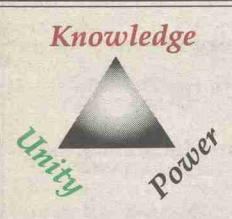


# The NUBIAN MESSAGE

**5<sup>th</sup> Anniversary**  
November 13, 1997  
Edition 13



## What's Goin' On?

### AASAC

The Afrikan American Student Advisory Council will meet Friday, November 14 at 3:30 p.m. in Room 356A of the Afrikan American Cultural Center. All Afrikan American organizations are asked to be represented. If you have any questions, call Kim Pettaway, chair, at 515-1468.

### The Nubian Message

The Nubian Message will have its Fifth Anniversary week November 17-21 with programs co-sponsored with the UAB-Lecture Committee, Delta Sigma Theta Sorority, Inc., Heritage Society, Alpha Kappa Alpha Sorority, Inc., Afrikan American Student Affairs and the Afrikan American Cultural Center. November 18, 1997, Elaine Brown, the first and only Black woman to head the Black Panther Party will speak at 7:00 in the Campus Cinema of the Witherspoon Student Center. Nov. 17 Angela Davis will be at the University of North Carolina at Chapel Hill. If you have any questions, call 515-1468 for more information.

### The Nubian Message and Delta Sigma Theta

Wednesday, November 19 at 7:00 p.m., The Nubian Message and Delta Sigma Theta Sorority, Inc. will host the All-Male Summit in Room 356 of the Afrikan American Cultural Center. If you are an Afrikan American male, then you have only one place to be on Nov. 19 at 7:00 p.m.

The Afrikan American Voice of North Carolina State University

## Political Visionary & Advocate for Racial Equality Addresses N.C. State Students

**By Carolyn Holloway**  
Editor in Chief

Elaine Brown; the only woman to head the Black Panther Party, a political visionary and advocate for racial equality, best-selling author, and founder and president of Fields of Flowers, Inc.; will speak Tuesday, Nov. 18 at 7 p.m. in the Campus Cinema of the Witherspoon Student Center.

Sponsored by the Society of Afrikan American Culture, the Union Activities Board Lectures Committee, The Nubian Message, Afrikan American Student Affairs and the Afrikan American Cultural Center, Brown is an articulate orator whose lectures focus on the burning issues of racism, gender oppression, and class disparity. Brown has a presentation that combines radical history, keen political commentary and an inspirational vision of an inclusive and egalitarian society.

Under Brown's leadership, the placed people, and joint-developing Vietnam (during the war), North

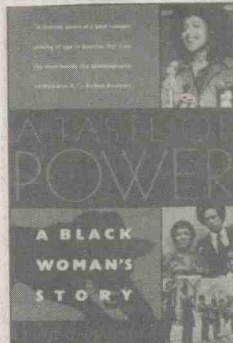
Black Panther Party became a dominant force in Oakland, Calif., changing the sociopolitical course of the city by achieving the election of the first black mayor, building a complex of 300 new houses for dis-

the city's massive downtown revitalization project with corporate chiefs to guarantee jobs for black and poor people. Brown traveled extensively on behalf of the organization, including trips to North

Korea, Russia, China and Cuba.

Raised by her mother, a factory worker, in the ghettos of Philadelphia, Brown studied classical piano at the prestigious Philadelphia Conservatory of Music. She attended Temple University and UCLA, has worked as a cocktail waitress and a paralegal, and has dedicated her life to improving the social as well as the economic conditions of disenfranchised people in the U.S. Currently, Brown resides in Atlanta where she is finishing a book of essays, working on her first novel and, as president of Fields of Flowers, Inc., developing a model educational center for disadvantaged children of all races.

As author of *A Taste of Power: A Black Woman's Story*, Brown's book has been optioned by Suzanne de Passe, Emmy-award winning president of de Passe Entertainment, with actress Halle Berry presently committed to the leading role.



## NCSU Dedicates Engineering Building

**By DeSheila Spann**  
News Editor

A dedication and ribbon-cutting ceremony took place Tuesday for the new, high-tech William F. Troxler Design Center for electrical and computer engineering. Faculty, media and students toured the facility and learned more about what the new laboratory would offer the university.

The lab is a state-of-the-art "flexible facility" that will provide electrical and computer engineering students with hands-on experience designing, prototyping, testing and evaluating circuit systems and other devices. It will also serve as the base of operation for senior design projects in the Department of Electrical and Computer Engineering.

The facility was funded by a \$157,000 gift from N.C. State alumnus William F. Troxler, president of Troxler Electronic Laboratories Inc. of nearby Research Triangle Park. Troxler received his bachelor's degree in electrical engineering from NCSU in 1952. He started Troxler Electronic Laboratories in 1956, and the company has since grown into a large international business with two subsidiaries: Troxler International Ltd., and Troxler World Trade Corp. This was the first time an individual has funded a laboratory renovation in the College of Engineering.

## NCSU Studies Affects of Microgravity on Plant Growth

**By DeSheila Spann**  
News Editor

When the Space Shuttle Columbia lifts off from Kennedy Space Center on Wednesday, Nov. 19, a piece of N.C. State will be aboard.

Dr. Chris Brown, adjunct associate professor of botany, will be sending 78 soybean seeds on the 16-day mission to study how they are affected by near zero-gravity environments. The experiment will be focusing primarily on the lack of gravity on their growth and metabolism. His experiment will help NASA evaluate the capability of growing plants aboard spacecraft to help clean the air, make potable water and provide food for astronauts on longer flights in the future.

Brown will not be flying on the mission, but will be at Kennedy Space Center through the duration of the flight. His soybean seeds will be carried in darkened, cylindrical canisters on the trip. Astronauts will water the seeds, allowing germination to take place. Some of the canisters will be

frozen in space prior to the shuttle's re-entry into Earth's atmosphere.

The research Brown has done is one of five major studies on plant growth that will be conducted aboard the shuttle mission as part of the Collaborative U.S./Ukrainian Experiment (CUE), a research project pooling the talents of scientist from both countries to study the effects of space flight on plants. The experiments aboard Columbia will be conducted by one of the Ukrainian astronauts - the first to fly on an American spacecraft - Col. Leonid Kadenyuk.

Once the shuttle has returned to Earth, NCSU scientists and a team of astronauts will examine the soybean seedlings for clues as to why their starch production is diminished. All research Brown has conducted has been funded by a NASA grant. Brown also serves as associate director of the university's NASA Specialized Center of Research and Training in Gravitational Biology. The Center, funded by a five-year, \$5 million NASA grant, is conducted by research scientists at Dynamac Corp. in Research Triangle Park.

## This Week



• Wolfpack reigns supreme this weekend, get all the juicy information inside.

See Sports, Page 3

• The Opinions staff dedicates this week's page to a friend and colleague who passed away this past weekend.

See Opinions, Page 7





## THE THIRD ANNUAL CARY KWANZAA

Theme: "The Golden Years"  
A Tribute to Our Elders

Hosted by:

Andrea Arceneaux, Anchor, Fox 22

&

Dr. E. B. Palmer, Pres., CEO, African-American Cultural Complex

### Featuring:

- Ray Little Turtle and The Native-American Culture Dance Group
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- Performances by local and Statewide Elders

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- Vendor Market
- Ethnic Food
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Date: December 27, 1997 Saturday  
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School Counselor

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LES: The Start of the Pride

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.*

## THE NUBIAN MESSAGE

The Afrikan American Voice of North Carolina State University

Editor in Chief

Carolyn Holloway

### EDITORIAL STAFF

Health Editor	Michael Newkirk	mnewkirk@sma.sca.ncsu.edu
News Editor	DeSheila Spann	dspann@sma.sca.ncsu.edu
Opinions Editor	Kimberley Pettaway	kpettaway@sma.sca.ncsu.edu
Cultural Editor	Shannon Jones	sjones@sma.sca.ncsu.edu
Sports Editor	Dock G. Winston	dgwinston@sma.sca.ncsu.edu
Graphics Editor	Andre Meadows	ameadows@sma.sca.ncsu.edu

### PRODUCTION STAFF

Ads Manager	Rodney Williamson	rwilliamson@sma.sca.ncsu.edu
Chief Photographer	Koren Atwater	kawater@sma.sca.ncsu.edu
Copy Desk Chief	Jerry L. Blackmon II	admiral@sma.sca.ncsu.edu
Webmaster	John Dawkins	jdawkins@sma.sca.ncsu.edu

### BUSINESS STAFF

Account Executive	Radiah Gooding	rgooding@sma.sca.ncsu.edu
Account Executive	Issac Ostabutey	iostabutey@sma.sca.ncsu.edu
Account Executive	Reggie Gooding	regooding@sma.sca.ncsu.edu
Business Manager	Anthony Norman	anorman@sma.sca.ncsu.edu

### MAILING ADDRESS

372 Witherspoon Student Center/AACC  
Box 7318  
Raleigh, NC 27695-7318  
(919) 515-1468

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### Kiapo:

### Afrikan American Pledge of Allegiance

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



## Like to Gamble?

Don't Gamble with your Health - A flu shot improves your odds to stay well and stay in school. Beat a Path to Student Health Service.

November 19, 9 a.m. - 3:30 p.m. - Student Health Service.

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## SPORTS

5<sup>th</sup>  
AnniversaryWolfpack Triumphant in Season Opener  
Against No. 22 Georgia

## Staff Report

The Nubian Message

Justin Gainey's basket with 2:14 to play proved to be one of the decisive points of the game as N.C. State opened its basketball season by surprising no. 22 Georgia, 47-45, in the first game of the Coaches vs. Cancer Classic at East Rutherford, N.J.

Freshman Kenny Inge scored 13 points for the Wolfpack (1-0), who will play Princeton in the championship game later this week. Gainey finished with nine points and Ishua Benjamin added eight. G.G. Smith scored 11 points and Ray Harrison added 10 for Georgia (0-1), which could not overcome a 6-for-33 (18 percent) shooting performance in the first half. Smith missed a jumper and Harrison an eight-footer in the final seconds as the Bulldogs tried to tie the game. Georgia will play Texas in the consolation matchup.

"I'm pleased we didn't break," Wolfpack coach Herb Sendek said. "We bent down the stretch but held on."

The game was played with four 10-minute quarters and a 40-second shot clock as the NCAA is experimenting with potential rule changes in the preseason tournaments though the month of November.

The Wolfpack carried a 39-30 lead in the fourth quarter, but Georgia resorted to its fullcourt pressure to get back in the game. Freshman Jumaine Jones had seven points to key a 10-2 burst as the Bulldogs drew within 41-40 after Derrick Dukes converted a three-point play with 5:14 left. Gainey responded with a nine-footer in traffic to bump the lead back to three. Smith converted a layup, but Damon Thornton put the Wolfpack up 45-42 with a basket in the low post.

Harrison made one of two free throws after Thornton was given a technical foul for taunting with 2:57 to go. On the resulting possession, Michael Chadwick knifed along the left baseline and scored as he was fouled to tie the game with 2:35 remaining, but he missed the free throw that could have given the Bulldogs the lead.

Inge shot five of six from the field and fellow freshman Ron

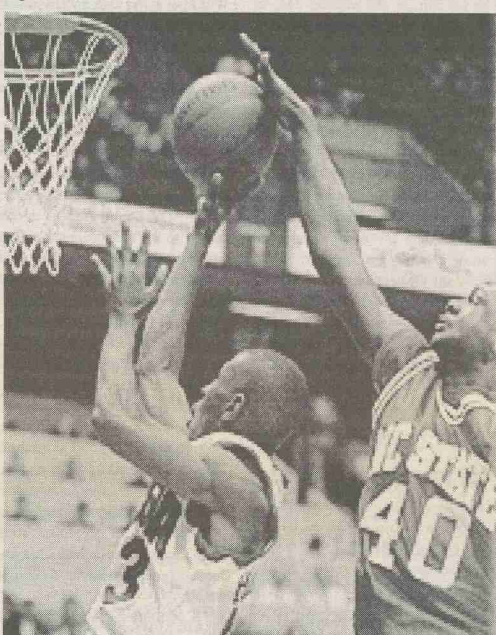
Kelley added seven points, five rebounds and three blocked shots in 23 minutes. "Kenny Inge gave us a lift in the second half, as did Damon and Archie," Sendek said. "Damon was unknown at the start of the day but I thought he played remarkably. He's only been practicing for a week. Hopefully, he's rounded third and heading for home with this injury."

Both teams showed the effects of practicing less than a month, enduring scoreless stretches of over six

throws for the Bulldogs.

Then it was State's turn to go cold. The Bulldogs pulled within 11-7 by the end of the first quarter and reeled off the first six points of the second, capped by two

free throws from Smith to give Georgia a 13-11 lead with nine minutes remaining in the first half. But the Wolfpack responded with a 16-5 run to close the half. Benjamin drained a three-pointer from the left wing off a feed from Gainey, who added two foul shots to make it 16-



minutes and trying to adjust to the experimental 40-second shot clock and 10-minute quarters.

Smith gave Georgia an early lead with a three-pointer, but the Wolfpack ran off 11 straight points over a 6:38 stretch. C.C. Harrison tied the game with a three-pointer before Benjamin knifed his way through the lane for a layup to give the Wolfpack a 5-3 lead.

Inge had a pair of baskets around a layup by Thornton that extended the lead to 11-3 at the 5:06 mark of the first quarter. The teams went scoreless for the next 96 seconds before Ray Harrison made two free

13 with 8:08 left.

A three-pointer by Dukes knotted the game, but Gainey answered with one of his own. Kelley netted the next five points for the Wolfpack, scoring on a solid move underneath and adding three free throws around a runner by Harrison to bump the margin to 24-18 with 3:51 to go. Benjamin scored the final points of the half and capped the run with a three-pointer from the left baseline for a 27-18 lead.

The Wolfpack's next challenge will be against Princeton in the tournament's championship game.

## Terps Snap Pack Streak

## By Chad Brown

Staff Writer

N.C. State jumped on Maryland with 31 first-half points, then cruised over the Terps 45-28 Saturday as Tremayne Stephens, Torry Holt and Jamie Barnette turned in outstanding performances. The victory stopped a four game overall losing streak, a five game ACC slide and kept Wolfpack hopes alive for a winning season and bowl qualification.

With games against Virginia and East Carolina remaining at home, the Wolfpack (4-5, 2-5) could still make a post-season trip with victories against both opponents and help from other teams. For the Wolfpack to qualify for any bowl games, Clemson - the 29-20 overtime winner over Duke at home Saturday - needs to lose its last two games against the Tarheels and South Carolina.

The Pack needs to beat Virginia next week, then hope the Cavaliers lose to Virginia Tech to have a chance at the ACC's fourth automatic bowl bid. UVA outlasted Georgia Tech Saturday 35-31 in Charlottesville. Clemson and Virginia each have one victory over an NCAA Division I-AA team. Only teams with six division I-A wins can qualify for a bowl.

The Wolfpack didn't take long to score against Maryland (2-8, 1-6). State's defense stopped the Terps on their first drive of the game. On fourth down from the State's 45 yard line, Maryland quarterback Brian Cummings was sacked by linebacker, Duan Everett. Five plays later, Wolfpack quarterback Jamie Barnette fired a 27 yard

touchdown pass to fullback Carlos King. That gave the Pack a 7-0 lead with 8:23 left in

the opening quarter. About six and a half minutes later, Barnette hit Torry Holt with a

30 yard scoring strike. It was Holt's sixth touchdown catch in the past two weeks.

Holt, who had 6 receptions for 105 yards, set up the Wolfpack's third TD with a 22 yard punt return to the Maryland 40. Five plays later, Barnette ran 11 yards for a touchdown with 11:20 remaining in the half. That gave the Wolfpack a 21-0

cushion. Barnette finished the afternoon completing 19 of 30 passes for 293 yards and 2 touchdowns. He was intercepted once.

"I felt real comfortable. The offensive line and backs did a great job blocking today and the receivers did a good job of getting open. All I had to do was hit them," Barnette said. "The coaches knew they had plays that would get people open. They put us in the right plays and we executed them."

Just before the intermission, State scored twice in a 15 second span. Chris Hensler kicked a 22 yard field goal. Then, on Maryland's first play from scrimmage following the

Wolfpack kickoff, linebacker Morocco Brown intercepted a Cummings pass and returned

it 30 yards for a touchdown. At that point, the Pack had a commanding 31-0 lead with just 1:20 left.

When the Wolfpack was penalized for having too many men on the field, the Terps got an extra play to end the half. Freshman receiver Omar Cheeseboro, surrounded by Wolfpack defenders, caught Cummings' 47 yard pass at the goal line and fell into the endzone as the first half came to a close to give Maryland its first score.

Maryland outscored the Pack in the second half 21-14. Touchdown runs of 76 and 4 yards by tailbacks Tremayne Stephens and Rahshon Spikes accounted for the Wolfpack's points.

Stephens had 142 yards on 15 carries, his 16th career 100 yard rushing performance. Buddy Rodgers scored twice for Maryland on a 4-yard run and a 23 yard pass by Cummings. Cheeseboro caught his second TD pass of the game with 13:00 left in the game to end the scoring.

State outgained Maryland 487-389 yards and outrushed the Terps 194-150. The Wolfpack had an outstanding afternoon on third down, converting 8 of 15 while holding Maryland to just 5 of 13 efficiency. The Pack defense sacked Cummings 5 times.

The Wolfpack will face the Virginia Cavaliers this Saturday at Carter-Finley Stadium.

## N.C. State Trounces All-Stars, 72-62

## By Jason Simon

Staff Writer

After building a 12-point lead in the first quarter, N.C. State spread playing time among nine players and withstood a late rally in their 72-62 victory over the California All-Stars in Reynolds Coliseum Wednesday night. Seven Wolfpack players played 15 or more minutes in the contest.

Unlike the first exhibition game, when the Pack's shooting was often erratic, the team patiently executed its offense the second time around. The Wolfpack shot 50 percent in the first half, including

45.5 percent from behind the three-point arc. Their second half mirrored the first, with the Pack shooting 48.3 percent from the field.

Wolfpack seniors Ishua Benjamin and C.C. Harrison led the way, with Benjamin leading the team in minutes, 33 played, and Harrison leading the team with 20 points scored. Sophomore Justin Gainey recorded eight assists, a new team high.

"If you take good shots over time and you execute your offense, we have enough good shooters that shots are going to fall," Sendek said. "Perhaps they did not fall in the numbers we would like on Saturday, but we have many more things to focus on than shooting."

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 Witherspoon Student  
Center for an  
application.

You'll be glad you did.



# CULTURE

5<sup>th</sup>  
Anniversary

## ORGANIZATION SPOTLIGHT:

### Afrikan American Student Advisory Council

By Shannon D. Jones  
Cultural Editor

The Afrikan American Student Advisory Council, also known as AASAC, serves as the governing body of all registered Afrikan American student organizations on the campus of North Carolina State University.

As a student extension of the Office of Afrikan American Student Affairs, AASAC's primary function is to facilitate a forum, where representatives from these organizations can exchange ideas and then distribute the acquired information to their respective organizations.

Through this forum AASAC also emphasizes that each of the representative organizations implement its established goals by: recapturing the Afrikan American consciousness through re-education of students to uplift and promote an Afrocentric consciousness and educate students of their responsibility to the Afrikan American community; promoting the academic, professional, and cultural development of Afrikan American students through unity of

action and effective communication; identifying and addressing the needs and concerns of Afrikan American students through unity and communication; and developing the leadership potential of all Afrikan American students.

Members of AASAC solidify their leadership skills by practicing the principles of Nguzo Saba, which represent the minimum set of principles by which Afrikan people must live in order to begin to receive and reconstruct our history and lives...they are social principles, dealing with ways for us to relate to each other and build our lives in our own image.

The principles of Nguzo Saba are as follows: Umoja (Unity): to strive for and maintain unity in the family, community, nation, and race; Kujichagulia (Self-Determination): to define ourselves, create for ourselves and speak for ourselves, instead of being defined, named, created for, and spoken for by others; Ujima (Collective Work and Responsibility): to build and maintain our community together and make our sisters and brothers prob-

lems our problems and to solve them together; Ujamaa (Co-operative Economics): to build and maintain our own stores, shops and other businesses and to profit from them together; Nia (Purpose): to make as our collective vocation the building and developing of our community in order to restore our people to their traditional greatness; Kuumba (Creativity): to do always as much as we can, in the way we can, in order to leave our community more beautiful and beneficial than when we inherited it; Imani (Faith): to believe with all our hearts in our people, our parents, our teachers, our leaders and the righteousness and victory of our struggle.

Membership in AASAC is restricted to a representative of each registered Afrikan American campus organization; any Afrikan American student holding a key position in Student Government; Ex-officio members who shall be selected by the chairperson and the advisors; and members-at-large, each whom must complete an application of request.

#### Kiapo: Afrikan American Pledge of Allegiance

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

## ORGANIZATION SPOTLIGHT:

### Student Mentor Association

By Shannon Jones  
Cultural Editor

African students may not be fully nurtured.

Fortunately, NCSU has the PMP in addition to other support programs which help the university realize its goal of sustaining the enrollment of Afrikan American students. Attaining this goal is enhanced, in part, by peer mentors who are a source of helpful information and support for the first-year student. Additionally, the PMP provides peer mentors with significant leadership experiences which promote the development of their own potential.

A mentor program for first year Afrikan American students was implemented in the fall of 1980. Students were assigned to Afrikan American faculty or staff members who volunteered to serve as mentors by maintaining contact with them and by offering assistance during their first year.

A pack poll telephone survey of students in the program was conducted in 1981 to obtain evaluation information. The results showed that 91 percent of students liked having a mentor.

A majority of students also had a positive impression of the Mentor Program and thought that it was helpful to them. Furthermore, students reported having a preference for upper-class students rather than faculty and staff as mentors.

Most importantly, they expressed a willingness to make time to be mentors themselves. Thus, after a year of study and reorganization of the program, the "Mentor" Program became the "Peer Mentor" Program in 1982. The new program was guided by the philosophy of "students helping students."

As Afrikan American students attending predominately white institutions, some often feel overwhelmed with the pressures associated with adjusting to a new environment.

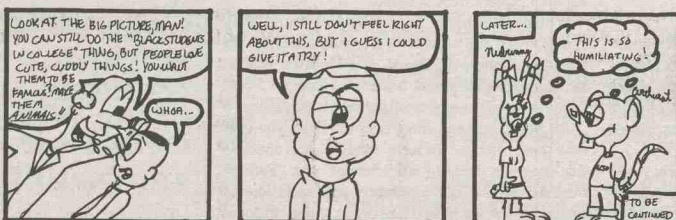
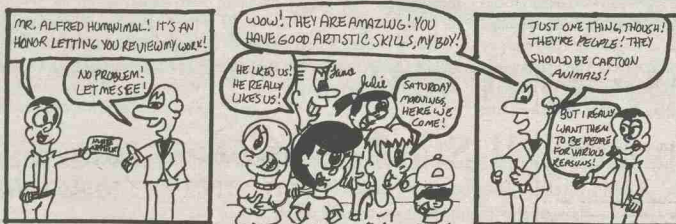
These adjustments arise as some grapple with such questions as: Will I be the only black in some of my classes? Will I encounter racism? Will I get along with my roommate? Will I make the grade? or Will I make friends? Upon arriving on campus, many first year students are confused and do not know what to expect. It is for these reasons the Peer Mentor Program was created.

The PMP is a student peer-advisory program for first-year Afrikan American students. The primary objective of the program is to contribute to the advancement of first-year students by aiding in their academic, emotional and social adjustments to college.

Over 25 years of research on Afrikan American students' experiences on predominately white campuses indicate that they often encounter adjustment difficulties at these institutions, particularly ones as large as N.C. State. For example, Afrikan American students are more likely than white students to experience feelings of alienation and social isolation that can negatively affect their academic performance and desire to persist or stay at the institution.

If institutions fail to recognize and act upon this information by providing appropriate resources and services, the academic and leadership potential of many Afrikan

NUBEE and ARTHUR with ANDRE the ANIMATOR in "But is it my Art?" PART ONE





## The Diabetes Risk Test Diabetes: Are you at risk?

**Staff Report**

The Nubian Message

Could you possibly be at risk for diabetes and not know it?

The following is a test for diabetes risk factors. Sixteen million Americans have diabetes and many don't know. As an Afrikan American you should be well informed of your chances of developing diabetes mellitus. The results from this test do not mean you are or are not at risk. The best way to find out is to see a doctor.

My weight is equal to or above that listed in the chart below:

Yes      5 No      0

I am under 65 and I get little or no exercise during the day:

Yes      5 No      0

I am between 45 and 64:

Yes      5 No      0

I am older than 65:

Yes      9 No      0

I am a woman who birthed a baby weighing more than nine pounds:

Yes      1 No      0

I have a sister or brother with diabetes:

Yes      1 No      0

I have a parent with diabetes:

Yes      1 No      0

Total     

If you scored between three and nine points, you are probably at low risk for having diabetes now. But don't just forget about it. You may be at higher risk in the future. Maintaining a healthy weight and regular exercise can help you reduce your risk.

If you scored ten or more points, you are at high risk. See your doctor to find out for sure.

**Diabetes Facts You Should Know:**

— Diabetes is a serious disease that can lead to blindness, heart attack, stroke, kidney failure, and sometimes amputations.

— Diabetes is the fourth leading cause of death by disease in the United States, killing more than 160,000 people each year.

— Some people with diabetes have symptoms. If you have any of the following symptoms contact a your doctor:

- Extreme thirst
- Blurry vision from time to time
- Frequent urination
- Unusual tiredness or drowsiness
- Unexplained weight loss

— Pregnant women should be tested for diabetes between the fifth and sixth months of pregnancy.

For more information on diabetes, call the American Diabetes Association at: 1-800-DIABETES.

Copyright 1996 American Diabetes Association

**AFRIKAN AMERICAN HEALTH HISTORY****Who was the first Afrikan American Neurosurgeon?**

Alexa Canady was born in 1950 in Lansing, Michigan, where her father was a dentist. She earned her medical degree from the University of Michigan College of Medicine in 1975 with a speciality in pediatric neurosurgery.

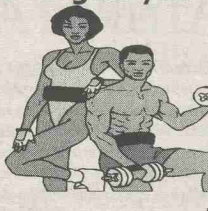
**Ideal Weight**

Height	Women	Men
4'9	134	•
4'10	137	•
4'11	140	•
5'0	143	•
5'1	146	157
5'2	150	160
5'3	154	162
5'4	157	165
5'5	161	172
5'6	164	172
5'7	168	176
5'8	172	179
5'9	175	182
5'10	178	186
5'11	182	190
6'0	•	194
6'1	•	199
6'2	•	203
6'3	•	209

**Interested in being a health writer for The Nubian Message?**

**Call 515-1468 and ask for Michael D. Newkirk, Health Editor, or stop by Room 372 of the Witherspoon Student Center for an application.**

**You'll be glad you did.**

**By Michael Newkirk**

Health Editor

Diabetes mellitus is ranked in the top three most commonly reported health conditions of Afrikan Americans. Close to 16 million people in America are stricken with diabetes—almost 1 in every 17 people. Many new cases are reported and/or found everyday. The vast majority of these cases occur in our Afrikan American communities.

From its Greek translation, diabetes mellitus or simply diabetes, means excessive urination. From its Latin roots mellitus means honey or sugar.

Put together, you have an individual who is incapable of moving glucose in and out of blood cells. This overabundance of sugar is output in the diabetic's urine. Exactly why some people's bodies fail to perform this function is not known.

Some diabetics cannot produce insulin and some just can't make use of the insulin they produce. For whatever reason, these individuals can't transport glucose in the blood which leads to hyperglycemia, high blood sugar. Hyperglycemia can leave a person:

- Extremely thirsty
- Needing to urinate more frequently
- With blurred vision
- Fatigued
- With many other complications

There are three types of diabetes. The first is type one or Insulin Dependent Diabetes Mellitus (IDDM). Formerly known as juvenile diabetes because of its almost 50 percentile rate of people under 20, the name was changed because it can also affect young adults. Causes are unknown, but several factors can be precursors to the development of diabetes. Type 1 diabetes is more prevalent in whites but all races are susceptible.

The suspected causes of Type 1 diabetes include genetics. Certain genes appear to increase risk, but no one gene can be linked to its cause. In some cases the immune system kills cells in the pancreas that pro-

duce insulin. Some severe viral infections can indirectly cause diabetes. A more controversial cause of Type 1 is exposure of infants to cow milk.

The second type of diabetes is Type 2 or NIDDM (non-insulin dep.dia.mel), 90 to 95 percent of diabetics have Type 2 in which they produce insulin, but the body does not respond. Negative response to insulin causes hyperglycemic responses mentioned earlier. NIDDM is MOST common in people over thirty and most new cases are reported among people 55 and older.

Type 2 diabetes seems to have larger genetic basis. Much of the genetic basis stems from predisposition for obesity. About 75 percent of Type 2 diabetics are obese or 20 percent over recommended ht/wt build. The reason is yet unknown as to why extra body fat can cause insulin resistance.

The last type of diabetes is gestational diabetes. This type of diabetes only develops in pregnant women with a diabetic history. This type of diabetes usually clears up after the birth of the child. However, studies have shown about 40 percent of these women develop Type 2 diabetes within 15 years.

Other complications accompany normal trials in the life of diabetics. Often times diabetics can develop kidney problems. Due to nerve damage diabetes can cause its victims may experience a weakening of sensations. This lessened sensation can lead to neurological damage leading to AMPUTATIONS.

Even more life threatening are possibilities to diabetic KETOACIDOSIS or diabetic comas. In addition to the fact that the cause is unknown, the cure for diabetes remains to be found. However, with a controlled a diet in conjunction with exercise and proper treatment with insulin, complications from diabetes can be lessened. The more you know the better you are.

Reprinted from last week, due to corrections -Ed.

**THINKING ABOUT QUITTING SMOKING?**

**Check Out these New Programs Sponsored by Center for Health Directions, Student Health Service:**



- A Discussion on Getting Ready to Quit Smoking - University Student Center, Brown Rm. Oct. 28, 1997 @ 5-6 p.m.
- Smoking Cessation Group - University Student Center, Rm. 3120, Nov. 3, 5, 10 and 12, 1997 @ 5-6:30 p.m. Free, but you must register. Call 515-9355.



# OPINIONS

5<sup>th</sup>  
Anniversary

## Afrikan Americans, Respect Your Surroundings: Pick Up Your Trash!

**By Latitia Bascome**

Staff Writer

Some of my most vivid memories are from my childhood. As a child growing up, there were many times when I would throw my trash on the ground with little or no thought as to the implications of what I had just carelessly done. Always on the occasions though, my mother would never cease to instruct me to pick up whatever I had just unwisely discarded of and to throw it away properly.

As most children, and for that matter most adults, do today I would slip up from time to time. Nevertheless, my countless "slips" did not stop my mother from reminding me once again to pick up whatever I had just thrown down.

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

I have always considered my yard neat and well-groomed and would be hurt if someone were to disturb the beautification that I and my family took so much pride in. This was our home and it was our responsibility to maintain it.

Let's be blatantly honest. Trash is unattractive whether on the ground or on the side of the highway, so even as a child my mother tried to teach me that my surroundings needed to be cared for and not polluted. Even though my mother pushed me into doing the right thing, I now choose to take responsibility in making my surrounding and community beautiful.

We often went to church to wor-

ship the Lord. I remember as a little girl that most of the sermons were made in comparisons with things from our surroundings to what was going on in the news.

Being that most of my life was spent in the church, the most important thing was learning to appreciate what the Lord freely gave us and to always take care of it.

I can honestly apply that to the caring of my community. My mother always said that by having land you could never go hungry and you would always have a place to lay your head at night.

Most importantly though was that we needed to thank God constantly for it all. Along with having land you had to care for it and keep it clean because cleanliness is next to Godliness.

My cultural background consists of a wide range of diversity. I am sure I do not have to state that being an Afrikan female makes my experiences sometimes all the more trying.

I have seen all of these European American environmentalists that are committed to "saving" our planet on a daily basis, but I have often wondered where are the Afrikan environmentalists. For the matter where are the Afrikan female environmentalists?

It may cause a problem later on in life because I know that at least I care about the environment, but most importantly is that I want other people of various ethnic distinctions and cultural backgrounds (especially mine) to care too, especially women. I want them to not only care but to show that they care by becoming involved.

The environment is a constant responsibility. Keeping our sur-

roundings clean benefits everyone. Everyone loves to Oh and ahh at how mesmerizing Nature is. Thus everyone then needs to get down together and help maintain the environment.

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

It is hard to tell people how to do things or save things especially when they have been used to doing it "their way" for years. No one likes to be told to do anything, that is why we have to instill the importance of maintaining environment in our children when they are young.

Other countries have the recycling idea in a bag, but I believe that we in the United States do not appreciate what we have and how to use it. We take for granted what millions crave for. Third world countries have a grasp on the environment problem because to them it is a problem. They are not as passive as the US. They have concerns that pass ours tenfold.

Recycling is a problem that mainly affects our country because we waste so much and do not know how to restrain from our seemingly commitment to overuse. By issuing people to care for our planet by law we might possibly have a better chance at saving our environment, and most importantly changing or ways of thinking. We know that the mindset one takes to certain situations will often dictate the outcome.

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

## Give Them Back Afrika

**By Danny Byers**

Former Staff Writer

When we were brought to America as enslaved Afrikans we were robbed of our history, our land, our culture, but most importantly we were robbed of our names. In place of our great names we were called Negroes or blacks so that we wouldn't know who we were really are and what is really ours, and as long as you call yourself these names nothing is yours. Under these titles you can't lay claim to any name, or any language, but most importantly you can't lay claim to any land. OK, so you say sure, our homeland is Afrika but we live in America, thus our rightful names are Afrikan Americans. No!

We were taught and made to believe ("believe Eve's (Adam) children") this for so long that it has become true to us. I say give them back Afrika. We aren't Afrikans or Afrikans or however else you may spell it. We are Etherians or Ethiopians or just plain Nubians.

Our continent commonly known as Afrika today was once known to all as Nubia. Nubia stems from the Arabic word Nebi, meaning message-bearer or prophet. Nubia was the land where all the true prophets came from. So what happened to the name Nubia?

According to modern day teachings, the true meaning has been lost, and, just as you were given new names, they give you a new meaning. In Ancient time, the Greeks are said to have called the continent Libya and the Romans, Africa; Perhaps stemming from the Latin word Aprica meaning sunny, or the Greek word Aphrike meaning without cold. The name Afrika, however, was chiefly applied to the northern coast of the continent, which was, in effect, regarded as a southern extension of Europe. The Romans, who for a time ruled the North Afrikan coast, and are also said to have called the area south of their settlements Afriga, or the Land of the Afrigs—the name of a Berber community south of Carthage.

First of all, the world Afrika comes from the Arabic world Faraqa, which originally means to divide or separate. If you look at the continent of Afrika on a map, what do you see? You see a land that has been broken up into smaller, individual countries that are controlled by other world nations. When the Greeks came into Nubia to conquer it they asked themselves the question: "Where does the power of these people lie?"

Our greatest power then and even today lies within our families. The Europeans saw this and thus they split up our families, taking away our power. No longer would we be recognized as the great Zulus of the land. In place of our power Nubian kings, queens and pharaohs, we got the Portuguese, the British, and the French to lead us. These rulers called us Afrikans, a mockery. No longer would we have pride in being the supreme Etherians of the planet, but a divided people, an Afrikan people.

see Afrika page 7

## Farewell to the Physical

**By Kimberley Pettaway**

Opinions Editor

### In Peaceful Recollection of Mr. Dwight D. Willie

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After the third or fourth ring that signaled that no one would answer the phone, the voice mail picked up. Foolishly I pressed two to leave you a message and listen to your witty voice.

I was about to leave a message, sobs silenced my words and I hung up without leaving a message that you would not be able to return. It was at that very moment that I "remembered."

I slowly began to "remember" that the rhythmic breath which enables physical being had completed its course. Although your physical form will soon embrace the fullness of Earth, the soul has been released; your soul will no longer be confined to a physical composition. D. Willie, you are liberated.

You were by no means engrossed in constraint while you completed your pilgrimage on Earth, but death is by no means incarceration. At the very moment your body went limp, your soul soared. D. Willie, your spirit is everywhere.

Nov. 13 will be the last day I behold your beautiful physical form. And even though I know that your body will be reunited with Earth on Saturday, I am comforted in knowing that the only thing that will inhabit the structure which will serve as your final bed will be your physical form. Your spirit shall not be contained.

Oh, it is so easy to constantly grieve and ask The Most High why did you have to leave so unexpectedly. However daily I try not to do this because even though I know that I will never physically see you again, I know that you are not dead. You have simply transformed.

I and countless others are grateful for the time that we had with you. You daily manifested the humane side of being human. Thank you.

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More opinions on page 7



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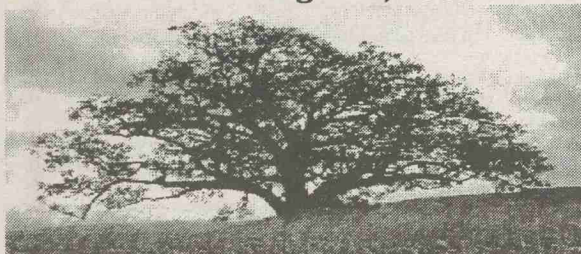
see Afrika page 7

More opinions on page 7





**Summer Study Abroad Program  
in the Humanities and Social Sciences  
Ghana, West Africa  
June 25 to August 6, 1998**



sponsored by NC State University  
Elizabeth City State University  
NC A&T State University  
NC Central University  
UNC-Charlotte  
and  
the North Carolina-Africa Educational  
Opportunities Foundation (NCAEOF)



Course format will include lectures from NC State faculty and faculty at the University of Ghana. Students will be responsible for one major project and presentation. A series of single and multiple day trips to various sites through-out the country (e.g. Kumasi, Akosombo, Cape Coast) and dancing and drumming performances will supplement the in-class lectures and discussions.

#### INSTRUCTORS

- ◆ Dr. Samuel Addo (University of Ghana - Legon)
- ◆ Dr. Craig C. Brookins (Psychology, NC State University)
- ◆ Dr. Kofi Asare Opoku (Lafayette College, Pennsylvania and the University of Ghana - Legon)
- ◆ Additional faculty from the University of Ghana at Legon and other participating North Carolina Universities

#### FACILITIES

Students will be housed at hotels (or at the university) and within homes of Ghanaian families in Accra throughout the six-week period. All breakfasts and dinners are included in the program fee. Students will have full access to the University's facilities and resources.

#### FEES

The cost of the program is \$3,500.00. This includes the following:

- ◆ International Airfare
- ◆ Tuition for courses
- ◆ Housing and breakfast and dinner every day
- ◆ Field excursions with faculty
- ◆ Insurance

Additional costs students should prepare for include books, local transportation, additional meals, visa, passport and inoculations.



#### PROGRAM OBJECTIVES

This six-week summer program in Ghana, West Africa is offered through the AFRICANA Studies program in the Division of Multidisciplinary Studies at NC State University. Program dates are June 25 -August 6, 1998.

*This program is open to any person wishing to participate and not limited to students from NC State University or the other participating institutions listed. The major goal of the program is to prepare students for the 21st century by enabling them to develop and refine their skills in cultural awareness, intercultural adjustment, critical observation and research. To this end, the program is designed to accomplish the following objectives:*

- ◆ Provide undergraduate and graduate students with an international education and cross-cultural experience that will enhance international, intercultural communication and promote an awareness of global issues.
- ◆ Immerse students in an intensive study of Ghanaian (African) culture.
- ◆ Provide an opportunity for students in the African-American minor program to take courses that contribute to their plan of study.
- ◆ Offer a dynamic and related set of courses in the humanities and social sciences.

#### CURRICULUM

Students can take up to six credit hours from NC State University or the university through which they are enrolled. Four courses will be offered through the Division of Multidisciplinary Studies of which students will be required to take one: "Ghanaian Culture and Society". The second course can be selected from "History, Politics and Economics of Ghana" and "Social and Psychological Issues in an African Context." In addition, a "Twi (Akan)" language course will also be offered. These courses will be designed to provide a broad and integrative experience for students.

Classes will be held primarily at the University of Ghana at Legon in Accra.



#### FINANCIAL ASSISTANCE

- ◆ Competitive scholarships for NC State students are available through the Study Abroad Office in the amount of \$500 to \$1,000. Applications are available January 1, 1998 and the deadline is February 23, 1998.
- ◆ A limited number of scholarships are offered by the NC State Ghana Initiative program and are available to all participants.
- ◆ Financial aid and student loans should be applied for through the student's home institution Financial Aid Office.

#### APPLICATION PROCEDURES:

Applications are available through the Study Abroad Office at NC State University. A non-refundable deposit of \$150.00 is due at the time of application. APPLICATION DEADLINE: February 23, 1998

#### For further information, contact:

Dr. Craig C. Brookins  
Box 7107, NC State University  
Raleigh North Carolina 27695-7801  
TEL: (919) 515-7518, FAX (919) 515-1828

email: [craig\\_brookins@ncsu.edu](mailto:craig_brookins@ncsu.edu)

website: <http://www4.ncsu.edu/unity/lockers/class/psy508001/ghana98.htm>

#### For applications, contact:

The Study Abroad Office  
NC State University  
2118 Pullen Hall, Box 7344  
Raleigh, NC 27695-7344  
TEL: (919) 515-2087, FAX (919) 515-6021

email: [study\\_abroad@ncsu.edu](mailto:study_abroad@ncsu.edu)

website: [http://www2.ncsu.edu/ncsu/stud\\_affairs/study\\_abroad.htm](http://www2.ncsu.edu/ncsu/stud_affairs/study_abroad.htm)

