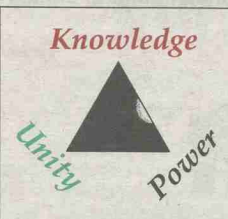


The NUBIAN MESSAGE

Volume 5, Edition 27
April 10, 1997

The Afrikan American Voice of North Carolina State University



What's Goin' On?

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.

ChassMass

The Office of Minority Affairs for the College of Humanities and Social Sciences will present a forum titled, "The Impact of Affirmative Action in Higher Education" on April 10 at 5:30 p.m. in Room 216, Poe Hall. The speaker for the evening will be Mary Elizabeth Kurz, a counsel at N.C. State and facilitated by Rupert Nacoste, Ph.D.

DanceVisions

DanceVisions will present its 20th anniversary dance performance April 10 at 8 p.m. in Stewart Theatre.

"He'p Us" Raffle

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. Tickets will also be on sale during Blackout this Saturday from 12-7 p.m. For more information please call 515-1468.

'97 ELECTION Livingston, Myers Square Off

By LaTonya Dunn
Editor in Chief

This year's elections brought out more student votes than in years past, totaling 2690 students. The Student Body President position this year has resulted in a runoff election to be held next Monday and Tuesday.

Three will be a runoff between Ricky Livingston, with 688 votes and Chad Myers, 609. The other candidates included Jim Reinke, 440; Nelson Powell, 284; Justin Keener, 313; Nick Dutka, 272; and Jason Reischel with 84 votes.

Next year's Student Senate President is Jim Clagett, who received 1999 votes against opponent Danielle Greco who tallied only 7. Student Body Chief Justice next year will be Alvin Sturdivant, a member of the Nubian family, who secured 2067 votes against write-in candidate Steven Kim, 7. Michael Todd will serve as next year's Student Body Treasurer after receiving 1959 votes versus write-

in Cliff Wurschmidt, 7.

Another office that will be involved in the runoff election taking place next week is Student Center President. Two candidates will square off: AASAC endorse Aimee Smart who received 88 votes along with opponent Ange Radford, 741. Akira Morita, the third candidate for the position received only 439.

The winner for senior class president is Josh Hawn, 483; triumphing over opponent Scott Huie, 267. Christopher Conway won the campaign for senior class vice-president against Brian Wacaster, 241.

There were many Student Senate seats available in this year's election. In the College of Engineering, there were three sophomore seats up for grabs. Robert Payne, 117; Andrew Ferrara, 112; and Robert Hall, 80; will fill these seats next year. Junior Senate Seats in the College of Engineering will be held by, James Young, 79; Susan Srour, 88; and Brian Heyward, 85. Senior senate seats in the College of



Engineering were won by Edwin Amerson, 97; Scott Starin, 103; and Alexis Mei, 109.

In the College of Humanities and Social Sciences, sophomore Senate seats will be filled by Gray Burnette, 38 and Kim Gaffney, 67. Jeff Nieman, with his 68 votes, will fill CHASS' junior senate seat. Omotade Adeniyi, 83; and Joe Kleinman, 66; won the senior senate seats for CHASS.

The three new sophomore senators in the College of

Agricultural and Life Sciences are: Stephanie Sigmon, 65; Justine Wilson, 57; and Christopher Neal, 60. David Newsome who received 106 votes and Simon Melcher, 53; will hold the available junior senate seats for CALS.

For the College of Management, Erica Stratman, 28; will fill the college's sophomore senate seat. Open senior senate seats in the College of Management were won by Jason Sutton, 65; and Kerry Bray, 8.

Next year's Student representatives on the Student Media Authority board are Keith Crawford, Charles Reeves, Michael Mattscheck, Michael Rosso, Kyle Brady and Vicki Hoglen. Student Center Board of Directors seats will be held by Kathryn Schmidt, Anthony Deloreto, Amy Cox and Jonathan Badgett.

Runoff election voting will take place on Monday, April 14 and Tuesday, April 15. Students can vote at all locations that were available during the regular elections.

Support AASAC Candidates '97 ELECTION

By Carolyn Holloway
Staff Writer

On April 7 and 8, one umbrella organization was busy handing Afrikan American students a pamphlet that would prove to be the endorsement for the organization.

That organization, the Afrikan American Student Advisory Council (AASAC), once again endorsed candidates from Student Body president to Student Senate president - Ricky Livingston for SBP, Alvin Sturdivant for Student Body treasurer, Aimee Smart for Student Center president, and Jim Clagett for Student Senate president.

Under the motto "One Man, One Vote: A Voteless People is a Hopeless People," AASAC endorsed the candidates it felt would best represent the Afrikan American Student Body based upon each individual's experience, leadership and relationship with Afrikan American organizations on campus.

"One Man, One Vote: A Voteless People is a Hopeless People," began in 1995 under the leadership of then president Derrick Coley. Coley, who continues to work with AASAC believes people who do not vote have "no voice" for the future.

This silence leads to hopelessness, desires and needs unmet, and a confusion and disillusion as to what

"One Man, One Vote: A Voteless People is a Hopeless People"

each individual's purpose is in life.

Obi Chuckwu, current vice-chair of AASAC, further explained Coley's original campaign organization, saying "One Man, One Vote began with the U.S. Constitution and Afrikan Americans being

counted as three-fifths of a man and consequently not allowed to vote. This began a long struggle and process that was supposed to be guaranteed through the Constitution. The concept is a silent mass movement in which true strength is multiplied."

One Man, One Vote means Afrikan American students are aware as a community that it is voting time and that the candidates AASAC has endorsed have their best interest at heart. Therefore, on April 14 and 15, AASAC encourages Afrikan American students to vote for Ricky Livingston for Student Body President and Aimee Smart for Student Center President.

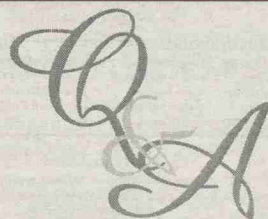
'97 ELECTION

• Chief Justice Alvin Sturdivant reviews Wolfpack Baseball.

See Page 3

• Nubian Health gives us another enlightening question and answer session, featuring the benefits of snacking

See Page 6



**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

Ebony Harlem Awards

On April 22 at 8 p.m. the annual Ebony Harlem Awards night will be held in the Multipurpose Room of the Afrikan American Cultural Center.



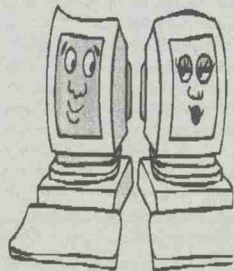
Voting will take place on Saturday, April 12 during Blackout, a festivity of the Pan-Afrikan Festival. Only registered Afrikan American students may vote and proper identification must be shown.

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.

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 Melver 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
with Dr. June P. Murray
guest speakers, videos and
visits to community-oriented
social work agencies*

*Learn to work effectively, from a culturally
competent perspective to empower
members of Black families*

*for more info. call:
Dr. June P. Murray
515-2492 or visit her
Mon/Wed
Rm. 242, 1911 Building*

THE NUBIAN MESSAGE

The Afrikan American Voice of North Carolina State University

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http://www2.ncsu.edu/ncsu/stud_pubs/nubian_message/nubiantoc.html

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.

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 Baseball Notes

Staff Report

The Nubian Message

Riding the momentum of a series win March 28-30 over then fourth ranked Florida State and a dramatic come from behind doubleheader sweep of the Citadel this past Tuesday, the N.C. State baseball team continued its winning ways this past weekend, sweeping a three-game series from arch rival UNC-Chapel Hill at Doak Field and moving into a tie with Clemson for third place in ACC standings. The Wolfpack is now 7-5 in the ACC and 26-11 overall.

State will look to further solidify its place in the upper echelon of the league standings with a three-game set this weekend against Maryland at Doak. The Terrapins, 13-14 overall, are no longer the league's doormat. After finishing last in the ACC five times in the past seven years, Maryland is showing very real signs of a resurgence.

The Terps defeated Duke two games out of three at Jack Coombs Field this past weekend, and earlier in the season took two of three from 20th ranked Clemson at College Park. Maryland is 5-7 in ACC play.

"There are no easy games in the ACC," Wolfpack head coach Elliott Avent said. "Maryland is a very dangerous team. They're playing excellent baseball. We'll have to be at our best to beat them, and our kids know that. This will be another difficult ACC series, but they're all difficult in the ACC."

The Wolfpack, who defeated the Tar Heels by scores of 9-8, 12-4 and 8-6, has won eight games in a row after a 10-game stretch during which it lost six games. The winning streak is the longest by the Wolfpack since a

10-game winning streak midway through last season.

"I'm just extremely proud of this team and the way they've battled back all season," Avent said. "We've got guys banged up with injuries, but they've played through them. The way we keep coming back game after game shows the kind of character and determination our players have. I've never been more proud of a team in my 16 years of coaching."

The key to the winning streak is simple: offense. During the eight-game winning streak, the Wolfpack has batted .380 (108-for-284) with 17 doubles, four triples and 15 home runs, and has scored 90 runs (11.25 per game).

In the 10 games preceding the current winning streak, the Pack batted .248 (81-for-326) with 12 doubles, no triples and eight home runs, and scored 49 runs (4.9 per game).

The offensive resurgence has been led by senior catcher/first baseman Scott Lawler, who went 8-for-11 in the UNC series and is batting .593 (16-for-27) with five home runs and 12 RBIs in his last eight games.

Sophomore catcher Brad Piercy, battling a badly pulled groin muscle, got just one at-bat during the Wolfpack's three midweek games, but came back over the weekend to kill the Tar Heels by hitting .467 (7-for-15) with a double, a home run and five RBIs. Piercy's two-run homer in the bottom of the ninth inning won the Friday game, 9-8.

Junior outfielder Jake Weber went 5-for-12 (.417) in the UNC series, extending his hitting streak to 16 games, the longest streak on the team this season. He is batting .419 (26-for-62) during the hitting streak. Senior outfielder Chris Combs went 4-for-8 in the UNC series and batted

.524 (11-for-21) with three home runs and eight RBIs in six games last week.

Wolfpack Diamond Notes:

The Wolfpack's comeback from an 11-1 sixth-inning deficit in the first game of last Tuesday's doubleheader against the Citadel may well be the greatest comeback in school history, and it triggered an offensive onslaught unlike any seen at Doak in recent memory. Beginning in the bottom of the sixth inning of that first game, the Wolfpack scored 29 runs in five innings, rolling to a doubleheader sweep, 17-13 and 16-0.

In that five-inning span, the Pack sent 49 men to the plate and batted .629 (22-for-35) with three doubles, three triples and six home runs, two of them grand slams. The on-base percentage during those five innings was .714, and the slugging percentage was 1.400! Wolfpack hitters drew 12 walks in the five innings, hit one sacrifice fly and were hit by a pitch.

During the five-inning onslaught, the Wolfpack had seven consecutive men reach base one time, six consecutive men reach base one time, five consecutive men reach base one time, and four consecutive men reach base twice.

The Wolfpack sent 16 men to the plate in the sixth inning of the first game, sent 11 men to the plate in the first inning of the second game, and then sent nine men to the plate in the second inning of the second game.

The Wolfpack continued its comeback streak Friday night in the first game of the UNC series. The Tar Heels led 3-0 heading into the bottom of the sixth, but State scored three runs on a ground-nut by Jeff Butler, a

single by Matt Postell and a pinch-hit triple by Craig Lee. The Tar Heels came right back with four in the top of the seventh to make it 7-3, but the Pack got two back on Chris Combs' home run in the bottom of the seventh to cut the lead to 7-5.

UNC added an insurance run with two outs in the top of the eighth to make it 8-5, but Postell hit a solo home run leading off the bottom of the eighth to make it 8-6 and set the stage for the bottom of the ninth. Jake Weber led off the ninth with a sizzling double down the right-field line and scored on Scott Lawler's smash single past third base. The Heels brought in freshman Kyle Snyder to face Brad Piercy, and after falling behind 0-2, Piercy worked the count to 2-2 and then belted a homer to deep center field to give State a 9-8 victory.

Four times this season, the Wolfpack has fallen behind by four runs or more as late as the sixth inning and rallied to win.

The sweep of UNC was State's third in the past six years. The Wolfpack swept the Tar Heels in Chapel Hill in 1992, and then brought out the brooms again two years ago at Doak. Friday night's game was State's 100th win in the series, and while UNC leads the overall series 128-102, State holds a decisive edge in recent years.

In the 1990s, the Wolfpack leads on the series 16-12. Since 1992, the Pack holds an even more commanding advantage of 15-6. State has won 10 of the past 13 meetings in the series.

Senior second baseman Tom Sergio got four hits and scored two runs in the UNC series. Sergio now has 318 career base hits and has scored 255 runs, and ranks fourth in

ACC history in both categories. Sergio now needs six hits and 11 runs scored to become State's all-time leader in both categories.

He needs 34 hits to pass Georgia Tech's Jason Varitek (1991-94) as the ACC's all-time hits leader, and he needs to score 21 more runs to pass Clemson's Bert Heffernan (1985-88) and become the ACC leader in runs scored.

Although Sergio got just four hits in the UNC series, he did reach base seven times in 16 plate appearances, and continues to be the man who drives the Wolfpack offense. Through the first 37 games of the season, State has scored 56.7 percent of its runs (173 of its 305) in innings when Sergio has gotten on base. And the Wolfpack had scored at least one run in 72 of the 102 innings in which Sergio had reached base (he reached base twice in one inning).

Sergio has now reached base in 39 of his past 67 plate appearances, and for the season he has reached base 103 times in 173 plate appearances. He leads the team with 50 runs scored and is tied for the team lead with 12 stolen bases. He has drawn 29 walks and struck out just 10 times.

Senior righthander Clay Eason continued his dream season with 5 1/3 innings of three-hit shutout relief to pick up the win in the series finale against UNC. Eason now is 6-0 on the season with a 1.00 ERA and a save.

He has allowed 21 hits, walked 13 and struck out 48 in 36 innings of work. Opponents are batting .169 against him. Eason now has allowed no runs on just four hits in his last three appearances, covering 8 1/3 innings. He got credit for the win in two of those three games.

State Posts Baseball Win Over Carolina

Staff Report

The Nubian Message

Scott Lawler got the game-winning hit with a fifth inning home run, and Clay Eason hurled 5 1/3 shutout innings Sunday at Doak Field to lead N.C. State to an 8-6 college baseball victory over Carolina.

The win gave the Wolfpack a sweep of the Tar Heels in the three-game ACC series and improved the Wolfpack to 26-11 overall and 7-5 in the ACC. The Pack is tied with Clemson for third place in the conference standings. North Carolina dropped to 3-9 in the conference and 20-16 overall. Eason improved to 6-0 with the win and dropped his ERA for the season to 1.00.

Lawler, who went 8-for-11 in the series, ripped an opposite-field line drive home run down the right-field

line to lead off the bottom of the fifth inning and break a 6-6 deadlock. The Wolfpack manufactured an insurance run later in the inning when Dustin Baker walked, stole second, took third when Tom Sergio walked and Matt Postell was hit by a pitch, and scored on a wild pitch.

The Wolfpack got off to a 1-0 lead on Jake Weber's solo home run, his seventh, but UNC put up a four-spot in the top of the second. Rodney Nye singled to lead off, and Julian Dean walked. Jarrett Shearin doubled home one run, and Mike Bynum doubled to drive in two more. The fourth run of the inning came across on a groundout by Richie Grimsley.

The Wolfpack came storming back with five runs in the bottom of the third. Tom Sergio led off with a single and took second on a passed ball, and with one out Weber singled Sergio to third. Chris Combs drove in

Sergio with a single, and Brad Piercy drove in Weber with a hit to cut the UNC lead to 4-3. Lawler drew a walk to load the bases, and Stephen Wolff hit a two-run single to put State up 5-4. The final run in the inning came when Dustin Baker grounded into a force play.

That lead vanished in the top of the fourth. With Grant Dorn on in relief of Wolfpack starter Kurt Blackmon, Bynum doubled with one out, took third on Clay Hooper's single and scored on Grimsley's sacrifice fly. Chris LaMarsh walked to put runners on first and second, and Eason was summoned from the bullpen. Brian Roberts tied the game with an RBI single to score Hooper.

Eason gave up just two hits the rest of the game to nail down the victory for the Wolfpack.

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

READ THE NUBIAN MESSAGE

CULTURE

New Horizons' 20th

By **Randall Haddock**
Health Editor

On Sunday, April 6, 1997, the New Horizons Choir at N.C. State performed in honor of its 20th anniversary. The concert, which was held in Stewart Theatre, was one of the first major events to be held as part of the university's annual Pan African Festival.

Black Students Board, the primary sponsor of the festival, uses this event as a starting point to praise God for allowing Afrikan American students to remain involved in the continuation and success of future Pan African Festivals.

Elder Sheldon V. Bullock, former New Horizons member, served as Master of Ceremonies. The concert began with a devotional, and the introduction of past and present choir members.

The choir, whose specialty lies with old negro spirituals and contemporary gospel music, has managed to hold the devotion of past members. The alumni of the New Horizons Choir was present in bountiful numbers at the concert.

Selections such as "Hold On," "You've Been So Good To Me," and "High Praise" received a magnitude of approval from the audience.

New Horizons Choir began in

the spring semester of 1977. Much of the choir's success comes from the unyielding leadership that has been provided by its founder, Eleania B. Ward. Before the students were to be graced by her pres-

Carolina and the southeastern United States. During its first 20 years, the choir has engaged in numerous activities including recording a live gospel album and participation in the American Negro



Koren Atwater/Staff

New Horizons Choir

ence, there were many failed attempts by students to organize a gospel choir. However, it was through Ward's guidance that the challenge of making the dream a reality was met.

The choir has evolved from an all-volunteer group to a fully accredited course and has become crucial in the recruitment and retention of Afrikan American students. Its members have traveled extensively throughout the state of North

Spiritual Festival in Cincinnati, Ohio. The choir has also had opportunities to perform with such recording artists such as the Minister Keith Pringle, Jester Hairston, and Evangelist Shirley Ceasar.

The members of the New Horizons Choir are truly a family unit that bring the gift of song and the structure of warmth and love for all who listen to enjoy.

New Horizons Choir to hold auditions for Fall 1997

New Horizons Choir(MUS 110B) a one credit choral performance course offered through CHASS is currently holding auditions for the fall. If you are interested in auditioning, please call Ms. Ward at 515-8280.

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 Afrikaana, 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

We understand that politics is nothing but war without bloodshed; and war is nothing but politics without bloodshed.

Fred Hampton

You can jail a revolutionary, but you can't jail the revolution

Fred Hampton

You have to understand that people have to pay the price for peace. You dare to struggle, you dare to win. If you dare not struggle, then goddammit you don't deserve to win. Let me say to you peace if you're willing to fight for it.

Fred Hampton

I Have Survived

I am a Black woman, a mother of this earth
 I have endured throughout, giving this world birth
 Although troubles prevail and anxious parasites attack,
 I have maintained throughout, I have kept a stiff back
 I Have Survived
 At times problems grip me and make me want to quit
 But the spirit inside of me rises even after the hardest hit
 All and all, you watch knowing I will survive
 I have withstood it all, the cheats, failures, defeats and lies.
 I Have Survived
 When you see my bowed head, you think that I have given up
 But you forget that I have the strength that you envy so much
 Though times seem tough, I fight the hardest battle and win.
 Through countless obstacles, I emerge again and again and again.
 I Have Survived
 I've survived 400 years of slavery and captivity
 And not once have you labeled me an endangered species
 You wonder how I can be so diverse yet so complete
 My phenomenon has not yet been explained, I am a natural feat.
 I Have Survived
 My skin tone ranges, engulfing the entire color spectrum
 But you don't understand where the elegance, grace, charm and intelligence stem from
 You marvel at my beauty, wondering at how it can naturally occur
 So you say I'm not light enough, not dark enough, too fat, too thin because you're insecure.
 I Have Survived
 I've seen it all, done it all, embodied the beauty and suffered the pain
 Yet I've survived not because I must, nor out of necessity, but because I can.
 I've been an artist, dancer, engineer, accountant, therapist and mother, and still I hold the highest degree in the land.
 You see although I may not work the job you see fit, I am living the life of a Black woman.
 I Have Survived
 I have never allowed my struggles to overwhelm nor encompass my life
 Yet you watch, waiting for my mistakes, anticipating my demise.
 No I don't claim to be perfect, nor without blemish, although I'm close
 My history, my life, my style speaks Black woman, and believe me that's something to boast.
 I Have Survived
 You anxiously await to find out the secrets I possess
 My hidden joy, waiting to exhale, but excelling nevertheless.
 I've turned heads, started wars, made men bow down at my feet
 Astonished, you wonder in amazement how God came so close to creating deity.
 I Have Survived
 My excellence will prevail, whether or not you deem fit.
 I have risen to every occasion, I have made the commitment.
 Try as you might, you will never destroy me nor turn me around,
 I am a Black woman and I have been created to stand my ground.
 I Will Survive.

Corena Norris

Revolution is like a forest fire. It burns everything in its path.
Malcolm X

Early in life I learned that if you want something, you had better make some noise.
Malcolm X

We didn't land on Plymouth Rock, my brothers and sisters—Plymouth Rock landed on us!
Malcolm X

We should emphasize not Negro History, but the Negro in history. What we need is not a history of selected races or nations, but the history of the world void of national bias, race, hate, and religious prejudice.
Carter G. Woodson

If you want to accomplish the goals of your life, you have to begin with the spirit.
Oprah Winfrey

Luck is a matter of preparation.
Oprah Winfrey

Don't sit down and wait for the opportunities to come; you have to get up and make them.
Madame C.J. Walker

History teaches that grave threats to liberty often come in times of urgency, when constitutional rights seem too extravagant to endure.

Thurgood Marshall

Sometimes history takes things into its own hands.
Thurgood Marshall

Who in the hell ever heard of a second-class citizen until they were invented in the United States? A person is either a citizen or he is not a citizen. You are either free or you are a slave.
John O. Killens

Interested in being a staff writer for *The Nubian Message*? Please call 515-1468 and ask for Carolyn Holloway or stop by Room 372 of the Afrikan American Cultural Center and pick up an application. You'll be glad you did.

HEALTH

Snacks Improve Health

By **Randall Haddock**
Health Editor

It is around 4 p.m. and you are starving. Between now and your dinner time of 7 p.m., you have to give a presentation in one of your classes, attend a mandatory floor meeting and tutor someone in Calculus.

You know that nothing in the vending machine within your residence hall can possibly be good for you nor fill you up. Your stomach is continuously growling and soon after that your head starts throbbing. You know that you need food now and a bag of potato chips is accessible and offers tremendous temptation.

Such snacks that are high in fat gives snacking between meals a bad rap. The United States is a nation of frequent snackers and manufacturers keep feeding our addiction through the introduction of new products into the consumer market each year. With this constant barrage of snack items, Americans keep consuming them at an alarming rate to the point where snacking threatens to replace

one or more of the three major meals that every individual needs.

Even though such high-fat foods such as chocolate and potato chips do satisfy the demands that our stomach may make on us, it is important to know that snacking should not serve as a meal replacement. It can serve, though, as an excellent low-fat source of carbohydrates.

Carbohydrates are the human body's most important energy source. Foods that are high in calcium, iron, and potassium are recommended as well. Fruits are excellent snacks for these particular vitamins and minerals.

Besides filling nutritional gaps, snacks can also sustain an individual's energy level by stabilizing your blood sugar level. When your blood sugar decreases, which can happen if you do not eat regularly, it can cause you to feel tired and fatigued. Snacks can also save individuals from becoming too hungry and from overeating during the next meal.

Most importantly, eating healthy snacks can increase your energy and endurance level during a difficult

workout regimen.

Snacks, unlike meals, are often spontaneous and unplanned. It is because of this that most people tend to focus on the calories that are consumed during a meal rather than when eating a snack. This negligence can cause unforeseen health problems such as hypertension, high cholesterol levels and bring about inevitable weight gain.

To keep snacks from becoming an unhealthy habit, the one strategy a person can develop is to become in tune with their eating cycles. Before you snack, you should ask yourself whether or not you are hungry.

By doing this, you can decrease the confusion between hunger and thirst. It is suggested that you drink an 8-ounce glass of water, then wait 10 to 15 minutes. If you still feel as if you are hungry, then it is presumably safe to go ahead and eat a healthy snack.

With the implementation of healthy snacks into your diet you can find yourself feeling and looking better, and stop those late-night cravings and midnight raids on your refrigerator.

Warding Off Allergic Reactions

By **Randall Haddock**
Health Editor

With the arrival of spring also comes the arrival of pollen and the allergy season. This light coating of yellow dust that comes from pollinating plants is the cause of many running noses, watering eyes and endless sneezing and coughing.

It has been reported that 75 to 85 percent of all people are allergic to some type of inhaled allergenic element. An allergic reaction in the airways can result in immediate blockage, which can lead to brain damage from insufficient oxygen supply or death.

However, even though there are some negative aspects to allergies and their effects, there is treatment available. Immunotherapy, or allergy shots, is one of the main tools that physicians use to treat allergies.

Since its inception in the early 1900's, immunotherapy introduces small amounts of allergens to the body through injections over a period of time.

You cannot be vaccinated all at once to rid yourself of the susceptibility to an allergic reaction like you can for a measles or tetanus shot. Instead, it is required that increasing dosage of the allergen be injected to teach the body's immune system a protective response versus an allergic response. The goal of immunotherapy is to change the way the immune system recognizes an allergen.

At the onset of the injections, the body sees the allergen as harmful, after a series of shots the body should not respond in that way. The allergy injections help build resistance to things that cause allergic symptoms, so that an allergic reaction is kept to a minimum the next

time the body is exposed.

Antihistamines are also helpful in the reduction of the body's vulnerability to allergens.

Researchers believe that there are key questions that individuals can ask to determine the role that allergens play in their daily living:

—If you suffer from asthma, does it occur worse in certain months?

—Do your eyes itch or become red after handling a pet?

—Does your skin become irritated upon drinking beverages or eating certain foods?

If these questions can be answered with a "yes", then it is important that a physician be seen for tests to identify specific allergens. Once found, your physician can devise a plan to significantly reduce exposure to the offending allergens and irritants.

on Common Health Problems

By **Randall Haddock**
Health Editor

Q: Why does the stomach rumble even though you may seem full?

A: Digestion, or sometimes even the anticipation of digestion can cause the rumbles. The structure of the stomach is lined with muscles. When eating, the nervous system signals the muscles to contract and squeeze, aiding the food and acids to churn more effectively. Sometimes the rumbles can be felt or heard even after a big meal.

Q: Is there any way possible to keep sore muscles from interfering with a workout routine?

A: Muscle aches are a common part to any workout regimen. They usually last for a day or two before dissipating. The consumption of aspirin or other pain relievers helps reduce the intensity of the soreness in muscles. Pain that occurs after a workout is the result of muscle tissue that has been broken down to rebuild itself. It is all too possible that improper form during exercising can also be a contributing factor. It is wise to use these sore areas as guides to improving the mistakes that are being performed during a workout. If the pain still persists, then it is suggested to reduce the intensity of an exercise routine so that it can remain as productive to the individual as before.

Q: Can proteins be used as a source for building stamina and endurance?

A: While proteins and amino acids are the building blocks to an individual's diet, they are not recommended to athletes for endurance boosters. The reasoning behind this is that proteins use the excess water within the body to keep energy levels up. This causes dehydration, fatigue, and sluggishness. Experts suggest that to prepare for any type of strenuous physical activity, an individual should start eating carbohydrates. Pasta, breads, fruits, and vegetables are foods that contain high amounts of carbohydrates.

Healthy Pleasures

By **Randall Haddock**
Health Editor

monitoring the foods they consume so that they do not eat foods that are high in calories or fat.

However many experts do suggest that it is healthy for dieters to eat high calorie meals and desserts occasionally to satisfy a person's "sweet tooth" and to give the body the necessary supply of sugar it needs to function.

Relaxation training is another activity that can be learned to increase healthy living. Individuals who live in urban centers often find themselves stressed and irritated due to the chaos that usually accompanies a workday.

It is under these circumstances that people can eventually suffer from hypertension or heart disease. Well, what can be done? Try taking 15 to 20 minutes out of the workday and find a quiet space to meditate and cleanse the mind of any impurities or negative thoughts that tend to surface. After doing this, individuals can continue on with their day with renewed vitality and energy.

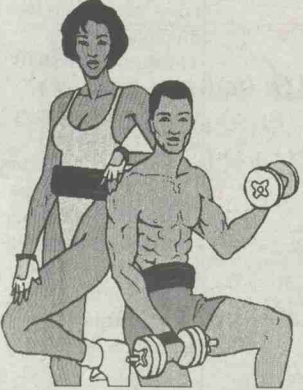
To become content with their life and health, people should understand that there are no manual guidelines or difficult regimens to follow, but that these practices are to be approached naturally. It is because of this aspect, that people are drawn to the pleasure principle in hopes of increasing their chances for maximum health and wellness.

Many people today are concerned about living longer, feeling better, and having more energy, so there is a continuing demand for adequate advice on health. However, something seems to be missing from all the recommendations that health experts are giving and that is the vital role of pleasure.

By involving the things that individuals enjoy doing most in their daily lives, it gives men and women a new and innovative approach to manage their health. It has been suggested that it can be done better with less effort and with much more fun.

This method to reaching a healthy and productive lifestyle guides people through the mazes of misconception that can often stand in their way of achieving maximum health. It offers a feeling of relief to know that health is not purchased or insured, but something that occurs naturally from within. There are a variety of practical suggestions on how to live life in a way that enriches a person's health.

One pleasurable activity that can be engaged in to obtain a healthy lifestyle is through the use of rewards. Many Americans, particularly those who diet, are constantly



Interested in being a health writer for The Nubian Message, call 515-1468 and ask for Randall Haddock, Health Editor, or stop by Room 372 of the Afrikan American Cultural Center for an application.

OPINIONS

The New Black Plague

By Kevin A. Blue
Staff Writer

There is a new epidemic sweeping through the middle-class Afrikan American community. This new dilemma takes root in the mind and spreads rapidly to the heart and soul of its victims. The effects vary from person to person, but the symptoms are still recognizable. Although no record can be found of how many victims it has claimed, new cases are continually being confirmed.

The average age of the victims varies, but most are highly successful Afrikan American men and women in their thirties and forties. This makes it a crippling disease to our community because it removes our leadership-age individuals from their posts of leadership. It appears to make the individuals unable to logically and critically think and analyze problems facing the Afrikan American community.

Those who are able to remain in positions of leadership do not appear competent enough to concentrate on the causes of high unemployment rates, drug abuse or domestic violence and instead develop apathetic tendencies and general lack of concern for their fellow brothers' and sisters' well-being.

Unlike most epidemics, this disease attacks our middle to upper-class. Most victims become "blind" to the struggles their people endure everyday. They develop irrational views of the world in which they live and think simply because they live in the suburbs; Dr. King's dream is now a reality.

Victims of this dreadful plague have a strange habit of denouncing the very governmental programs that are needed for people of all color to secure an equal foothold in American life. They publicly vilify federal legislation that regulates equal housing, equal employment and equal opportunity. In essence, it makes black folks lose their minds!

This dreadful plague is called Black Conservatism. Most critics of the disease label it a "five-dollar" term for black cowardice. Those individuals who are "conservative" find it appropriate to do nothing to solve problems of the race. Because of political ties they have formed or economic gains they have made, they are fearful of any actions they may take to give back to the community. Instead, they adopt a pessimistic policy of "if we can't beat them, let's join them."

A rare disease in the '60s and '70s, Black Conservatism has steadily encroached upon the members of our "elite," most particularly during the Reagan-dominated years of the '80s. Now we can find too many successful, professional, business-minded individuals who proudly wrap the cloak of conservatism around their broad and bolstering shoulders.

Although studies show most black conservatives vote Republican, some of the wolves dress in sheep's clothing. There are highly visible Afrikan Americans in other parties who are just as smitten by the disease. Party affiliation does not necessarily make a person conservative. Their outlook on the state of the Afrikan American community

and how to improve it is the best indicator of those who have been infected.

It is a shame that our most successful brothers and sisters have fallen ill to the malignant symptoms of the disease. They are supposed to be the vanguard of DuBois' "Talented Tenth." Instead, they have become the "Traitorous Thousand," forsaking all duties and obligations to their countrymen.

They blow the trumpet to abandon such programs as affirmative action and equality by granting federal contracts with more conviction and fervor than Newt or Pat could ever hope to. They have climbed the ladder of success these programs helped to create, and for that they are worthy of our respect. They have no right however, to kick down the very ladder they climbed, and if they do, they are worthy of our reprimand.

There is hope, though. Although the individuals who have become infected may be lost and should be quarantined immediately, it does not appear that the young Afrikan Americans leaving colleges and universities today are in serious danger of contracting the disease. On the contrary, they don't appear to be as susceptible to the disease and seem to be fairing well against it. Yet, young adults are not immune to it either.

Strong doses of Afrocentric material that praises the history of Afrika and the spirit of people with Afrikan descent (like the "Nubian Message") are suggested in order to keep the disease at bay.

Igniting the Spirit of a New Generation

By Kimberly Pettaway
Opinions Editor

today.

The youths of today are the ones who shall pilot us into the next millennium. They are the ones who must make the collective strides towards unity and empowerment of the Afrikan race. They shall be the ones who will carry our hopes and dreams in their hearts and the ability to actualize these things by their intellect.

They are the ones to make true the promises of a nation that seems to have mastered the art of deceptive lying. They are the ones who must accept a commitment to someone other than themselves and hold steadfast to a commitment to a cause other than personal glorification. The spirit must be ignited in a new generation.

To have a prosperous passage into the 21st century, the ignition of the spirit of a new generation must cultivate by preparing for it today. It must occur for the sake of those who despise social and economical tyranny still lingered on true to themselves, their people and the struggle.

It must cultivate in order for youths to have a historical understanding of their people. They must know that America has not always conspired to welcome them with open arms.

They must realize that the placement of a few "token blacks" in the spotlight is not beneficial to the cause. Manning Marble in his essay "The Challenge of Black Leadership" says, "A 'black face in a high place' may give Afrikan Americans a sense of pride and symbolic accomplishment, but if that black person near the pinnacle of power fails to address the legitimate grievances and problems of our people, Afrikan Americans as a group aren't empowered at all."

The spirit of a new generation must be ignited to endow our youth with a sense of pride in who they are. Something is internally wrong with someone if their is no pride in his history and no love for his people. There is nothing wrong in having "Black Pride."

Accordingly, to have black pride does not mean you claim superiority above all other races. It simply means that you boldly denounce your inferiority to anyone.

The year 1619 serves as the year scholars herald that the shores of America were graced with the essence of a most unique human specimen... the Afrikan. And even though we stepped off the boats shackled by chains, our innate genius as a people could not be discarded.

Regardless of the oppressor's aspirations to deprive us of our dreams and dignity, our spirit could not be suppressed, and now, more than 300 years later, we are still here. How true the old spiritual has proven to be...we shall not be moved.

Not only are we still here but we are preparing the generations to come who will assume our various roles. As Paul Roberson once said, "We realize that our future lies chiefly in our hands. We know that neither institutions nor friends can make a race stand unless it has strength in its own foundation, that races - like individuals - must stand or fall by their own merit. To ensure longevity as a people, we are igniting the spirit of a new generation."

We accept the challenge that it is up to us to right the wrongs of a society in which some believe things are in their natural, correct order. We beg to differ.

We are not blinded by the emblazoned words: "We hold these truths to be self-evident, that all men are created equal," in case you did not know we have already declared our independence - we are not daunted by the high pitched lyrics "land of the free and the home of the brave," and we have affirmed our actions because we know that justice is uncompromising. By ensuring that there will be a better tomorrow for our people, we are igniting the spirit of a new generation today.

The generation to come shall not be a generation of indecisive, clueless soldiers.

We are a principled people, and as a people of magnificent principle in order to orate our own history and actualize our goals for the upliftment and empowerment of our people, we must be devoted to igniting the spirit of a new generation.

We shall never perish because we are preparing tomorrow's leaders

Blacks and the Environment

By Letitia Bascome
Guest Writer

As a child growing up, there were times when I would throw my trash on the ground without thought. On those occasions my mother would instruct me to pick it up and throw it away properly.

From time to time I would slip up and she would remind me again. My mother often asked me what would I do if someone threw trash in our front yard? How would I feel. I soon began to realize what she was trying to tell me.

I have always considered my yard neat and well-groomed and would be hurt if someone throw garbage in my yard. Trash is unattractive whether on the ground or on the side of the highway, so even as a child my mother tried to teach me that my surroundings needed to be cared for and not polluted. Even though my mother pushed me into doing the right thing, I now choose to take responsibility in making my surroundings and community beautiful.

We often went to church to worship the Lord. I remember as a little girl that most of the sermons were made in comparisons with things from our surroundings to what was

going on in the news.

Being that most of my life was spent in the church, the most important thing was learning to appreciate what the lord gave us and to take care of it. I can honestly apply that to the caring of my community. My mother always said that by having land you could never go hungry and you would always have a place to lay your head at nights. Most importantly though was that we needed to thank God for it all. Along with having land you had to care for it and keep it clean because cleanliness is next to Godliness.

My cultural background consists of a wide range of diversity. Being a black female makes it all the more difficult. I have seen all of these white environmentalist that save our planet on a daily basis, but where are the black environmentalist. For that matter where are the black female environmentalist.

It may cause a problem later on in life because I know that at least I care about the environment, but most importantly is that I want other ethnicities and cultures (especially mine) to care too, especially women. The environment is a constant responsibility. Keeping our

surroundings clean benefits everyone. I guess females in general like to see things neat, tidy, and consistent, at least this is how it is in my home anyway. I, because of my background, believe in keeping the environment clean too.

To conclude, it is hard to tell people how to do things or save things. No one likes to be told to do anything, that is why we have to teach them while they are young.

Other countries have the recycling idea in a bag, but we don't because we do not appreciate what we have and how to use it. We take for granted what millions crave for. Third world countries have a grasp on the environmental problem because to them it is not a problem. They have concerns that pass ours tenfold.

Recycling is a problem that mainly affects our country because we waste so much and do not know to restrain from over using. By issuing people to care for our planet by law we may have a chance to save the environment, and most important changing ways of thinking.

It is up to us to make the land that our children will one day inhabit a safe, clean place to live!

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.

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