

The NUBIAN MESSAGE

Volume 5, Edition 29
April 17, 1997

The Afrikan American Voice of North Carolina State University

Knowledge



What's Goin' On?

SAAC

The Society of Afrikan American Culture will have a meeting on Thursday, April 17 at 7 p.m. The meeting will be held in Room 375 of the Afrikan American Cultural Center.

Resident Organization

There will be a Resident Organization meeting on Friday, April 18 at 3:30 p.m. The meeting will be held in the Afrikan American Cultural Center. All resident organizations need to make an effort to attend this final meeting of the year.

"He'p Us, 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. Prizes include a color television, artwork and dinner for two at Rock-N-Reggae. Tickets will be on sale now through Monday, April 21. For more information call, 515-1468 and ask for Tonya.

Freedom Fest '97

The annual Freedom Fest will be held May 2 through May 4, 1997. Events will be held throughout the Raleigh-Durham area. More information to come.

KAP

Celebrate Kappa week with the brothers of Kappa Alpha Psi from April 20-25. Program dates and times will be announced.

45 Votes Determine Presidency

Staff Report

The Nubian Message

After all of the votes were tallied from the runoff election this past Monday and Tuesday between Chad Myers and Ricky Livingston, Myers was chosen to serve as the new Student Body President, winning by a very narrow margin of 1175 votes to Livingston's 1130 votes - the closest student government race in years. 2,305 students participated in the voting.

Ricky Livingston has worked over the past three years with previous Student Body Presidents including Robert Zimmer, John O'Quinn and Bobby Johnson.

Livingston said that issues such

as teacher evaluation and students accessibility, the plus and minus system and tuition affordability are a few that have been in hot debate around student government for a while. Livingston hopes issues of the past will be addressed and efforts to maintain an effective leadership will continue. Livingston feels his campaigning was effective and a good effort was put on by different organizations.

The position for next year's Student Center President was also part of the runoff elections held Monday and Tuesday. Aimee Smart, an Afrikan American Student Advisory Council nominee, was elected to serve as the next Student Center President. Smart beat Radford, 1144 votes to

757 votes.

"My first project is to select a new board and promote awareness about UAB," Smart wanted to remind students to feel free to bring all needs and concerns to the

in microbiology who has served for two years as chairperson of the Leadership Development

Committee, one of the constituent committees of the UAB. Some of Smart's other platform issues are to involve more off-campus students in events and promoting unity among campus organizations.

Student Government positions have been filled and the new officers have a set agenda. Now it's up to the student population at N.C. State to hold these newly elected officers to their promises in the Fall of 1997.

The Nubian Message attempted to contact newly elected Student Body President Chad Myers, but received no response.

board. "The University Activities Board is there to work for students," said Smart.

Smart is a sophomore majoring



Upcoming Events

Staff Report

The Nubian Message

The Afrikan American Heritage Symposium, which recognizes undergraduates in the categories of history, literature, sciences and aesthetics and possible categories such as religion and philosophy will be held this Saturday, April 19, 1997 in the Multi-Purpose Room of the Afrikan American Cultural Center.

According to Dr. M. Iyailu Moses, Director of the Afrikan American Cultural Center, the "Symposium gives students to have an opportunity to learn from students who have researched and presented papers in these specific categories."

The Symposium also gives students the opportunity to compete with other students in the state of North Carolina.

Also, on Tuesday, April 22, the Society of Afrikan American Culture and the Afrikan American Cultural Center will sponsor the annual Ebony Harlem Awards.

This awards ceremony recognizes Afrikan American students who have excelled in the academic, athletic, and the social realm. Students are nominated through the Faculty/Staff Committee and also through their peers.

Also according to Dr. Moses, "the Ebony Harlem Awards is a perfect opportunity for students to recognize leadership, community service workers, and those who have contributed to the Afrikan American community."

Freedom Fest Scheduled for May 3 at Capitol Building

Staff Report

The Nubian Message

The annual Freedom Fest 1997 will be held on May 3 at the State Capitol located in downtown Raleigh. The Raleigh Men's Council, a non-profit organization which believes in providing personal development, professional enrichment and community involvement will be sponsoring this years event.

The Festival will begin on Saturday, May 3 at 10 a.m. with a workout session to be held on the State Capitol west lawn. Also, beginning at 10 a.m., the marketplace will open and a Freedom essay contest award youth forum will be presented in the Old Senate Chambers.

Starting at noon, there will be a gospel concert which will feature choirs from Greater Saint Paul Baptist Church from Durham, Saint Matthew AME Church of Raleigh and Saint Augustine's College Choir also of Raleigh. The gospel concert will be held on the east lawn of the State Capitol.

At 2 p.m., a series of poetry readings, marital arts exhibitions, positive rap, Afrikan dancers, marching bands and a youth talent showcase. This will take place on the north, south and west lawns. Starting at 3 p.m., there will be a high school step competition on west lawn and at 4 p.m. a college step competition on the south lawn. At 5 p.m. a jazz concert featuring The Al Wright Unit of Red Bank, N.J. will perform and at 6 p.m. will be closing ceremonies.

If anyone is interested in making a financial contribution or provide a particular service for the event, please contact Andre Best at (919) 472-2981.

Where were you
on the days
run off votes
were cast?

• An anonymous student lambasts N.C. State's political apathy.

See Page 7

• Nubian Sports dedicates another section to the Wolfpack's outstanding baseball team.

See Page 3



STUDENTS

•Some prescription drugs and other substances are being sold illegally to persons who in turn spike drinks to sedate the unsuspecting drinker.

•This can happen to men or women. The ramification can result in an assault including a sexual assault.

•One illegal substance being abused, is called Rohypnol sometimes called "roofies or roaches"

•Such substance can be colorless tasteless, odorless and dissolve easily in any kind of drink- kool aid, soda, milk, water, tea, coffee, liquor, beer, etc.



**Watch
your
drink!**

BEWARE!!!

•Be alert to the behavior of friends. Anyone appearing disproportionately inebriated in relation to the amount of alcohol they have consumed may be in danger.

•Anyone who believes they have consumed a sedative-like substance should be driven to a hospital emergency room or should call 911 for an ambulance. Try to keep a sample of the beverage for analysis.

•For Emergencies, Call
Public Safety- 515-3333, 911
, or the NC State University
24- hour Rape and Sexual
Assault line at 218-9102

Kiapo: Afrikan American Pledge of Allegiance

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

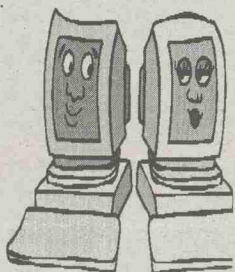
****ONE MORE QUEEN DUNN--CH**

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 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:

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SW413 (see Tracs for call no. & room)

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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.

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

Second-Place Wolfpack Stays Red Hot: Takes on Clemson

Staff Report

The Nubian Message

Red-hot N.C. State, ranked No. 18 in the April 14 Collegiate Baseball poll, extended its winning streak to 13 games this past weekend with a convincing three-game sweep of Maryland at Doak Field.

The Wolfpack scored two runs in the bottom of the eighth inning of the first game of the series to pull out a 5-4 victory, and then rolled to a 9-3 win on Saturday before pounding eight Maryland pitchers for 28 runs on 23 hits Sunday in a 28-9 pasting on a national cable television hookup.

With the sweep, which includes eight straight wins against ACC teams, the Wolfpack improved to 31-11 overall and 10-5 in the conference. The Pack now is tied with Florida State for second place in the league, one game ahead of Clemson, which will invade Doak Field this weekend for NCSU's final home conference series of the season.

The current winning streak is tied for the third-longest in school history. The 1990 Wolfpack won 19 straight, a school record, and the 1993 Pack won 14 straight at one point. NCSU also won 13 straight in 1994. "Confidence is the main ingredient," Wolfpack head coach Elliott Avent said.

"When you're playing with confidence you see the ball a little better, and even when things don't go right, it doesn't faze the team at all. We didn't pitch well on Sunday, and we made four errors on Friday night, and we still found a way to win. The guys

are just playing with an awful lot of confidence."

Offense has been the key to the winning streak. The Wolfpack has batted .378 (178-for-471) with 28 doubles, six triples and 25 homers, and scored 159 runs over the last 13 games (12.2 per game). In the 10 games preceding the current winning streak, the Wolfpack batted .248 (81-for-326) with 12 doubles, no triples and eight home runs, and scored 49 runs (4.9 per game).

While the offense has been en fuego, the pitching has been solid and the defense airtight. As a staff, the Wolfpack has a 4.54 ERA during the streak. And the defense has posted a .967 fielding percentage and turned 11 doubleplays during the 13-game streak.

The Wolfpack also has been fortunate that several players have been able to play through a multitude of injuries. Clemson happens to be coming to Doak Field at a time when numerous Wolfpack players - Brad Piercy, Scott Lawler,

Tom Sergio, Dustin Baker and Craig Lee to name five key starters - could use some extended time on the disabled list. Instead, Avent will rest as many people as he can during the week and try to win his midweek games with a patchwork, makeshift lineup and then play his regulars again against Clemson.

"We could use a week off," Avent said. "We're awfully banged up. We're giving guys time off during the week, but it's tough playing from weekend to weekend without playing in the middle of the week. We've got

some guys who need some time off, which makes it tough to win during the week, but they have to get their rest. It would be nice to have a couple of weeks off right now to get fresh and get our legs back under us and get healthy."

Wolfpack Diamond Notes:

* With his two hits and three runs scored on Sunday against Maryland, senior second baseman Tom Sergio became NCSU's all-time career leader in base hits with 324 and runs scored with 266. Sergio passed Brian Bark (1987-90) to break both records in the same game.

Sergio now ranks fourth in Atlantic Coast Conference history in base hits and second in runs scored. Georgia Tech's Jason Varitek (1991-94) is the all-time ACC hits leader with 351, while Clemson's Bert Heffernan (1985-88) leads the conference in career runs scored with 285.

In addition, Sergio needs 11 more walks to break the NCSU single-season record, and 19 more to break the career record of 154, set by Robbie Bark.

* Sergio's leadoff home run in the first game of the Maryland series was his 12th of the season and tied him with Chris Combs for the team leadership in home runs. Heading into play this week, Sergio was batting .419 with a .551 on-base percentage and a .750 slugging percentage over the year. He leads the team with 61 runs scored, 37 walk and 15

stolen bases.

* Sergio has not let his power go to his head. He is still the team's leadoff hitter, as such, Sergio has reached base in 55 of his last 93 plate appearances. For the season he has reached base 119 times in 199 plate appearances.

Through the first 42 games of the season, NCSU has scored 60.4 percent of its runs (226 of its 374) in innings when Sergio has gotten on base. And the Wolfpack had scored at least one run in 87 of the 118 innings in which Sergio had reached base.

* On April 1, the Wolfpack rallied from an 11-1 deficit against The Citadel and went on to sweep a doubleheader against the Bulldogs, 17-13 and 16-0, scoring 29 runs over a five-inning span. On April 13 against Maryland, the Wolfpack almost matched that five-run output, routing the Terrapins 28-9 on a national cable TV hookup and scoring 24 runs in the first five innings.

In the first five innings against Maryland, the Wolfpack batted .588 (20-for-34) with five doubles, one triple and five home runs. The team on-base percentage in those five innings was .591 and the slugging percentage was 1.253. State hitters drew six walks in the five innings.

By comparison, in the five-inning eruption against The Citadel (which actually covered parts of two games), the team 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.

* How good has the NCSU offense been during the current 13-game hitting streak? Take a look at the most common Wolfpack lineup and those players' statistics during the streak: Tom Sergio, 2B - .432 (19-for-44), three doubles, two triples, three home runs, 20 RBIs, 22 runs scored, four stolen bases, 16 walks, five hit-by-pitches, .597 on-base percentage, .795 slugging percentage, 13 games played.

Matt Postell, 3B - .462 (24-for-52), six doubles, two home runs, 16 RBIs, 17 runs scored, .508 on-base percentage, .692 slugging percentage, 13 games played.

Jake Weber, RF - .538 (28-for-52), six doubles, two triples, three home runs, 23 RBIs, 22 runs scored, .590 on-base percentage, .904 slugging percentage, 13 games played.

Scott Lawler, DH - .474 (18-for-38), one double, six home runs, 16 RBIs, 14 runs scored, .574 on-base percentage, .974 slugging percentage, 11 games played. Brad Piercy, C - .471 (16-for-34), three doubles, two home runs, 17 RBIs, eight runs scored, .459 on-base percentage, .735 slugging percentage, nine games played.

Courtesy of NCSU Sports Information Office.

Wolfpack Continues Rampage: Rips Davidson 22-4

Staff Report

The Nubian Message

Tom Sergio had four hits Tuesday night, including his 13th home run of the season, and six RBIs, to lead an NC State offensive assault that included seven players with at least two hits and six with at least two RBIs as the Wolfpack slammed Davidson 22-4 at Doak Field.

The win was the Wolfpack's 14th in a row, which ties for the second-longest winning streak in school history. The school record is 19 consecutive wins, set in 1990. The Pack also won 14 straight in 1993.

NC State now is 32-11 on the season, while Davidson fell to 18-25 with the loss. Freshman righthander Grant Dorn made his first college start for the Wolfpack and allowed four runs on five hits in five innings to pick up his first win. He struck out eight and walked four.

Jud Hall pitched the final four innings and allowed just one hit and one walk to record his first save of

the season. Starter Jamie McDonald gave up nine runs on 11 hits in 4 2/3 innings to drop to 3-3.

The win was the second consecutive game in which the Wolfpack has scored at least 20 runs (the Pack pounded Maryland 28-9 on Sunday), the first back-to-back 20-run games in school history, and the 50 runs scored in the two games also is a school record.

Davidson scored twice in the top of the first on a wild pitch and an RBI groundout to take a 2-0 lead, but the Wolfpack came back with three in the bottom of the first on an RBI double by Chris Combs, an RBI single by Craig Lee, and a wild pitch to make it 3-2.

The Wildcats tied the game at 3-3 in the top of the third on Jeff Coker's RBI single, but State retook the lead in the bottom of the inning on Scott Lawler's run-scoring single to make it 4-3. Wolfpack. Davidson tied it at 4-4 in the top of the fourth on a single and two wild pitches, one of them good for two bases, but NC

State then put the hammer down with five runs each in the fifth and sixth innings, and eight runs in the seventh.

Chris Combs led off the fifth with his 13th homer, and one run scored on Andy Ferguson's sacrifice fly. Sergio capped the inning with a three-run bomb. Ferguson and Dustin Baker singled in runs in the sixth, and Sergio followed with a two-run single. Jake Weber wrapped up the inning with a two-run double.

In the seventh, Craig Lee drove in one run on a grounder to second, which was booted for an error, and Sergio singled in two more runs after the bases were loaded. Jeff Ballard singled in a run, and Stephen Wolff walked with the bases loaded to drive in a run. Jimmy Slaughter followed with a two-run single, and Jeff Butler singled in the final run of the game.

Courtesy of NCSU Sports Information Office.

McCullum to Transfer in Fall

By Alvin Sturdivant

Sports Editor

After just one season of play at NC State Andre McCullum, a 6-6 freshman forward, has announced his decision to transfer out of NC State to pursue more playing time at a currently undisclosed university. McCullum intends to announce his choice next week.

McCullum joined NC State out of Whiteville, NC, played in just 14 games last season, averaging 1.9 points and 1.3 rebounds per game. McCullum came to NC State with a very strong offensive game, which would have been great under the direction of Les Robinson, but with Herb Sendek's focus on defense, McCullum is barely a part of the recipe, lacking in the quickness needed to be an effective defender on the Wolfpack squad.

McCullum becomes the first player to leave NC State under the direction of Sendek. Although the loss of McCullum is very disappointing to many, NC State now has the option to recruit a seventh recruit to fill the void that he is leaving.

On last Wednesday, the opening day of the NCAA Spring signing period, the Wolfpack signed 6-8 Rouldra Thomas of Natchez, Mississippi, giving the Wolfpack



their sixth signee of the period.

Thomas is an excellent outside shooter, according to NC State coaches, and chose the Pack over Temple and Connecticut. He is qualified academically and plans to major in Sports Medicine. The 185-pound signee averaged 20.7 points, 10 rebounds, and 3.5 assists in his Senior season, leading Natchez to a 24-10 record.

More sports on page 4

Red-Hot Wolfpack Pounds Maryland 28-9

Jake Weber had five hits Sunday afternoon to lead a 25-hit NC State attack that included six home runs as the Wolfpack hammered Maryland 28-9 in an Atlantic Coast Conference baseball game at Doak Field. The win was the Wolfpack's 13th in a row, which is tied for the third-longest winning streak in school history.

The 1990 Wolfpack won 19 straight, a school record, and the 1993 Pack won 14 straight at one point. NC State also won 13 straight in 1994. With the win, the Wolfpack is now 31-11 overall and tied with Florida State for second place in the ACC at 10-5. Maryland dropped to 15-17 overall and 5-10 in the conference.

Senior righthander Clay Eason worked three scoreless innings for the Wolfpack in relief of starter Bubba Scarce, who was pounded for eight runs in three innings. Eason allowed just two hits, struck out two and did not walk a batter to pick up his seventh win of the season against no defeats.

Maryland starter Mike Wooden, the first of eighth Maryland pitchers

was roughed up for 10 runs on 10 hits in two-plus innings and fell to 2-4. Maryland took a 3-0 lead in the top of the first on a solo homer by Joe Clemente, and RBI singles by Kyle Rockefeller and Scott Bronowicz.

The Wolfpack quickly turned the game into a slugfest in the bottom of the inning with a two-run single by Weber, and consecutive homers by Scott Lawler, Stephen Wolff and Craig Lee. Lawler's blast was a two-run shot.

Maryland picked up a run in the top of the second on a single by Larry Long, a single by Eric Beer, a groundout and a wild pitch. NC State made it 7-4 with a sacrifice fly by Brad Piercy in the bottom of the second. The Terps then took an 8-4 lead in the top of the third on a grand-slam homer by Casey Trout, but that was the last anyone heard from the Terps until the seventh, thanks to Mr. Eason.

The Wolfpack, meanwhile, batted around in the third and fourth innings, and sent eight men to the plate in the fifth, turning Maryland's 8-7 lead into a 24-8 lead for the Pack. Piercy capped a six-run third

inning with a three-run homer, and Weber had a two-run double in the inning.

In the Wolfpack's seven-run fourth, Tom Sergio drove in two runs with a single to tie the school record for career hits, his 323rd, and Weber tripled in a run. Piercy added a sacrifice fly, and Lawler capped the inning with a solo homer to give the Wolfpack a 20-8 lead.

The Pack made it 24-8 with four in the fifth. Weber drove in one run with a single, and Piercy sent one runner home with a double. Stephen Wolff added a sacrifice fly.

Maryland added a run in the seventh on a solo homer by Kevin Haverbusch, but the Wolfpack added four more in the bottom of the eighth. Wolff hit his second homer of the game to lead off the inning, and Sergio broke the school hits record with an RBI double, his 324th career hit. Matt Postell followed with an RBI single, and came around to score on two wild pitches and an error.

Courtesy of NCSU Sports Information Office.

Cheryl Miller: An Afrikan American Great

By Alvin Sturdivant
Sports Editor

USC to national titles in 1982-83 and 1983-84.

In honor of her achievements, Miller was a recipient of the 1986 YWCA Silver Achievement Award.



Cheryl Miller, a member of the Basketball Hall of Fame, joined Turner Sports in September 1995 as an analyst and interviewer for coverage of the NBA on TNT and TBS. Prior to taking on the commentator role, Miller served as head coach at the University of Southern California, her alma mater, since 1993.

Miller has accomplished a great many things throughout her career and continues to make marks for women in sports each day that she lives and succeeds in what is considered a male dominated sport and profession.

Miller was a member of the 1984 US Olympic gold medal women's basketball team, and joined Turner Sports after a brief stint at ABC, where she handled a wide variety of assignments, ranging from reports for "Wide World of Sports," and a commentator for the network's college basketball telecasts.

Miller is a four-time All-American and three-time Player of the Year at USC, and led the US team to the Women's World basketball Championships in Moscow in 1986, and later led the American women to gold past the Soviet women in the Goodwill Games.

Miller was the first USC player to have her jersey retired (male or female), MVP of the Final Four Tournament in both her freshman and sophomore seasons, and led

and became the first woman to be nominated for the Sullivan Award. Miller was also voted the 1984-85 ESPN Woman Athlete of the Year.

Miller has done a great service to the world of sports, and has been an excellent role model for many, including her younger brother, Indiana Pacers guard, Reggie Miller. In her career Miller has represented the Los Angeles Literacy Campaign, the American Lung, Diabetes, and Cancer Association, along with the Muscular Dystrophy Association.

Most recently, Miller was named as a head coach in the WNBA. The Nubian Message salutes Cheryl Miller for her success and dedication to the upliftment and the empowerment of women in sports.

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featuring
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CULTURE

CHASS-MASS Sponsors Hot Topics Forum on Affirmative Action

By Dwight Willie
Staff Writer

Affirmative Action. These words can evoke as much controversy as a racial slur in today's society. A forum evaluated the issue and its relation to higher education last Thursday.

Mary Elizabeth Kurz, an attorney for N.C. State lead the discussion. Kurz serves as part of the chancellor's staff. She is on the Senior Management Team and is currently the General Counsel. Kurz' work involves preparing the university for legalities that may arise involving Affirmative Action along with other legal affairs. Recently Kurz has been forced to study in-depth two court decisions that have had a major effect on the role that Affirmative Action plays in higher education. The cases involving the University of Maryland, College Park and the University of Texas, Austin were the major topic of Kurz's discussion. In both cases, Affirmative Action programs were ruled against by circuit courts. Kurz gave detailed about the cases and rationale for the rulings.

To start the discussion Kurz gave general background information on Affirmative Action in higher education. Kurz spoke of Adams' litigation that involved the problem of segregated schools and the resulting desegregation of major white universities in the late '60s.

Kurz went on to explain that in the early '90s case challenges against Affirmative Action were becoming numerous. Due to these cases the courts had to decide what factors made the Affirmative Action programs justifiable. The U.S. Supreme, and lower courts decided

that the programs must satisfy the following rationale. They must remedy past discrimination. The program must show that it helps to foster diversity.

"Few institutions are able to justify the rationale relating to fostering diversity," Kurz said. In the Texas case, the university didn't place majority and minority applicants in the same pool which is what spawned the lawsuit. The 5th circuit court went on to decide "...diversity was not a valid rationale for race-based preferences." This decision made it unconstitutional to use race as a factor in admission in the 5th circuit which encompasses Texas, Louisiana and Mississippi. Closer to home, Kurz discussed the case in Maryland. In this case the courts found that the institution did not follow the first rationale. The 11th circuit courts believed a scholarship for out-of-state minority students did not help to remedy discrimination, since Maryland did not discriminate against minorities in other states. After Kurz discussed more of the cases, the forum began.

The facilitator for the forum was Dr. Rupert Nacoste. Nacoste is an associate professor of psychology at NCSU. He has a long-standing interest in the psychology of Affirmative Action. Currently, Nacoste has articles in at least four publications concerning the psychology of Affirmative Action.

"Currently we have a mess on our hands. You know what I am talking about," Nacoste told the audience. "Two words can either stop a conversation cold or start a fist fight ... Affirmative Action!"

Nacoste began the forum by asking the audience to give some of the perceived negatives of Affirmative Action. Filling up the chalkboard with statements like, "perpetuates racism and stereotypes, not qualified, lowers standards, presumed incompetent, reverse discrimination," the audience seemingly did not want to stop.

They were then asked to give some of the positive aspects of Affirmative Action. Dr. Nacoste then filled the board with statements like, "breaks old-boy network; levels the playing field; gives changes; encourages diversity and presents role models."

Nacoste went on to illustrate how oftentimes the media hypes up Affirmative Action. In many cases, the media makes it seem as if an unqualified person can receive a job that another individual is more aptly qualified. It is the shock factor supported by lack of truth that gives Affirmative Action its bad name. Nacoste then explained how it has always been against the law to hire a person that is unqualified for a specific job. After brief discussion, Nacoste resolved for the audience how the use of statistics is not enough to determine an individual's admission into a school. After attempts to determine who the two sets represented, the answer was revealed. The data set demonstrated how the scores of white students in urban areas were higher than those of their rural counterparts. Questions were then asked by the audience. After a number of questions, the forum came to a close.

Afrikan American Women: Mary Fields

Did you know... Mary Fields was truly a free spirit and was well known as "Stage Coach Mary"? Mary was born a slave. However, she decided that slavery was just not for her, so she ran away to Toledo, Ohio. There, she found work in a convent and became good friends with Mother Amadeus. She always carried a .38 Smith and Wesson shotgun strapped under her apron. Mary was six feet tall and 200 pounds and loved to smoke cigars. She was so good with her gun, that she earned the nickname "Black Mary," because she never missed a thing within 50 paces. It was also said that she could beat any man in the territory.

Because of the extreme cold in Toledo, Mary wore men's pants under her dress and apron. Mary was known to have shootouts with men who made her angry and has been known to run several men out of town. Black Mary was said to be an unforgettable sight. The nuns loved Mary in spite of her behavior and even though she served the mission for ten years without compensation, the Bishop asked her to leave because she was too wild in her ways. Mother Amadeus asked the government to give Mary a mail route. Mary made mail deliveries to the mission on the top of the mail coach, for eight years never missing a day.

She was later known as "Stage Coach Mary." Mary retired and opened a laundry business in her home. The townspeople loved Mary so much that the mayor gave her special permission to drink in saloons with the men and she always received her meals free everywhere she went. Mary couldn't remember the exact date of her birthday, so she celebrated it twice a year. On those days the town officials would close school in her honor. Mary Fields 1832-1914.

INTERESTED IN BEING A CULTURE WRITER FOR THE NUBIAN MESSAGE, CALL 515-1468 AND ASK FOR CAROLYN HOLLOWAY OR STOP BY ROOM 372 OF THE AFRIKAN AMERICAN CULTURAL CENTER FOR AN

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

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 Konakry — and by substituting Q wherever they saw KW. No European language outside of Dutch and German have the hard C sound. Thus we see the Dutch in Azania calling and spelling themselves Afrikaaners. We are not certain of the origin of the name Afrika, but we are sure the name spelled with the C came into use when Afrikans were dispersed over the world. Therefore the K symbolizes our coming back together again.
- The K symbolizes us to a kind of Lingua Afrikana, coming into use along with such words and phrases as Habari Gani, Osagyfo, Uhuru, Asante, together constituting one political language, although coming from more than one Afrikan language.
- As long as Afrikan languages are translated (written) into English, etc., the European alphabet will be used. This is the problem. The letter K as with the letter C, is part of that alphabet, and at some point must be totally discontinued and the original name of Afrika be used. The fact that Boers (peasants) in Azania also use the K, as in Afrikaan (to represent the hard C sound) demonstrates one of the confinements of the alphabet.

Source: From *Plan to Planet* by Haki R. Madhubuti, February 1992. Reprinted with the author's permission.

FREEDOM FEST '97 SATURDAY, 3 MAY 1997, 12NOON - 6:00PM NC STATE CAPITOL & BICENTENNIAL PLAZA

12 Noon	Opening Ceremonies Invocation Salute to Elders	State Capitol - East Lawn New Buffalo Soldiers Raleigh Heel Cloggers East Cary Middle School Drill Team NC Capitol & Raleigh Men's Council
12:30PM	Gospel Concert featuring Apex High School Gospel Choir Greater Saint Paul Youth Choir - Durham Saint Augustine's College Gospel Choir	
1:45PM	Helping Hand Marching Band Warren County High School Marching Band	Edenton Street
2:15PM	Fashion Show High School Step Show Competition R&B Soloist Corey Bracher	Bicentennial Plaza State Capitol - West Lawn State Capitol - East Lawn
2:45PM	R&B Vocalist Sandy Checks	State Capitol - East Lawn
3:00PM	College Step Show Competition	State Capitol - West Lawn
3:15PM	Reggae with Rueger	State Capitol - East Lawn
3:45PM	Jazz & Soul Sounds of Foray	State Capitol - East Lawn
4:15PM	CIAA Champions - St. Aug Falcons (Escorted by the Kinnaird Entertainment Swimsuit Models)	State Capitol - East Lawn
4:30PM	Positive Rap/Poetry with Torkwasi	State Capitol - West Lawn
4:45PM	Live Jazz with the Kazazz Band	State Capitol - East Lawn
5:00PM	Freedom Fest Block Party	State Capitol - West Plaza
5:30PM	Final Count Band	State Capitol - East Lawn
6:00PM	Closing Ceremony (Harambee)	

For More Info call (919) 472-2981 or (919) 687-0247

HEALTH

Panic Orders: Affecting 1 out of 75 persons

By Randall Haddock
Health Editor

Panic Disorder is a serious condition that one out of every 75 people might experience. It usually appears during the teen years or early adulthood. And while the exact causes are unclear, there does seem to be a connection with major life transitions that are potentially stressful; graduating from high school, going to college, taking exams, and so on. There is also some evidence supporting genetic or hereditary factors; if a family member has suffered from panic disorder, there is the tendency that a person has the increased risk of developing it.

A panic attack is a sudden range of overwhelming fear that comes without warning and without any obvious or visible reasons. It is far more intense than the feeling of

being "stressed out" that most individuals experience. Symptoms may include:

- difficulty breathing, feeling of getting not enough oxygen
- dizziness; nausea
- uncontrollable trembling and sweating
- chest pains
- raging heartbeat

Experts usually attribute these symptoms as part of the normal "flight or fight" response that human beings experience when they are in situations of danger. However, during a panic attack these symptoms seem to occur from no probable source. They tend to occur in seemingly harmless situations, even during sleep.

A panic attack is not dangerous, but it can be terrifying, largely because it leaves individuals to believe that they are out of control. Panic disorder is frightening because of the other complications that can

surface such as phobias, depression, substance abuse and even suicide. Its effects can range from mild social impairment to the total inability for an individual to face the outside world.

In addition, the phobias that people with panic disorder develop do not come from fears of actual objects or events, but rather from fear of having another attack. It is in these cases that people will avoid certain objects of situations because of the fear that these things can possibly trigger another attack.

Many people experience occasional panic attacks, and if someone has one or two such attacks, there is usually no reason to worry. The key symptom of having a panic disorder is the persistent fear of having future attacks.

Most specialists agree that a combination of therapies are the best treatment for panic disorder.

The first step in the therapeutic

process is largely informational; many people are greatly helped by simply understanding exactly what panic disorder is, and how many other people suffer from it. Many people who suffer from panic disorder are worried that their panic attacks mean that their losing touch with reality and their sanity.

Cognitive therapy can help the patient identify possible triggers for the attacks. The trigger in an individual case could be something like a thought, a situation, or something more subtle. Once the patient understands that the panic attack is separate and independent of the trigger, the object of causation loses some of its power to induce an attack.

Relaxation techniques can further help someone overcome an attack. These techniques include breathing exercises and positive visualization. Some experts have found that people with panic disorder tend to have

slightly higher breathing rates, and learning how to slow this can help someone deal with and prevent future attacks.

Finally, support from others who suffer from the same disorder can be very helpful to some people in coping with their condition and the complications that can result from it.

Much of the success of treatment depends on the willingness of the individual to follow the treatment guidelines that may be given. Individuals should always keep in mind that panic disorder, like any other emotional disorder, is something that can be either diagnosed or cured by oneself. Only the experience of licensed professionals are qualified in the success of treatment.

With the help of a professional and time, an individual can live his or her life that is free and unprohibited from future attacks.

Gingivitis: The Dreaded Gum Diseases

By Randall Haddock
Health Editor

Commercials often speak of the dreaded gum disease gingivitis, telling how it can destroy your gum line and ultimately your teeth. Most people ignore these advertisements because they are convinced that nothing is wrong with their gums. But what they do not know that gingivitis is one of the most prevalent diseases known to men and women.

Chances are good that the very people who dismiss the claims that experts make as to the severity of this disorder, are the people who do suffer from the condition and should seek professional evaluation and assistance.

Experts agree that the most common sign of gingivitis is a lack of care that consists of both brushing and flossing. There are many who feel that brushing alone is sufficient to prevent oral disease.

The truth is that most of the bacteria that cause gingivitis are found in locations below the gum line that are out of reach of many soft toothbrushes. These bacteria live off food debris and nutrients that are found below the gum line. They excrete their waste products into the area.

These strong chemicals can destroy delicate tissues that are also found below the gum line. These tissues can not protect themselves from excretorial chemicals of the bacteria.

The one important factor that individuals should know is that gingivitis is a disease that occurs in

stages. It is within these stages that determines the severity or damage that can be done to the gums and teeth.

First, healthy gums has a few obvious features that an individual should be able to recognize:

- the tissue of the gums fills the space between the teeth
- the gum tissue has a uniform color
- no bleeding when brushing or flossing

During the first stage of gingivitis, the gums can look healthy. But it is important to know that during this early onset of gingivitis that the small amounts of bacteria that has accumulated has started to destroy tissue below the gum line that is not visible to the eye.

To indicate that you may be suffering from stage one of gingivitis; insert some dental floss below the gum line. If bleeding results, this indicates that an ulcer has developed below the gum line. This ulcer allows for more bacteria to enter the gum tissue and cause the condition to gradually become worse.

Visible signs of infection characterize stage two of gingivitis. Disease causing bacteria have invaded deeper into the gum tissue and are slowly weakening the body's immune system.

It is during this stage that the tissue between the teeth become swollen, the gum line becomes darker in color, and bleeding increases as you brush. However, it is because of the lack of pain that an individual experiences that many people realize that nothing is wrong.

The third and most severe stage

of gingivitis accompanies the redness and swelling of the gum tissue. An unusual odor is usually present that serves as a sign of poor hygiene.

People with immune diseases, like AIDS, or chronic diseases such as diabetes, are much more susceptible to the bacterial chemicals and the destruction of the gum tissues progresses at a much faster rate.

The treatment for all forms of gingivitis consists of the reduction of the number of bacteria in the warm, moist regions of the mouth on a daily basis. It is not possible to remove every last microorganism, but when the numbers are kept relatively low, the gums are able to maintain their healthiness. For people with gingivitis, flossing is the best self-treatment procedure.

A soft nylon toothbrush should be directed at a 45-degree angle when brushing the teeth and gums. Careful brushing and flossing reduces the infection and swelling that comes with gingivitis. In addition, if the growth of the gums is large, it can be easily removed.

In some cases, dental professionals may suggest that the mouth be cleansed with an irrigation device. These machines use a spray that contains antibacterial chemicals to flush the desired areas until it is clean. The antibacterial chemicals remain in the mouth for a period of time after the initial cleansing to kill any remaining bacteria.

Taking the proper measure, gingivitis is a ailment that can be cured. If you have not had gingivitis, any of these procedures to guard against its prevention.

Healthy Foods that Taste Great

By Randall Haddock
Health Editor

Forget about tofu and all those supposedly healthy foods with no taste. For most people these days, food must meet the following criteria: It must be low in fat, pack a nutritional punch and still taste good. To help people narrow down their choices, here is a list comprising some of the best all-around foods.

One of the most important substances that can be consumed is water. The suggestion is that eight glasses of water a day is the bare minimum. If an individual is active, it is easy to sweat away two pounds of water in a short amount of time. All of the organ systems within the human body need water in order to function.

It also provides many nutrients and minerals including sodium, potassium, calcium and phosphorus. Healthy water intake prevents kidney stones and keeps the urinary tract functioning properly.

Aside from its versatility in the ways it can be prepared, chicken is the meat for an active individual. It is high in iron, protein and zinc to

keep individuals from developing certain disorders such as anemia.

Beans have very little fat but hold tremendous amounts of several key nutrients, including B vitamin, folic acid, copper, zinc and magnesium. They are great sources of protein, fiber and complex carbohydrates for energy that is much more stable than what an individual can get from foods that contain sugar. Two servings of beans on an average day can lower cholesterol levels by as much as 27 percent.

Soy is now available in various forms such as soy milk and veggie burgers. It has the feature of having high-quality protein, low in saturated fat and contains the fatty acids that are healthy for the heart. It can even reduce the risk or cancer, high cholesterol and heart disease from occurring.

With all the essential amino acids, egg whites are about the most perfect and accessible source of protein that an individual can eat. Without the yolk, they contain about 300 milligrams of cholesterol, which is close to your daily limit.

With the increase consumption of these and other foods, individuals can find themselves leading healthier and productive lives.

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

The Nubian Message

OPINIONS

What Happens to a Dream Deferred

By **Ricky A. Livingston**

Guest Writer

What happens to a dream deferred?

Does it dry up
like a raisin in the sun?

Or fester like a sore—
And then run?
Does it stink like rotten meat?
Or crust and sugar over—
like a syrupy sweet?

Maybe it just sags
like a heavy load.

Or does it explode?

First and foremost, THANK YOU, THANK YOU, THANK YOU. I thank the people who believed in my type of leadership, experience, and character.

I would like to thank all 60+ organizations who sponsored and supported me. I would especially like

to thank (in no particular order) Carolyn, Derrick, Art, Joy, Erica, J-Rock, Dan (my roommate), Obi, Oseiwa, Sabrina, Seneca, Derrick, Saleeta, Aimee, Dock, Jane, Tiffany, Georgia, Scott, Alvin (who I am still going to be up), Jewel or is it Jandy....it is Jandy, Jim, Jeff, Stan, Jamal, Tiffy, Heather, Robyn, Sheree, and so many more. I wish I could remember all the names of people who offered their help or did help directly, but if you know me you know names are not my "thing".

For those of you who I got reports that you did not vote because you saw a sister or a brother at a polling booth and did not care for whom they associated with (Delta, USF, or anything), it is that type of weak mentality that allowed the dimensions of enslavement to flourish and for various forms of internal problems within groups to dominate, divide, and that has and will continue to allow the opportunity for others to control.

For those of you who did not see your topic addressed or felt that because you are graduating and chose not to participate in the process, you are the self-centered/apathetic voices and feet in our community that would rather see us stand still while you benefit and the rest of "us" suffer. I have no tolerance or love for people of this nature, only pity and prayer.

I will be scaling back my involvement with the broad number of organizations I have ties with. But I will remain available to a few key groups. I wish all the best. NCSU has made their choice, be it informed or uninformed and I can only be hopeful for the student body as a whole for the issues that have been worked on the past few years and their successful completion.

Sincerely,

Ricky A. Livingston
Student-at-Large

Something Blue

By **Kevin A. Blue**

Staff Writer

Tiger Woods.

One man.

Two words.

Three centuries of unrelenting racial segregation, forever broken by his masterful swing, magnificent poise, and majestic charm. To declare Tiger Woods a champion would be an understatement. He not only won, but he mastered the Masters; by breaking record after record, swing after swing.

He led by nine strokes after three rounds—a record. He won by twelve strokes in a major PGA event. Something that had not been done in over one hundred years. By the fifteenth hole, I was standing and cheering in such a tone normally reserved for my beloved Dallas Cowboys.

I don't even watch golf. I cannot to this day figure out America's infatuation with this sport. I had previously considered the notion that it was the last American-based sport that excluded Afro-Americans from playing in certain areas, and therefore was the last true Great White Hope: "Hope they never learn how to play this sport."

I subconsciously thought whites held the sport in such dear regard because it was something they could do better than any other people in the world. Nevertheless, I watched Tiger and I heard him roar.

I know it was just the Masters. A very small event in the big scheme of things. But this was bigger than anything I'd ever seen. I heard of Joe Louis and Jackie Robinson; but I saw Tiger. I watched him do what they said no colored person would ever do. I watched him dive into uncharted waters and not just survive but swim better than anyone before him had dared imagine.

Everytime Tiger calmly stepped forward and hit that little white

sphere over two hundred yards, I saw it as a hit to the Establishment. I saw it as just a little taste of poetic justice. A young Afro-American male standing over the world with a huge club in his hands! Concentrating and carefully striking away at a world which would ignore him and cast him out, if he stands idle.

I know I was making too much of this in my own mind, and yet I felt justified. Tiger was winning. I was winning, we were winning. Tiger won, I won, we won. I felt like storming the streets and in the grand "Euro-frat" tradition roll every tree in sight, but money is tight and I couldn't spare the rolls. But I considered it, because this was big!

History was made right before my very eyes. I will be able to tell my children about the day Tiger "represented." He served notice to a world of billions through the precision found in his perfect golf swing. I am truly proud of Tiger and yet, it is sad that this very young man must carry the weight of so many years and so many people on his tender shoulders.

However, I can think of no worthier figure than Tiger. He has been in the spotlight long before he could know the significance of being in the spotlight. He has the attitude and the aptitude to be one of the brightest young leaders of tomorrow. And unlike so many who choose to neglect their crown of "role-model," Tiger has adopted it with a great humility. This by far has been his biggest accomplishment to the young that follow him.

From one young Afro-American man to another, I want to tell Tiger to keep swinging. There will come a time when that little white sphere may remember that you are an Afro-American and may take exception to that. Don't fret, Tiger. You're onto something big! Something bigger than golf, race, stereotypes or the Masters. I can tell this was something really big.

Where Were You?

Anonymous

The Nubian Message

I was raised to always be patient. Over and over again I have heard the phrase: "Don't count your chickens before they hatch."

Patience is a virtue well worth utilizing. It can stop you from making decisions that you may later regret.

I can no longer hold my peace though. As there is a time to keep silent, there is also a time to speak, and now it's my turn.

After the completion of this semester, I will be approaching my fifth year at this great institute of higher education. During my stay here I have been the witness to many occurrences on this campus, both positive and negative.

I was here when Bobby Johnson was elected president. I was here to receive the first edition of *The Nubian Message*. Often, I have studied in the once barren library of what is now known as the Afrikan American Reading Room. After the death of Dr. Witherspoon, I mourned along with other students, faculty and staff.

Often I have sat in the Atrium and heard conversations as "brothers and sisters" make fun of others who possess the same shade of skin.

I have had the pleasure of listening to phenomenal speakers in a room that was only half full (the

majority of the audience consisting of freshmen who were required to attend for an MDS class or extra points for some other humanities course).

And in the same breath, I have passed by the Cultural Center as countless numbers of people, many of those same people who would not attend a lecture, wait in the freezing cold to attend a party. Mind you these parties are not free, but the opportunities to hear these speakers are.

Compassion overwhelmed me as the Afrikan American student population gathered together to raise money for Gregory Allen Patterson. This helped me to see that although we Afrikan American students have our downfalls most of the time in the categories of unity, love, brotherhood/sisterhood; we can put aside our petty differences when the time arrives to assume responsibility and compassion for our fellow sisters and brothers.

Yet and still, the halo of happiness often does not last forever. And mine is disappearing once again.

I was enormously pleased to see Ricky Livingston running for the coveted Student Body President position here at N.C. State. I thought to myself: "Now here is a brother who has his head in the right place."

Some of you may feel I supported Livingston because he is a fellow

Afrikan American. This is not so.

Had Livingston been a Caucasian, Native American, Asian, Latino or whatever candidate and had the same principles and charisma, I would still have voted for him.

Maybe I did not learn anything from my childhood days. I had already counted my chickens before they hatched. This time I predicted Livingston would be the next Student Body President.

I knew the run off would be a cinch. I knew that the student population, especially the Afrikan American student population, would come out and support the best candidate for the job—Ricky Livingston.

I was wrong. He lost in the run-off election by 45 votes.

I and others students have often referred to North Residence Hall as the "Black Hilton." Can you believe that only ten percent of the total student population residing in North Hall even cast a ballot?

To add to this travesty, many students did not even know who were running. People, it is time for us to wake up. This must stop. We must start assuming a commanding role in the very things that will effect us tomorrow.

Will we ever learn? We certainly have made enough mistakes.

All I can say is that an injustice was done. All I can ask is: "Where were you on the days run off votes were cast?"

We believe that all 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.

— The Black Panther Party

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

FREEDOM

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Saturday, 3 May 1997

NC Capitol and Bicentennial Plaza
12:00 noon 6:00 p.m.

9/7

For more information contact :

(919) 472-2981
(919) 687-0247

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