

The NUBIAN MESSAGE

Volume 5, Edition 30
April 24, 1997

The Afrikan American Voice of North Carolina State University

Knowledge



What's Goin' On?

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.

KAPΨ

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

AASAC Installation

The Afrikan American Student Advisory Council will hold its installation service for newly-appointed 1997-1998 officers Friday, April 25 at 3:30 p.m. in the multipurpose room of the Afrikan American Cultural Center. Please bring your AASAC intention form to the meeting.

Arts & Crafts Center

The Arts & Crafts center will feature an exhibition titled "Windhover," from April 25 through June 25. Works featured in NCSU's student literary magazine will be on display.

The Nubian Message

Next year will be the 5th year anniversary of The Nubian Message. The official date is November 30, 1997. Over the course of the year, The Nubian Message will present programs that cover the life of The Nubian and of the Afrikan family of North Carolina State University. Please be in attendance.

Ebony-Harlem Awards Honor Students

By LaTonya Dunn
Editor in Chief

The annual Ebony Harlem Awards ceremony was held on Tuesday night at 7p.m. in the multipurpose room of the Afrikan American Cultural Center. The Ebony Harlem ceremony was established to honor Afrikan American students who have achieved excellence in the areas of art, drama, vocal/instrumental music, literature, dance, humanity, leadership and service.

The program was opened with a welcome from Contisha Barnes and then the audience sang, "Lift Ev'ry Voice and Sing." The mcees for the evening were Schandra Alston and Herman Jones.

The first category, the award for art was presented by Percy Hooper and Marva Motley. The male recipient was Tim Allen and the female recipient was Koren Atwater. Dr. Patricia Caple presented the drama award winners. For male in outstanding drama performance, Antonio Hicks was the recipient and female drama tied between Monfia Chamble and Detria Stowe.

For the award in Vocal Music, Ms. Carolyn Mitchell was the presenter. The male recipient was Joseph Darkoh and the female recipient was Meleesha

Henderson. Mr. Cedric Thompson presented the winners for outstanding Instrumental Music. Todd Waldo was the male recipient and Tamika Lee was the female recipient.

The next category was in the field of literary talent which was presented by Dr. Moses. Male recipient was Sean "Casper" Sessoms and the female recipient was Kimberly Pettaway.

Demond McKenzie presented awards in dance. The award for dance in the female category was tied by Pauline Jeffers and Nicole Bowman and very surprising the award for dance in the male category was awarding to Sean "Casper" Sessoms.

Appreciation for Humanity was presented by Dr. Beverly McLaughlin. The male recipient was Obioma Chukwu and the female recipient was Contisha Barnes.

This years Distinguished persons awards went to Carolyn Holloway and Ricky Livingston which was presented by Monica Leach.

At intermission, the "He P, He P Us" raffle was taken place. The resident organizations of the Afrikan American Cultural Center made efforts to raise money for the center. The raffle prizes included a color television, an art painting and dinner for two at Rock-N-Reggae. The

winner of the color television was Tiffany Heath. The second place prize went to Krik Griffin and the third place prize went to Sarah Guess. Five door prizes were also given away.

The award for leadership was presented by Brad Thompson. In both categories for male and female ties occurred. Male recipients included Derrick Coley and Ricky Livingston. For females, in outstanding leadership went to LaTonya Dunn and Danyale Davis. The service award was presented by Sylvia Wiggins and Michael Eure. Male recipients included Shawn Burks and Donnell Ivy and the female recipient was LeAngel "Renee" McNair.

The next award to be presented for the evening was from the School of Design, which students are selected through faculty. These are students who have excelled in the School of Design holding GPA's of 3.0 and higher.

This years recipients were Joseph Hall and Tracey Turner. The award for outstanding athlete were presented by Dexter Royal, former football player and Danyel Parker, former women's basketball player. The award for outstanding athletes went to Omarr Dixon and Constance Poteat, who both know what it means to be a student athlete.

The award for the students

who have proven to have exceptional all-around talent was presented also by Demond McKenzie. The recipients were Steven Jones and Sherri Linton.

The Nash N. Winstead Academic Achievement Award was presented by Dr. William Grant. The award is for students who have achieved academic excellence through their term here at NCSU. The recipients for this award went to Brandon Johnson and Rochelle Carlton.

The evening was filled with many surprises but all deserved honors, many of whom have been unsung heroes and pillars in the community. Dr. Moses also gave special honor to Jerry Blackmon in appreciation for all the help he has given the Afrikan American Cultural Center this year.

Winners of the He'p, He'p Raffle whose names were drawn during intermission were Sarah Guess (2 for Dinner at Rock-n-Reggae), Kirk Griffin (a Margaret Burroughs print) and Tiffany Heath (television).

In closing, Ricky Livingston, President of the Society of Afrikan American Culture thanked various individuals who made Ebony Harlem possible. This years ceremony was sponsored by the Afrikan American Cultural Center and the Society of Afrikan American Culture.

Racial Conference Scheduled for Reynolds

Staff Report

The Nubian Message

On April 24 at 6:30p.m. in Reynolds Coliseum, Unity and Harmony 2000 will feature a Racial Reconciliation Conference with Dr. Tony Evans.

Dr. Tony Evans who will be the keynote speaker for the evening, is the pastor and founder of the largest black church called, The Urban Alternative in Dallas, Texas. Dr. Evans is a prominent religious leader

who has written a number of books and has a national radio show. Dr. Evans is also a national spokesperson for the Promise Keepers movement.

The Unity and Harmony 2000 Committee is a group of Afrikan American local pastors and lay members who are dedicated to promoting racial reconciliation and harmony in the Greater Triangle Area. The organization's goal is to create and foster an atmosphere where all races can worship together, work together and become one in the

Spirit.

Since the triangle area has been quoted as one of the best places to live in America, organizers hope that the area can become a benchmark for race relations in which other areas can measure themselves.

The Unity and Harmony Conference will unite the area's religious leaders who have independently built their ministries in isolation into a fabric of cooperation, racial unity and reconciliation. Organizers have been especially careful to avoid associating with the Promise

Keepers, a movement aimed at making men better spiritually, more loving husbands and more responsible fathers. Committee members wanted to find neutral ground in efforts of making the message relate to everyone who plans to attend the event.

Organizers hope that Evans will encourage new avenues between Afrikan American and white churches in efforts to tear down the walls that divide us. The event is free and open to the public.



• The Nubian bids farewell to a strong, powerful leader who has contribute countless hours to enlightening the community

See Page 4

• It is time to be real, with Carolyn and others in the Opinions section.

See Page 6



1997 Spring Exam Schedule

Centennial Campus times in parentheses

EXAM TIMES	8-11A.M.	1-4 P.M.	6-9 P.M.
April 28	9:10-10:00MWF (9:40-10:30MWF)	12:25-1:15 MWF (12:55-1:45MWF)	6-7:15 p.m MW (5:45-7 p.m MW 6-8:50 p.m. M or W; ACC 210, 310, 311,410 Common Exam; PSY 311,410 Common Exam; PSY 200 Common Exam
April 29	11:20-12:35TH (11:50-1:05TH)	4:05-5:20TH 4:10-7 T or H (4:35-5:50TH)	6-7:15 p.m. TH; (5:45-7 p.m. TH) 6-8:50 p.m. T or H; FL, GRK, LAT 101,102,105,201,202 Common Exams; MAT 200, 201 Common Exams
April 30	8:05-8:55MWF (8:35-9:25)	2:35-3:25MWF (3:05-3:55MWF)	7:30-8:45 p.m. MW; (7:45-9 p.m. MW) 7:20-10:10 p.m. W; ACC 220 Common Exam
May 1	8:05-9:20TH (8:35-9:50TH)	2:35-3:50TH (3:05-4:20TH)	7:30-8:45 p.m. TH; (7:45-9 p.m. TH) 7:20-10:10 p.m. H; PY 205, 208 Common Exams BUS 330, EC 201 Common Exams
May 2	10:15-11:10 MWF (10:45-11:35 MWF)	3:40-4:30 MWF 4:10-7 (M or W or F) (4:10-5 MWF)	Bus 330, EC 201 Common Exams
May 3	CH 101-002, 004 CH 107 Common Exam	CSC 114 Common Exam	
May 5	11:20-12:10 MWF (11:50-12:40 MWF)	1:30-2:20 MWF (2-2:50 MWF)	7:20-10:10 M
May 6	9:50-11:05 TH	1:05-2:20 TH	7:20-10:10 p.m. T(10:20-11:35 TH)(1:35-2:50) TH

Roommate Wanted

2 Bedroom; 1 1/2 bath townhouse. 5 minutes from campus. Rent \$290 + 1/2 utilities. If interested, contact Dee @ 852-5093.

THE NUBIAN MESSAGE

The African American Voice of North Carolina State University

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

NEXT YEAR IS
THE 5TH YEAR
ANNIVERSARY
OF THE NUBIAN
MESSAGE.
REAL AND
EFFECTIVE.

New Student Orientation Volunteer Corps Recruits Members

New Student Orientation, Division of Undergraduate Studies, is actively recruiting members of the NC State community to join the 1997 Orientation Volunteer Corps. "Corps" participants will assist with a variety of orientation tasks to serve as "good will" ambassadors in welcoming new students and parents during New Student Orientation in June. Volunteers will assist with orientation check-in, campus tours, and serve as evening activity hosts and hostesses. Training will be provided. NC State students, faculty/faculty emeriti, staff and alumni are encouraged to participate in the unique opportunity to greet the Class of 2001. For more information and to receive your Volunteer Application, call Roxanna McGraw, Director of New Student Orientation, at 515-8286 or via e-mail at

roxanna_mcgraw@ncsu.edu. The NSO Volunteer Corps wants YOU!

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.

SPORTS

Pack Sweeps Tigers in Stellar Performance

Staff Report

The Nubian Message

N.C. State snapped its 14-game losing streak on Wednesday night, extended its Atlantic Coast Conference winning streak to nine games Friday night with a 16-9 victory over Clemson at Doak Field.

The win lifted the Wolfpack to 33-12 overall and 11-5 in the ACC. The Tigers dropped to 30-13 overall and 9-7. Righthander Kurt Blackmon wasn't especially effective for the Wolfpack, allowing nine runs on 10 hits in seven innings, but he picked up the win to improve to 5-2. Clemson starter Ryan Mottle was touched for eight hits on 10 hits in six innings to fall to 7-4.

Clemson jumped to a 1-0 lead in the top of the first on Gary Burnham's solo home run, and then made it 3-0 on Henri Stanley's two-run shot in the second. The Wolfpack came back with four in the top of the third on back-to-back one-out doubles by Tom Sergio and Matt Postell, a single by Jake Weber and a two-run home run by Chris Combs.

Jason Embler hit a two-run homer for Clemson in the top of the fifth to give the Tigers a 5-4 lead, but the Wolfpack got an RBI single in the bottom of the inning from Brad Piercy, who scored all the way from first when Mott's wild pickoff throw went all the way into the right-field corner.

That gave the Pack a 6-5 lead. Clemson went back in front with four in the top of the sixth. The Tigers loaded the bases with none out, and Eric DeMoura and Matthew LeCroy each hit two-run doubles to

make it 9-6 heading into the bottom of the sixth. Stephen Wolff led off the bottom of the sixth with a solo homer to make it 9-7, and the Wolfpack erupted for eight runs in the bottom of the seventh.

Postell led off with a homer, and two runs scored on wild pitches. Wolff singled in a run, and Sergio drove in a run with an infield single. Another run scored on Postell's groundout, and Weber followed with a two-run single. The Wolfpack added an unearned run in the eighth on an error on a double-steal attempt.

Six different NC State players had at least two hits, led by Sergio and Weber with three hits apiece. Postell and Weber each drove in three runs. LeCroy had three hits and two RBIs for Clemson, and Eric DeMoura, Embler, and Stanley each had two hits.

Wolfpack Keeps On Smoking, Rolls Past Clemson, 17-4

NC State had just five hits through six innings against Clemson on Saturday night, but when you're hot, you're hot, and the Wolfpack is hot. Despite the five hits, the Wolfpack led the Tigers 8-3 and added nine more in the late innings to rout the Tigers 17-4 at Doak Field.

The win was the Wolfpack's 10th consecutive Atlantic Coast Conference victory, tying a school record set in 1955 and lifting the Pack to 34-12 overall and 12-5 in the ACC. Clemson fell to 30-14 overall and 9-8 in the conference.

Senior righthander Brett Black scattered eight hits over eight

innings to raise his record to 7-4. Freshman righthander Pat Collins was raked for seven runs on four hits, three walks, two errors and a hit batter over 2 1/3 innings to pick up his first loss and fall to 4-1.

For the second night in a row, Clemson drew first blood, taking a 2-0 lead in the top of the first on Matt LeCroy's majestic home run to left field, but the Wolfpack scored eight in the bottom of the third to more or less settle the issue early. Luis Figueroa singled home two runs, and Jake Weber hit a two-run triple. Chris Combs followed with an RBI single and Craig Lee hit a sacrifice fly to right field. Josh Ballard wrapped up the inning with a three-run home run, his first career homer.

Gary Burnham homered for the Tigers in the fifth to cut the lead to 8-3, but the Pack got the run back in the bottom of the sixth when Ballard walked, stole second, took third when LeCroy's throw sailed into center field, and scored when Nathan Broome's throw from center field went into the dugout.

The Wolfpack tacked on four runs in the seventh on a three-run homer by Stephen Wolff and an RBI single by Tom Sergio. Kurt Boltmann's solo homer in the top of the eighth cut the deficit to 13-4, but the Pack added four more in the bottom of the eighth on an RBI double by Brad Piercy, a two-run double by Matt Postell and a bases-loaded walk to Figueroa.

Combs Slams, Pitches NC State Past Clemson, 9-7

In a classic case of hometown boy makes good, Raleigh native Chris

Combs belted a seventh-inning grand-slam home run Sunday afternoon to give NC State a 9-7 lead over Clemson, and then came on in relief with none out in the top of the eighth and runners on first and second base and pitched out of the jam, earning his third save of the season to lead NC State to a 9-7 win over Clemson at Doak Field, and a sweep of the three-game series with the Tigers. The sweep is NC State's first ever three-game sweep of a regular-season series with Clemson.

The win was the Wolfpack's 11th consecutive Atlantic Coast Conference victory, a new school record. The old record of 10 straight had stood since 1955. The Pack now is 35-12 overall, 13-5 in the ACC. Clemson dropped to 30-15 overall and 9-9 in the ACC. Clay Eason (8-1) picked up the win in relief, while Clemson starter Matt White fell to 2-1.

The Wolfpack took a 3-0 lead in the bottom of the first on Scott Lawler's eighth home run of the season, but Clemson got a run back in the top of the second on Jason Embler's 10th homer. State made it 5-1 on Jake Weber's two-run single in the bottom of the second, but White settled down after that and the Tigers began to chip away at the lead.

Gary Burnham singled in a run in the top of the third, and Matt Padgett's two-run homer, his 10th of the year, made it 5-4. The Tigers tied the game on an unearned run in the sixth, and Matt LeCroy gave Clemson a 7-5 lead with a towering two-run homer in the top of the seventh, his 17th of the year.

In the bottom of the seventh, the

Wolfpack loaded the bases on a single, an error and a walk, and Combs hit an opposite-field grand slam to give the Wolfpack a 9-7 lead.

Eason, who relieved Dustin Baker in the seventh, ran into trouble in the top of the eighth when Eric DeMoura singled and Burnham reached on an error. Coach Elliott Avent then brought in Combs, who retired the dangerous LeCroy on a popup, got Jason Embler on a comebacker to the mound, walked Kurt Boltmann to load the bases, and struck out Padgett to end the threat.

Notes: NC State is now 17-1 over the last 18 games, and the Wolfpack is batting .372 (246-for-662) during those 18 games with 35 doubles, eight triples and 36 home runs. The Pack has scored 226 runs in the 18 games, an average of 12.6 runs per game.

* The Pack has hit 17 home runs in the last six games, and over the 18-game hot streak, the Pack has had 11 multiple-homer games, including a five-homer game and a six-homer game.

* During the current hot streak, the Wolfpack has had 34 innings of at least three runs, including an 11-run inning, a nine-run inning, three eight-run innings, two seven-run innings, four six-run innings, five five-run innings, eight four-run innings and 10 three-run innings.

* Combs's grand slam was the Wolfpack's sixth of the season, which ties the school record, set in 1994. Combs and Tom Sergio each have two grand slams this season. The school record is three, set by Mark Wells in 1994.

1997-1998 Football Schedule

Aug. 30 at Syracuse

Sept. 6 at Duke

Sept. 13 Clemson

Sept. 20 Northern Illinois

Sept. 27 at Wake Forest

Oct. 11 at Georgia Tech

Oct. 18 UNC-Chapel Hill

Nov. 1 at Florida State

Nov. 8 Maryland

Nov. 15 Virginia

Nov. 22 East Carolina

HEAD COACH: Mike O'Cain (5th Year)

Star Player Leaves Women's Basketball Team

Staff Report

The Nubian Message

N.C. State women's basketball coach Kay Yow confirmed Tuesday that freshman Katie Smrcka-Duffy plans to transfer from NC State for her sophomore season.

"Katie told me she did not feel NC State was the best fit for her and I have to respect her decision," Yow said.

Under NCAA regulations, Smrcka-Duffy would have to sit out the 1997-98 season, but would still have three years of eligibility remaining. It is unclear where the 5-9 guard from Sterling, Va. plans to transfer.

"The fact that she earned the ACC's Rookie of the Year honor and started 29 of 31 games is a tribute to the calibre player that she is," Yow said. "She will be missed but we

hope the remaining players will step up the level of their game and be ready to fill her position next season."

Smrcka-Duffy averaged 12.9 points per game and 5.0 rebounds during the 1996-97 season for the Wolfpack Women. She played spectacular ball in the beginning of the season but tailed off from the mid-season point until the end of the season.

Her rise and fall mirrored the performance of the team, which rose to Top 10 national ranking but fell out of the rankings by the end of the season. Some speculate that there was some dissension among team members and this may have contributed to Smrcka-Duffy's decision to leave the team.

Others speculate that she wanted to play a different style of ball than was dictated by the talent at NC State.

Interested in being a sports writer for The Nubian Message, call 515-1468 and ask for Alvin Sturdivant, Sports Editor, or stop by Room 372 of the African American Cultural Center.

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

Now is the Time

By: Latonya Dunn

Editor in Chief

Now is the time to make true of the ambitions you daily contemplate. Today is the day to grasp the desires of your heart.

Free yourself from petty people and ideas. Start today because tomorrow is just that ... tomorrow.

For those of us who have been actively involved in organizations, I am sure you will agree that the semester has gone by fast. Time goes by when you are committed to something besides yourself.

I applaud those of you who despite a full academic load, work load and personal responsibilities, have remained an active voice at N.C. State. Your names have not just served as fillers on countless membership roles.

Over the past two years as the Editor in Chief of The Nubian Message, I have been blessed with a greater understanding of myself and the responsibility that I have to the upliftment and betterment of my community. I understand that one person can make a difference. It is evident that the revolution is not over.

I understand that I must be self-defined. As long as the world revolves on its axis, people will have something to say. Their ignorance cannot and will not stop my journey. I am larger than that and so must my sisters and brothers as well, in order to prosper and climb mountains placed in the paths they must take.

Most importantly, I understand that a group of people working willingly together to accomplish a common goal can create wonders. I respect the maturity of people who work together despite personal agendas to serve as a spark in the revolution.

It has been evident that turmoil and destruction can come upon powerful ideas and movements that have lost that guiding light due to idle, passive people. People who want the recognition without the work need to move on. Please, don't stop the flow of positive people.

My experience at The Nubian Message has been immeasurable. I cannot go any farther without acknowledging the determination and countless hours of toil from the ancestors. It is because of their commitment and perseverance to a cause that served as the cradle for The Nubian Message. They saw past the petty people.

These were people with a vision far greater than the detrimental "tunnel vision" that often takes hold of those who start a task and quickly become tired. Truly, trouble doesn't always last.

I don't feel no ways tired because I behold my part in the struggle. I am indebted to making tomorrow a better place for

my people. However, I am tired of people with a tired mentality.

To these people, I say get some rest. Hopefully, you will awake refreshed. Maybe your spirit will be revived.

If I have learned one thing, I now know who the true people are. And as I must say this, I must also say that I know who the weak ones are.

To the real leaders, keep on keepin' on and to you tired organizations or individuals, you are hindering the progress. Do everyone a favor and step out of the way.

Through countless hours of work on production night, I now know the power of my black hand. I give all reverence to the written word. To the sisters and brothers who have contributed an article hear and there, just continue. Your participation in the survival of The Nubian Message is greatly appreciated.

I would like to thank all faculty and staff who supported me throughout my tenure and the ancestors who gave me the strength to lead others in an effort to empower Afrikan American minds. Your words of encouragement have been that extra push I needed on days that seemed very cloudy.

To my staff of The Nubian Message, it would not have been possible without you. Alvin, Randall, Kim, Jerry, Koren, John, Doug, Danyale, Nerissa - along with other staff members, I love you and you all will always hold a special place in my heart.

To Miss Carolyn Holloway, words cannot explain the impact you have had and continue to have on my life. A sister with a purpose is a beautiful sight.



Hotep,

LaTonya N. Dunn
EIC Fall '95-Spr '97

Hotep! Queen!!!!

The past two years have been very special for me at *The Nubian Message* because of your presence. Two years ago when I first saw you, I knew you would run *The Nubian Message* even though I did not even know your name. Run it, control it, make it better are all the things you did. We have went through a lot as members of the Nubian family but above all, both of us have grown in the process. And, I don't think either one of us would have grown in the way we have without each other. Therefore, not only can you "retire" as Editor in Chief because your tenure is complete, but because of a job well done.

In the memory of Tony K. Williamson, the ancestors and the elders whom we proudly carry on our shoulders and for the future, I salute you as Queen, lady, and all those things that define you as a Nubian until the day you die.

A quote to keep to your heart: I am my mother's daughter and the drums of Afrika still beat in my heart. They will not let me rest while there is a single [Afrikan] boy or girl without a chance to prove his worth.

Carolyn Holloway

HEALTH

Recognizing Your Inner Strength

By Randall Haddock
Health Editor

Many animals spend their lives in a cycle regulated by instinct. When they are hungry, they eat. When they hear a loud noise, they run. When they are attacked, they fight. They live their lives the way their environment has trained them to live because they have no choice. However, we as humans do.

Humans are also programmed by their genes and their environment. But we can change our programming. Humans have been given the power not to just respond to what the world has to throw, but the power to choose their response. In essence, we can program ourselves.

Alone among the animals, we have what it takes to make our lives serve our own ends instead of the ends that can be handed down to us. We can break the chain of events that has shaped us and learn to shape ourselves. Sometimes, though unexpected events in life can leave many of us letting our destinies control us.

Having low self-esteem is what causes many individuals to let their lives seemingly spin out of control. By possessing low self-esteem, a

person does not take a positive approach to daily living and all the things that it has to offer. These individuals are often introverts that shy away from social settings, and therefore become withdrawn into their own world.

Part of this is due to the dependence factor. As children, we are by nature dependent upon our parents. As adults, all too often we try to maintain that dependence. We tend to rely on others, or on circumstances to give us what we want, instead of taking responsibility for ourselves and our actions.

To conquer the effects that low self-esteem may have, there are several guidelines that an individual can follow to vastly improve their view of themselves and the rest of society. They include:

- communication with a trusted relative, friend or professional
- thinking positive in times of crisis
- involvement in activities that call for group interaction

To possess low self-esteem is to be unconscious of your own inner strength and effects that it can have on your daily life. It is important to come to the realization and knowledge of your own inner strength to face whatever may come

at you. You must wake up to the role that you can play in your own destiny.

The moment that you understand that you life is whatever you make of it by choice, you will awaken to an astonishing new world. Like a lion who suddenly realizes that they the strongest animal in the jungle, you will become aware of the limitless possibilities that surround you. To know your own strength is to see things more clearly than ever before.

You feel a greater sense of freedom, a greater sense of possibility. Your limitations truly have no borders to contain them. You see negative situations for what they really are—negative situations. This kind of negativity will quickly lose its power over you. You will find yourself free to imagine more useful thoughts, to dream more pleasant dreams, and to turn those dreams into reality.

The difference from being unconscious of inner strength and having knowledge of your inner strength is the difference between having a dream and making that dream come true. This is what happens when you have recognized your own inner strength.

Dyslexia: Reading Disabilities

By Randall Haddock
Health Editor

Dyslexia is a term that has been mainly applied to those individuals who have reading disabilities. However, experts in different fields of study use other characteristics to define dyslexia. In the arena of medicine, physicians define dyslexia as a condition that results from neurological and genetic causes, while those in psychology may link dyslexia on the basis of specific reading problems with no reference to any cause.

One aspect of this disorder that all experts do agree upon is that dyslexia occurs in individuals of otherwise normal intellectual capacity who have not learned to read properly despite exposure to adequate amounts of guidance and instruction.

An individual is identified as dyslexic when a significant discrepancy exists between intellectual ability and their reading performance without apparent physical or emotional cause. Common findings in an individual's history include:

- a family history of reading problems
- no enjoyment of reading as a leisure activity

- poor visual memory
- difficulty in transferring information from what is heard to what is seen and vice versa

Specific reading problems associated with dyslexia include difficulty in pronouncing new words, difficulty in discriminating differences in letter sound (pin, pen). Other problems may include disorganization of word order, poor reading comprehension, and difficulty in applying what has been read to social or learning situations.

The diagnosis of dyslexia usually begins with an awareness by parents or by teachers that a problem in reading exists. A physician is often the first person to explore the nature of the difficulty that a person has. The major purpose of the diagnostic process is to isolate the specific difficulties associated with dyslexia and to suggest appropriate educational methods that are helpful to a student.

Usually a physician will subject an individual to several tests that will explore the relationships of specific reading problems to the intellectual, perceptual and linguistic capabilities of that person. Based on the results, an educational plan can be implemented to hopefully help individuals receive an adequate education.

Hypersomnia: Excessive or Prolonged Sleep

By Randall Haddock
Health Editor

Hypersomnia is characterized by excessively deep or prolonged sleeping periods. It may be associated with difficulty in awakening. It is believed to be caused by the central nervous system and can be associated with a prolonged sleeping episode of non-rapid eye movement (REM) sleep.

The first step is to consult a specialist. These professionals will probably order tests that monitor an

individual's muscle movement, heartbeat, eye movement, leg movement and respiration.

Since the cause is still unknown, treatment consists of behavioral changes, good sleep hygiene, and taking stimulants to help an individual become more alert. It is important that these individuals limit their naps to preferably 45 minutes to one hour. Experts also suggest that these individuals also avoid alcohol and caffeine.

It is also important to note that this particular sleep disorder is different from chronic fatigue syn-

drome. One distinctive difference is that chronic fatigue syndrome is a disorder in which the individual is always feeling tired or sluggish no matter the amount of sleep that is gotten. The sufferers of CFS experience extremely poor stamina, neurological problems, and a variety of flu-like symptoms.

If there is someone who would like further information on this topic, please consult your personal health care professional or contact Student Health Services at 515-2563.

Conjunctivitis or Pink Eye

By Randall Haddock
Health Editor

Conjunctivitis, better known as pink eye, is an infection of the inside of the eyelid. It is usually caused by allergies, bacteria, viruses or chemicals.

The signs and symptoms of conjunctivitis are red, irritated eyes, burning or itching sensation of the eyes, or probable mucous discharge of the eye.

To prevent the spread of infection to an uninfected eye, there are steps that can be taken to reduce the risk of this occurring.

The most important thing is to be extremely cautious about one's hygiene. It is suggested that the hands be washed thoroughly several times a day. This is advised particularly before and after the usage of your medication. It is also important to wash your hands everytime you touch your eyes or face.

This is important due to the bacteria that has accumulated within

the infected areas of the eye that can easily settle on the skin, and more importantly settle on other things that you have touched - particularly food.

Wash any clothing that has been touched by the infected eye. This includes clothes, towels, pillowcases and so on. While conjunctivitis is a non-threatening infection, it is also a communicable disease. Without washing linens, clothing and garments, the susceptibility of others becoming infected greatly increases.

For women, this prevention method is important to note because it is advised not to share any make-up accessories, particularly eyeliner or mascara brushes. The infectious bacteria or virus that causes conjunctivitis can be easily transferred to these objects. In a one to two weeks, the color from the eye will soon dissipate.

For further questions, please contact your own personal physician or Student Health Services at 515-2563.

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 ramifications 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

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.

OPINIONS

It's Time to be Real

By Carolyn Holloway
Staff Writer

This is the last issue of the year and it is almost appropriate that I save this article for now. As I sat here thinking about what I was going to write, I thought to myself "should I be safe and not lambaste all those people who have not been effective this year or should I let people continue to be mystified about those that perpetrate 'realness'?" Well, I chose the latter simply because in this day and age, **IT IS TIME TO BE REAL.**

As I sat talking to one of my mentors last week after the student body elections, thoughts ran through my head about various subjects. But, as my mentor always does, she saw right through my thoughts.

For the past two years, she has continuously told me that one day you will know the people who are real and the people who live a lie to not only other people, but to themselves. Well, I have finally saw that light.

It is almost hard to start articles like this, but one thing I have always been taught is to let it flow from the ancestors and the elders, and if they do not want you to say it, they will erase it from your thoughts and your paper.

One thing I have always been mystified by is people who compromise themselves for no apparent reason. I used to be one of those compromisers - a person who used to give always to others and never get anything in return.

However, thanks to my mentor, I have seen the light. While being

taught that you never lose hope in your people, I was also taught that you should never let people take advantage of your kindness - in other words, don't let anyone make a fool of you.

However, I think all real leaders have learned that phrase either by voice or by heart.

Let me move on. I have been on this campus for almost four years and the Afrikan American atmosphere has gone from productive and effective to pathetic and depressing. I will not bore you with nostalgia lane, but I will tell you that organizations were more effective and individuals took responsibility for their actions in 1993.

This is the result of the stupidity with which college students have decided they will not be effective on this campus - the focus of this article: organizations.

My momma always told me that if you put your foot on it, then you apparently wanted it to be stepped on. Well, if you decided to take responsibility for an organization by being a president, member of the executive board or just a member then you have decided to take responsibility for that organization. One thing I do dislike, however, are people who are not involved at all, but that will be discussed later.

We have a total of over 30 organizations on this campus, and only five or so contribute to the student body or to the total liberation of Afrikan people. I have never been able to use the words "student" and "not active" in the same sentence until the past four years here at N.C. State.

Pitiful as it was during the voting for the Ebony Harlem Awards students proclaimed "I don't know who these people are." I said to my self on many instances, that is the fault of the "leader" and those who choose to be inactive. Why should people not know who the president is of Black Students Board, Sistah 2 Sistuh, Amandla, and many other organizations?

If the student leader is doing their job of being a leader, then everyone should know who the president is. Usually when you take on the position of president or chair, you're doing it for a very pertinent reason - to lead the organization and to eventually lead the campus to a new horizon.

Now I bet everyone is probably wondering if I'm not going to call the names of individual organizations, is it really necessary? If you want to be real, then you will find out who those organizations are and why we need to get our house, the Afrikan American house, in order.

I will write this as a farewell to these organizations The Nubian Message will no longer highlight in our paper as long as they fail to contribute to the NCSU community. So, if you don't see a lot of organizations in next year's paper, you'll know the ones that have been active and those that are not. The Nubian Message has purposely set out to highlight the productive organizations on campus in this year's edition.

The Nubian Message must continue to go about educating and empowering Afrikan American people. Therefore, we will not highlight

oppressors - defined as anyone who is not dedicated to the liberation of Afrikan people - either by doing unrelated work or nothing at all.

I am highly displeased with historical organizations, and that is from everything to Black Students Board, Greek-letter organizations and to all those organizations who have not lived up to their historical expectations. Credit is due to these organizations for what they have done in the past, but they must rise to the challenge of a new day and an old theory.

When we say "Pan-Afrikan," we must mean W.E.B. DuBois, Marcus Garvey, Kwame Turé, Martin Delany and all those who have walked before us and continue to walk with us. People must know that Pan-Afrikanism is involved in educating and uniting people in the Afrikan diaspora.

We must educate people on what Pan-Afrikanism is instead of what it never will be - socialism. Pan-Afrika should be a festival highlighting the diasporic works of Afrikans and a working ground to continue the education of all Afrikans.

Therefore, if it is to be called Pan-Afrikan, then make sure that it is Pan-Afrikan. If it is a social festival, call it a social festival, but do not continue to call it Pan-Afrikan. Not only are you disrespecting the ancestors and elders who started the movements and fought for Pan-Afrikanism, but you are killing the opportunity for people to know and learn from Pan-Afrikanism. Having a Pan-Afrikan festival and not acknowledging Pan-Afrikanism is like being a Christian and not

acknowledging Jesus Christ. It just doesn't fit.

And, why put on a step show to make people feel good about an organization? Greek-lettered organizations have a long and glorious history in the areas of struggling for civil rights and for the existence of opportunities for Afrikan Americans. However, that history is slowly being destroyed by people who have the "gang" or a social mentality. People who join the organization for a name instead of what the organization stands for.

And why put on a step show that is vulgar, degrading and unnecessary for the image of Greek-lettered organizations. Stepping is not about "freaking" the audience and degrading other organizations.

It is about making people reminisce about the ancestors and the elders stepping who did it without making mothers, fathers and others with respectable mind shame that their son or daughter is a member of this organization. And of course, the stupid mentality says, "it is just a show." It is not because the show has become you. I wonder how many people know it comes deep, deep, deep down to the heart of Afrika and to the traditional dances that people did to honor the ancestors and the elders.

How many times can you disrespect a male or female in a show without making that disrespectful mentality yours?

Another response to the stupidity of the members of Greek-lettered

See Real page 7

T-I-R-E-D

FOR YOU: RALVING

Too many of us speak about what should be done and not what I will do. I am tired.

I am tired of smiling at sick people whose only interest is themselves.

I am tired of looking at tired brothers and sisters pan holding their religion

like some pimp trying to get someone to turn a trick.

I am tired of dealing with sisters and brothers in powerless positions in organizations on campus and thinking they are the bomb when they do not have the consciousness or insight of a child.

I am tired of seeing the same people wear themselves out trying to get the rest of you to wake up.

I am tired of my sisters changing their eyes, hair, and themselves trying to fit someone else's image, not theirs.

I am tired of brothers making excuses for not going to campus programs or getting involved.

I am tired of seeing real brothers and sisters wearing themselves out

I am tired.

But some things I will never get tired of:

I will never get tired of helping people who are trying to help themselves.

People who not only show respect for themselves but love, support, brotherhood and true strength for the ones who are down with them.

I am down for that and most importantly, I am down for consciousness not amnesia.

I have not forgotten WHO I AM. HAVE YOU—AFRIKAN!!

HOTEP (PEACE)

Published by the Student Media Authority of
North Carolina State University

Editorial Policy

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

The Nubian Message is published on the 2nd and 4th Thursday of each month during the Fall and Spring Semester, except during holidays and exam periods.

Reader Feedback

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

Letters must have the writer's signature, his/her major, year in school (if a student) and telephone for verification. Faculty and staff should include title and department. No unsigned letters will be published.

The Nubian Message will consider fairly all "Letters to the Editor" submissions, but does not guarantee publication of any. All letters become property of The Nubian Message and are subject to editing for space and style.

Submit all correspondence to: Letters to the Editor, The Nubian Message, Room 372 Witherspoon Student Center/AACC, Box 7318, NCSU, Raleigh, NC 27695-7318.

He had talked long enough; we were ready now to move; if not now, we never should be; and if we did not intend to move now, we had us well fold our arms, sit down, and acknowledge ourselves fit only to be slaves.

—Frederick Douglass

Real continued from page 4

organizations is people have put us under a microscope. And they should. If you join a greek-lettered organization, you should be ready to make a positive impact on society. Wear your letters and don't wear the responsibility and history behind that organization - stupidity. The founders of these organizations were under microscopes because they were trying to impact things, and so should you.

You may ask how can I be displeased with these organizations, and the answer is very simple. We must know who is working with us

on the battlefield. Dr. Naim' Akbar said that greek-lettered organizations would be effective if they knew and actualized their purpose.

No, the previous paragraphs were not to say that Black Students Board and greek-lettered organizations are the only organizations messing up. But, because of their visibility, they are the ones who need to change. Many organizations fall short by a long shot on their purpose and need help as well. I don't think the students can fix these problems by themselves though.

Not only must the Afrikan

American Cultural Center play a major role in holding these organizations accountable for their good and bad deeds, but the Afrikan American faculty and staff must hold them responsible.

Shouts out to the "realest people I know - R. Livingston, L. Dunn, D. Coley, O. Chukwu, S. King (Realer than real), J. Lundy (Scary Real), W. P. Hill, M. T. Leach (2-real), H. Suffren, L. Myles, and R. Gooding (Love you much)

Hotep and be real for yourself.

AFRIKAN AMERICAN QUOTATIONS

It is the season to devote our time to kindling the torch that will inspire us to racial integrity.

Arthur Schomburg

A people who have suffered so much for so long at hands of a racist society must draw the line somewhere. We believe that the black communities of America must rise up as one man to halt the progression of a trend that leads inevitably to their total destruction.

Bobby Seale

The nice thing about segregation was the colored could be all together, where the air and the blossoms were their own, as clear as it was impossible for white folks to put a veil over the sun.

Betty Shabazz

They could outlaw an organization, but they couldn't outlaw the movement of a people determined to be free.

Reverend Fred Shuttlesworth

Color prejudice and religion are akin in one respect. Some folks have it and some don't, and the kernel that is responsible for it is present in us all.

Wallace Thurman

Our children...do not allow us to remain cowards, complacent, nor withdrawn. They force us to face the bitterness and dare us to explain the pain. Much as it hurts, we owe them the truth.

Margaret Walker

Treat us like men, and there is no danger but we will all live in peace and happiness together. For we are not like you, hard-headed, unmerciful, and unforgiving. What a happy country this will be, if the whites will listen.

David Walker

I'm an optimist, not just because I have a positive view of life, but because there is so much about this city that promises achievement. We are a multiethnic, multiracial, multilanguage city and that is a source of stability and strength...In our ethnic and racial diversity, we are all brothers and sisters in a quest for greatness.

Harold Washington

This country demands that every race shall measure itself by the American standard. By it a race must rise or fall, succeed or fail, and in the last analysis mere sentiment counts for little.

Booker T. Washington

Wisdom is higher than a fool can reach.

Phyllis Wheatley

I'm on my own feet. Learning to stand, to walk, learning to dance.

John Edgar Wideman

I don't have nothing against other people and what they do, but I don't want no part of singing secular music. I was offered \$100,000 to make one blues record, and I turned it down. I sing for the Lord, and that's enough for me.

(For you, WP Hill)

Marion Williams

I Got a "Jones" for Love

By Kevin A. Blue
Staff Writer

Suddenly and without much warning, a feeling has come over me. A feeling deep and persistent that traces along my very being like winding rivers and roaring rapids.

Perhaps it is better described as a realization than a feeling. Ladies and gentlemen, just like L.L. Cool J. I've come to the conclusion that "I need love."

I find it difficult to express as a young African-American male because who can I express it to? Certainly not my homeboys, who think of l-o-v-e as a four letter curse word. And certainly not my current group of homegirls, who wouldn't understand that I'm not exactly interested in them in that way.

I wish I could pinpoint exactly what brought this "jones" on. Maybe it was seeing the movie, "Love Jones" itself. The movie is a wonderfully written piece with strong sensual tones of African-American love that reminded me how adorable two young people in love can be.

Maybe it was seeing sexy, caramel Nia Long dance around on screen in all those retro-'70s, J. Crew-looking outfits.

Perhaps it was a closer vision of two in love. Like the one of my roommate James and his new found love playing husband and wife that aroused my inner-voice to speak. Or maybe that imaginary biological timepiece that women always talk about actually does exist in women and men and mine is yelling, "tick, tick, tick!!!"

Whatever brought it on, it's here and I can't seem to escape it or shake it, no matter what I do. Believe me, I've tried!

In all my trying, the only thing I've found to be true is that it is definitely not a "jones" for sex. While my sexual prowess has never matched that of Wilt's, I've had enough.

Enough to know that sex is just like a Broadway play. No matter where it's performed, or who's in it, or how well they act, it still ends the same way. So it's without a doubt a "jones" for love and not sex. And there is a huge difference between the two.

Sex has an "indefinite tangle-ness" that makes it alluring like an unturned rock to a kid. Just like that rock, there's no telling what can be found when it's turned over.

Love, however is different. Because while sex can be wonderful, love is wonderful.

In this age when sex can kill, love can create life anew and awaken us to behold the many splendid things that two souls united can perfect. There's nothing like the excitement that can be generated from a lover's lips with a simple "hello." No words can express the comfort in a lover's embrace or simple caress.

I got it bad - this "jones." I find myself wanting for a love that stimulates and urges me to be truer to myself and the one I love than I ever imagined.

I've even come up with all these neo-modern philosophies to try and justify or explain my "jones." I consider love as the forgotten father of intimacy. While sex is intimate, intimacy doesn't have to be sexual. Intimacy is a "jones" itself, almost poetic to a point. Intimacy is deeper and more spiritual than casual sex.

It is the point where two people are so connected that actions become like instinct to the participants involved. In other words, intimacy makes birds build nests and that's deep! Intimacy makes a brother come home in the middle of the darkened night, just to fall asleep upon his lover's familiar breasts because he would rather be there than any other place in the world.

I don't know what I am going to do about this "jones" of mine, but they say that the first step in solving any problem is to admit the problem to yourself. I've done that.

Surely, the second step must be to admit it to others. I've done that, now. So, I'm collecting ideas and introspective thoughts on my situation and addressing my personal needs.

If that special someone does come along, I'll be ready to give myself to the rigors of being a good partner in life. I imagine that's the most I can do about this "jones."

In a way, I'm glad I got it before I got involved with someone. I can't imagine catching it in a relationship and knowing that other person isn't the object of my "jones."

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

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9/7

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