

The NUBIAN MESSAGE

5th Anniversary
October 2, 1997
Edition #7

Knowledge



What's Goin' On?

Minority Career Fair

Black Student's Board Annual Minority Career Fair will take place today in Reynolds Coliseum from 9 a.m. - 3 p.m. With over 150 companies, this is the largest career fair ever and an opportunity to gain value career opportunities. Don't miss out.

Heritage Day

Heritage Day will take place, Saturday, October 25, in the Afrikan American Cultural Center. Keynote speaker for the event will be Dr. Na'im Akbar, psychologist at Florida State University. The event starts at 3:00 p.m.

Black Finesse Modeling Group

Black Finesse Modeling Group will present, A Touch of Class, October 9 at Stewart Theatre. Doors will open at 7:30 with the show starting at 8:00. Admission will be \$3.00 at the door and \$2.00 in advance. Contact any Black Finesse member for tickets.

Million Women's March

All students who have signed up to attend the Million Women's March but have not paid their \$10.00 need to do so ASAP. Seats will be given to others if your money is not paid. Contact the SAAC office at 515-8720 ext. 1 if you have any questions. There are also limited seats available for the public at \$12.50

Kappa Alpha Psi

Kappa Alpha Psi Fraternity, Inc. will sponsor their annual Dating Game on October 8, 1997 at 7:30. Admission is \$2 and will be donated to charitable organizations.

The Afrikan American Voice of North Carolina State University

Ancestors Honored at Akwasidae Keese

Staff Report
The Nubian Message

A sacred ceremony and cultural festival to honor our enslaved Afrikan Ancestors here in America, and to express our appreciation to them will be held Oct. 17-18 on the grounds of the historic Stagville Plantation, located in northern Durham County on Old Oxford Highway.

Stagville was one of the largest slave plantations in America. There are still many well maintained structures including slave cabins, the overseer's house, barns and the large Slave Master's Mansion on 3,000 acres of land.

N.C. State counselor Dr. Kwabena Faheem Ashanti and professor E.V. Mafo, of N.C. Central, the coordinators of the sacred ceremony and cultural festival, have introduced the Akwasidae Keese. The

Akwasidae Keese is a traditional religious holy day, social event, and political union of the Akan and other ethnic groups of the

It is a grand dubar (meeting) where the queen mothers, kings and members of society come to praise God, spirits and to honor

month of October.

Akwasidae Keese is co-sponsored by the Afrikan fraternity Kemetic Benu Order, local Afrikan cultural artists, the independent Institute for the Study of Afrikan Enslavement, the local black newspaper association, others of goodwill, and Historic Stagville Plantation.

"We have been truly blessed, consider[ing] we do not have any money to do this, that so many individuals, and Stagville, have volunteered to show their commitment and interest to this long neglected cause," Ashanti said. "We must honor our enslaved ancestors, and restore our traditional values for prosperity."

This is an event for everyone, especially school children. For further information, you may call Ashanti at NCSU's Counseling Center at (919) 515-2425.



West-Afrikan country Ghana. Many Afrikan Americans' racial and cultural heritage originated from Ghana, formerly known as the Gold Coast.

and recognize our ancestors. It was the Akwasidae Keese that blessing, prosperity, and unity is asked for the new year. The event was originally held in the

Faculty Committee to Choose New Dean

By DeSheila Spann
News Editor

After the Sept. 30 retirement announcement of Dr. Durward F. Bateman school officials submitted their recommendations for his replacement. Dr. James L. Oblinger, an Apex resident, has been appointed interim dean of the College of Agriculture and Life Sciences and executive director for agriculture programs at N.C. State.

His appointment became effective Wednesday morning. He has already served the university for the past 10 years as the college's associate dean and director of academic programs.

University officials have begun searching for a replacement for Bateman and in the interim Oblinger agreed to take on the position until they can find a permanent dean.

Recommendations will be made to the NCSU Board of

Trustees, the University of North Carolina Board of Governors and UNC President Molly Broad. The process promises to be long one - not only are the boards dealing with the replacement of the department dean, they are also searching for a replacement for Chancellor Larry K. Monteith who announced his plans to retire two weeks ago.

With almost 5,000 students - 3,900 undergraduate and 800 graduate - CALS is one of NCSU's largest colleges and one of the largest agriculture schools in the nation. According to Provost Phillip Stiles, the college is ranked among the top five universities nationally in several programs. "Oblinger had the vision and dedication to build on

see Chass page 2

New Program Aimed at High-Schoolers

By DeSheila Spann
News Editor

N.C. State takes is taking part in shaping the lives of high school students. You might see some new faces on campus this coming Monday. Don't be alarmed, they come in peace and they're from the area. High school students are now eligible to participate in a new, 10-week research program. The objective of the program is to give future math and science students a taste of the real world and what it would be like to work in a scientific environment everyday.

The program is specifically designated for students in 10th -12th grade. The student for this program were selected on the basis of demonstrating talent and interest in science, mathematics, and technology. Each participant will receive a \$300 stipend at the end of the program.

The program is supported by a

grant from the Burroughs Wellcome Fund. It will be led by Dr. David Haase, director of the Science House, and Judy Powell, coordinator of NCSU's Howard Hughes Medical Institute Science Outreach Program. Students will take part in scientific experiments in campus laboratories.

The project is named "Chaos and Fractals in Science." It is an in-depth investigation of science's most intriguing and unpredictable physical forces and their effects on the natural world. And who will help these young Einsteins on their quest for knowledge? NCSU faculty and teaching assistants will be on hand to give their expert advice on many of the projects that the students will undertake. It's not all fun and games. At the end of the program students will write a paper and publish the finding of the World Wide Web.

This Week

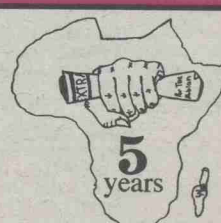


• Wolfpack toasted by Deamon Deacons in yet another close one, 19-18

See Sports page 3

• What's Nubian Health got in store for us this week? Dig in and find out.

See Health page 5



Computer-Artist to Perform at NCSU

By DeSheila Spann
News Editor

Computer technology has definitely touched all areas of interest and it's touching N.C. State this coming Tuesday. Larry Austin, renowned

computer-music composer and artist will be the guest artist for the "Arts Now" Series here on campus Oct. 7 at 8 p.m. The program will be held in Stewart Theatre. Austin

is a professor emeritus at the University of Texas. His works are widely recorded and performed by many well known orchestras throughout the country. He is the only U.S. composer to have been awarded the Margisterium Prize at the Bourges Electronic Music Festival.

Tickets are \$5 for the general public, \$4 for faculty and staff; and \$2 for students. For tickets, call Ticket Central, (919) 515-1100.

Chass continued from page 1

these strengths for the benefit of our state," Stiles said.

Oblinger comes with a wealth of knowledge and achievements from his previous position where he oversaw a \$15.6 million annual budget for academic programs and personnel. Among other duties, he administered the faculty selection, tenure and promotion processes; developed and enforced academic standards and regulations; helped support the development of new courses and curricula; and provided leadership for implementing new technologies and procedures to improve teaching and academic advising at his previous post.

Oblinger is a 1967 graduate of DePaul University with a bachelor's

degree in bacteriology. He received his master's and doctoral degree in food technology from Iowa State University in 1970 and 1972 respectively. Before coming to NCSU, Oblinger served two years as associate dean and director of resident instruction at the College of Agriculture at the University of Missouri-Columbia.

Prior to that he served as professor of food science and human nutrition at the University of Florida, where he taught for 12 years. Oblinger has been part of NCSU's faculty since 1986. During that time he has received various awards in the areas of science, agriculture, and technology.

Interested in making some extra money?
\$
Call 515-1468 and ask for Anthony Norman
Help us celebrate five years of excellence.

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 Jeffries, 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.

THE NUBIAN MESSAGE

The Afrikan American Voice of North Carolina State University

Editor in Chief Carolyn Holloway

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- * schedule no labs or classes after 3:30 M/Th
- * hold no other Stu. Gov't post (including Senate)
- * know the Code of Student Conduct

Deadline: Friday, October 10, 1997, 5:00 PM
in the Student Government Office

Interested in educating others?
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Interested in displaying your skills to others?

If so, call 515-1468 and ask for Carolyn Holloway, Editor in Chief, or stop by Room 372 of the Witherspoon Student Center for an application.



!!Nubian News needs reporters!!

If you've had Journalistic experience or are looking to get some (read: resumé) call us!

Recruitment
for

1998 Orientation Counselors

Now in Process

\$

The office of New Student Orientation is in the process of selecting Orientation Counselors for the summer of 1998. Students who are interested must have at least a GPA of 2.5 and be committed to welcoming new students and their families into the NC State Community. All candidates should plan to attend an informational meeting. For more information call New Student Orientation at 515-7526 and say:

"I'm Interested in Becoming an Orientation Counselor!"

-- or --

stop by B5E Nelson Hall (ground floor) for more details.

October 2, 1997

SPORTS

5th
Anniversary

Demon Deacons Spook Wolfpack

By Dock G. Winston
Sports Editor

Wake Forest handed N.C. State its second loss of the season last Thursday night by overcoming five turnovers and using a 37-yard Matt Burdick field goal in the final minute to beat the Wolfpack 19-18. The Demon Deacons were in heaven after the win since their victory ended a nine-game losing streak against the Pack.

The Deacons, who trailed 18-10 after a Tremayne Stephens four-yard touchdown run and a two point conversion late in the third quarter, came back strong in the final 15 minutes of play. With 12:08 remaining, Wake Forest quarterback Brian Kuklick hit wide receiver Tabiti Davis with a five-yard touchdown pass.

Kuklick's pass for two-points failed when runningback Morgan Kane was hit at the goal line by Wolfpack linebacker Duan Everett, and shoved back. That left the Wake Forest trailing 18-16.

State (3-2, 1-2) missed a scoring opportunity about three minutes later when Chris Hensler's 48 yard field goal try hit the left upright of the goalpost and bounced wide-left. The Pack defense forced a Wake Forest punt on the next series and got the ball back with 5:12 left to play.

At that point, the Wolfpack needed to make first-downs to run out the clock. Instead, State ran three plays and was forced to punt - giving the Deacons the ball at midfield. Two plays later, Kuklick fired an 11-yard strike to Desmond Clark for a first down at the N.C. State 37 yard line.

Then, on a third-down and eight yard play from the 35, wide receiver Jammie Deese made a spectacular reception for 13 yards, putting the Deacons in field goal range at the Pack's 22. Following three running plays which netted 2 yards and three N.C. State time outs, Burdick kicked his game-winning field goal with :43 left.

"With all those turnovers, it was

an unbelievable deficit to overcome," said Wake Forest coach Jim Caldwell.

"Our offense had some big plays that really made a difference for us. Jammie Deese's catch in that crucial (late 4th quarter) situation on third down really gave us an opportunity to win the ball game. It was an ugly victory for us, but a victory nonetheless. I think our players just played very hard. Our defense was really in a lot of tough situations, but they showed a lot of character."

The Wolfpack almost pulled out a last-second victory. After State advanced the ensuing kickoff to its 38 yard line, Barnette completed three passes in five attempts to put the Pack in field goal range with :01 remaining, but Hensler's 52 yard kick fell short as time expired ending the game.

State led 10-3 at halftime thanks to two second quarter scores - Jamie Barnette's 6-yard TD pass to Torrey Holt and Hensler's 34 yard field goal on the final play before intermission. The Pack blew one of its best scoring chances in the first quarter. After recovering a fumbled punt at the WFU 35 yard line, Barnette threw his only interception of the night.

State problems continued into the third quarter. The Pack started drives in Wake Forest territory at the 35, 25, and 48, but managed just the Stephens touchdown. "It's frustrating. We had offensive opportunities early in the ball game and in the second half and we just didn't put the ball in the end zone," said Wolfpack coach, Mike O'Cain.

"We didn't take advantage of the opportunities we had and when you let a good football team hang around and hang around, it comes back to haunt you and that's exactly what happened. We had chances to put the ball game out of reach and we didn't take advantage of them. Credit Jim Caldwell and his staff and players for hanging in there and doing what they had to do to win."

The improved run defense of Wake Forest (2-2, 1-1) proved to be a major headache for the Pack. The

Deacons allowed State just 98 yards rushing, the Pack's lowest output of the season. Entering the game, State led the ACC in total offense, rushing offense (196 ypg.) and scoring offense. "They're a lot better than people think," said O'Cain. They're a good football team. They're vastly improved and they're playing very hard. But if we'd have taken advantage of the opportunities we had, the game could have been out of hand early."

"Wake came out and hit us hard in the mouth. They're defense was really impressive," said State tight end Mark Thomas. "Our defense also played well and gave us a lot of chances especially on their side of the 50- yard line to score points, but the chips didn't fall our way tonight."

Kuklick had an outstanding night for the Deacons. The Junior quarterback was 23 of 34 for 25 yards and 2 touchdowns. He was intercepted just once. It was the sixth straight game in which Kuklick threw for at least 250 or more yards. He passed former NFL great Norm Snead and moved to sixth on the WFU career list of passing yardage leaders. State's Barnette was 21 of 34 through the air for 209 yards and 1 TD.

The loss was disappointing for State, but Thomas and his teammates aren't ready to trash the season after just 5 games. "We're going to remember the hurt, but we're going to put it behind us and move on," said Thomas.

"A loss like this in a close game is going to hurt, but the season is not over. We have a great coaching staff and a great head coach and great senior leadership and when you have all that you don't stay down. Like the Apostle Paul said, you have to run the race and finish."

The Wolfpack will not be in action again until October 11 when the Pack travel down to Georgia to take on the Yellow Jackets of Georgia Tech. Their next stand at home will take place on Saturday, October 18, against arch rival Carolina.

Wolfpack Volleyball Has Tough Weekend

By Dock G. Winston
Sports Editor

The N.C. State volleyball team suffered two losses this weekend in Reynolds Coliseum against conferences teams.

The Wolfpack first lost to Virginia, 15-9, 15-11, 15-8, Friday night in its first ACC match of the season. The Wolfpack jumped out to a 4-0 lead in the first game before Virginia made a run and took the lead. The match which began at 7:30 p.m. ended in just one and a half hours. Virginia improves their record 11-5 overall and 1-0 in conference.

Their match-up against Florida State on Saturday produced similar results as the Seminoles beat the Wolfpack, 15-5, 15-8, 15-3. Florida State posted 54 kills, led by Holly Schneider and Aisha Thornton who posted 15 each. Laura Kimbrell led the Pack with 10 kills. Senior Nicole Peterson posted a team-high 22 assists for the Wolfpack and was the team's co-leader along with Kimbrell in digs with six.

The Wolfpack is now 5-11 overall and 0-2 in the ACC, while Florida State is now 12-2 overall and 1-1 in the ACC.

The team did have a bright note when Nicole Peterson and Maryland's Eden Kroeger earned ACC Volleyball co-Player of the Week honors this week. Peterson, a senior netter, turned in an outstanding performance as the Wolfpack registered five wins. She finished the week with a .369 hitting percentage while averaging 2.48 kills per game and 12.19 assists per game. Peterson's week was highlighted by back-to-back double-doubles.

The first came when she finished with 16 kills, 52 assists and 10 digs against Marquette. Peterson followed that with 11 kills, 65 assists and 10 digs against Rutgers. Kroeger enjoyed an equally impressive week as the Terps finished with a 3-0 record. The senior setter registered a .350 hitting percentage and 12.00 assists per game for the week.

The Wolfpack is now 5-11 overall and 0-2 in the ACC.

NCSU Triumphs Over Clemson

By Chad Brown
Staff Writer

Shaker Asad's late-game goal gave N.C. State a 1-0 victory over Clemson in the Pack's first home ACC match of the season. Asad, a freshman midfielder from Raleigh, let the ball fly from 15 yards with less than two minutes remaining in the game, and the shot bounced off the post into the net to give the Pack the win. Senior midfielder Pablo Mastroeni and sophomore forward Sebastian Rodriguez were credited with assists on the play.

The Wolfpack defense was able to shut out Clemson despite the Tigers' 16 shots-on-goal. State senior goalkeeper Dan Alexander recorded his third shutout of the season in as many matches. State, ranked ninth in the nation by Soccer America, improves to 6-1 (2-0 in the ACC), while Clemson falls to 3-4-1 (1-2).

This Week's Trivia Question:

In 1939, what famous American athlete starred on UCLA's undefeated football team and was the top scorer in the Pacific Coast Conference for basketball?

E-mail your answers to dwinston@sma.sca.ncsu.edu before Wednesday, Oct. 8. A prize will be awarded for the first correct response.



Interested in Being a Sports Writer
for
The Nubian Message?

Call
515-1468
and ask for
Dock G. Winston, Sports Editor
or
Stop By
Room 372 of the
Afrikan American Cultural Center



Celebrating Five Years as the
Afrikan American Voice of
North Carolina State University

October 2, 1997

CULTURE

5th
Anniversary

Mukiibi Gives Heritage Lecture

Staff Report

The Nubian Message

The September Heritage Lecture was delivered by Augustine Mugalula-Mukiibi, a visual artist from Uganda on Monday, Sept. 22. Mukiibi fascinated the audience with stories of his experiences being a young artist in Uganda during the dictatorship of Idi Amin and the problems associated with creating art that might be considered too controversial or too unpopular for the reigning government.

Ultimately, Mukiibi left the coun-

try to study and continue his work abroad. It was during this period that he became most successful. Mukiibi is known in Uganda as its first artist. He explained that even though Ugandans, like other Africans, have produced artifacts throughout their existence, he became the first person who was given formal training in visual art.

Mukiibi brought along a number of his works which were on view in the multipurpose room during his talk. He also displayed some painted pieces of bark cloth which is made from the bark of the ficus tree.

Mukiibi has been in North Carolina for several months while his work was on exhibit at the Page-Walker Center in Cary. Accompanying Mukiibi during the lecture were his wife, his son, another relative and Robbie Stone, curator at the Page Walker Center.

This Heritage Lecture provided students with valuable insights into dangers of living in a politically fragile African country. The lecture was sponsored by the Afrikan American Heritage Society and the Kappa Omicron chapter of Alpha Kappa Alpha Sorority, Inc.

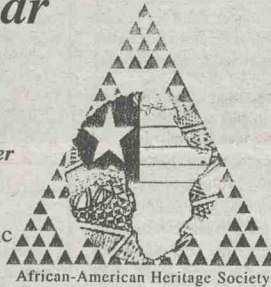
Heritage Day

Dr. Na'im Akbar
KEYNOTE SPEAKER

October 25, 1997
10AM - 7PM

African American Cultural Center
N.C. STATE UNIVERSITY
515-5210

Free Admission • Open to Public



KEMETIC BENU ORDER (KBO) AFRICAN FRATERNITY PRESENTS:
AKWASIDAE KESE
(African American Holy Day and Cultural Festival To Honor Our
En-Slaved Ancestors and Traditional Gods)

October 17 - 18, 1997

HISTORIC STAGVILLE PLANTATION
Durham, North Carolina
Old Oxford Highway
(919) 515-2425

Friday, October 17
9: a.m. - 2:30 p.m.

- * Opening, African (Ananse) Story Telling
- * Key Note Address
Alice E. Jones, M.A.
History Of African Slave Community
- * Orientation to Akwasidae

Saturday, October 18
9: a.m. - 5:45 p.m.

- * Sacrifice and Libations at Slave Cabins
- * Sankofa Outdoor Play
- * Royal Grand Procession
Kings, Queens, Members
- * Grand Akwasidae Kesse
- * Enstoolment of Royalty

Nana, Okru Asante Pansa, Ph.D. (Molefi K. Asante), Nana, Kwabena F. Ashanti, Ph.D.
Kyidomhene(king) of Tsaflo, Ghana Adikrofohene, Mampong-Ashanti

Nana, Leon D. Holsey, Ed.D.; Nana Escurfari Babatundé; Nana Doris L. Laryea, Ph.D.
Baltimore, Maryland Greensboro, NC Raleigh, NC

Nana Sylvia Davis Nana Gahiji Ben Nana Hadya M. Kiamba
Durham, NC Cary, NC Cary, NC

Royal Dancers. Royal Drummers. Vendors.



You and Your Aching Feet

By Michael D. Newkirk

Health Editor

One of every four people will or have experienced some type of foot pain or problems. As stated in the first issue of this fall, feet are taken for granted more than any other part of our bodies. When we first get up in the morning we put our feet on the floor without question of their ability to get us to the bathroom or wherever.

In addition to its 26 bones, the feet have 32 foot and leg muscles, 15 ligaments, and over a mile of blood vessels and nerves. This complex networking of bones, muscles and ligaments are designed to give over a seventy thousand or miles over a lifetime. And how do we repay our overworked feet for the hard work that they do.

We buy a very cute pair of shoes for whatever price. The only problem is the fact that they are almost a size TOO SMALL. Oh, yes, we do a very good job at convincing ourselves that these undersized shoes will 'stretch' to fit our feet just perfectly.

As we continue to stuff our feet in these small shoes, our toes are battling each other for a comfortable position in these shoes. You've seen the prototype. The nail on the big toe seems to nearly push itself through the front of the shoe. Even worse are the four little knots pushing up like mountain peaks on the top of the shoes. Problem numero uno: corns.

Corns are probably the most common foot problems known to man. These little nodules, duly named for semblance to kernels of corn, tend to be extremely painful and most unsightly. You know what I am speaking of if you have dared to bare your feet at a slumber party. Your girlfriends still won't let you forget that night.

When a crooked toe will not lie flat in a shoe the friction can cause corns. The toe won't lie flat because of a shoe that is too small. The constant pressure on the toe by the shoe leads to a thickening of the skin on the toe. Once a corn has developed, if left alone, can become very

painful.

The longer it persists, the more difficulty it can cause. In early stages when pain is mild, padding may be the only thing needed to relieve the pressure and protect the sensitive issue. When pain becomes more severe, surgery may be required to unlock the toe from its curled position. The best relief, as well as preventive measure, is to wear comfortably fitting shoes and wearing socks if the shoe is supposed to be worn with socks.

Similar symptoms occur when you have calluses. The difference is that the thickened skin is on the sole of the foot. This blister like hardening comes from repeated pressure and friction to the skin over the bone in the ball of the foot. Oversized shoes and high heels are two of the culprits.

Constant friction on the ball of the foot comes from the foot moving around in the shoe, not to mention the blisters on the back of the foot. In heels the constant pressure is placed on the bones in the ball of the foot. If the weight on your feet is not balanced, which it rarely is in heels, a callus can develop rapidly.

Once again the best treatment is to have comfortably fitting shoes. If you have this problem a podiatrist may recommend usually one or two courses of action. The foot doctor may prescribe a support that will help you distribute the weight across the bottom of your foot.

Surgery to place the bones in a better position may be needed. Surgery may not be the best treatment since it can remove the pressure from one bone and place it on another. The podiatrist will give you your best option.

Many people suffer from problems with their toenails. Nail problems range from ingrown nails to fungus. An ingrown nail can have a variety of causes. The most frequent cause is not cutting the nails properly. This is compounded by not getting that 'sock lint' from under nail edge. If the edge of the toenail imbeds itself into the surrounding skin, it can lead to pain, swelling, redness, and can be followed up by infection.

You can treat your ingrown toe-

nails at home by soaking your feet in warm water with Epsom salt. Also packing clean cotton at edge of nail to prevent further imbedding. More in depth treatment can include removal, full or partial, of the toenail. The best preventive methods include:

- *Keep toenails clean
- *Clip toenails straight across
- *Wear shoes with proper length and width

If you grimace with pain when pressure is applied to the top of your toenail, you may have a growth under the nail. This is easily remedied with simple removal. Fungus can also make its way under the nail. This can cause a raised nail with splits and yellowish-brown colors. Sometimes the nail bed can be black. A doctor can tell you the best remedy which may be as simple as taking oral antifungals.

Probably the most painful of foot problems, besides breaks, is bunions. You have probably witnessed bunions on the feet of some of your relatives, may be your own. Bunions may be caused by injury, arthritis, and poor posture. They can also be passed through generations. A bunion is an obvious deformity in the joint of the big toe marked by the big toe moving progressively towards the second toe. Once progressed far enough, a bump or knot of bone will be visible on the side or top of joint. One major cause is the wearing of narrow toed shoes.

If left untreated, which as aforementioned, can develop into an extremely painful and harder to treat problem. Painful arthritis, dislocated toe, arch pain, and back pain can also arise from bunions. Many treatments exist for bunions but surgical treatment is needed for removal of bunions and placement to original position.

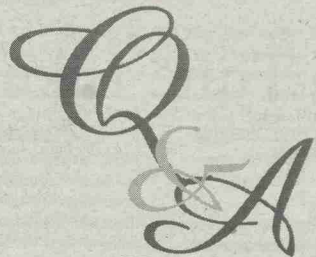
Whatever foot problem you and yours may have, a podiatrist can give you the best recommendations for treatment. Since prevention is the key you can start by buying the proper size (length and width) shoe. Keep them clean and take care of them. After all, you can't rotate or change your feet every 5,000 miles.

However, the same studies have shown that by implementing this dietary plan in middle age can still hinder certain aspects of the aging process. Researches have discovered radically reducing the calories in a person's diet can increasingly contribute with the symptoms that already come with aging - loss of muscle mass, injuries and immobility.

Experts suggest that individuals that are considered middle age should boost their metabolism through regular exercise and the increase of muscle mass.

it receives. However, it is no surprise that nutrition experts regularly advise those wanting to lose weight against low-calories diets. But why should they?

Scientists and researchers have known for years that reducing an individual's caloric intake at a relatively early age can actually be beneficial. Several studies have shown that when practiced over a lifetime, a low-calorie diet can actually increase the life-span and help protect against a number of age-related diseases such as heart disease, diabetes, or some forms of cancer.



on Common Health Problems

By Randall Haddock

Staff Writer

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

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

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

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

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

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

Q: What causes a "crick" in the neck?

A: It is a spasm in one of the many small muscles in the neck and upper back. A spasm is defined by a flexed muscle that will not relax. These usually occur after sleeping in an upright position and the head is too far back or when pinching the phone between the head and shoulders.

These muscles are not meant to do much more than to keep the head steady. Having your head in an awkward position for any length of time puts tremendous pressure on them.

The muscles generally relax after a few hours, or a day at most. You can speed the process by placing a heating pad on the stiffened area, and gently stretching and massaging the muscles.

The Easy Way to Lose Weight

By Randall Haddock

Staff Writer

One of the true prescriptions for losing weight is really just a matter of simple arithmetic: calories burned should exceed calories taken in. This can be accomplished through exercise, by the restriction of calories, or by both. Anyone who has cut back on the calorie intake too much knows that this approach is a recipe for disaster. By doing this an individual's metabolism is slowed down and the body is forced to retain rather than burn the food that



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515-2423... Counseling Center
515-2012... Women's Center
515-9355... Center for Health Directions
828-3005... INTERACT, Raleigh's
Rape Crisis Center

No Time Like The Present Being Real to God

By **Arthur Peoples**
Staff Writer

Many students are misinformed. They believe that the chancellor controls the campus of this university.

The chancellor does not control the campus of North Carolina State University. If all of the students on this campus decided at this very moment to refrain from paying their escalating tuition bill and to not attend NC State, would the chancellor have any power then?

Well, the addition of our paid tuition and attendance does not bring about extra powers. It only provides added responsibility to those in key administrative positions to make sure that we, the students, are satisfied with the treatment we receive as we pursue our degrees.

Too many times we sit back and verbalize our frustration with the current political atmosphere present on campus by saying, "We can't do anything, we are just students," but that is the point. We are students. And what is "supposed" to be the chief duty of any educational institution that students must pay to attend? To educate and entertain our mental, intellectual and social growth.

As students, we are the universi-

ty's biggest customers and the university is liable to make sure that we are satisfied. Customer satisfaction is the universal slogan. Why do you think that fast food restaurants are trying to stress the fact that you can have it your way?

As a dividend providing customer, your taste in food is valued. As a customer of this university, your tastes in culture, education, and treatment are valued. You can and should have it your way right here on campus. It is up to you to ask for and make sure that you receive it.

I have noticed that we haven't been doing too much asking lately though. As a matter of fact, we have been just doing a lot of blaming.

Some people love to reflect on "last year." As they reflect, the conversation often adapts a redundant tone reminiscing on what happened last year and what should have happened last year. So what with last year. This is a new year. Learn from the past and progressively move on.

There has been a new set of leaders commissioned to serve you. As with the new leaders, there are new customers. These new customers have come in with lists of things that they want and expect from the university, and I say give it to them. They paid for it. To those who possess these lists, I say do not discard

those list after you become acquainted with the system. Be persistent.

People did not come from all over the state, or the world at that, to pay for something that is not going to net them satisfaction. If you purchase a pair of shoes, thinking that they are Jordan's, and you get them home only to find out that they are not, do you keep them? I think not?

Regardless of the distance from your home to the mall, you get in your vehicle and return the shoes. Once you reach the mall you do not whisper to the salesperson that you received the wrong shoes. Instead you make it known that you were not given what you had paid for.

If you order a steak well done and it takes one hour to be served to you medium rare, do you not only send it back but you complain about the hour that you had to wait on your service? In comparison to the restaurant business, the university is a "somewhat" time oriented business.

You are here approximately four to six years to obtain your undergraduate degree. You should not receive the "meat" of your undergraduate career when you are about to leave. Do not grant this university the opportunity to serve you a

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A mixed congregation: sinners, worshippers, Hustlers, survivors. All that terrible energy, Locked in, trying to blend. Such a gathering Of tribes has little, if any, use for a silk-robed choir. Members bring their own noise, own souls. Any Avenue Crew will tell you; nothing comes closer To salvation than this. Here, there is not talk of Judgment, No fear. Every now & then, an uninformed God Will walk in, bear witness, mistake kangol For halo, all those names for unwanted bodies Being called home, arms raised to testify, waving From side to side, fists flying like bullets, bullets Like fists. Above the snare: two sticks make the sign Of the cross then break—a divorced crucifix. The tambourine shakes like a collection plate. This pastor wants to know who's in the house, Where we're from, are we tired yet, ready to quit? We run down front, scream & shout, "Hell no, We ain't ready to go!" The organ hesitates, Fills the house with grace, good news, resurrection & parole, a gospel of chords rising like souls. Up, up, up, up, down, down. Up, up, up, up, Down. Up, up, up, up, down, down. Up, up, up, up, down. The cowbell's religious beat, A prayer angel ushered through the dangerous air.

Thomas Sayers Ellis.

"Anyone who speaks in tongues should pray for the ability to interpret."
(1 Corinthians 14:13)

You don't just step to your average non-African sister or brother and throw them into a congregation of baptized, christianized, "raised to be hellified" black folks and expect them to pick up in the second hymn. They will be lost, bewildered and freaked. Most won't know if they should shout, sit down or tip toe out the back "with a quickness." This is because we have a flavor all our own. Some may imitate it and others ridicule it, but what do we care as long as God has our back and our prayers have been received.

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Thought for the Week

You running and you running and you running away...
You running and you running and you running away...
But you can't run away from yourself.

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North Carolina State University

Editorial Policy

The Nubian Message is written by and for the students of N.C. State University, primarily for the African 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 every 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.

UJAAMA Utilized by Hair Care

By **Kimberly Pettaway**
Opinions Editor

While enjoying the sounds of the various bands at Reggae Fest, I took special note of the numerous vendors that were present to sale their products to the many attendees. As I thought about those who possessed and actualized their entrepreneur spirit I began to think about Ujamaa.

Ujamaa (Cooperative Economics) is the fourth of seven principles of Nguzo Saba. Ujamaa is to build and maintain our own stores, shops and other businesses and to profit from them together.

Cooperative economics should be present in the African hair care business. Being a sister who once spent much money on maintaining a processed style, I know the amount of money spent by African Americans for hair care products and services is a considerable amount.

Figures have shown that annually the hair care products industry takes in over one billion dollars. It is not hard to recognize that this is an enormous business; however, it may surprise you who is reaping the biggest profit.

Due to a once slow growth in the white hair care business, many white-owned companies began deliberately targeting African Americans. White-owned brands have profited while some African American owned businesses have

met their demise because many African Americans do not know which brands are owned by who.

The name of a product can trick one into thinking that the company is African American owned. The white-owned industries are very clever. By using catch phrases from our heritage and culture white-owned companies such as Dark & Lovely, African Pride and Right on Curl have continued to profit off of your head.

Since the colors Red, Black, and Green are used on all of the African Pride products and by mere use of the name African, one may be led to believe that it is an African owned product. However, it is now apparent that this is not always necessarily true.

Shark Products of Brooklyn, New York, attempted to sue B & J Sales Company (an Atlanta based African American company) for using the name "African" on its products. Can you image that. We (African Americans) are not allowed to use our own name! Instead, some feel that we must ask permission.

If one were to look at the stores that are situated in African American communities selling products that groom the hair of African Americans, one might become disgusted. The state of being disgusted may arise because the businesses that profits are determined by our patronizing their stores seldom appoint African

Americans in top level executive positions. Yet and still, the business in these stores are booming.

Sadly, many African Americans are not aware or simply fail to recognize some of the skillful tactics that are gainfully employed by white-owned companies to receive their money by using names that suggest African culture or by using graphics that serve the same purpose.

One thing that may aid many consumers who wish to purchase products from African American manufacturing companies are the letters AHBAI (American Health & Beauty Aids Institute) under a picture of an African American woman with long hair. These letters should assure you that you are buying a product owned and manufactured by African Americans.

It is evident that the businesses that continue to thrive and prosper in our communities are those that have been supported by us as a community. Since these "community" stores are supported by the community they usually have larger profits. Thus, the larger profits provide them with more media advertisement that they can target us with.

Our buying habits must reflect our commitment to uplifting our community. This can be done by supporting businesses that support us and our community. Perhaps then we can enjoy a new degree of economic freedom.

Present continued from page 6

medium rare steak, you better get your steak well done. After all, you have paid for it.

You see, our complacency gives the chancellor, the vice chancellor, the provost, and even the people in the cashier's office their unchallenged power. The REAL power is in you.

Personally, there is nothing better than seeing a group of people stand up in unison and say: "We want change for the better and we will not be satisfied until we see it." After a while, others will join you, people will listen and others will agree. Many will be motivated by your proactiveness and a spark will ignite in them. People will have no choice but to listen and try to help, because this is not just change, but change for the better. This is power.

This is the type of power that will make elders look and smile and be proud of us. This is the type of power that the conscious minds all

over the world have and work with to cultivate growth daily. Most importantly, this is the type of power that you and I as students of this campus have and must be committed to utilizing.

We should not let this power go unused. All of you freshmen with your lists have to be heard. All of you upperclassmen with goals have to be heard. We as a people have to be heard. Let's stop whispering our discontentment and let's start being heard through our actions.

First of all, you can and must tell other people how you feel. Write a letter to The Nubian Message and the Technician to express your opinion on all issues. Do not forget to talk to those who are here to serve you. Talk to our leaders on campus, and find out who you need to talk to about trying to make changes.

By talking to people, you will be disseminating information to the rest of us, and we can pull together to

help you. Then, go to the Society of Afrikan American Culture meetings. These are people just like you who probably have some of your same concerns. They can help you to get knowledge about these issues.

Do not stop there though. Take your issues to AASAC- that is, the African American Student Advisory Council. This sounding board for the Afrikan American community is charged with identifying and tackling the issues that concern the Afrikan American community.

In our struggle to make progress, let us not forget that wise bird of Sankofa, beak turned back to receive the feast of yesterday while walking forward into the future. We do not want to make the same mistakes that we made in the past. We want to use what was good in the past to make progress in the future. Let us start collectively changing things for the better today.

Real continued from page 6

Now over the years many have adopted our ways and we have taken some of theirs as our own, but have you ever noticed the ways our expressions have been reflected back at us through others? The shouting, speaking in tongues and other forms of spirit-filled expressions ... I know people are truly trying to express their love for their God, but it does look and sound funny.

As a child it was hard enough at first to get used to Mrs. Wilson "gettin' the spirit" without laughing. But after enough pinches from mama and evil eyes from the old folks, I learned to dispel my notions about bad Soul Train dancers and understand how some people needed to express the spirit within themselves and share the joy they experienced. But to be in a congregation of mixed ethnicity and see a white person shout while doing some aerobic number or even a hysterical laughter to express that spirit took me back for a while. But now I am somewhat used to my Asian, Latino and White brothers and sisters and even my own Afrikan kin with their new level of shout if you have not in the past five minutes. Sometimes I wonder who among us is shouting more out of style than spirit. Most of you know the clique in your congregation that seems to have the best moves and steps when it comes to "gettin' the spirit."

I used to believe that a shout manifested itself from that inner place where the spirit of the Creator dwelled and reached the level of a shout when you have been moved by the words or spirit around you like nothing else. But as I started noticing then, as I notice now, for some a good breeze in their direction could bring on this expression of spirit. Is it cheapened by such a quick trigger or what it seems to be a time and choreographed performance?

Times are changing. Shouting and dancing for God as in the way we relate to God has changed. The assumptions I had as a child about what brought about a shout could have been just that, an assumption. People express God the way they know. Our culture dictates our responses. Whites won't have the same style as Afrikans when they dance with the spirit or most Asians the moves of some of my Latino brothers and sisters. But the style, move or shout is real when it ushers from the depths of the spirit. The form it takes is unimportant.

When it comes from the head or the heart it is suspect of being a way into an elite group/clique in your congregation so that you can show how much you got "da" holy spirit like them. I know most of us are taught to follow the lead of our elders or leader or even respected peers but for something as important as your salvation I would hope some of you will apply more work to it than your GPA. Your grades are short-lived and if you have not put more time into understanding your relationship to God compared to your study. Your living is truly in vain. So stop following the crowd or being chained by the traditions of your family and find out who God is and what (s)he (the spirit) means in your life. This is not a call to stop attending church or to throw up your nose at those who do - I won't be your excuse for walking away from God - but to truly question that which you think you know or don't know and see where it takes you. God is real, are you?

P.S. I like to hear your response to this article, so write me at nubian_message@sma.sca.ncsu.edu - let us know if you are willing to be involved with an evening program. The program will deal not only with the true color of Christ but also why it does matter even though everyone is trying to say it does not. What do you think?

Hotep (Peace)
Ricky A. Livingston
(the social introvert)
Society of Afrikan American Culture

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Four Reasons for Using K in Afrika

- Most vernacular or traditional languages on the continent spell Afrika with a K; therefore the use of K is germane to us.
- Europeans, particularly the Portuguese and British, polluted our languages by substituting C whenever they saw K or heard the K sound—as in Kongo and Congo, Akkra and Accra, Konakri and Conakry—and by substituting Q wherever they saw KW. No European language outside of Dutch and German have the hard C sound. Thus we see the Dutch in Azania calling and spelling themselves Afrikaaners. We are not certain of the origin of the name Afrika, but we are sure the name spelled with the C came into use when 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.

The Gerry S. Martin Memorial Fund

Established in memory of Gerry Martin, Teaching Fellows Director, 1992-1997, to benefit enrichment and special programs for the Teaching Fellows. Once established, the funds will go toward programming, leadership development, and other special needs of the Teaching Fellows program in the College of Education and Psychology at NC State University.

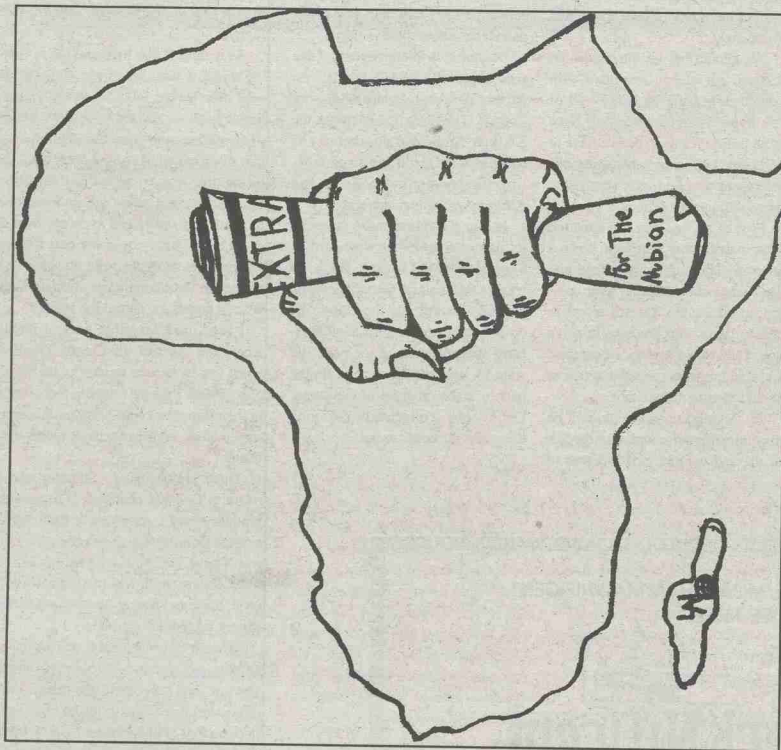
Gerry Martin's contributions to the lives and successes of her students and to this College were significant; so the NC State University College of Education and Psychology has established this fund as an appropriate living memorial to Gerry.

Contributions in her memory will help continue her work. More information is available from the NCSU ion and Psychology Foundation, 515-1736.

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THE NUBIAN MESSAGE

The Afrikan American Voice of North Carolina State University



will be celebrating five years of service to the Afrikan American community of N.C. State this fall with a special commemorative edition. Keep reading.

Publication Dates for 1997-1998

The Nubian Message is published every Thursday throughout the year except those that fall on holidays, one week prior to vacation periods, and during exams. Special editions will be announced.

AUGUST 21, 25	SEPTEMBER 4, 11, 18, 25
OCTOBER 2, 16, 28, 30	NOVEMBER 6, 13, 20
DECEMBER 4	
JANUARY 8, 15, 22, 29	FEBRUARY 5, 12, 19, 26
MARCH 19, 26	APRIL 2, 16, 23, 30

Copies of the Nubian Message are available at the following locations:

The Afrikan American Cultural Center, Avent Ferry Complex, Caldwell Hall, Dan Allen Drive, Daniels Hall, D.H. Hill Library, the Dining Hall, Free Expression Tunnel, Harrelson Hall, North Hall, Poe Hall, Reynolds Coliseum, Student Development, Student Health Services, The Quad, University Student Center, Witherspoon Student Center.