

The NUBIAN MESSAGE

Volume 5, Edition
26 April 3, 1997

The Afrikan American Voice of North Carolina State University

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.

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.

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.

'97 Pan-Afrikan Celebration

By LaTonya Dunn
Editor In Chief

Black Students Board is gearing up for the 25th anniversary celebration of the 1997 Pan-Afrikan Festival from April 5-12. This year's theme is "Bring Something Better."

The festival will kick off with a parade on April 5 at 11 a.m. In conjunction with the parade, there will be a raffle. Raffle tickets will be available, Thursday and Friday at the Atrium from 11 a.m. to 1 p.m. The parade will begin at the G parking lot in front of Lee residence hall, led by Grand Marshal Wisdom Martin of WRAL.

Marching bands, drill teams, college queens, dignitaries and local organizations are slated to appear. The raffle's winner will be announced at the end of the parade. Winners must be present in order to win - first place prize is \$300, second place - \$200 and 3rd place \$100.

From 2 p.m. to 6 p.m., a 3-on-3 Basketball tournament will be held at the outdoor courts of Carmichael

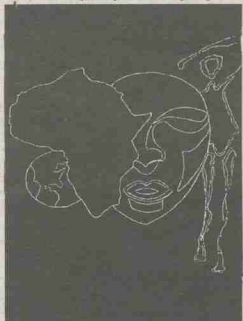
gymnasium. A jazz mixer titled, "Jewel of the Nile" will take place in the University Student Center's Ballroom from 9 p.m. to midnight. Admission for singles are \$3 and \$5 for couples. Hosanna Sounds will perform.

Sunday, April 6, United Student Fellowship will begin at 11 a.m. in the USC's Ballroom. At 4 p.m. in Stewart Theatre, New Horizons Choir will be in concert, celebrating its 20th anniversary. New Horizons was established as an acapella choir with its primary focus on Negro spirituals and choral jazz.

Monday, April 7 from noon to 4 p.m., there will be an Afrikan Expo featuring artwork, storytelling, and a health/hair show. The Expo will be held on the second floor of the USC. Later that evening, Black Finesse will present its Spring Fashion show in Stewart Theatre at 8 p.m. Tickets are \$2 in advance and \$3 at the door.

Tuesday, April 8, Black Students Board will present "Black Connections," a quiz show. The quiz show begins at noon in the USC's lobby. At 8 p.m., Black Repertory Theatre will give its

spring presentation, "Images in Black" in Stewart Theatre. On Wednesday, April 9, a program



titled, "Investing For Life" will be given at 8 p.m. in the USC's Ballroom. The program will provide information on investment strategies after college.

Thursday, April 10 there will be a noon discussion dealing with ebionics in the University Student Center lobby. Dance Visions will perform its annual spring dance recital at 8 p.m. in Stewart Theatre. The group plans to perform a variety of dance

ensembles.

Friday, April 11, Pan-Afrikan step/comedy show will take place. Some comedians who will appear include, T.P. Hearn, Amos Quick, and Tone X. Fraternities stepping are Alpha Phi Alpha and Kappa Alpha Psi from other campuses. Sororities stepping will include, Delta Sigma Theta and Sigma Gamma Rho also from other campuses. There will also be a special guest stepping team. Tickets are \$10 for the event. People interested in free tickets should listen to K97.5 for more details. There will be an after party from 11 p.m. to 2 a.m. in the USC's Ballroom.

The Pan-Afrikan Festival will close out on Saturday, April 11 with the annual "Blackout" in the USC's Plaza from noon to 7 p.m. There will be food, vendors and live music. Music will be rendered by Pure Essence, Huck-n-Bucks and up-and-coming artists "Plush and the Average Guyz." The featured artist will be Doug E. Fresh.

Any organization that is interested in helping with "Blackout" should call 515-5918.

Campus Debates Begin as Elections Draw Near

By Carolyn Holloway
Managing Editor

Candidates for the various Student Government offices came out of hiding last night for the first in a series of debates pitting them against each other with nothing more than their wits to back them up. Due to the large number of candidates for various positions, the debate lasted for over three hours, but most students in attendance left feeling a little better about their potential representatives.

The debate began with Student Body Treasurer candidate Michael Todd. Todd, who is a senior in textile chemistry and the current Student Body Treasurer, declared his platform to be nothing more than performing his job "to the best of his ability." Todd, who took over the job of treasurer last April, felt he could "honestly do the job a whole

lot better than last year" because of experience.

One of his major focuses was to make the budget for the 1998-2000 budget for student government and to eventually change the structure of student government to where they would no longer allocate funding to student groups for programs and conferences.

Todd said that the major reason he wished to do this was at the present time, 40% of the student government's budget has been restricted to the allocation of student funding, and that "is not the case at many universities in the country." In order for N.C. State to compete or to be similar to other student governments, he said, he would push for this deallocation in the future.

Jim Claggett, nominee for student senate president, was the next speaker at the debate. Claggett's main platform consisted of making student

government increase student awareness of student government, report regularly to the student body, and establish a consistent way for the administration to respond to concerns raised by student government.

Important class and curriculum issues and campus life issues of Claggett's platform included improving advising on the graduate and undergraduate level, eliminating Dr. "Staff" from the TRACS books and creating a student help system that would create an environment for students to voice their concerns.

After Claggett, the debate for SBP began. The first of the seven candidates, Ricky Livingston, spoke of the concern with safety issues including implementing a transportation system that would be more consistent and efficient than the present transportation system, finding a permanent home for the Women's Center, and accurately representing

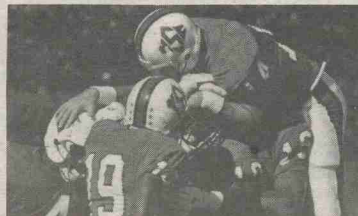
students within and outside of student government.

Jim Reinke, the second candidate for president, also spoke of improving campus safety, ending the proposal for a 160-day academic calendar and extending fraternity court functions to 2 a.m. Reinke spoke of ending the plus/minus grading system, having a Hillsborough St. meal plan enacted, and creating a new undergraduate research facility.

The third candidate, Nelson Powell, spoke on implementing 24 hour visitation, increasing safety with more blue lights, and expanding to create more computer labs. Powell also spoke of more representation for student government.

Justin Keener, the fourth candidate, spoke of campus safety as well, and putting students first in campus representation.

see Elections page 2

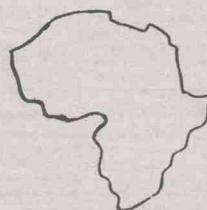


• N.C. State's Football team closes spring training on a good note, prospects for upcoming season look good.

See Page 3

• Darker skin calls for better care; non-traditional medical techniques make a strong comeback. Health has the info.

See Page 6



Elections continued from page 1

The fifth candidate, Chad Myers, spoke of creating more cultural awareness by group interaction, appreciation of the fine arts, and community service. Myers felt the campus could be more diverse through student groups. Myers suggested creating an NCSU Service Day one Saturday per month in which organizations of different diverse background, would come together and do community service locally.

Jason Reischel spoke of moving the Women's Center to a central campus location, enforcing or endorsing 24-hour visitation, ending plus-minus grading, and campus

safety. Reischel also spoke on making professors accountable for decisions in the attendance policy.

The last candidate, Nick Dutka, focused on his major platform criteria: financial aid disbursement. Dutka stressed the fact that the current system of disbursement needs to be changed because it lengthens the amount of time spent standing in-line. Dutka also supported a change in the plus-minus grading policy and academic support from advisors and teachers.

After the presentation of their platform, the candidates answered questions from the audience and encouraged everyone to vote on April 7 and 8.

Black Finesse Modeling Group

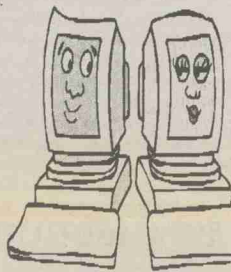
On Monday, April 7, at 7:30 p.m. in Stewart Theatre, Black Finesse will present its spring fashion show. Tickets are \$2 in advance and \$3 at the door. For more information please call 512-9712 or 512-7953.

Students, take note!!

Your people need you.

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 Afrikan American Cultural Center, through the Nubian you have access to some of the most powerful, influential Afrikan American movers and shakers on campus. Be a part of history in the making. Come help the Nubian Message become the pre-eminent Afrikan American Voice of North Carolina. Call 515-1468 or e-mail admiral@sma.sca.ncsu.edu. You'll be glad you did.

THE NUBIAN MESSAGE

The Afrikan American Voice of North Carolina State University

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

College of Humanities and Social Sciences Office of Minority Affairs Multicultural Association for Students (MAS)

PRESENTS ANOTHER HOT TOPICS FORUM:

The Impact of Affirmative Action in Higher Education

When: April 10, 1997
 Where: 216 Poe Hall
 Time: 5:30-7:30 p.m.

Guest Speaker: Mary Elizabeth Kurz, Esq.
 NC State Counsel
 Facilitator: Rupert Nacoste, Ph.D.
 NC State Department of Psychology

"The Truth About Affirmative Action"
 published in The Chronicle of Higher Education

For more info contact Monica T. Leach @515-2467

With only the permission of our ancestors and our elders do we proudly print this and all editions of *The Nubian Message*. Always keeping in mind and spirit: Dr. Yosef ben-Yochannan, Dr. John Henrik Clarke, Dr. Leonard Jefferies, The Black Panther Party, Mumia A. Jamal, Geronimo Pratt, Dr. Lawrence Clark, Dr. Augustus McIver Witherspoon, Dr. Wandra P. Hill, Mr. Kyran Anderson, "Dr" Hughes Suffren, Mr. Lathan Turner, Dr. Iyailu Moses and all those who walk by our side as we continue to make our journey to true consciousness.

NCSU Social Work Program

Presents:

Black Families in the Social Environment
 SW413 (see Tracs for call no. & room)

Summer Session I
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 guest speakers, videos and
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Learn to work effectively, from a culturally
 competent perspective to empower
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 515-2492 or visit her
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STUDENT CENTER RESERVATIONS

'97-'98

Reservation forms are available at the
 Student Center Information desk.

(April 7 through May 16 is reserved for registered student groups)

- 1) Reservation forms must be used (no other correspondence please)
- 2) When filling out the form, be specific about the event type, inclusive time (am/pm), equipment, furniture set-up, catering needs, and your complete address.
- 3) We will not accept the requests before the specified date.
- 4) Stewart Theatre requests must be submitted to their office on the first floor. If you need to be in the line for Student Center reservations, you will be able to obtain and submit a Stewart Theatre request to us. We will deliver applications to Stewart Theatre on April 7, only.
- 5) No phone requests for '97-'98 until July 11, 1997 (subject to change)

SPORTS

Wolfpack Downs FSU, Hopes to Climb Back into ACC vs. UNC

Staff Report

The Nubian Message

RALEIGH, N.C. - After falling into a 2-4 hole in the Atlantic CoastConference regular-season race by losing two of three games at both Duke and Virginia, the N.C. State baseball team began climbing out of that hole the hard way this past weekend, taking two of three games against fourth-ranked Florida State at Doak Field. The series win lifts State to 20-11 overall and 4-5 in the ACC.

"We don't talk much about it, but considering our injury situation this weekend, the level of play our guys were able to rise to shows the kind of character we have on this team, especially after losing a tough game the first night," Wolfpack head coach Elliott Avent said. "I don't think I've ever been prouder of a ballclub than I was of this team this weekend."

The Wolfpack dropped the first game of the series Friday night to Seminoles lefthander Randy Choate, who tossed a three-hitter and won 6-3. State's Kurt Blackmon gave up four home runs, but otherwise was dominant, allowing just six hits overall, walking one and striking out eight.

All-American outfielder J.D. Drew and All-ACC second baseman Scott Zech had five of Florida State's six hits and three of their home runs. The bottom seven men in the FSU lineup went 1-for-26 against Blackmon.

The Wolfpack bounced back Saturday to win a 10-9 thriller on Luis Figueroa's two-out double in the bottom of the ninth. Righthander Bubba Scarce dominated the Seminoles through six innings, carrying a four-hitter and a 7-2 lead into the seventh, but he ran out of gas and FSU tied the score on a wild pitch, a

single by Zech and a three-run homer by Drew.

The Pack scored twice in the bottom of the seventh on RBI doubles by Matt Postell and Tom Sergio, but Drew singled home a two runs in the eighth to tie the score at 9-9 and set the stage for

Figueroa, who doubled down the right-field line to score Jimmy Slaughter with the game-winner. Chris Combs got the last two outs in the top of the ninth and got credit for the win.

In Sunday's finale, the Wolfpack jumped on righthander Randy Niles for six runs in the bottom of the first, but FSU cut the lead to 6-5 and had the bases loaded with one out and Drew and slugging left fielder Jeremy Morris due up, but Clay Eason got Drew on a foul pop-up and struck out Morris to end the threat.

That switched the momentum back to the Pack, which got a solo home run from Stephen Wolff in the bottom of the sixth, and an RBI double from Brad Piercy and an RBI single from Postell in the bottom of the seventh to make the final margin 9-5.

Dustin Baker pitched the eighth and ninth innings without allowing a hit. This weekend will present a new challenge for NC State when arch-rival North Carolina comes to Doak Field for three games. The Pack also will play three midweek games: a doubleheader Tuesday against The Citadel and a single game Wednesday against East Carolina.

"After opening on the road in the conference and losing two out of three games twice, we made a move against Florida State to get back in the race," Avent said. "We need to win two out of three this weekend against North Carolina, and I've seen them play. They're young, but

they're very talented and they match up well with us. We'll have to play extremely hard, and extremely well, to beat them."

• **Wolfpack Diamond Notes:** The series win against Florida State marked a turnaround in the series between the Wolfpack and Seminoles. NC State had not won a regular-season game or a season series against FSU since 1993. The Seminoles had won nine straight regular-season games and 11 of the last 12 games in the series overall.

• **Senior second baseman Tom Sergio** did not start in the first game of the Florida State series, but did pinch-hit and ignited a two-run ninth-inning rally by being hit with a pitch. Although he went just 2-for-7 in the series, Sergio was on base seven times in 12 plate appearances.

Sergio, who has reached base in every game but two this season, has reached base 21 times in his last 37 plate appearances and 85 times in 143 plate appearances on the season. He has been the consummate leadoff hitter, igniting the Wolfpack offense. NC State has scored 59.8 percent of its runs (140 of 234) in innings during which Sergio reaches base safely.

• **Junior right fielder Jake Weber** continued to emerge from his slump, batting .500 (5-for-10) with a double, an RBI and four runs scored in the Florida State series. Weber, hitting .364 on the season, is batting .444 (12-for-27) with four doubles in his last seven games.

• **Another Wolfpack player** who continued his offensive surge in the FSU series was sophomore third baseman Matt Postell, who went 5-for-8 with four RBIs while playing in

just two games of the series. Postell, who batted .364 as a freshman last season, has recovered from a miserable start. He began the year batting .167 through nine games, but is hitting .382 (21-for-55) with six doubles and 16 RBIs in his last 16 games. Postell is hitting .313 for the year.

• **Senior righthander Brett Black** got the win in Sunday's 9-5 win over the Seminoles, but he was not his usual self. For only the second time all season, Black walked more than one hitter, issuing two walks and striking out two while allowing five runs on eight hits.

Black snapped a streak of 54 consecutive batters faced without a walk when he walked J.D. Drew in the first inning. Drew became the second man Black had walked in his last 200 batters faced. He then walked Kevin Cash in the fourth inning. Black has now walked just four of the last 221 men he has faced. For the season, he is 4-4 with a 5.02 ERA. He has walked five and struck out 43 in 57 1/3 innings.

• **Redshirt sophomore righthander Bubba Scarce** had the most deceptive final pitching line of the Florida State series. Scarce, who started the middle game of the series on Saturday night, wound up being charged with six runs, all earned, on six hits in 6 1/3 innings pitched, but four of those six runs came after Scarce ran out of gas in the seventh inning.

Through the first six innings, Scarce led 7-2, had allowed just four hits, one of them a two-run home run by Scott Zech, and had walked just one and struck out five. Scarce started the seventh inning by striking out Shawn McCorkel, but then loaded the bases on a hit batter, a single and

a walk.

When Zech singled in a run, Scarce was lifted and the bullpen let all three inherited runners score, one on a wild pitch and the other two on a home run by J.D. Drew. Scarce has now made eight starts this season, and in those eight starts he is 4-0 with a 2.78 ERA. He has allowed 50 hits, walked 14 and struck out 36 in 45 1/3 innings pitched.

• **Senior first baseman Stephen Wolff** belted a pinch-hit home run in the bottom of the sixth inning Sunday, his second homer of the season. The home run was special for two reasons. First, it helped turn the tide away from the Seminoles, who had rallied from a 6-0 deficit and trailed 6-5 heading into the bottom of the sixth. Second, Sunday was Wolff's 23rd birthday.

• **Walk-on infielder Jason Smith** has been seldom-used this season, but with Tom Sergio unable to play the field Saturday night against Florida State because of an ankle injury, Smith made his first college start against the nation's No. 4 team, and played quite well. He went 1-for-2 at the plate, lining a single to right-center in the bottom of the fourth inning, and handled four defensive chances without an error.

Following the game, he asked head coach Elliott Avent for the lineup card as a souvenir. Smith went in as a defensive replacement in the third game of the series and played a big role in that game as well. In the top of the ninth inning, he made a diving stop on a sharp grounder by Kevin Cash and turned it into a 4-6-3 double play, snuffing out the Seminoles last gasp at a game-tying rally.

Football Squad Puts Finishing Touches on Spring Season

Staff Report

The Nubian Message

The N.C. State football squad put the finishing touches on its spring season Saturday afternoon at Carter-Finley Stadium when the team held its annual red-white game. The team played four quarters, with the first-team offense and defense going up against the second-team offense and defense.

"I was very pleased with the first-team offense and the first-team defense. Virtually the second offense didn't score and the first offense scored almost every time," head coach Mike O'Cain said. "We need to get some of those second-teamers to step up their play for us to be as good as we can be. They (the second team) had an opportunity today to experience what it is like going up against the first team. All spring long, the second team has been practicing against the second team."

At quarterback, Jamie Barnette, the Wolfpack's returning starter, completed his first three attempts,

which included two touchdown passes of 19 yards each. Barnette completed five of seven passes for 63 yards, threw two touchdowns and had no interceptions. He also ran five times for 18 yards.

Grant Dorn had a rough first half, throwing under pressure most of the time, but rebounded in the final two quarters. He completed four of his five second-half passes for 60 yards.

Charles Berry, the offensive JV player of the year last season, had a solid outing. Berry finished the day with six completions on 16 attempts for 131 yards, including a 49-yarder to Chris Coleman. Most of his pass attempts came in the final minutes of the game, when he led the offense down the field for a touchdown. Berry also ran four times for 19 yards.

Rahshon Spikes and Theodore Chavis led the running backs with 82 yards apiece. Spikes' 82 yards came on nine carries, a 9.1 yards per carry average. He had 54 yards and scored a touchdown in the first half. Chavis gained his yardage on 20 carries. He

scored a touchdown on a 10-yard rush in the second half.

A bulked-up Tremayne Stephens, State's leading rusher the last three seasons, finished the game with eight rushes for 43 yards and a touchdown. Jeff Butler had the longest rush of the afternoon, a 34-yard jaunt.

Torry Holt led all receiver with six receptions for 92 yards, including touchdown catches of 19 and 23 yards. Coleman followed Holt in yardage with 64 yards on two catches. One of those catches was the 49-yarder from Berry, which he turned into a touchdown. Carlos King, who usually runs the ball, had his number called twice, making a 19-yard TD grab from Barnette and a 29-yard snag from Berry. Tight end Michael Foushee had two receptions from Dorn, for 12 and 15 yards.

The defense, which got out of the gates with an interception on the first play of the game, played with intensity, especially when it came to stopping the run. Marcelle Hough began the game with a pick, returning it five yards. Tim Ramsour pinned the

offense back with a sack for an eight-yard loss. The defense scored a safety on the very next play, when Dorn was called for an intentional grounding in the endzone.

As a unit, the defense tallied five sacks for a loss of 25 yards, one interception and recovered three fumbles. They also recorded three deflections and seven tackles for a loss.

"I am very pleased with the intensity we have displayed this spring. The players' attitude and work ethic enabled us to get a lot accomplished,"

O'Cain said. "The defense was very physical and the offense did a great job of taking care of the football. We also decreased our penalties, which was a major emphasis going into the spring. We have had a tremendous spring, getting the maximum amount of effort out of any spring I can remember."

State will return to practice in August. The Wolfpack will then hit the road for their first game of the season, August 31 at Syracuse.



HEY YOU!

We know you can write.

You do it in class.

Why not let everyone know it too?

Come write for the Nubian. You might get paid.

515-1468

CULTURE

Character Assassination

Upright, fearless and independant is what I am;
 Self knowledge has made me a free Asiatic Black Man.
 But to a world where I am hated and despised
 My gentleness, virtues and intellect comes as a surprise.

I've been labeled as a lazy, womanizing beast
 Currupt and violent also, the labels they give never cease!
 For 441 years Rome has had their foot on my neck
 Slamming the door of opportunity and giving me no respect.

Rome has made my sisters there ally, by giving them their crown.
 They have raised my sisters economically, while keeping me and my brothers down.
 This role reversal hurts us mentally,
 because the whole Black community is falling victim to Rome's trickology.

Guns and drugs in our neighborhood that most do not deny;
 Envy and greed in our neighborhood creates alot of homicide.
 Blind, deaf and dumb most brothers do not recognize
 That Rome is fueling the fire and helping us contribute to our own genocide.

Wake up my brothers and realize that something has to be done
 Malcolm X once said: "There is no such thing as a peaceful revolution"
 Rome has been oppressing and assinating our character for too damn long
 The time has come my brothers, to stand up, take our place in the affairs of men,
 by any means necessary lets prove these devils wrong.

Cornell Greene-Bay

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 Afrikaners 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.

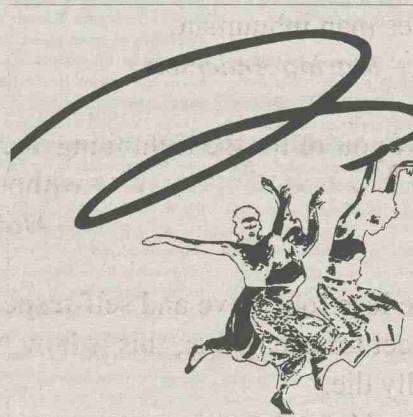
GREEK STEP SHOW

SPONSORED BY
 NATIONAL PAN-HELLENIC
 OF N.C. STATE UNIVERSITY

7:00 P.M.
 APRIL 11

NELSON HALL AUDITORIUM
 \$2.00 AT THE DOOR

AFRICAN-AMERICAN
DANCE
 ENSEMBLE



Free and Open to the General Public

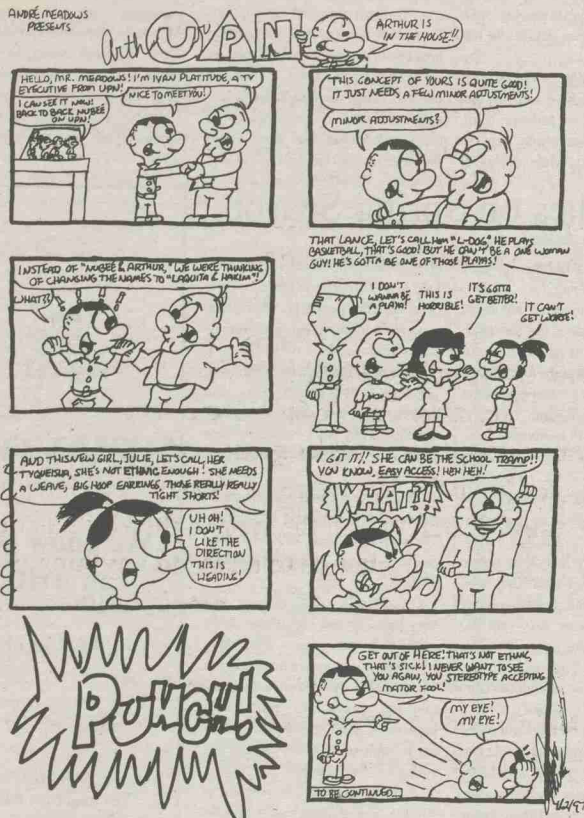
Free and Open to the General Public

April 7, 1997
 2:30 p.m. - 3:30 p.m.

The African-American Cultural Center

Witherspoon Student Center - Room 126
 The Corner of Dan Allen and Cates
 NC State University

This performance is funded in part by a grant from the North Carolina Arts Council



AFRIKAN AMERICAN QUOTATIONS

You can only milk a cow so long, and then you're left with the pail.

—Hank Aaron

I am America. I am the part you won't recognize. But get used to me. Black confident, cocky; my name, not yours; my religion, not yours; my goals, my own; get used to me.

—Muhammad Ali

The man who views the world at fifty the same as he did at twenty has wasted thirty years of his life.

—Muhammad Ali

However great the debt which these United States may owe to injured Afri[k]a, and however unjustly her sons have been made to bleed, and her daughters to drink of the cup of affliction, still we who have been born and nurtured on this soil, we, whose habits, manners, and customs are the same in common with other Americans, can never consent to take our lives in our hands, and be the bearers of the redress offered by that Society to that much afflicted country.

—Richard Allen

Fear is a disease that eats away at logic and makes man inhuman.

—Marian Anderson

If you're for the right thing, then you do it without thinking.

—Maya Angelou

If we lose [our] love and self-respect and respect for each other, this is how we will finally die.

—Maya Angelou

There are some people that if they don't know, you can't tell 'em.

—Louis Armstrong

We have a formidable history, replete with the voice of God, the ancestors, and the prophets.

—Molefi Kete Asanté

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

—Molefi Kete Asanté

Being black is the greatest burden I've had to bear.

—Arthur Ashe

People see God every day; they just don't recognize Him.

—Pearl Bailey

The world is before you and you need not take it or leave it as it was when you came.

—James Baldwin

The true worth of a race must be measured by the character of its womanhood.

—Mary McLeod Bethune

It was almost impossible for a Negro child, especially in the South, to get education...Mr. Lincoln told our race we were free, but mentally we were still enslaved.

—Mary McLeod Bethune

We believe that black people will not be free until we are able to determine our destiny...We believe in an education system that will give to our people a knowledge of self. If a man does not have a knowledge of himself and his position in society and the world, then he has little chance to relate to anything else.

—Black Panther Party

We want something for ourselves and for our children, so we took a chance with our lives.

—Unita Blackwell

Say it Loud: I'm Black and I'm Proud.

HEALTH

Controlling Negative Thoughts

By **Randall Haddock**
Health Editor

We have all heard this when studying for an exam: "There is no way I'm going to pass this test." Or "if I haven't learned the information by now, I never will."

But who is saying all of this? You—that little voice that we all have. These thoughts are often negative, telling you things you cannot do, the things you will not do, or the things that you are afraid to do. And in most cases, negative thoughts usually result in poor performance.

What are our thoughts? In essence, they actually help us solve problems mentally. In fact, this internal dialogue that occurs helps us interpret our feelings and perceptions on certain things. They are also helpful in changing our evaluations and convictions that may exist in situations and can give us instructions and reinforcement on how to act.

In addition, the thoughts that individuals have can influence their concentration, confidence and persistence in accomplishing a task. It is very possible that negative thoughts can trigger fear, anxiety and depression.

What usually happens when we perform poorly in a given situation is that we tend to remember only the bad aspects that have occurred. For example, lets say that you made a bet with a classmate as to who can achieve the highest score on a test. The tests are later returned and you noticed that you scored significantly lower than your classmate, making you feel like a failure.

Proper Care for Darker Skin

By **Kimberly Pettaway**
Opinions Editor

Have you ever looked at a rainbow in complete awe? Every color whether bright or dull, light or dark, makes the rainbow what it is—something beautiful to behold. There is no difference when it comes to the many hues of African American skin. No one shade can rightfully claim superiority. The beauty of blackness is evident and its many shades are endless.

Black is not only beautiful but healthful. Dark skin is smoother and firmer than white skin. It also resists aging better than white skin. The body must constantly reabsorb and replace degenerated elastic tissue that is a result of sun-damaged white skin. Eventually shrinkage and wrinkling will occur because this process decreases the total amount of skin.

Darker skin holds a higher content of melanocytes—granules within the skin cells that produce a dark pigment called melanin. Therefore, there is little to no wrinkling. Melanocytes are larger in black skin. Thus, larger melanocytes, prevents

The next time that you are challenged, you are likely to decline the opportunity. Moreover, you may become a bit over anxious and start doubling your study time to meet the next challenge.

The key to becoming a master in reversing the negativity that may surround you in a given situation is the development of a strategy to recognize the problem. You can ask yourself the following:

Are your thoughts negative?
Are your thoughts positive?
Are your thoughts irrelevant to the task?

Are your thoughts focused on completing the task?

These questions are to aid in your ability to recognize and take control of a situation, task or goal. Essentially, you must teach yourself to recognize and alter your thoughts to become relevant, focused and positive to accomplish the task at hand.

Based on this information you can come to the realization that negative thoughts do not occur due to a particular situation, but by your own interpretation of that situation. Since you have the ability to alter your perception, you can offer some control as to the thoughts about the situation.

You must also remain objective about the situation that you are in or the goal that you are trying to reach. Regardless of the task that you are trying to accomplish, you cannot control everything that may occur. It is important that you realize to predict and adapt to the undesired or unexpected outcome that may result.

After this, it becomes crucial for you to adopt a plan of setting your

upper layers of skin from degenerating with time and cumulative sun damage.

It is simply not enough to marvel at the beauty of our skin. We must take care of it. The removal of dead cells, superfluous oil, perspirations and dirt from the skin surface can be achieved through frequent washing. Black skin is drier in comparison to white skin. An accumulation of dead skin cells, "ash", is more visible on our dark skin.

A loofah or cleansing grain can be used to slough off dead cells. Be cautious when cleansing skin. Vigorous rubbing or the use of extra course grains can lead to scarring and irritation.

Facial skin is very delicate. A mild cleanser and rinsing with cold water to close the pores should be administered at least twice daily. Refrain from using cleansers that contain perfumes or other fragrances that makes the skin feel dry. Natural products are excellent for facial cleansing and they do not have to be expensive.

However, sometimes regardless of the care we put forth in the cleansing of our faces, acne still

goals. Establishing a pattern will help you become familiar with your inner self and what actually causes negative thoughts. Various tools that can be used in achieving this are meditation, relaxation strategies and positive visualization. After this, you must learn how to let go of or change what you are telling yourself.

To eliminate negative thoughts you should concentrate on the thought briefly or think about something else that is positive. The premise of the incorporation of a plan is an intricate part of achieving positive thinking because it allows you to focus on specific things, and decreases the chances of becoming sidetracked with negative thoughts.

For a more changed outlook, follow these common negative guidelines and statements with positive ones.

1. I can't—I can do it; I have done it before
2. I won't be at my best—I have prepared well and will succeed
3. I think I will fail—I must face this challenge head on if I am to emerge victorious
4. I will never be as good as the next person—With intelligent and well-planned training, I will keep on getting better. By doing so, I will become the best.

Once you have learned to control your inner thoughts, you will become more successful at accomplishing goals that you have set for yourself; whether it be getting a job, losing that 10 extra pounds, or getting an "A" on a test.

rears its ugly head. Acne occurs when the oil glands in the skin become inflamed and clogged with oil and dead skin cells.

Body and Soul provided the following tips for minimizing the effects of acne:

—Keep your face clean. Use a mild, oil-free cleanser and avoid the use of harsh scrubs that are too abrasive for skin that scars easily.

—Use oil-free skin-care products. Read labels and look for the word "noncomedogenic, which means "nonclogging."

—Keep hair-care products that contain oil away from your face. Do not use the products around your hair line, and wear scarf when you sleep to keep hair off your face.

—Keep your hands off your face.

Despite the routine hardships your face may encounter (harsh weather, acne, etc.) you must never denote the natural beauty that exudes from your skin. With the implementation of a "proper" skin care regime, radiant skin is yours. Pamper your skin and bathe in self-love so that your inner-Black beauty shines through.

*reprint from a current issue

Non-Traditional Medicines Make a Comeback

By **Randall Haddock**
Health Editor

In the days of the early settlers, people used the natural medicines that were supplied by the Earth to remedy any diseases or illnesses that they may have encountered. However, the industrial age came and with it the great technological strides that improved every facet of people's lives, particularly in the area of medicine.

Synthetic drugs became common among the sick. But it seems that today's society has reverted back to the ways of yesterday with the resurgence of natural herbal remedies.

Herbal teas and capsules have begun to appear on the shelves of health food stores and supermarkets alike. Although this increased availability invites casual use, not all herbal users are not just experimenters.

People who suffer from chronic ailments and who do not find cures from their problems with traditional treatment often turn to herbal remedies. Many users claim that herbs are cheaper and more effective.

However the usage of ginseng and other herbal remedies to cure ailments is not anything new. These treatments have been used in China, India and other parts of the world for centuries.

While many physicians and researchers still view the consumption of alternative medicine with suspicion there are some who do recognize the advantages that they have. They explain that many prescription drugs are synthesized from herbs which are derived from willow bark.

Experts contend that in their natural form, herbs are often less strong and are slower to work. Which means that they tend to be safer and can cause fewer side effects than traditional forms of medicine.

The favorite herbal remedies that are commonly used by Americans are Ginger root tea for head and chest congestion, Valerian root for a sleeping aid and Encheania as an immune booster

—Arnica, in its gel form, is said to be good for healing

—Red sage, which is used in homemade brews that soothe the

mucous membrane, can aid in the prevention and healing of respiratory infections and colds

—Primrose oil, which is beneficial in the reduction of muscle and joint swelling

While ancient herbal remedies may not be for everyone, its mainstream acceptance does show current society's renewed interest with nature.

Shaping Up Without Giving Up

By **Randall Haddock**
Health Editor

Why do most people quit their exercise programs after only a couple of weeks or months? Frightened by public health warnings of the dangers that can occur from inactivity and the excess weight that can result from it. People often find themselves plunging into unsuitable and unhealthy exercise programs that are too tough, aiming at unreachable goals.

Simple as it may seem, the effort to start and maintain an exercise routine can be as difficult as conquering a bad habit. Inactivity and irregular exercise is a contradiction to the human body that is designed for continuous action.

As many people have become accustomed to the quick fix of working out, it is necessary for them to be reminded that the benefits of exercise occur in the internal mechanisms of the body that are not always eminently visible.

As a beginner who has never exercised, the first approach is to create an elementary program that will reduce the risk of some diseases and improve overall health. It is important to find motivational steps

to continue with the exercise program. This can be done by establishing a schedule listing the days, times and workout for weeks well in advance. Keep a written log of the progress that has been made. Do not hesitate to change the workout when necessary if they become too light or too strenuous.

Major benefits that come with exercise may include weight loss, improved fitness and the reduced risk of disease. Walking, for example, can reduce the risk of diabetes and hypertension. Strength training provides the protection of increasing muscle mass and mobility, thereby reducing the risk of bone fracturing if a person does fall. Strive for one of those benefits and the others will soon follow.

The greatest reduction of risks occurs when previously inactive people first start an exercise regimen. As the capacity for working out increases, so do the benefits. Stick with the exercise program that has been established and before long, the visible effects that can result will soon surface.

By exercising, an individual can look better, move faster and feel more comfortable with themselves and the world that exists around them.

The Nubian Message

OPINIONS

The Need for Pan-Afrikanism

By **Kimberly Pettaway**
Opinions Editor

Few ideas have reached the accolades of success without struggle. It does not take me to reiterate the words of Frederick Douglas: "Without struggle, there is no progress." Truly, nothing worth having comes easy.

The birth of Pan-Afrikanism, the idea or the movement, did not conceptualize overnight. Nor did it actualize without a need.

It was assumed initially in the Western world that the saving grace for Afrika and Afrikan Americans would be Christianity. Since it was assumed that Christianity was superior to all religions, it was believed that its doctrines would help promote the modernization of Afrika ... both technological and cultural.

Portions of this belief were at the beginning held by some Afrikan Americans. However, as Afrikan Americans began to realize that even Christianity did not rid them of the dehumanizing effects rendered toward them by white supremacists, their viewpoint began to change.

Because of the cancerous effects of slavery, many Afrikan Americans grew up in the United States possessing a very negative self-image. This negative self-image that they beheld was also transferred to Afrika, since this was the land of their birth.

Feeling the negative vibes that slavery thrust upon Afrika, Alan Locke once said: "The dark shadow of slavery has thrown Afrika ... into a sort of chilling and terrifying eclipse."

The need to put an end to the psychological misconception about Afrika and her people was the seed that would fertilize the idea and movement that would become known as Pan-Afrikanism.

Pan-Afrikanism is the realization that people of Afrikan descent are spread about the world. The connection that we have throughout the Diaspora is Pan-Afrikans.

The interest in the idea of Pan-Afrikanism, especially among Afrikan American college students, has enjoyed a phenomenon growth since the early 1970's. This interest is most evident among the Afrikan American student population on the N.C. State campus.

The week of April 5-12 will

embark on the 25th year that Pan-Afrikanism has been celebrated on this very campus via the Pan-Afrikan festival.

Yet and still, with all things, people begin to lose sight of the initial purpose of activities they joyously partake in if the story is not told to those who do not know. That is why I deemed it necessary to express my thoughts and concerns on Pan-Afrikanism the way it is celebrated at NCSU on paper.

The Pan-Afrikan Festival is beheld by many to be the "Black Homecoming" of NCSU. Since the majority of the Afrikan American student population do not eagerly await the homecoming festivities that occur in November, Pan-Afrikan Festival provides the fellowship among present and former students that is often present on black college campuses across the nation.

We should never forget that April 5-12 belongs to no one person or organization. It belongs to the Afrikan American student population at NCSU.

Unity should not be shown among the students only during this week, but throughout the year.

A Tribute to Friendship

By **Kevin A. Blue**
Staff Writer

On Monday, March 31st, the N.C. State family lost a brother and I lost one of the best friends I know.

Henry Kelly. Most of NCSU may not have known or met Henry Kelly, and perhaps just as many may not even remember the young man we affectionately called "Hen-Dog." He was not an impeccable scholar or an outstanding athlete, but what he was he will always remain to me - a great friend.

In remembering him, I could mention all of our devious exploits on Central Campus. I could recall the times we hustled to the library, just to hustle. I could reminisce about those memorable nights we had at the "C.C.," dancing to Mary J. Blige's "Real Love," while trying to find real loves of our own. Or I could talk about the following mornings at the "CaF" spent trying to forget those memorable nights before.

But that would be too painful. Those are the things about friendship he took with him. Instead, I want to recognize those things about friendship he left for us.

Today, we facetiously place too much emphasis on what a "friend" drives, or how much money a "friend" makes, or who our friends "make it" with, instead of what makes a friend. I understand that being a good friend is not easy and choosing good friends can be just as arduous.

It requires compromise, loyalty, patience and dedication. Friendship demands the best of our time, attention and talents. It demands that we respect and treat others better than we are treated by others, at times. It recommends that we share our most intimate thoughts, fears, hopes and desires with those who divulge theirs to us.

Friendship can be a thankless job on some occasions too. It may encourage us to criticize constructively to make our friends better, when undeserving praise is expected. It may require us to pass on the party to help a friend pass that last critical class.

In this ungrateful world, the people we often depend on most are the very ones we tend to take for granted. Never taking the time to thank them. Never taking the time to acknowledge them.

Oftentimes, they're not sanctified

saints of morality, or over-religious role-models, but they are our friends. They see in us what we cannot see about ourselves. Always believing in us, especially when we stop believing in ourselves.

They are the ones who help us find our way through this journey we call life. Our friends reassure us; as we constantly change our minds, our majors, our mates, and our moods. Giving us unwavering support, while our parents waver in theirs'. They faithfully applaud our efforts in both victory and defeat. Henry was a faithful friend.

Such a precious institute, friendship should never be granted simply to secure the pernicious idols of pennies, power or prestige. It should not be exclusive. It could and should include those of our own race, gender or class as well as those from other races, genders and classes.

We should be especially careful not to reserve the title of friend on the basis of some pseudo-political or social affiliation. In other words, don't let becoming an important Democrat or Republican become so encompassing to us that we become impotent Americans; unable to produce a just society with equal opportunities for every citizen. More importantly, don't let the conceited camaraderie of "Greekhood" create a chasm between us brothers and sisters. Henry taught that to me. Henry was a wise friend.

It is in memory of his friendship to me that I write this article. This is my tribute to him: a tribute to friendship; on behalf of friendship, in honor of friendship. I present this tribute to the world. I do so because while the world may not embrace me or befriend me, he did. And while the world may not ever understand or appreciate him, I did.

Those who knew Henry, understand he would have never wanted or approved of a tribute written for him or about him. He would have considered himself unworthy of such rhetoric, no matter how deserving it may have been. Not even in the paper he helped give birth to by marching upon Monteith's. Not even by the friend he urged to continue writing while jokingly admonishing: "I'm not going to read it. But if you tell me what it's about, I'll listen."

That was Henry's way and that's the way Henry was. We could have all learned from Henry. I truly did.

Henry was a great friend.

Society's Impact on Individualism

By **Laura Copeland**
Guest Writer

Although women in America have the desire to be thin and men to be bigger, the psychological pressures that both sexes experience directly relate to the extreme influence of the media, the fitness industry and America's ideal of what the social "norm" should be. So the question arises, how did this difference come to be between women and men?

If Americans today would choose to be individuals and therefore choose to look like whatever they feel comfortable with, the problem of falling into societies opinion of what is acceptable would never occur in the first place.

The traditional role of men has always been the tougher one of the two sexes. Men are supposed to be strong and firm and therefore more in control. Even at such a young age of twelve, young boys are being exposed to weight rooms so that they can start early on their soon to be muscular, brawn bodies.

Young boys and men seem to be much more focused on getting themselves bigger not only for themselves, but to show other men just how tough they really are.

Women, on the other hand, have

a completely opposite physical ideal of the tough look. Women have traditionally been the weaker of the two sexes and therefore should be smaller than men. Women are much too concerned with their weight to the extent that they only buy a dresses for the little number attached to the label.

The huge health craze of the nineties is going on right now before your very eyes, and there is no way you can miss it. Water aerobics, step aerobics, Buns of Steel, Abs of Steel, Jenny Craig and thousands of workout facilities across the nation are just a few of the options you have when it comes to getting your body into shape.

Well, with all of these options, why isn't everyone in America either thin as a stick or as a muscular as Arnold Schwarzenegger?

This may be the opinion of many Americans that because of the opportunity to keep up with our bodies we therefore should. You almost feel guilty for not going to the gym three times a week just to keep in shape.

In any gym, for the most part, the main groups of men are concentrated in the weight rooms, while the women are working hard on the stairmaster or in the aerobics room. This proves even further that men

are more concerned with being big while women are burning calories and toning in order to lose those extra pounds.

Now the health issue comes into play. In an age of fat-free everything, keeping up with yourself is a must. If you don't, you are viewed as lazy and unable to take care of yourself. It's hard to believe that society has such an effect on you as to almost choose what you eat for dinner every night.

Advertising and the persuasive commercials on television often dictate what America chooses to eat for dinner every night. Most anchors on the news are very slender and in shape. Models wearing almost nothing on their flawless bodies. Young girls look at these models and wonder why they don't look like that.

Everyone knows the media has an effect on us in some way or another, but it is up to every American to choose to be an individual instead of following what other people think they should be.

Americans have proven themselves very concerned with what others think. It is time for this to stop. Society must no longer affect individualism.

The Nubian Message. We're getting better by the week, so keep reading

Interested in being a opinions writer for The Nubian Message, call 515-1468 and ask for Kimberley Pettaway or stop by Room 372 of the Afrikan American Cultural Center for more information or an application.



APRIL 7TH AND 8TH

VOTE

FOR THE BEST

RICKY LIVINGSTON

STUDENT BODY PRESIDENT

ALVIN STURDIVANT

STUDENT BODY CHIEF JUSTICE

AIMEE SMART

STUDENT CENTER PRESIDENT

AVANI PATEL

CHASS SENATOR: SOPHOMORE

CHRISTOPHER NEAL

CALS SENATOR: SOPHOMORE

OMATADE ADENIYI


CHASS SENATOR: SENIOR

SCOTT HUIE

SENIOR CLASS PRESIDENT

CHRISTOPHER CONWAY

SENIOR CLASS VICE-PRESIDENT



OR THE REST