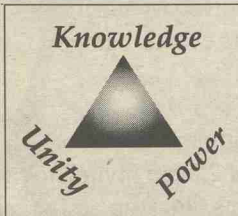


The NUBIAN MESSAGE

5th Anniversary
February 12, 1998,
Edition 21



What's Goin' On?

CHUCK D

Chuck D will be speaking at the Witherspoon Student Center's Campus Cinema, Friday, February 17 at 7:00 p.m. Sponsors include the Society of Afrikan American Culture, UAB Lectures Committee, Entertainment Committee, Student Government Diversity Committees, First Year College, Scholars Program and Black Students Board.

WORK STUDY POSITIONS

The Afrikan American Cultural Center library has work-study positions available for the spring semester. Any students wishing to acquire these positions, please call 515-5210 and ask to speak with Dr. M.I. Moses.

OMEGA PSI PHI

The brothers of the Kappa Lambda Chapter of Omega Psi Phi Fraternity, Inc. will sponsor a program on Affirmative Action, today at 7:00 p.m. in Room 375 of the Afrikan American Cultural Center. Come out and see how the changes in Affirmative Action affect you.

Knowledge, Wisdom and Understanding and Always on Point

Knowledge, Wisdom and Understanding in conjunction with Always on Point will sponsor an Afrikan food festival on February 22, 1998 from 3-7 p.m. at the MerryMonk which is located on the 6th floor of North Hall. Plates are \$3 with tickets and \$5 on the day of the event. For more information contact Eric Ndolo at 512-3174 or Antonio Mercer at 512-4667.

The Afrikan American Voice of North Carolina State University

Targeting Afrikan Americans, Televisions Stations Roll Out History Programs

By DeShelia Spann
News Editor

Most people say that if the issue of race is suddenly hot on television, then it must be Black History Month. Statistically, airtime is more likely to be given the star-studded premiere of the slave drama "Amistad" than a discussion of America's racial past and its fallout. Riots are photo ops, the O.J. Simpson trial is still a part of everyday conversation.

In February, however, today alone brings two very different programs on very different TV outlets, a suggestion of the vast racial shadow hanging over America. PBS, no slouch when it comes to tackling social issues, steps up to the plate with the provocative "Am I My Brother's Keeper?" a "Frontline" documentary subtitled "The Two Nations of Black America" (9 p.m., check local listings).

On cable, American Movie

Classics peers beneath the surface of cinema in "Small Steps, Big Strides: The Black Experience in Hollywood (1903-1970)," that aired Feb. 10 at 10 p.m. and narrated by actor Louis Gossett Jr. The host on "Frontline" isn't a household name, but Henry Louis Gates Jr. is a star in academia, a Harvard University professor and chairman of its Afro-American Studies Department.

"You can measure the success of the civil rights movement right here in Harvard Yard, through the numbers of men and women claiming their place at one of the country's most elite universities," Gates tells us in the film.

But he is acutely and uneasily aware, he says, of the many Afrikan Americans struggling in poverty and of the gap between the black middle and lower classes that is as wide as that between blacks and whites. Gates calls on such diverse figures as Eldridge Cleaver, Quincy Jones and Julian

Bond as well as fellow academicians to take stock of recent history.

There are echoes of '60s bombast, but the emphasis is on searching debate. It is proposed, for instance, that a dialogue on race may be "the wrong conversation," as Gates puts it.

"Something has gone terribly wrong in the way we view and talk about race in America," Harvard sociology professor Orlando Patterson said. "Problems that are essentially class problems inevitably become redefined as racial problems."

The wage gap between CEOs and the average worker cuts across ethnic lines, Patterson argues. So, ultimately, does the fate of black America, suggests fellow Harvardite Cornel West. "To talk about race is fundamentally to wrestle with what kind of people we really are. What kind of nation are we, really?"

AMC's "Small Steps, Big

Strides" takes on a narrower task, examining the portrayal of blacks in films from the Twentieth Century Fox studio, co-producer of the documentary and home to early black stars including Bill "Bojangles" Robinson.

The film cuts Fox some slack, enshrining studio chief Darryl F. Zanuck for the modest progress represented by such films as the 1949 racial drama "Pinky." But it also is an honest look at Hollywood's reluctance to give black actors opportunity and respect.

Opening with shots of contemporary stars including Denzel Washington, Angela Bassett and Will Smith, it shifts to the early days of cinema when minstrels, slaves and "sassy mammies" filled the screen.

There is fascinating detail: We see the familiar, uncomfortable clips of "Stepin Fetchit inshuf-

see Programs page 2

New Study Explains "Intelligence Gap" on Aptitude Tests

By DeShelia Spann
News Editor

We have heard about it for year ... studies have been done and researchers have always debated the testing gap between blacks and whites. But still we wonder is it really true what they say about the comparison of test taking skills of Afrikan Americans verses white Americans. And why should we care? The questions of intellectual differences between black and whites is an issue that many scholars often address.

Christopher Jencks, a lecturer at Harvard University examined the issue of a testing gap between black and white Americans. Jencks said the average scores for black students in standardized tests such as the Scholastic Assessment Test or the GRE, as well as in many common "intelligence tests" are about one standard deviation below those for white stu-

dents. "The gap is larger on 'more reliable' tests and increases as the age of the student increases," Jencks said.

"Some people thought that standard tests underestimate black students' innate skills, and that black students who get 500 points on tests will do better than white students that get 500," he added. Studies indicate that at elite colleges, white students do better than black students with identical SAT scores.

However, the gap in academic performance is much smaller than the gap in test scores, which only range from about 0.2 to 0.4 points on grade point average. Jencks noted that many of the standardized tests that appear to measure an innate skill or ability are misleading. Calling a test an "intelligence" or "aptitude" test suggests to most laypeople that it is supposed to measure an innate skill or ability, he said.

"When people hear that blacks do less well than whites [on intelligence tests], they understand 'intelligence' to mean something innate," Jencks said. He said this was a misperception, and that so-called intelligence tests tended only to measure test-taking abilities. "You should discount those exams as a measure of intelligence and academic aptitude."

Many factors may bias the results of these tests. The context in which a student takes the test can significantly influence the results. "For some students, the way in which the test is described beforehand can make a huge difference in their performance. If you give black students and white students a test like the GRE and describe it with some technical jargon like some psychology dissertation, there is virtually no difference in score," Jencks said. "If you tell them that it's an intelligence test, the white students do better. If

you tell them to indicate their race, there is a greater difference."

"After 30 years of being berated for calling the SAT the Scholastic Aptitude Test, the Educational Testing Service changed its name to the Scholastic Assessment Test," Jencks said. On the other hand, the content of the tests or their methodology has little effect. "There doesn't seem to be much of an evidence to suggest that changing the contents of these tests changes their outcome."

Some scholars defer with Jencks and think that white students are more intelligent than black students. Their have even been books published to try and support those statements. But many ask the question is society judging from the wrong side of the fence and should we not look to the individual instead of the race.

This Week



• This is the week to find out all you ever wanted to know about New Horizons; and while you're there, check out this week's Afrika spotlight.

See Culture, Page 5

• Every year, strokes kill 40 of every 100,000 Afrikan American women in the U.S. Find out all the newest prevention measures you can take this week.

See Health, Page 6



Programs continued from page 1

fling," dimwitted character, then learn the actor was savvy enough to demand payment in cash and lived lavishly, with multiple houses, servants and a private plane.

But screen images like Fetchit's took its toll on how black Americans were perceived. In the '30s, the NAACP called on the studios to change - and even the smallest gains counted, as actor Paul Winfield tells it. At a recent news conference, Winfield recalled how blacks in his Portland, Ore., community were

moved to desegregate a theater by 1949's "Home of the Brave." One of the first films to delve into racism, it featured James Edwards as a soldier.

"We weren't going to sit up in the balcony anymore because this was our movie. A man, a black man, was the star of this movie, and it was not only our movie theater, it was our city, it was us. And without dogs, and without hoses and without anything, everybody just came down from the balcony," Winfield said.

Minor (and) Major in

Afrikan Studies at NC State

Dr. Craig C. Brookins
Director
Afrikan Studies

Information Session
Thursday, February 19, 1998
5:30-6:30 PM
M-8 Caldwell Hall

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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. Kyrn 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.

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NC STATE UNIVERSITY

"Growing up in the Shadow of the Castle"

Heritage Lecture Series

Dr. Abeeku Essuman-Johnson

SPEAKER

February 16, 1998

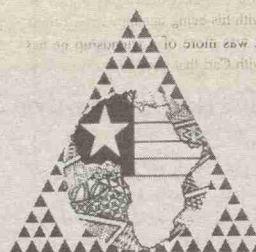
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African American Heritage Society

THE NUBIAN MESSAGE

The African American Voice of North Carolina State University

Editor in Chief Carolyn Holloway
Managing Editor Dock G. Winston

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Student Interest Meetings

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Date: February 5, 1998 @ 3 p.m.

Date: February 16, 1998 @ 6 p.m.

Place to be Held

Witherspoon Student Center Annex - African American Cultural Center

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Assistant Football Coach Leaves for UNC

Staff Report

The Nubian Message

N.C. State is looking for a new assistant football coach. Last Friday, Darrell Moody left the Wolfpack to return to North Carolina where he was on the Tar Heels staff from 1988 through 1995.

It all started with a recent call from Carolina's new head coach. "A couple weeks ago Carl Torbush called and asked to speak with Darrell to interview him as a possible candidate for one of the opening he's had," said coach Mike O'Cain.

"I gave him permission and it just materialized this past Wednesday when Carl called Darrell and offered him an assistant coaching position. I think Darrell felt that it was in his best interest that he go over there. He and Carl are very good friends. That's about all I know about it."

O'Cain says he didn't think Moody's departure had anything to do with Moody being uncomfortable at NCSU. "I don't think it was a matter of his not feeling like he fit in here. I think his friendship with Carl goes back a long way.

That was one of the factors, but I don't think it had anything to do with his being unhappy here. I think it was more of a friendship he has with Carl that goes back a very long

time," added O'Cain. Moody served last season as wide receivers coach. It's believed he'll coach that same position at Carolina.

Moody was fired as offensive coordinator at Clemson after the 1996 season. He was unemployed and was ready to head to Georgia to serve as an unpaid graduate assistant coach when he was hired by O'Cain to fill the void left by the departure of long-time assistant, Ken Pettus, last summer. Apparently, Moody, who is a former NC State quarterback and graduate, felt no obligation to the Wolfpack or to the man who gave him a job when he needed one.

"I don't know," said O'Cain when asked about whether Moody should have stayed longer than one year. "Darrell came in here and fit a need we had this past year and did a good job with it. The one thing that you want is someone who really wants to be here and feels good about it. I don't think it was about being here. I think it goes back to that friendship.

"Obviously, he knows Carl and has known him a lot longer than he's known me and I don't begrudge him one bit. We'll find someone else and bring him in here and he'll do a good job for us. I don't know who that person is yet, but I do feel good about that. Darrell knew these ques-

tions [about leaving after only one year would be asked when he came in to talk with me."

"I said, 'Don't worry about it at all. You have to do what you feel is best for you and your family and you have to put yourself in the best position you feel like you can be successful. If you feel like Carolina is the best place for that, then that's what you have to do.'"

O'Cain says he's confident he can find someone to replace Moody who is excited about the program at NC State. The timing of Moody's departure isn't ideal, but isn't devastating either.

The Pack starts spring practice next Friday. O'Cain would like to fill the position quickly, but may not be able to make the hire as quickly as he'd hoped. "The university has proper channels that you have to go through which may slow the process down a little and I may not be able to hire the person as quickly as I'd like. I'd like to hire someone by the first of next week," O'Cain admitted he has a couple candidates in mind, but would not offer names. The prospects do not have any Wolfpack background, but are very familiar to O'Cain.

"They are outside folks who I've gotten to know over the years," said O'Cain.

NC State Bombs Campbell, 14-0

Staff Report

The Nubian Message

Four N.C. State pitchers combined on a one-hit shutout, and freshman first baseman Andy Baxter led a 12-hit attack with three hits and a pair of RBIs as NCSU romped to a 14-0 college baseball victory over Campbell today at Doak Field.

Junior righthander Dustin Baker started and went four hitless innings for the Wolfpack (3-2), picking up the win in a prearranged pitching split. Baker evened his record for the season at 1-1. Junior righthander Rodney Ormond followed with two innings of one-hit baseball, and senior Kurt Blackmon and junior Scott Dobson, both righthanders, pitched the final three innings without allowing a hit. Freshman righthander Travis Quick started and took the loss in his collegiate debut for the Camels (0-2).

The Wolfpack put the game away early with a five-run first inning. Jimmy Slaughter led off the game with an infield single, went all the way to third on an errant pickoff throw, and scored on Jake Weber's infield single. Weber then stole second and scored on Brian Ward's RBI double, and Adrean Acevedo and Brad Piercy walked to load the bases for Baxter, who drove a two-run double down the left-field line to put the Pack up by a 4-0 score. Slaughter, in his second at-bat of the inning, singled home the fifth run of the opening frame for the Pack.

State added four more runs in the second on an RBI single by Piercy, a bases-loaded walk to Keith Walsh, and a two-run double by Josh Ballard. The Wolfpack scored two more in the fifth when Craig Lee ripped a two-run double to right-center, and then put three more on the board in the sixth on a passed ball and Aaron Maher's two-run double.

Campbell's only hit was a one-out double to right-center field by catcher Jeff Davis in the fifth inning. He was one of just four Camel baserunners on the afternoon and the only one to reach scoring position.

NCSU Throwers Dominate Patriot Games

Staff Report

The Nubian Message

With a trio of N.C. State throwers sweeping the top three spots in the weight throw, the NCSU men's indoor track team wrapped up its weekend at the George Mason Patriot Games.

John Williamson led the way for the Wolfpack, winning the weight throw with a 59'05.50 toss. Teammate John Patterson, who won the shotput for State, placed second followed by Eric Cannon in third place.

In addition to their throwers, the Pack had six other members place in the top five for events. Sprinter Theodore Chavis placed fourth in the 60-yard dash, while teammate Jason Perry was third in the 60-meter hurdles. Distance runners Chris Pluchos and Aaron Saft each finished near the top in the 3,000 meters. Pluchos was second, while Saft was fifth. Zack Whitlow was fifth in pole vault, and Eric Riddick finished fifth in the long jump.

Kelley In, Gainey Out for Men's Basketball Team

By Dock G. Winston

Sports Editor

There is some good news and there is some bad news for the N.C. State Men's Basketball team.

The good news is that freshman center, Ron Kelley, is on his way back to action after a sprained foot suffered on Jan. 12. "Ron Kelley practiced for about 20 minutes yesterday," head men's basketball coach Herb Sendek said.

"The first reports are very positive. His foot didn't seem to be bothering him in any appreciable way. We expect some soreness, but went about 20 minutes yesterday and he'll (practice) some today. It looks like he'll be available soon."

The sooner Kelley can return to the line-up the better for the Wolfpack. The Pack is 2-5 since the Emory, Tx., native was sidelined and its roster has been reduced to eight players. Sendek isn't sure how long it will take Kelley to get used to playing basketball again, but he may get a chance in Wednesday night's game at Maryland.

"There's a possibility, yes," Sendek said when asked about the chances of Kelley getting some minutes against the Terps. "He's obviously out of shape and not in game

condition, so he's going to work back gradually and we'll have to work through it. Maybe the only way to work through it is to play and let things happen as they may. Ron is anxious to return. It's no fun being hurt."

Kelley started 12 games this season and was averaging 8.9 points, 4.9 rebounds and had 16 blocked shots in 15 appearances before the injury. If Kelley does see action against Maryland, he will be coming off the bench according to Sendek.

Now, the bad news. "Justin Gainey is a lock not to play (against Maryland). We conducted extensive tests to make sure that we have the right diagnosis. The tests all came back normal and the injury is basically muscular in nature (lower back muscle strain). Justin still has not returned to practice," Sendek added.

"We don't expect him to practice today or play against Maryland. Thursday is our day off, so the next day we could possibly take inventory would be Friday. Maybe the worst-case scenario is that it's an injury that just lingers and we'll have to treat it symptomatically for the rest of the season. The best-case scenario is that after a few days he feels better and it goes away."

Gainey hasn't practiced since the injury happened Jan. 26 and has

been given complete rest. He played in three games after the injury until the pain became too severe.

Two other injured Wolfpack players, Damon Thornton and Ron Anderson are definitely out for the season. Both suffered a broken foot in December. "There is absolutely no chance he'll return, zero," Sendek said when asked if Thornton would return this season.

"He just had surgery again. He's not even thinking about it." The surgery, performed about two weeks ago, removed the screw from the broken bone in his foot and cleaned up fragments in Thornton's ankle. Thornton had surgery on his ailing hip last summer and went under the knife again to have a screw implanted in his broken foot in December.

The cast is off Thornton's foot, but he has not returned to practice, even for individual workouts.

Anderson, who will be redshirted, practiced for a couple minutes on Monday, but was feeling a lot of soreness his broken foot. "He still has a screw in the foot," Sendek said. "I hope he's able to return to practice shortly. I don't know to what extent and I don't know that competitively he's going to be able to do anything for the remainder of the year. He's a little behind, still."

Afrikan American Sports History:

Paul Robeson (1898-1976) Born in Princeton, New Jersey on April 9, 1898, Paul Robeson was the son of a runaway enslaved person. Robeson entered Rutgers College (now Rutgers University) on a scholarship, and won a total of twelve letters in track, football, baseball and basketball.

Interested in being a sports writer for
The Nubian Message?

Call 315-1468 and ask for Dock G. Winston,
Sports Editor, or stop by Room 372 of the
Witherspoon Student Center for an
application.

5
years

Mary Ann Shadd: A Woman of Her Word (1823-1893) AFRIKA SPOTLIGHT:

By Shannon Jones
Culture Editor

On Oct. 9, 1823, Mary Ann Shadd was born the daughter of free blacks in Wilmington, Del. Unable to attend schools in Delaware, Shadd attended Quaker school and at the 16 established one of her first schools. She later became known for her contributions in journalism and publishing.

During her youth, Shadd's family sheltered escaped slave refugees. Shadd and her family moved to Canada because of the Fugitive Slave Law of 1850 designed to capture free northern blacks and escaped slaves, returning them to slavery in the south. Here, in 1851, Shadd founded another school which enrolled both black and white pupils. She would go on to marry Thomas F. Cary of Toronto.

In 1853, noticing that Canadian Afrikan Americans lacked a newspaper, Cary established the Provincial Freeman. This was a weekly paper that included news stories about Canadian black refugees. For her paper to remain successful, Cary strove to maintain and revive circulation through lecture tours in the United States. Despite her efforts, the Provincial Freeman eventually folded in 1858 due to economic depression. Cary later returned to the United States, after her husband's death, and worked as an army recruiting officer during the Civil War. From 1869-1874, Cary taught public school in Detroit and Washington, D.C.

As a lecturer, Cary addressed the issue of women's suffrage by speaking at the Annual Convention of the National Woman Suffrage Association in 1878. She also

founded the Colored Women's Progressive Association in Washington due to these contributions.

In 1883, Cary received her LL.D. degree from Howard University Law School at the age of 60. Cary was the first woman to receive a law degree at Howard and the second black woman to earn a law degree from any North American institution. She increasingly turned attention to gender equality and actively participated in supporting rights for women.

Mary Ann Shadd Cary died on June 5, 1893 at the age of 70. She worked for racial integration in the United States. Cary is still remembered for her contributions and pioneering force in the black women's movement of emancipation

My Life

Paint a picture of my soul
Mystifying feats untold
Spectators marvel at the show I'm giving
Don't marvel too long...
...it's life I'm living

Tomika R. Hughey

The question for black people is not when is the white man going to give us our rights, or when is he going to give us good education for our children, or when is he going to give us jobs. If the white man gives you anything—just remember when he gets ready he will take it right back. We have to take for ourselves.

Fannie Lou Hamer

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Symposium information can be found at:

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PROVERBS

Don't trouble trouble till
trouble troubles you.

Every shut-eye ain't sleep
and every good-bye ain't
gone.

He think he's the only
rooster know how to
crow.

A dog who will bring a
bone will carry one.

Promises, like pie crusts,
are made to be broken.

Ah ain't got to do nothin'
but die and stay black.

SUDAN

Official name:	Republic of the Sudan
Independence:	January 1, 1956
Capital:	Khartoum
Currency:	Sudanese pound
Income:	(per capita US\$) 150 (1990)
Area:	967,500 sq. mi
Population:	(1991 estimate): 27.2 million
Illiteracy:	78% (1991)
Ethnic divisions:	Arab, black
Religious groups:	Islam, traditional belief (southern Sudan), Christian
Languages spoken:	Arabic (official), English, tribal languages
International Relations:	Arab League, EC, OAU, UN
Form of government:	Military
Exports:	Cotton, groundnuts, sorghum

From the beginning of the Christian era until 11820, Sudan existed as a collection of small, independent states. In 1881, a religious leader named Mohammed Ahmed Ibn Adballa proclaimed himself the Mahdi, or "expected one," and began to unify tribes in western and central Sudan. The Mahdi led a nationalist revolt culminating in the fall of Khartoum in 1885. He died shortly thereafter, but his state survived until overwhelmed by Anglo-Egyptian forces in 1898; in 1899, Sudan was proclaimed a condominium under British-Kingdom and Egypt concluded an agreement providing for Sudanese self-government. Col. Nimeiry reintroduced the law of Koran in 1983. Another military coup led by Omar Hasan el-Bashir seized power in 1989. Sudan achieved independence on January 1, 1956. Clashes have continued for years between the Arab north and black south made up of non-Muslims.

Interested in being a cultural
writer for The Nubian Message,
then call 515-1468 and speak
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NC STATE UNIVERSITY

Association of Black Culture Centers Reportback:

"The Crisis of Black Unity and Difference"

Heritage Lecture Series

February 23, 1998

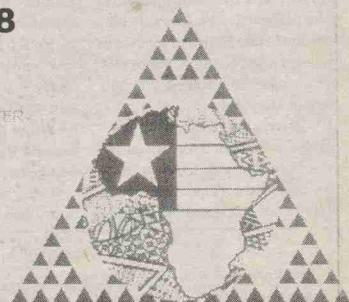
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Afrikan American Heritage Society

ORGANIZATION SPOTLIGHT: New Horizons Choir

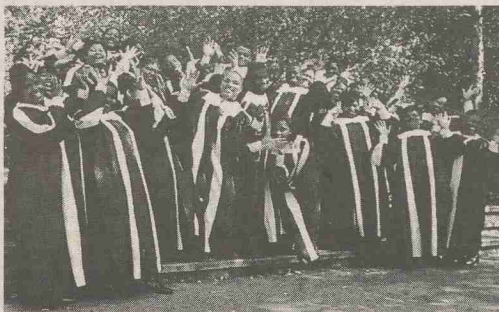
By Shannon Jones
Culture Editor

New Horizons Choir is a mixed chorus specializing in the performance of Negro spirituals and contemporary gospel music.

The group also performs other music by black composers.

The choir is one of the performance ensembles of the N.C. State Music Department.

The choir performs under the direction of Eleania Ward and Ron Foreman. With their guidance the choir has performed with several professional gospel recording artist like: Evangelist Shirley Caesar, Minister Keith Pringle, Myrna Summers, and Twinkle Clark, Timothy Wright, and The Fairfield Five.



In addition to these performances the group has traveled to Ohio, New Jersey, Maryland, Washington, Virginia, South Carolina, Georgia, and throughout North Carolina.

The group places special emphasis on understanding how the vocal apparatus operates to produce the

best possible sound.

NHC holds rehearsals in Price Music Center, Room 120, every Monday through Thursday at 11:20am-1210pm. The class is open to all currently enrolled NCSU students with a desire to sing and offers an one hour credit.

The Con(Quest)

You treated him so good.
Like the ideal woman should.
Your love for him you made understood.

But to him it was a game.
He tortured your brain.
You tried to stay sane
Hoping he would change.
But
He doesn't even call anymore
But before
He was all up in your door.
Begging for more
And now he treats you like a whore
Thinks that you are a bore
Conquered all you stood for
Left you washed up at the shore
Had you crying on the floor
But now its time to settle the score

Now it is hard for you to trust
Confused between love and lust
Couldn't believe he would leave you crushed
Getting some kind of revenge is a must

But life is full of surprises
Now he realizes and apologizes
Wanting to take you back and making sacrifices

He drops to his knees
He is falling apart like leaves off trees
After he thought you was a tease
Your stress becomes untwisted
That burden is being lifted
You don't want to cuss him out, but it's hard to resist
it.

You tell him were to put that ring
Because he lost a good thing
Songs of relief you start to sing.
All of your strength is redeemed.

You cuss him to shame
Emptying all the thoughts from your brain
Shedding one last tear from all his playing
And you ask him proudly
"what's my mutha f***in' name?"

Jarius Baruim

I Wondered when I was a little child

How the coast would carry me the ways of many elegance

We dance in heavenly siren and calm as some of us calls us slaves and
one of us is driven insane

Much to do but nothing to attain but heavenly states to remember how
that past hurt pain driven on two backs mine and that animal touching
death before me...

But, that's all illusion touching heaven again in truth

Why that? In so many forms of a miracle

The two coasts battle for the rights to water.

The fluency of the soul. Earth now born in peace

Earth now in chaos hot and barren created by the almighty hands we will
never know and fear to touch in silent dreams of intimacy.

No mind to give no intent yet everyday meditated on some cause

Just a way it can be that we the people let the seas cloud in ...

Silent Sky



The Impact of Stroke on the Afrikan American Community

By Michael Newkirk
Health Editor

As thriving youth in our late teens and early twenties, we take for granted the resiliency that our bodies display in sickness and in health. At such young ages it seems impossible that we could succumb to heart disease. Many of us never take it into consideration until it strikes in our families.

Usually linked to heart disease is

of all types of stroke, hemorrhagic strokes are the most fatal. In cerebral strokes a vessel usually bursts due to aneurysms or weak spots in the vessel and blood spills into the brain's spaces. In subarachnoid strokes blood from a blood vessel fills the space between the brain and the skull applying pressure to the brain. Hemorrhagic strokes are more fatal because easy diagnosis and treatment is a lot more tricky than giving medicines to dissolve the

body.

Sudden dizziness or loss of vision, especially in one eye, loss of speech, or trouble talking or understanding speech.

Sudden severe headaches without any known cause.

Unexplained dizziness, unsteadiness or sudden falls, especially in case of previous symptoms.

If any of these signs are present in someone you know (or in yourself) get help as quickly as possible. Quick response to stroke can be prepared for by knowing the risk factors involved in stroke victims.

If you or someone you know has hypertension, heart disease or smokes, the risk is increased. Proper diet and activity or exercise can reduce these risks. But there are some risk factors that are not able to be changed.

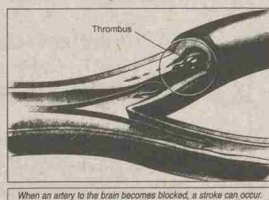
Age, heredity, and previous stroke are among those risks. One of the most important risks as far as we are concerned is the fact that we are Afrikan Americans. Behind heart disease and cancer stroke proves to be the third leading fatality in our communities.

Afrikan American women are not exempted from these stroke fatalities. Death rates among Afrikan American women in 1995 were 71 percent higher than that of whites.

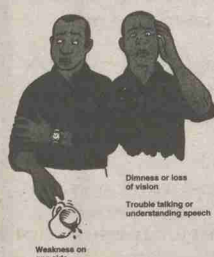
If you would like more information on heart disease or stroke you can call that Raleigh chapter of the American Heart Association at 783-7853 or you can call toll free at 1-800-AHA-USA1. For your web browser log in at:

www.americanheart.org.

Interested in being a health writer, call 515-1468 and ask to speak with Michael Newkirk, Health Editor or stop by Room 372 of the Afrikan American Cultural Center for an application.



When an artery to the brain becomes blocked, a stroke can occur.



the added risk of stroke. A stroke is a brain attack that occurs when a blood vessel or artery carrying oxygen rich blood and nutrients to the brain somehow bursts or is clogged by a blood clot or some other particle.

There are four main varieties of stroke; two are caused by clots that break loose in arteries and two are caused by hemorrhage or bleeding into brain tissue. Cerebral thrombosis or blockages growing in the walls of the arteries, and cerebral embolism or floating clots are the most common types of ischemic stroke.

clot.

The effects of stroke can be mild to devastating depending on the type of stroke, time elapsed for medical response, and treatment given. Strokes can cause problems with senses, speech, and behavior. Other problems range from the common paralysis to one side to death.

As students the majority of us are at an age when this type of problem doesn't pose an immediate threat to us. But it may to our family so be on the look out for the following signs:

Sudden weakness or numbness of face, arm, or leg on one side of the

N.C. Health Factoid

Stroke is the number one disabling. Afrikan Americans have about 1 1/2 to 2 times more strokes related to high blood pressure.

North Carolina is in the "stroke belt" where the death rate due to stroke is higher than the rest of the country.

POSTER CONTEST BIG PRIZES

- 1st. Prize: \$100 Tuition Scholarship
2nd. Prize: \$75 Book Store Certificate
3rd. Prize: \$50 Applied to Allcampus Card.

Sponsored by the Center for Health Directions, Student Health Service and University Housing

Winning posters will be reproduced next year for Bulletin Boards in Residence Halls, Greek Housing, and other areas on campus!

POSTER WILL BE JUDGED EQUALLY ON ABILITY TO GRAB ATTENTION, EFFECTIVENESS OF MESSAGE, ORIGINALITY AND DESIGN.

DUE DATE: March 17, 1998 (Turn entries to the Center for Health Directions, 4th Floor, Student Health Service, Box 7304. Call 515-9355 for questions).

Remembering the First Physician

Staff Report
The Nubian Message

organs such as heart, lungs, and stomach. He knew the positions of



Imhotep, physician to King Zoser (Djoser) of Egypt, was also prime minister during the Third Egyptian Dynasty in 2780 B.C. His medical practice included physical and mental cases. He practiced nearly 2,000 years before the birth of Hippocrates, whom we were taught from the Greeks was the 'father of medicine.'

Imhotep's medical knowledge was copied by the Greeks and then the Romans. One account from Sir William Osler, Canadian physician and historian declared Imhotep "The first figure of a physician to stand out clearly from the mists of antiquity."

In his medical surroundings, Imhotep treated disease of the bone, stomach, abdomen, rectum, bladder and eyes. He detected ailments by the shape, condition and color of visible parts of the body such as the tongue, hair, nails, and skin. He treated decayed teeth and decayed bone of the mouth, gallstones, tuberculosis, gout, appendicitis, mastoid diseases, and rheumatoid arthritis. He and his contemporaries practiced surgery, extracted medicines from plants and, like today's doctors, listened to sounds from the body's

the vital organs of the body and about blood circulation.

Imhotep's fame became so great that he was worshipped as a medical demigod for centuries. Temples were built in his honor and bronze statuettes have been preserved. A statue of Imhotep was placed in the Hall of Immortals in the International College of Surgeons in Chicago.

In addition to his status as a physician he was a scribe, sage, astronomer, collector, priest, magician, poet, philosopher, and probably most memorably an engineer. His most famous structure being the Step Pyramid.

Elders to Speak in Triangle

Staff Report
The Nubian Message

Duke Women's Services is sponsoring a symposium, "Healthy Heart, Healthy Life: A focus on Women," from 8:30 a.m. to 12:45 p.m. Saturday at the Holiday Inn, Research Triangle Park. The keynote speaker will be Dr. Joycelyn Elders, controversial former U.S. Surgeon General. For more information or to register to attend, call 416-DUKE (3853).

So What's the Purpose of These Posters?

To educate students about the importance of the choices they make related to the many wellness aspects of their life, such as Stress Management (Time, Budgeting and Relaxation), Nutrition (Balanced Diet, Eating on the Run, Low Fat, etc.), Exercise (Daily Aerobic, Strength Training and How to's, etc.), Sex (Condoms, Abstinence, Communication about Sex, Birth Control, etc.), Alcohol (Binge Drinking, Responsibility, First Aid, etc.), Substance Abuse (Marijuana, Tobacco, Steroids, etc.), Sexual Assault/Relationship Violence (Sex Under the Influence, Safe Dating and Date Rape).

Visit the Resource Room on the 4th floor of the Student Health Service (SHS) for more ideas and up-to-date information.

POSTERS CAN TAKE A POSITIVE APPROACH AND FOCUS ON EITHER HEALTHY CHOICES OR THE NEGATIVE CONSEQUENCES OF CERTAIN CHOICES.

White Poster Board size 16" and 20"--Tasteful and representative of diverse populations--(need not be professional quality but has ability to be duplicated). ONE TOPIC PER POSTER. SUBMIT AS MANY POSTERS AS YOU WISH. If photos of people are used, model release forms must be signed. (Get forms on the 4th floor, SHS). Judges will be selected from NCSU students, faculty and staff.

Attaining Education Beyond February

By Kimberly Pettaway

Opinions Editor

February has not always been the nationally recognized month for gaining, sustaining, and continuing the recognition of Afrikans in America in history. Black History Month was only publicly acknowledged on Feb. 26, 1991, by President Bush.

The celebration of Black History Month was the idea of Carter G. Woodson. Woodson organized Negro History Week in 1926 which is now celebrated as Black History Month. On founding Negro History Week, Woodson stated that: "We should emphasize not Negro History, but the Negro in history. What we need is not a history of selected races or nations, but the history of the world void of national basis, race hate and religious prejudice."

As we approach the middle of this month many people have attended one or more programs aimed at educating America about the contributions and legacy of Afrikans in America. The second month of the year is Black History Month and for many people these 28 or 29 days which make up the shortest month of the year are the only days by which they can attend programs with the intention of educating those who reside in this country.

During this month local and national businesses will make certain that those who patronize their business, know that they too celebrate black history month. Commercials that contain positive images of Afrikans in America which usually throughout the year air only on BET (not that all those commercials on BET are positive) can now be found on NBC, CBS, and the many other television sta-

tions.

Don't think a lot of this television coverage is genuine. Some may be; however, the vast majority would like you to believe that they are committed so you will continue to patronize their business. Notice how many commercials or "on this day in history" sections you see from Mar. 1 through Jan. 31, 1999 solely depicting Afrikan Americans.

The history of the Afrikan did not occur over night or in one month. Therefore it can not be attained in one month. The history of the Afrikan did not begin in America in 1619. Contrary to what many believe, our history did not start with slavery.

For you see, the history of what is now referred to as Afrika is not only black history. It is the history of human kind. The earliest civilizations were developed in Afrika, not Greece or Rome.

Now is the time to discover our own truths. We must learn of our lineage. This will require attending programs outside of the ones held in February. It will require your "gaining knowledge" further than attending the movies that are featured for a week in the cinema.

This will require attaining knowledge beyond that sanctioned by the status quo. This will require educational attainment outside of a formal education environment (i.e. N.C. State). Tony Browder has firmly stated that "Educational systems are designed to control the thinking of a people through the control and manipulation of image and information."

We all are a product of the education that we have received in school, at home and in society. But sometimes, traditional education is not enough, particularly if key elements essential to this education process are omitted."

Consensus must no longer be interchangeably used with truth. In order to suit the purposes of the dominating culture we must be keenly aware that stories and "historical facts" have often been changed. The perpetuation of lies must stop. No longer must we accept others stories without criticism.

For many the onset of Black History Month is the best time to start. One thing of supreme importance that this month should do is inspire individuals to want to attain accurate knowledge. Afrikans in America must want to learn more about self and their people so that they can have sound knowledge. Once they have attained sound knowledge, it is their responsibility to disseminate this knowledge to future generations. This is a responsibility not an option.

After one knows self one can then attempt to know others. Smoke screens will no longer deceive people once they are in realization of self. Promotional ideas will not cause one to deviate from their path.

Currently one promotional idea is multiculturalism. Before stating anything else I must say that my intent is not to bash multiculturalism. However, one must intelligently ponder this question: "How can one be appreciative and knowledgeable of multicultures when one does not appreciate and have knowledge of their own culture?" It is impossible to fully appreciate others culture when you do not know your own!

Knowledge is continual. The acquiring of knowledge does not cease with age. Now is the time to become committed to furthering your education about self and your people. You must not let February be the only month that you seek knowledge.

The Negro people of America have been with us here for three hundred years. They have cut our forests, tilled our fields, built our railroads, fought our battles, and in all of their trials until now they have manifested a simple faith, a grateful heart, a cheerful spirit, and an undivided loyalty to the nation that has been a thing of beauty to behold. Now they have come to the place where their faith can no longer feed on the bread repression and violence. They ask for the bread of liberty, of public equality, and public responsibility. It must not be denied them.

Mordecai Wyatt Johnson

Defining myself, as opposed to being defined by others, is one of the most difficult challenges I face.

Carol Moseley-Braun

It ain't really what you'd call change. It's all happened before and it'll happen again with a different set of facts.

Gloria Naylor

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.

Students, take note!!

Your people need you

The Nubian Message is in need of:

- Copyeditors
- News Writers
- Culture Writers
- Opinion Writers
- Sports Writers
- Photographers

Is there any money involved? Depends on your qualifications. What can you get from it? Experience, Flexible Hours, Great Resume Items, Computer Access and training, Connections.

Life here at N.C. State can be difficult. You can make things much easier on yourself by knowing the right people, and what better place to establish connections than *The Nubian Message*? Based in the Afrikan American Cultural Center, through the Nubian you have access to some of the most powerful, influential Afrikan American movers and shakers on campus. Be a part of history in the making. Come help the Nubian Message become the pre-eminent Afrikan American Voice of North Carolina. Call 515-1468 or e-mail: nubian_message@sma.sca.ncsu.edu. You'll be glad you did.



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

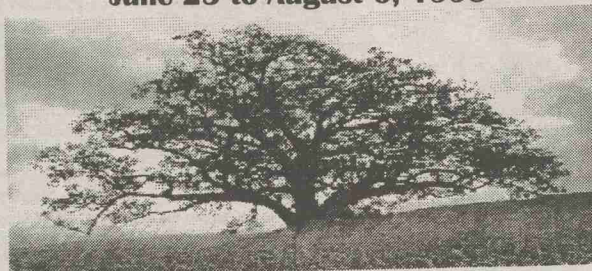
For further information, contact:

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
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
website: http://www2.ncsu.edu/ncsu/stud_affairs/study_abroad.htm

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)



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.

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 throughout 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.

