive tackle at Riverdale Baptist High School. Played at Hyattsville, Md. DeMatha High School before transferring to Riverdale for his senior year. Had more

than 50 tackles, including 17 for losses, as a senior. Had 15 solo tackles, 27 assists and five sacks as a junior. Had 55 solo tackles, 10 sacks and 10 quarterback hurries as a sophomore ... Named an All-American and rated

the

No. 27 defensive line prospect in the nation by SuperPrep in 1996. Rated the

No. 20 prospect in the Mid-Atlantic region by Tom Lemming's Prep Football

Report. Rated the No. 8 defensive lineman in the ACC area by BlueChip

Illustrated. A two-time all-state performer. Named All-WCAC Conference

following his junior season. Named all-county by The Washington Post ... Threw shot put and discus in his junior season. Played bass clarinet in the

high school band ... Picked the Wolfpack over North Carolina, Maryland, Virginia Tech and Florida.

Andre Wray  
6'7, 272  
Southridge H.S., Miami, Fla.  
Garden City, Ka. Community College

Excellent at putting pressure on the quarterback. Very physical player. Comes to NCSU from Garden City, Kan. CC with teammate and 1997 signee

Greg Derrick. Two-year starter at Garden City CC. Garden City finished the

1996 season ranked fifth nationally with seven players being recruited by Division I schools. Rated among the top 135 junior college prospects in the

nation by PrepSTAR. Was an offensive lineman in high school but moved to

defense at Garden City. Adjusted to defense slowly, making 21 tackles (11

solo), three quarterback sacks and nine quarterback pressures his freshman

year. Finished 1996 with 56 (24 solo), eight quarterback sacks, 12

quarterback hurries and five passes knocked down as a sophomore. Earned

second-team all-conference honors in 1996. Rated No. 16 Junior College player in the country by SuperPrep. Has been clocked at 4.9 in the 40 and bench presses 360 pounds. He also considered Virginia Tech, Cincinnati and Kansas State.

#### DEFENSIVE BACKS

Anthony Cason  
5'9, 175  
Indian River H.S.  
Indian River, Va.  
Coach: Bob Parker

Spent the 1996 season at Milford, Conn. Academy after graduating from Indian River High in Chesapeake, Va. Played both wide receiver and cornerback at Milford. Was one of three wideouts from Milford that received Division IA scholarship offers. Cason led Milford to a 10-3 record and a No. 1 rating

among prep schools. At Indian River in 1995 he was a two-way starter. On defense his senior season he recorded six interceptions, recovered five fumbles, forced six other fumbles and had 71 solo tackles and on offense

posted 28 catches for 537 yards and 12 touchdowns, including two touchdowns

on reverses and a returned punt for 67 yards. Cousin of former Olympic sprinter Andre Cason. Has been

timed with a 4.3 in the 40. Also recruited by Wisconsin, Pittsburgh, Boston College and Virginia Tech.

Lafton Thompson  
6'1, 190  
Norristown H.S.  
Norristown, Pa.  
Coach Roger Grove

No. 27 player in Pennsylvania by SuperPrep. Missed some action his senior season with an ankle injury. Still finished with six interceptions and more than 600 yards rushing. Recruited by Michigan State, West Virginia.

Second team All-Region selection by PrepSTAR.

#### LINEBACKERS

Nathaniel Goodson  
6'3, 240  
Person Co. H.S.  
Person, N.C.  
Coach John Lacy Harris

An intense ball player with good balance and agility. Named to the 1996 N.C.

Shrine Bowl. Is close friends with NCSU quarterback Jamie Barnette who

played at Person. Four-year starter at both linebacker and tight end for Person. Rated one of the top 200

players in the nation by Tom Lemming's Prep

Football Report. Bench presses 340 pounds and has been clocked at 4.7 in the

40. As a senior he had 130 tackles, five fumble recoveries, two

interceptions, six sacks and seven caused fumbles and at tight end had two

touchdown receptions. Earned first team All-Piedmont Athletic Conference

honors as a senior. Had a team high 98 tackles, five fumble recoveries, seven sacks and four caused fumbles as a junior. An all-area and

all-conference selection as a junior. Received scholarship offers from Penn

State, Virginia, Tennessee, South Carolina, Florida and East Carolina. First-team selection on the 1995 Herald Sun All-Area squad.

Corey Smith  
6'3, 225  
John Marshall H.S., Richmond, Va.  
Coach Kevin Adams

A very versatile player who loves to hit and initiate contact. Three-year starter on both offense and defense, playing fullback and linebacker. Has

been timed at 4.6 in the 40 and bench presses more than 300 pounds. Led John

Marshall to a 6-4 record in 1996 and earned all-district honors on both offense and defense. The Richmond Times Dispatch named him an honorable

mention All-Metro linebacker. Smith chose the Wolfpack over Virginia Tech,

Richmond, Hampton, Howard and Delaware.

#### DEFENSIVE ENDS

Greg Derrick  
6'5, 265  
Heathwood Hill H.S.  
Lexington, S.C.  
Garden City (Kansas) CC

Very talented with size and ability. Counted on to make immediate impact for

the Pack. Comes to NCSU from Garden City (Kan) CC with teammate and 1997

signee Andre Wray. Two-year starter at Garden City CC. Garden City finished

the 1996 season ranked fifth nationally with seven players being recruited

by Division I schools. In 1996, the Garden City defense allowed only 203.9

yards per game, 71.3 yards rushing and 132.6 passing. Rated among the top

135 junior college prospects in the nation by PrepSTAR. At Garden City had

22 tackles (19 solo) with three quarterback hurries his freshman season, and

then improved to 64 tackles (38 solo), 11 quarterback sacks and 12 pressures

as a sophomore. Has been clocked at 4.8 in the 40. He also considered Virginia Tech and East Carolina.

Andy VanDerVeer  
6'4, 245  
Charlotte Country Day, Charlotte, N.C.  
Coach Bob Witman

A three-year starter who played both tight end and defensive end in high school. His senior season at tight end for Charlotte Country Day he caught

16 passes for 357 yards and one touchdown. On defense he made 94

tackles with six sacks and two fumble recoveries. Named first team all-state by North Carolina Independent Schools

Athletic Association in both his junior and senior seasons - honored as a

defensive end his junior year and tight end as a senior. Led Charlotte

Country Day to a 10-1 record his senior year,

with the single loss coming in the independent schools title game to Charlotte Latin. Bench presses 275,

squats over 400 pounds and has been timed at 4.9 in the 40. Team captain in 1996. Also plays lacrosse. He was

being recruited by North Carolina, Holy Cross, Dartmouth and Wake Forest.



# CULTURE

## Omegas Rap About Manhood

By **Cassandra Lester**  
Staff Writer

During the academic year, the fraternities and sororities pick certain weeks to provide informational and educational programs to the students at North Carolina State University. This week, March 24th-March 28th, has been designated as Omega Week.

The brothers of the Kappa Lambda Chapter of Omega Psi Phi Fraternity, Incorporated sponsored a program on Tuesday, March 25th that dealt with the issue of the responsibilities of black men. The coordinator of the program was Mr. Darryl Lester, who is the AmeriCorps Project Director.

The flyers posted around campus read "What is the role of the Afrikan-American Male?" Many women could have mistakenly believed that the program was intended strictly for men.

That could explain why the ratio of men to women present at the program was so disproportionate. However, the program was intended for everyone because as Lester stated, "What we're talking about tonight doesn't happen in a vacuum. It involves both men and women."

Darryl Lester posed the question to the audience. "If I said we were going to play a game of football in Harris Field, what would you bring?" There were many responses such as "a team, helmet, and pads." However, those answers were not sufficient, he kept asking "What else?"

When no one could come up with any more answers, Lester put everyone out of their misery by giving the answer that he had been looking to find. He told everyone that first and foremost, we should have answered his question with a question. We should have asked what we were playing, tag or tackle football.

The point of that exercise in thought was to show that his question of football was synonymous to the question of life. Darryl Lester wanted to make the point that we are all running around attempting to answer the questions of our existence without clearly defining for ourselves what the question involves.

By this he meant that if we do not explore and find our own definitions of self, we will never have the necessary equipment to play the game.

After making that point a video segment from the play "The Color Museum" was shown. The segment was about a man named Johnny who was struggling to erase all that he was in order to assimilate into an image of what white society programmed him to aspire to become.

Johnny gave as his reason for assimilating, "Being black is too emotionally taxing. I will be black only on weekends and holidays." After minutes of tense struggle, Johnny thinks he is successful in "killing his rage." However, just as the segment comes to a close Johnny's "rage" or "blackness" reemerges.

When discussing the segment

afterwards Lester remarked, "When you reject who you are and who you are trying to become rejects you, you'll find yourself in a psychological twilight zone." Sadly enough that is exactly what happened to Johnny and what is happening to many of us today.

The main purpose behind the program was to inform black men of how important it is to define their manhood. For those who equate their manhood with their ability to conquer or get as much sex as they can, they have developed the wrong definition. According to the book "Visions For Black Men," that is only the first level in the journey to manhood.

This level is defined as the "male" level. The second level is termed "boy." At this level relationships are possible but the male is still mainly interested in self-satisfaction. On the third level, when men become responsible, accept the consequences of their actions and learn to deal with all parts of themselves (even those parts of which they are not proud) they will have reached manhood.

Whether you believe this perspective on what makes a man or not, it is important to search within yourself and find your own meaning of manhood, because only after you have done so will you be prepared to deal with the harsh realities of the world that awaits.

### STUDENTS INTERESTED IN AFRIKAN AMERICAN STUDIES

**YOU ARE INVITED TO MEET WITH DR. CRAIG BROOKINS, ASSOCIATE PROFESSOR AT NORTH CAROLINA STATE UNIVERSITY, WHO IS A FINALIST FOR THE FACULTY POSITION OF DIRECTOR OF AFRIKAN AMERICAN STUDIES AT NORTH CAROLINA STATE UNIVERSITY WITHIN THE DIVISION OF MULTIDISCIPLINARY STUDIES.**

#### SO PLEASE COME!!

**MEET: DR. CRAIG BROOKINS**  
**WHEN: MONDAY**  
**MARCH 31, 1997**  
**2:30-3:30 P.M.**  
**WHERE: 356 AFRIKAN AMERICAN CULTURAL CENTER**

## HELP

### FOR SURVIVORS OF RAPE AND SEXUAL ASSAULT



## HELP

FOR SURVIVORS OF RAPE  
AND SEXUAL ASSAULT

**CONTACT AN ADVOCATE!**  
**24 HOUR SERVICE**

**CALL THE RAPE & SEXUAL  
ASSAULT RESPONSE LINE**  
**218-9102**

(Sexual Assault Crisis and University Response  
for North Carolina State University)

#### Advocates offer:

- ☒ Confidentiality
- ☒ Crisis Intervention
- ☒ Support, resources and referrals for survivors of rape and sexual assault

Ad paid for by Student Health Services

Yes, I'm personally the victim of deferred dreams, of blasted hopes, but in spite of that I close today by saying I still have a dream, because, you know, you can't give up on life. If you lose hope, somehow you lose the vitality that keeps life moving, you lose the courage to be, and the quality that helps you go in spite of it all. And so today, I still have a dream.  
**Martin Luther King, Jr.**

Lose not courage, lose not faith, go forward.  
**Marcus Garvey**

Life is just a short walk from the cradle to the grave--and it sure behooves us to be kind to one another along the way.  
**Alice Childress**

Is it really so great a leap to teach our children that theft, excess, and bigotry are wrong, or that respecting the persons, property and privacy of others is right?  
**Stephen Carter**

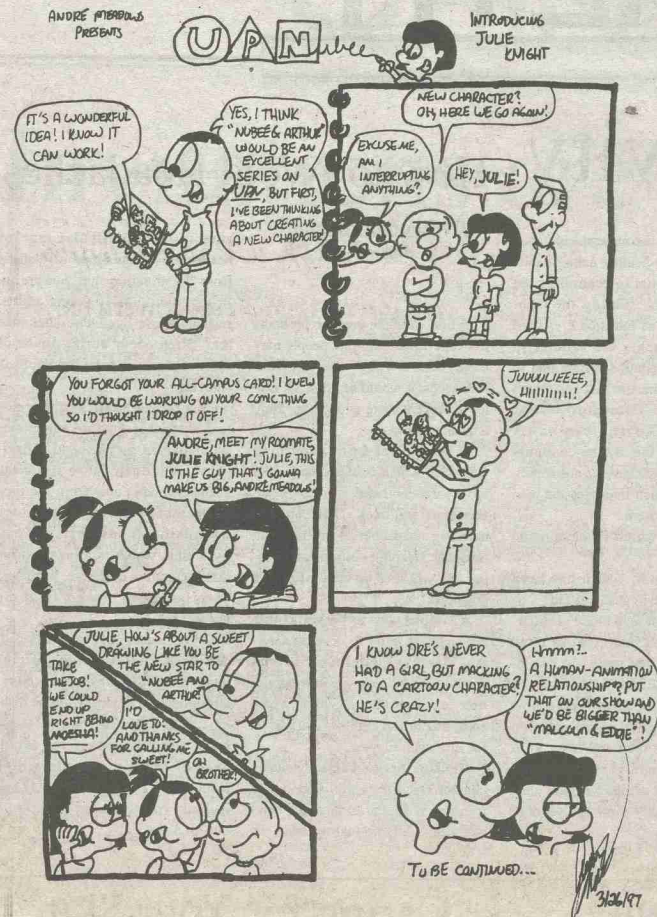
#### IF YOU ARE RAPED...

Get to a safe place.  
Contact an Advocate at 218-9102.  
Call Public Safety at 515-5133 or the Raleigh Police at 911.  
Do not bathe, shower, change clothes or douche--important evidence may be lost if you do.  
Get medical attention right away; you may have internal injuries.  
Accept emotional support and give yourself time to heal.  
Don't blame yourself for the attack; no one asks to be raped.

#### HELPFUL RESOURCES

218-9102.....Advocate Phone Line  
515-5133.....Public Safety  
515-2563.....Student Health Service  
515-2423.....Counseling Center  
515-2012.....Women's Center  
515-9355.....Center for Health Directions  
828-3005.....INTERACT, Raleigh's Rape Crisis Center



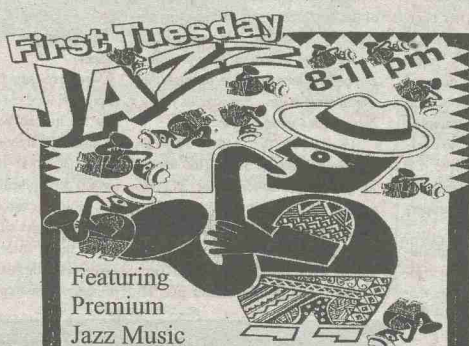


## I HEAR YOU MAN

Yelling at the top of my lungs like in a violent rage, screaming the words  
the words  
The words that you all want to hear  
But nobody's listening.  
Listening  
Listening to these words that everyone wants to hear  
To hear  
To hear  
To hear me  
Hear me please  
Please hear me.  
At the top of my lungs I've been yelling for days, but yet nobody hears the words  
The words  
The words everyone wants to hear /  
But nobody's listening to them.  
Listening to them  
You'd rather hear them, but I am saying the words  
The words you'd rather hear  
You'd rather hear them  
Then hear the words  
The words I am saying  
The words that you all want to hear  
To hear  
Hear me too please.  
Say the words you all want to hear  
Hear the words you all want to hear  
To hear  
To hear me say  
These words  
The words you should hear  
The words in your ear that you should hear  
Yelling, screaming the words, at the top of my lungs, begging you to hear  
The words  
Everyone wants to hear  
Me say the words  
That everyone wants to hear  
But nobody's listening.  
Please listen to me.

Arthur Peoples

## An April Fool's Treat NC State University's Jazz Band & Percussion Band April 1, 1997



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Witherspoon Student Center  
NC State University

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& Girlfriend  
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For More Info Call Walter Davis at 515-5210

African-American Heritage Society  
A Program of the African-American Cultural Center  
North Carolina State University  
Box 7318  
Raleigh, NC 27695-7318

### Call For Papers

The African-American Heritage Society is calling for papers written by college students to be presented at the Seventh Annual Heritage Society Symposium. This event will take place on Saturday, April 19, 1997 from 9:00 a.m. to 2:00 p.m. at the North Carolina State University African-American Cultural Center in the Witherspoon Student Center.

The symposium theme this year, "*Forward Ever: Moving With the Tradition of Excellence*" provides the opportunity for participants to present scholarly papers that exhibit their in-depth research demonstrating the movement toward excellence through past and present academic and cultural experiences.

Students may present papers related to the theme under the broad categories of history, literature, sciences and aesthetics. All papers should be considered a research project and are expected to embody contributions of significant scholars in addition to the presenter's own ideas and opinions. Papers must represent scholarly work with a clear thesis, and the development of a problem toward logical solutions. Once the presentation is completed the presenter must be able to respond to a panel of judges regarding the consistency of the paper. The papers presented will be competitive within each broad category and the winner of each category will receive a monetary prize. Papers presented by first year students will be judged in a single category.

All papers must be 5 to 10 pages in length, double spaced and submitted with a title page and the Heritage Society cover sheet. Applications for presentation (including an abstract) must be mailed by Friday, March 28, 1997 to: African-American Cultural Center, NCSU Box 7318, Raleigh, NC 27695-7318. The application process will only be considered complete when all of the requirements are met. Application may be made in person at the African -American Cultural Center, Room 355 Witherspoon Student Center, or faxed to (919) 515-5173. All presenters must submit a final copy of the paper to be presented on or before Saturday, April 19, 1997. If you have additional questions call (919) 515-5210.

CALL FOR PAPERS

CALL FOR PAPERS

CALL FOR PAPERS



# HEALTH

## Secret to Longevity

**By Randall Haddock**  
Health Editor

As college students, many of us display attitudes of exuberance and being carefree. Many of us take life and its challenges one day at a time, not realizing that the future will inevitably come—but it does.

And before you know it we are watching what we eat, exercising regularly, and for men combing that one piece of hair to the other side of your heads to create the illusion that we have had a head full of hair. However, there are techniques that even young adults can use to combat their own personal wars with aging.

The most obvious and most important step that a person can do to slow the aging process is to remain physically fit. A lot of what people refer to as aging is really a accumulation of a lifetime of inactivity.

Thirty minutes of intense physical activity, which may include walking or swimming will help in the guard against heart disease, cancer and hypertension. Exercise is also

known to be beneficial to the mind because of the constant circulation of blood to the brain helps reduce mental ailments that are associated with aging.

We all know that stress is bad for the human body in numerous ways. It accelerates the release of hormones that have been thought to be involved in the progression in learning and memory. Stress has also been thought to be a contributing factor of the onset of arthritis and the degeneration of cartilage.

To eliminate stress during a hectic day, try meditation. If meditation does not work and you cannot relieve your stress level, the next best remedy is to exercise.

Sleeping may be the body's best remedy for aging. It gives your body the time to make internal repairs and to increase bone and muscle building. In this age of video games and cable television, it is thought that most Americans are sleep deprived. If you find yourself yawning throughout a given day and find yourself sleeping up to 10 to 12 hours on the weekend it is certain

that you could use more sleep.

Developing healthy eating habits are also essential to controlling the aging process. Eating the right foods as well as nutritional vitamin and supplements are crucial in boosting the immune system and to ward off the illnesses that come with age, such as Osteoporosis and Cataracts. Anyone can vastly improve their diet by the consumption of foods rich in these nutrients:

—Zinc, which improves the central nervous system

—Garlic, which is an immune booster

—Potassium, which has been recently shown to be helpful in the reduction of high blood pressure

Lastly, it is important to think young. How you react psychologically in certain situations can be instrumental in determining how well you stop the aging process. Perhaps more than any other anti-aging regimen, a youthful attitude will take years off the way you look, and can possibly even add years to your life.

## How to Avoid Headaches

**By Randall Haddock**  
Health Editor

While over-the-counter products can relieve the pain that people may have when they suffer from headaches, it would be so much easier to prevent them altogether. Here is what you can do.

If you suffer from a morning headache, which is when the pain is mostly concentrated in the head, shoulders and back. The cause of morning headaches is probably an irregular sleeping pattern, or sleeping in improper or uncomfortable positions.

A simple way to prevent these headaches is to try to develop a normal sleeping pattern. A person should try and wake up at a regular time each morning, including weekends, and to use a pillow that allows for firm neck support.

Tension headaches are usually characterized by a dull and steady pain that is similar to having a band wrapped tightly around the head. A

cure for this particular type of headache is to meditate or distress from the situation that you are in. People, particularly young adults, receive these headaches because they often occur during times of intense mental activity such as studying.

Diet-related headache are persistent headaches that are sometimes accompanied by periods of dizziness. A hidden cause for these headaches can come from the type of preservatives that are hidden within the foods that we eat. Tyramine, which is a preservative that is common in cheese, wine, and beer has been linked to these headaches.

Other causes that are related to diet headaches are high caffeine intake and MSG, which is a preservative common in most Chinese dishes. The prevention of these headaches rely upon the avoidance of foods that contain high amounts of Tyrosine and MSG and to limit your caffeine intake to 8 ounces daily.

## Rejuvenating Your Workout

**By Randall Haddock**  
Health Editor

When starting a workout regimen many individuals feel aches and pains. And it seems that for the next couple of months they are reaping the rewards that occur when becoming physically fit. What seemed harder then is much easier now. But then the benefits start not to become so obvious.

The individual seems to be investing the time and effort, but it does not seem that they are not getting the same results anymore. Could it be that they are stuck in a frustrating fitness slump. If so, here are ways to bring vitality back into your workout.

1. Skip the rewards. Exercising makes individuals feel that they must reward themselves in subtle ways. Larger meals, snacks, or even a beer after an intense workout can negate the calories that have already been burned. Positive ways for rewarding oneself is getting enough sleep or snacking on healthy foods such as fruits and vegetables.

2. Improve workout form. If an individual is going through the same old running or weight routine for over a year, it may be that the person is no longer using the proper workout form, and therefore could have decreased the workout intensity in his or her workout routine. Things such as leaning over the bars of an exercise bike or a stair climber, instead of supporting your own weight, can have a negative impact on the burning of calories.

3. Provide challenge for the body. If an individual still has proper form, it could just simply mean that he or she needs to reach a new plateau in their workout by providing additional time for their workout or repetitions to each individual exercises. By doing this, an individual can allow their bodies to adapt to a more improved routine of building strength and endurance.

4. Maximize your weight. Athletes, particularly runners, do not feel quite as fit as they seem because of the disproportionate amount of exercise that is being done to one specific part of the body. Experts suggest that individuals add abdomi-

nal exercises to a routine at least three times per week, and upper exercises at least twice a week.

For the best muscular gain, lift in a slow, controlled manner, and never work the same muscle group two days in a row. For example, you can train your chest and arms on Monday, but not on Tuesday. Instead, these exercises should be repeated later on during the week.

5. Relax. If a person has been working long and hard, and fatigue and tiredness are occurring, relax and take a break. A few days of healthy eating and rest could be what stressed and worn muscles need to repair themselves. No exercises can possibly be effective if a person does not have the energy to complete or do the exercises properly.

Sometimes it may take a reevaluation of one's current workout regimen and come to the realization that adjustments may be needed so that they can go back to their local gyms feeling stronger and more motivated than ever.

## Caring for Your Skin

**By Randall Haddock**  
Health Editor

With the summer months approaching many students will find themselves enjoying the sun and surf of our state's coastal beaches. But with the increased amount of outdoor activity that comes with warm weather, individuals should be aware of the hidden dangers that come with spending more time in the sun.

The most important way students can protect themselves is through the use of sunscreens. Sunscreens today come with a variety of features.

The feature that nearly all sunscreens have is the SPF. This stands for the sun-protection factor, and the number that follows indicates how much longer you could stay in the sun with the product than without it. If, for example, you are so fair skinned that you burn after just 12

minutes in the sun, an SPF of 10 should provide you with 120 minutes (12 times 10, the SPF) minutes of protection.

To use sunscreens means protecting yourself from the ultraviolet (UV) rays that the sun produces. The benefits of using sunscreens are:

- help in the avoidance of sunburn
- avoidance of wrinkles
- lessen the risk of getting skin cancer
- decreases your overall UV exposure; medical theories suggest that the human body can hold only so much UV light over a lifetime, after that threshold is passed certain health problems can occur

So the next time you are at the beach make sure that precaution is taken with the use of sunscreen to protect yourself and your skin.

*Interested in being a health writer for  
The Nubian Message????????????*

— Call 515-1468 and ask for Randall Haddock, Health Editor  
— Stop by Room 372 of the Afrikan American Cultural Center to  
pick up an application

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# OPINIONS

## Invitations are not Extended

By: **Kimberly Pettaway**

Opinions Editor

The feeling of unwantedness is not a welcomed or cherished feeling. In a society where people desire to be perceived by others as "mainstream" as possible (or simply crave to fit in) it is often disheartening when it becomes painfully apparent that they are not welcomed.

I'm sure we all have felt that our presence was unwelcomed or perhaps a bit "annoying" at one time or another in our life. Accordingly, I am sure you did not rejoice with words of appraisal or approval once you realized this.

Maybe you have walked into the climax of a conversation going on in the midst of friends. You decided since you were all friends that you were entitled to partake in the ongoing conversation. However, when the conversation was abruptly ended by those same friends you were offended. You may have inwardly thought or outwardly spoken: "What is wrong with me hearing the conversation, aren't we all friends." They in return may have answered: "Yes we are, but this does not concern you." The cessation of the conversation, may have hurt you.

This, leaving others out, happens continuously every day. You many have even been the one who left someone out and did not pay it a second thought.

Case in point: You, an Afrikan American student, are the coordinator of a program for an Afrikan American student organization. You want to make sure that your program is well attended.

In order to make sure you have a satisfactory attendance, you and the members of your organization post flyers and pass out handbills. You arrive at class early to have the chance to pass out handbills before class commences.

When you arrive there are only seven students in class. Out of the seven students only four are Afrikan

American students. Since the program will be presented by an Afrikan American student organization you only pass out handbills to those four Afrikan American students completely overlooking the other students in the classroom.

This is wrong. Yet and still, it constantly happens.

A lot of time and effort is put into making sure programs are the best that they can be. It is apparent that the programs presented by various Afrikan American student organizations are not all packed to capacity.

If there are students of other races that wish to partake in these programs, they should be able to attend.

After all, the only way to rid the ignorance that is bestowed towards different ethnic group and races is to obtain knowledge. A lot of knowledge is disseminated at these programs.

Those who wish to maximize should be given the opportunity. Their race should not be a hindrance.

I can speak freely on this issue. I have overlooked others who did not "look" like me many times when passing out handbills and thought little of it.

Just the other day, I passed out flyers for a program that I had coordinated. Even though, there were three people in class, I only passed out two flyers.

Yes, you guess it. The two flyers that I passed out were to the two Afrikan American females in class. I initially did not see anything wrong with what I had done. I took it upon myself to decide whether or not the other students would like to attend the program.

As I was going to my seat, I overheard one of the girls that I had just passed a handbill to state to her friend: "I'm mad she didn't even give that white girl one." After hearing this, I thought about what I had just done.

I then extended an invitation to the female. She denied it but at least she had been given the chance.

### Got an opinion?

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Have you had English 214 or 215?

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Published by the Student Media Authority of  
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*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.

*The Nubian Message* is published on the 2nd and 4th Thursday 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, 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.

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 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**

Gray skies are just clouds passing over.  
**Duke Ellington**

It is time for everyone of us to roll up our sleeves and put ourselves at the top of our commitment list.  
**Marian Wright Edelman**

After distress, solace.  
**Swahili proverb**

Find the good, it's all around you. Find it, showcase it, and you'll start believing in it.  
**Jesse Owens**

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*FOR THE BEST*

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STUDENT BODY PRESIDENT

**\*\*ALVIN STURDIVANT**  
STUDENT BODY CHIEF JUSTICE

**\*\*AIMEE SMART**  
STUDENT CENTER PRESIDENT

**\*\*AVANI PATEL**  
CHASS SENATOR: SOPHOMORE

**\*\*CLIFF NEAL**  
CALS SENATOR: SOPHOMORE

**\*\*OMATADE ADENIYI**  
CHASS SENATOR: SENIOR

*OR THE REST .....*

