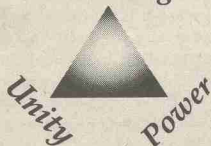


# The NUBIAN MESSAGE

**5<sup>th</sup> Anniversary**  
April 16, 1998  
Edition 26

Knowledge



**What's Goin' On?**

## AASAC and AACC

The Afrikan American Cultural Center in conjunction with the Afrikan American Student Advisory Council will hold its organizational planning retreat this Friday at 3:30 in Room 356 of the Afrikan American Cultural Center. A representative from each organization should be present. Please come prepared with dates and times. For more information call 515-5210.

## SAAC and the AACC

The Society of Afrikan American Cultural Center and the Afrikan American Cultural Center will host the Ebony Harlem Awards of Excellence on Tuesday, April 21 at 7:30 p.m. in the Multi-Purpose Room of the AACC. This event recognizes outstanding achievement among Afrikan American students. Semi-Formal Attire.

## AATS

The Afrikan American Textile Society will hold its first annual EXPOSE' Fashion Show Wednesday, April 22 from 7-10 p.m. on Centennial Campus. Tickets are on sale at Student Services on Centennial Campus and by AATS members. Cost is \$5 for students/faculty, \$8 for the public and \$10 at the door. Dress is semi-formal and hors d'oeuvres will be served. For more information contact Tekesha at 512-6204 or Daphne at 512-9997.

The Afrikan American Voice of North Carolina State University

## Students Issue Challenges to State Legislature

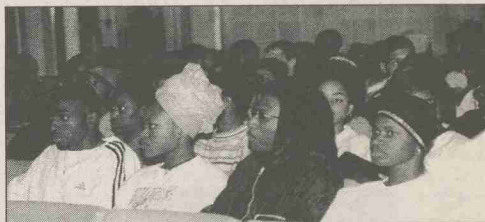
By Carolyn Holloway  
Editor in Chief

At a time when affirmative action is being attacked in the areas of race/ethnicity, over 200 students walked to the State Legislature building Monday, Apr. 6 to challenge key legislatures to defend affirmative action in North Carolina instead of following the anti-affirmative action trend that other states have followed since Hopwood vs.

Texas and the passing of the Civil Rights Initiative Bill or Proposition 209 in California.

Students asked legislatures to look at the fate of Texas and California in the area of admissions and financial aid within higher education and ask themselves is this the same drastic fate that they want North Carolina to follow.

Do they want to continue to dismantle the minimal progress of 30+ years of civil rights legislation and



Koren Atwater/Chief Photographer  
Students listen to key legislators

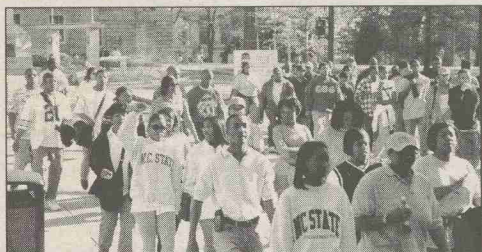
become a window of opportunity for the conservative right, idealists, and liberals living under the right hand of Speaker of the House Newt Gingrich and Charles Murray, co-author of the Bell Curve?

From a historical perspective, students stated that Affirmative Action related rulings of the US Supreme Court have been fairly consistent over the past decade. Affirmative Action rulings most publicized have largely been in three general areas—redistricting, higher education and minority business.

In summary, the courts have basically stated the following: 1) race-based initiatives must meet a standard of strict scrutiny and 2) when race-based action is necessary to further a compelling interest, the particular remedy must be tailored to remedy the particular pattern or patterns of discrimination documented.

Two cases are of particular concern to North Carolina in the area of affirmative action. One case chal-

see **Challenge**, page 2



Koren Atwater/Chief Photographer  
Students walk to the Legislative Building to issue challenge

## Monteith Apologizes

Staff Report  
The Nubian Message

On April 1, 1998, Chancellor Larry K. Monteith issued a statement concerning information presented by Danielle Beatty, secretary of AASAC, concerning the presence of Afrikan American students at N.C. State during a recent meeting with Afrikan American students.

Dear Danielle:

I want to thank you for the archival materials and the thorough research you conducted in preparing the presentation about Afrikan American presence at NC State University. The presentation was given at the meeting of representatives from the Afrikan American Student Advisory Council on Thursday, March 19, 1998. The documentation you supplied, including the decision in 1955 of *Frasier v. University of North Carolina* in which the courts ruled in favor of



three Afrikan Americans seeking admission to undergraduate schools of the University of North Carolina, and subsequent communications from NC State, was particularly valuable to me.

You did a thorough job in researching the facts for your presentation. During the meeting, I questioned your data and missed, or misunderstood, important points you made. My desire to assert that the documents you cited did not refer specifically to NC State caused me to not listen carefully to your presentation.

see **Apology**, page 2

## Fox Named Chancellor

Staff Report  
The Nubian Message

Dr. Marye Anne Fox, a chemist and member of the National Academy of Sciences, will become N.C. State's 12th chancellor - the first woman to hold the top post at the state's flagship science and technology university in its history.

UNC President Molly Broad announced the appointment in Chapel Hill April 9 following approval by the UNC Board of Governors. Fox succeeds Larry K. Monteith, NCSU's chancellor, who is retiring after nine years.

Fifty-year-old Fox has served as vice president for research at the University of Texas at Austin since 1994, and holds the M. June and J. Virgil Waggoner Regents Chair in Chemistry. In addition to overseeing five research programs in the field of physical organic chemistry, Fox provides administrative support for the



Staff Photo  
Fox named twelfth  
N.C. State Chancellor

\$250 million in research projects at UT-Austin. In the three years she has led UT's research efforts, the university consistently has increased federal funding for research. UT-Austin has 48,000 students on its 350-acre main campus.

"For the first time in the history of this university, we will have a chancellor who is a member of the distinguished National Acad-

see **Fox**, page 2

## This Week



• Opinions, this week, studies the true origin of the world's science and scholarship.

See **Opinions**, Page 6

• Jackie Robinson, and a study of the checkered history of baseball in Sports, this week.

See **Sports**, Page 3





## Apology continued from page 1

Therefore, I am writing to offer a formal apology for my statement. After reviewing your prepared statement and the documents on which your assertions were based, it is clear that I was incorrect and that UNC was resisting integration of undergraduates, although Chancellor Bostian had admitted Afrikan American graduate students to NC State in 1953.

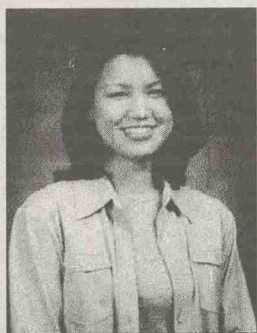
I am submitting this letter to *The Nubian Message* in the hopes that the editors will publish it so that my apology can be read by those who attended Thursday's meeting. My misunderstanding caused you personal anxiety and may have caused people in attendance to question the accuracy of your conclusion. They needed to know that your facts were indeed accurate.

Sincerely,

Larry K. Monteith

## CONGRATULATIONS

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ALEXIS MEI, 1998-1999

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. M. 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  
Managing Editor

Carolyn Holloway  
Dock G. Winston

### EDITORIAL STAFF

Health Editor	Michael Newkirk	mnewkirk@ma.sca.ncsu.edu
News Editor	DeSheila Spanna	dspanna@ma.sca.ncsu.edu
Opinions Editor	Kimberley Pettaway	kpettaw@ma.sca.ncsu.edu
Cultural Editor	Shannon Jones	sjones@ma.sca.ncsu.edu
Sports Editor	Dock G. Winston	dguinston@ma.sca.ncsu.edu
Graphics Editor	Andre Meadows	ameadows@ma.sca.ncsu.edu

### PRODUCTION STAFF

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

### BUSINESS STAFF

Account Executive	Tomika Altman	taltman@ma.sca.ncsu.edu
Account Executive	Carla Bowens	cbowens@ma.sca.ncsu.edu
Account Executive	Issac Ostabutey	iostabutey@ma.sca.ncsu.edu
Account Executive	Reggie Gooding	reggooding@ma.sca.ncsu.edu
Business Manager	Anthony Norman	anorman@ma.sca.ncsu.edu

### MAILING ADDRESS

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

[http://www2.ncsu.edu/ncsu/stud\\_pubs/nubian\\_message/nubiantoc.html](http://www2.ncsu.edu/ncsu/stud_pubs/nubian_message/nubiantoc.html)  
[nubian\\_message@ma.sca.ncsu.edu](mailto:nubian_message@ma.sca.ncsu.edu)

## Challenges continued from page 1

lenges the composition of the Board of Governors and the other challenges minority presence grants. The challenging of the composition of the Board of Governors would drastically reduce the number of minority representatives on the Board of Governors and the challenge of the minority presence grants would eliminate minority presence grants for all students in the state of North Carolina.

Students also expressed a concern that changes in the composition of the Board of Governors would send a message that minority interests are not important enough to have sufficient representatives on the Board.

In the area of minority presence grants, LeAnn Strickland, president of the Native American Student Association stated that "without these grants [minority presence] it would be impossible for Native American students to attend school."

Megan Callahan, a student senator and author of Resolution #9 in favor of Affirmative Action for NC State stated that "Why is their only

an attack on race. I'm pretty sure that gender will be next on the list if affirmative action is truly being attacked."

Students also issued a general challenge, "in addition to the minimal progress that has been made or research that university systems have conducted at this point, research must still be conducted." Specific challenges and statements were:

"As students, residents of the state of North Carolina, and most importantly as voters, we commit ourselves to supporting those who support us. We will launch a state-wide campaign to register students on college and university campuses, to register our families and members of the community."

Also at this time, we recommend that the following action steps take place:

1) That the General Assembly or the Board of Governors instruct General Administration to undertake a study to determine if there are disparities and discrimination in admis-

sions, scholarships and program;

2) That the General Assembly or the Board of Governors appropriate the funds necessary to begin such a study;

3) That such a study be initiated within the next 60 days. Even if all of the funding necessary to conduct a study are not in place; that the study be initiated with available funds with the balance of funds needed appropriated by the General Assembly in its short session or designated in the new budget of the university system beginning July 1, 1998;

4) That no programs be changed or eliminated during the conduct of the study;

5) That students have some representation on any study work committee, oversight committee, or advisory committee that monitors and offers input to those contracted to conduct the study; and

6) That the NC Legislative Black Caucus provide the leadership to assure immediate movement on the above recommendation.

## Fox continued from page 1

emy of Science's governing body] and she is a superlative choice for NC State. She is not a lab rat, although she is certainly a scientist of the first order."

Fox holds strong beliefs in the importance of outreach and extension as an integral complement to a university's connection to the communities they serve and the problems facing them, Cowling said.

Monteith said that in addition to Fox's outstanding record as a researcher, she also is known as an inspiring and dedicated teacher. "She has an impressive record of working with students, developing their skills, and preparing them for productive careers. She exemplifies the union of teaching and research."

Dean Robert S. Sullivan of the Kenan-Flagler Business School at UNC-Chapel Hill was a colleague of Fox's when he served as director of the UT-Austin Innovation Creativity Capital Institute. "Marye Anne has a clear vision of the role of technology and science and the need for impact on the community. She's a very

bright, well-informed individual with national and international stature," Sullivan said.

Fox earned a bachelor's degree in chemistry from Notre Dame College in 1969; a master's degree in chemistry from Cleveland State University in 1970; and a doctorate in chemistry from Dartmouth College in 1974. Rising through the academic ranks at UT-Austin, she began her career at UT in 1976 as an assistant professor of organic chemistry and subsequently served as associate professor (1981-85); professor of organic chemistry (1985-86); and as Rowland Pettit Centennial Professor (1986-91); and then as director of the Center of Fast Kinetics Research (1986-91).

She has received various teaching and mentoring awards throughout her career, and is active as a lecturer nationally on science education. Fox also advises state and national organizations on science, technology and chemistry. An executive committee member of the National Academy of Sciences, she

was vice chairwoman of the National Science Board from 1994 to 1996, having received confirmation by the U.S. Senate in 1990 to become a member of the board.

Fox is a native of Canton, Ohio, and is married to UT chemistry professor Jim Whitesell. She has three sons and two stepsons. As NCSU chancellor, Fox joins the growing ranks of women chief administrators at American universities. The Chronicle of Higher Education reports that the most current figures to date show that in 1995 16.5 percent of presidents were women, compared to 9.5 percent in 1986. The UNC system will have three women presidents when Fox takes office as the first woman chancellor in NCSU's history.

The news of a woman chancellor is "very exciting for N.C. State and for any large research university ... it's something we've been building toward for some time," Dr. Rebecca Leonard, assistant provost and facilitator for gender equity at NCSU said.

## NC STATE UNIVERSITY

# Heritage Symposium

400 Years of History  
Cannot be Erased

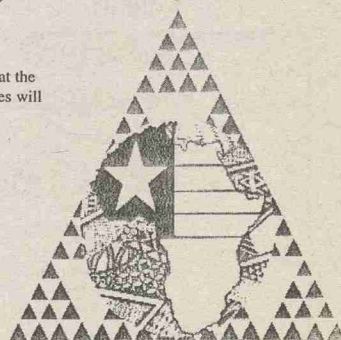
College students interested in presenting papers should apply at the African-American Cultural Center before April 10. Cash prizes will be awarded for best presentations in the following categories:

- Literature
- History
- Aesthetics
- etc.

Call 515-5210 for additional information

Saturday, Apr. 25  
10AM

Free Admission • Open to Public



African-American Heritage Society



April 16, 1998

# SPORTS

5<sup>th</sup>  
Anniversary

## Highly-Regarded Schea Cotton Signs With NC State

By Jason Simon

Staff Writer

After signing two outstanding prospects during the fall signing period, N.C. State has added another of the nation's finest prep players this spring. Schea Cotton, a 6'6 perimeter player from Lakewood, Calif., has signed a national letter-of-intent to play for the Wolfpack head, coach Herb Sendek announced this week.

"We are very excited to have Schea join our program," Sendek said. "With the loss of Ishua Benjamin and C.C. Harrison, he will give us another perimeter player."

Cotton led Oakdale, Conn.'s St.

Thomas to a 23-7 record this season, averaging 23 points and 11 rebounds per contest. He was considered one of the nation's top 10 prospects as a senior at St. John's Bosco High School, Bellflower, Calif., despite missing the entire year with a shoulder injury. Cotton averaged 24 points, 11 rebounds and three assists per contest as a junior and was one of two underclassmen named to the prestigious Parade All-America first team.

He was the subject of a Sports Illustrated feature article as a sophomore after leading Mater Dei, of Santa Ana, Calif., to a 36-1 finish and the Division I state championship. Cotton was rated the No. 1 high school freshman in the nation

by recruiting analyst Bob Gibbons in 1994, earning all-Los Angeles-county honors after averaging 21 points per contest.

Cotton is currently rated the nation's No. 11 prospect by Prep Stars Recruiter's Handbook, while Clark Francis of HoopScoop ranks him the second-best prep school player in the nation. He will join Keith Bean, a 6'8 frontcourt player from Maine Central Institute in Pittsfield, Maine, and Adam Harrington, a 6'5 perimeter player, from Northfield, Mass., in the Wolfpack's 1998 freshman class. Harrington was rated the nation's No. 18 senior prospect by Gibbons, while Bean was rated No. 33 nationally.

## The Afrikan American Presence in Baseball

Staff Report

The Nubian Message

Long considered our "National Pastime," baseball was an incomplete entity prior to 1947. In an egregious miscarriage of justice that unfortunately was endemic of the era, Afrikan Americans were not permitted to participate in organized, professional baseball until 1945 when Jackie Roosevelt Robinson was signed to a minor league contract by the Brooklyn Dodgers organization and chief executive Branch Rickley Sr., to play for the minor league Montreal Royals.

Baseball's book on segregation in its Major Leagues finally began to close when Robinson took the field as a Dodger, at Ebbets Field, on Apr. 15, 1947. Despite tremendous pressure and amid much hostility, Robinson persevered and was awarded baseball's rookie of the year award that season.

Unbeknownst to many, Robinson technically was not the first black to participate in professional baseball. Oberlin College's Moses Fleetwood Walker actually played with Toledo team of the American Association, then considered a major league, from 1884 until 1888, during which time baseball was actually integrated.

However, a movement to purge blacks from baseball was initiated. Its leader was Adrian (Cap) Anson of the Chicago White Stockings, one of the great players of that era. His crusade gained momentum, and by the turn of the century, Afrikan Americans were essentially no longer represented in the Major Leagues.

Shortly after Robinson's arrival on the scene, also in 1947, Larry Doby became the first Afrikan American to appear in the American League, with the Cleveland Indians. Along with Robinson and Doby, other former Negro League stars, at various stages of their careers, had the opportunity to participate in the formerly all white Major Leagues, including Robinson's teammate Roy Campanella and Indians' pitcher Leroy (Satchel) Paige, long considered on the sport's great characters.

Unfortunately, baseball's desegregation arrived too late for many. An all-time, all-star team of Negro Leaguers who, as victims of their birth dates, never appeared in the Major Leagues, could be assembled, which, arguably, would be comparable to any other. Catcher Josh Gibson; infielders Walter "Buck" Leonard, Judy Johnson and Ran Dandridge; outfielders James "Cool Papa" Bell and Oscar Charleston; and pitcher Andrew (Rube) Foster would have shone brightly in any era.

Some baseball historians regard Gibson as the greatest baseball player of all-time, regardless of the league or era. Bell was perhaps the fastest player in history. It was said that he was so fast the "he could turn the switch off and be in bed before the room got dark." In all, 12 Negro Leaguers have been admitted to baseball's Hall of Fame on the basis of their careers in the Negro Leagues.

After 1947, black baseball players began to make up for lost time as quickly as major league ownership would allow. By the 1970's, blacks dotted the rosters of every Major League team. Many have attained levels comparable to the greats of the early twentieth century and are now mentioned the same breath with Babe Ruth, Ty Cobb, Lou Gehrig, and other pre-1947 luminaries.

Remarkable achievements abound. Hank Aaron became baseball's all-time home run leader, considered the sport's most storied record, and has driven in more runs than anyone in history. Rickey Henderson is the stolen base king by a wide margin, with Lou Brock second.

Lee Smith is the all-time leader in saves. Additionally, black players have been the recipients of the Most Valuable Player award in the American or National League over 35 percent of the time during the last half century. Center fielder Willie Mays is considered by many to be the greatest of all time at his position.

Frank Robinson was the only player ever to win an MVP award in both the National and American League and was the first black named manager of a major league franchise. In 1996, Seattle's Ken Griffey Jr. became the highest paid player of all time, at over \$8 million per year. Finally, many major leaguers, whose careers began after the desegregation of the sport, have found their rightful places in the Hall of Fame.

## Track Teams Perform Well in Chapel Hill

By Dock G. Winston

Sports Editor

The men's and women's track teams both finished fifth at the U.S. Track Coaches Association's Regional Cup in Chapel Hill last week.

In just his second outdoor meet of the season, Jason Perry won the 110-meter hurdles with a time of 13.99 seconds, an NCAA provision qualifying mark.

In addition to Perry's victory, thrower Jeff Pflaumbaum won the discus with the Wolfpack's best throw of the season, a 166'02 toss.

Three N.C. State competitors finished second in events, including

distance runners Robbie Howell and Aaron Saft. Howell was second in the 1,500-meter run (3:47.32), while Saft was second in the 3,000-meter steeplechase (9:02.86). John Williamson also placed second in the hammer throw for the Pack.

For the women, Sherlane Armstrong set a new Wolfpack record in the 100-meter dash, finishing third with a time of 12.12 seconds.

Her time just edged the previous mark of 12.13 set by Lashawnda McKinnon last year. Armstrong also joined Crystal Broxton, Lashawnda McKinnon and Kim Richardson to break the school record for the 4x100 relay. The team

circled the track in a time of 47.35.

The Wolfpack women also had a strong showing from their distance runners. Freshman Amy Beykirch finished second in the 3,000 meters with a time of 9:50.02. She finished less than a second ahead of teammate Laura Rhoads, who finished third. Freshman Katie Sabino was also in the top five for a distance event. She finished fifth in the 1,500 meters.

As a team, the men recorded 34 points while the women completed the day with 24.5 points.

Next weekend, both State track teams will be in Orlando, Fla., for the ACC Championships at Walt Disney World's Sports Complex.

## NC STATE UNIVERSITY Ebony-Harlem Awards of Excellence

Recognizing outstanding achievement among African-American students.

Hosted by:

Taylor Thomas,  
W00K 97.5

Herman LeVern  
Jones

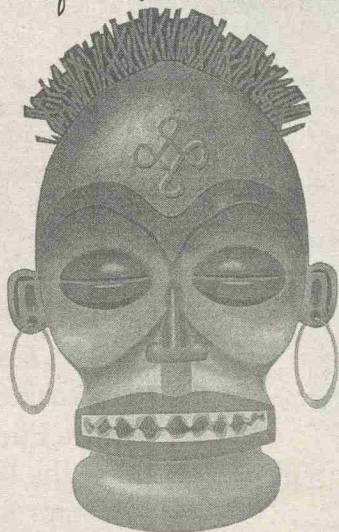
Director

April 21, 1998

7:30 PM

Multipurpose Room

semi-formal attire



AFRICAN-AMERICAN CULTURAL CENTER

SOCIETY OF AFRIKAN AMERICAN CULTURE

Interested in being a sports writer for The Nubian Message, then call 515-1468 and ask to speak with Dock Winston, Sports Editor or stop by Room 372 of the Afrikan American Cultural Center for an application.



April 16, 1998

# CULTURE

5<sup>th</sup>  
Anniversary

## Ntozake Shange: Playwright, Poet, Novelist

### Staff Report

The Nubian Message

#### Ntozake Shange (1948-)

Born Paulette Linda Williams, in Trenton, New Jersey, on October 18, 1948. A playwright and poet, she changed her name to Ntozake ("she who brings her own things") Shange ("one who walks with lions") in 1971.

She graduate from Barnard College and received her masters degree from the University of Southern California, where she also did some graduate work.

She studied Afrikan American dance in California and actually performed with the Third World Collective, Raymond Sawyer's Afrikan American Dance Company, Sounds in Motion and West Coast Dance Works.

Shange taught at Sonoma Mills College in California from 1972 to 1975. She went on to teach at CUNY and Douglas College to finish out the 1970s, before becoming the Mellon Distinguished Professor of Literature at Rice University in 1983. For three years she worked as an associate professor of drama at the University of Houston.

Shange's play *For Colored Girls Who Have Considered Suicide When the Rainbow is Enuf*, a choreopoem (poetry and dance), was first produced in California after her dance-drama *Sassafrass* was present-

Girls has been published as a book and Shange's collection *Three Pieces* (1981) contains *Spell #7*, *A Photograph: Lovers in Motion*, and *Boogie Woogie Landscapes*.

Other books by Shange include:

*Nappy Edges* (poetry, 1978); *Sassafrass*, *Cypress & Indigo* (novel, 1982); *A Daughter's Geography* (poetry, 1983) and *From Okra to Greens* (a play, 1984); *See No Evil: Prefaces & Accounts, 1976-1983* (1984); *Betsey Brown* (novel, 1985); *Liliane: Resurrection of the Daughter* (novel, 1994).

A version of *Betsey Brown* for the stage, with music by the jazz trumpeter and composer Baikida Carroll, opened the American Music Theater Festival in Philadelphia, March 25, 1989. Shange directed *Ina Cesaire's Fire's Daughters* in 1993. The Broadway version of *For Colored*



ed in 1976.

Later *For Colored Girls* was produced in New York City, where it had a long run before going on the other cities. It earned Tony, Grammy and Emmy award nominations in 1977.

Among the works by Shange that have been produced on the stage are *Spell #7*, *A Photograph: Lovers in Motion* (1979), and *Boogie Woogie Landscapes* (1979). *For Colored*

*Girls/When the Rainbow is Enuf* was revived in 1995.

Shange received an Obie Award in 1981 for *Mother Courage and Her Children* and a Los Angeles Times Book Prize for poetry that year for *Three Pieces*. A Guggenheim fellow, Shange has been given awards by the Outer Critics Circle and the National Black Theater Festival (1993). She also won the Pushcart Prize.

## This Week in Afrikan American History

### April 13

1854—Lucy C. Laney, educator, born.

### April 14

1775—First Abolitionist Society organized, Philadelphia.

### April 15

1960—Student Nonviolent Coordinating Committee (SNCC) organized, Shaw University.

### April 16

1869—Ebenezer Don Carlos Bassett named Minister of Haiti.

### April 17

1758—Francis Williams published Latin poem.

### April 18

1818—Indians and Negroes defeated in Battle of Sewanee.

### April 19

1775—Black and white minuteman fight at Lexington and Concord.

## Nubian Trivia

- 1) Who was the first Afrikan American women to be awarded a Ph.D. in pure mathematics?
- 2) Who was the first Afrikan American women from California to be elected to the House of Representatives?
- 3) Who was the first Afrikan American to serve a full term in the Senate?
- 4) Who was the first Afrikan American to graduate from West Point Academy?
- 5) Who was the first Afrikan American performer to sing at the Wagner Festival in Bayreuth, Germany?

Check for answers in next week's edition of  
The Nubian Message.

Interested in being a culture writer  
for The Nubian Message?  
Call 515-1468  
and ask for Shannon Jones,  
Culture Editor or stop by Room  
372 of the Witherspoon Student  
Center for an application.

## SUMMER 1998 AFRIKANA STUDIES COURSES

### 1st SUMMER SESSION

#### AFRIKAN CIVILIZATIONS

Course: MDS 240-001

Time: MTWTF, 9:50 - 11:20 am

Where: Harrelson 263

Call #: 074370

#### INTERRACIAL COMMUNICATION

Course: COM 212-001

Time: MTWTF, 11:40 am - 1:10 pm

Where: Nelson 124

Call #: 021560

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# Afrika Spotlight: Saint Lucia

## FIGHT OR FLIGHT

**Independence:** February 22, 1979  
**Capital:** Castries  
**Currency:** East Caribbean dollar  
**Income (per capita US\$):** 1950 (1990)  
**Area:** 238 sq. mi  
**Population:** (1991 estimate) 163,075.  
**Illiteracy:** 10% (1991)  
**Ethnic divisions:** Black Afrikan 90.3%, mixed 5.5%, East Indian 3.2%, Caucasian 0.8%  
**Religious groups:** Roman Catholic 90%, Church of England 3%  
**Languages spoken:** English (official), French patois  
**International relations:** CARICOM, EC, OAS, UN  
**Form of government:** Independent state within British Commonwealth  
**Exports:** Bananas, coconuts

Europeans first visited the island in either 1492 or 1502. In the seventeenth century, the Dutch, English and French all tried to establish trading outposts on Saint Lucia but faced opposition from Carib Indians, who inhabited the island. The French, who had claimed the island, established a successful settlement in 1651 as an offshoot of the colony in neighboring Martinique; for the next century and a half, ownership was disputed hotly between France and England.

The English, with their headquarters in Barbados, and the French, centered on Martinique, found Saint Lucia even more attractive when the sugar industry developed in 1765. By 1780, nearly 50 sugarcane estates had been established on the island; heavy labor needs of the estates led to large scale importation of slaves from West Africa.

A 1924 constitution gave the island its first form of representative government. As an associated state of the United Kingdom from 1967 to 1979, Saint Lucia had full responsibility for internal self-government, but left its external affairs and defense responsibilities for Great Britain.

This interim arrangement ended on February 22, 1979, when Saint Lucia achieved full independence. John Compton, leader of the United Workers' Party, became the prime minister at independence. In the 1992 elections the UWP won again.

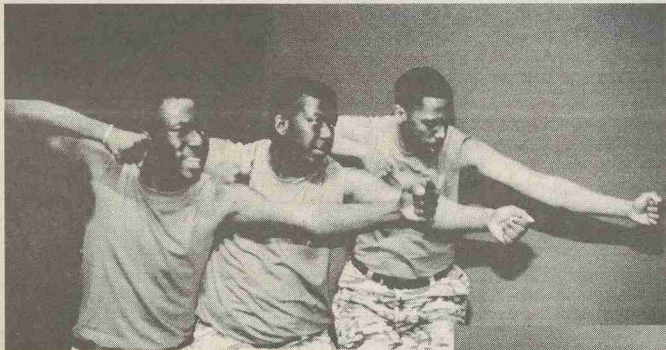
Saint Lucia is now inhabited mainly by people of Afrikan and mixed Afrikan-European descent, with small Caucasian and East Indian minorities.

Fight or flight  
a revolutionary delight.  
Mentally excite,  
to riot.  
Run if you must  
but  
don't fall  
or  
crawl.  
Don't miss this bus  
or take the back seat.  
Hide if you can,  
mental mouse  
of a man.  
Someday we all must stand.  
I was thankful to find your page.  
The more pillars the stronger the house.  
I know you all are very proud of you work.

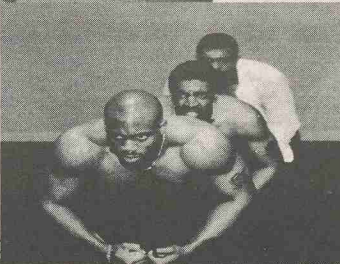
Thank for your creation.

by Jef

# PAN~AFRIKAN FESTIVAL STEP SHOW



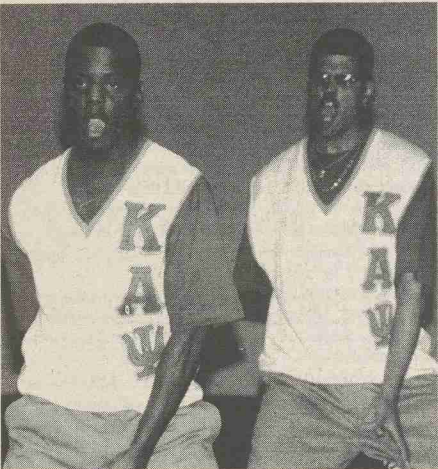
Iota Phi Theta



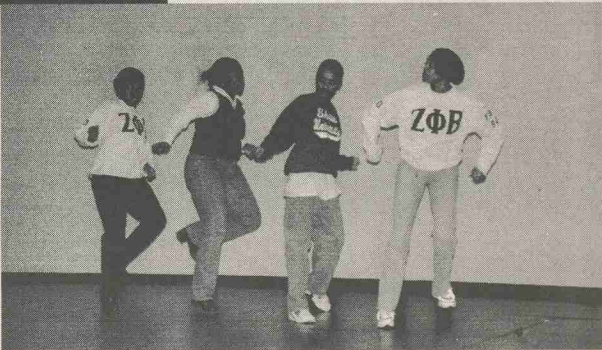
Omega Psi Phi



Phi Beta Sigma



Kappa Alpha Psi



Zeta Phi Beta



## Anorexia & Bulimia New "fads" Plague Youths

By Randall Haddock

Staff Writer

Hula hoops, miniskirts, the jheri-curl hair style. Fads come and go, and most are harmless. But when it is a fad to induce symptoms of a severe illness, the latest rage is not as harmless anymore.

Bulimia, a severe eating disorder characterized by compulsive bingeing and purging of food, seems to have become all the rage today. People with bulimia rapidly eat tremendous amounts of food and then get rid of it by vomiting. Bulimia symptoms are found in 40 to 50 percent of patients with another potentially life-threatening disorder called anorexia nervosa — self-starvation.

Many physicians and researchers believe that bulimia has almost achieved a celebrity status. A recently gallop poll on eating disorders projected that about 2 million American women 19 to 39 and 1 million teenagers are affected by some symptoms of bulimia or anorexia.

Anorexia is estimated to affect as many as 1 out of every 100 females aged 12 to 18. Males are said to account for 5 to 10 percent of bulimia and anorexia cases. What exactly causes the illnesses and why they occur primarily in females are unknown. The disorders are obsessive — that is, most victims cannot stop their self-destructive behavior without professional medical help. Left untreated, the disorders can become chronic and lead to severe health damage.

According to the American Psychiatric Association, all of the following criteria must be met for a diagnosis bulimia or anorexia.

For the syndrome of bulimia:

- recurrent episodes of binge eating (rapid consumption of a large amount of food in a discrete period of time)
- regularly engaging in either self-induced vomiting, use of laxatives or diuretics, strict dieting or fasting, or vigorous exercise in order to prevent weight gain

- a persistent overconcern with body size and weight.

While bulimia and anorexia seem like similar eating disorders, they do vary in some characteristics. The most obvious one being that anorexia usually stems from bulimia.

The symptoms of anorexia include the following:

- refusal to maintain a weight higher than the minimal normal weight for a given age and height
- intense fear of gaining weight or becoming fat, even though underweight

Bulimia begins in adolescence or the early 20s. However, because many bulimics successfully hide their bingeing and purging, an actual diagnosis may not be made until a patient is well into their 30s or 40s.

Bulimia usually begins in conjunction with a diet. But once a binge-purge cycle becomes established, it can get out of control.

Although bulimics appear healthy and successful—a perfectionist at whatever they do—in reality, they have low self-esteem and are often depressed. They may exhibit other compulsive behaviors. Many researchers report that many of their bulimia patients regularly engage in shoplifting, alcohol abuse or addiction at some point in their lives.

Binges, on average, last slightly less than 2 hours and during that time consume 3,400 calories. To lose the gained weight, the bulimic begins purging, which may include using laxatives—from 50 to 100 or more tablets at one time—or diuretics (drugs which increase urination) or self-induced vomiting causing by gagging. Between binges, the person may fast or exercise excessively.

Bulimia's binge-purge cycle can be devastating to health in a number of ways. It can upset the body's balance of nutrients such as sodium, potassium, and calcium. This lack of nutrients can lead to fatigue, seizures, muscle cramps, and decreased bone density. Repeated vomiting can damage the esophagus and stomach, make the gums recede,

and erode tooth enamel.

While anorexia nervosa most commonly begins in adolescence, the onset of the disease is reported in people ranging in age from about 8 to 60. The incidence in 8 to 11 years is said to be increasing.

Anorexia may be a single, limited episode — that is, the person may lose a drastic amount of weight within a few months and then recover. Or the illness may gradually work itself into the victim's life and go on for years.

A person may diet normally for several weeks, for instance, and then increasingly restrict their food intake until the diet gets out of control. Anorexia may fluctuate between spells of improvement and decline, or it may become steadily more severe.

Those who suffer from anorexia are described as having low self-esteem and feeling that others are controlling their lives. Some may be very overactive—exercising excessively. The anorectic becomes obsessed with a fear of fat and with losing weight.

Anorexia and bulimia may be triggered by an inability to cope with a situation in life: puberty, the first sexual contact, ridicule overweight, death of a loved one, or separation from family because of college.

There are several approaches that are used to treat both disorders, including motivating patient, enlisting family support and providing nutrition counseling and psychotherapy. Behavior modification therapy may be used as well. Self-help, or support groups are important in the early stages of primary treatment. Through sharing of experiences, members give mutual emotional support, exchange of information, and diminish the feelings of isolation.

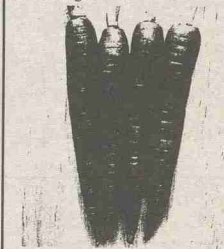
If you or someone you know is suffering from bulimia or anorexia nervosa: Please contact the N.C. State Counseling Center at 515-2423 or Student Health Services at 515-2563.

## How Helpful Are Vitamin Supplements?

By Michael Newkirk

Health Editor

The dictionary defines a vitamin as any fat or water soluble organic substances essential in minute (usually milligrams or less) amounts for normal growth and activity of the body. Most of the vitamins, "vital amines" for biochemistry buffs, that are available come from some plant or microorganisms.



Carrots. These vegetables are rich in  $\beta$ -carotene, which is converted to vitamin A.

Unlike water soluble vitamins that can be passed in urine, fat soluble vitamins get stored by the body. If excess fat soluble vitamins are taken into the body and get stored in large amounts it can cause an adverse condition known as hypervitaminosis. There are four fat or lipid soluble vitamins only two are discussed in this article.

Vitamin A is found mainly in oil from liver, egg yolk, butter, cream and sometimes fortified margarine. Other natural sources of vitamin A are dark green leafy vegetables, yellow fruits, and red palm oil. Carrots are rich in  $\beta$ -carotene which can be changed into vitamin A.

Vitamin A helps maintain color vision during the daylight hours and helps with night vision. Vitamin A can also help in the maintenance of skin. The lack of vitamin A can cause night blindness and reduce

visibility during the dark. It can also cause build-up of fibrous proteins in lining of the lungs and stomach and intestines and increase the chance of getting sick from some other infection.

Vitamin E or  $\alpha$ -tocopherol, is another of the fat soluble vitamins which is also found in egg yolk. Other sources of vitamin E include: vegetable oil, wheat germ, leafy vegetables and also margarine.

Many people have been singing the praises of antioxidants that attack and rid the body of free radicals. Vitamin E can be attracted to the oxygen and other negatively charged particles that can attack the membranes of the body's cells. Lack of sufficient vitamin E can cause the red blood cells to become very fragile and susceptible to other problems. Deficiency can also cause deposit of substance into muscle, loss of brain control over voluntary muscle movement, and has caused sterility in rats.

Don't over react to the functions and deficiencies of these two vitamins and go out and buy a lifetime supply of vitamin A and E. As mentioned before, hypervitaminosis A can cause pressure in the brain case and vomiting, not to exclude headache. Some immediate signs include drowsiness, irritability, and some peeling of skin. Chronic poisoning can cause problems to children.

Excess vitamin E can cause dependency as the body grows accustomed to the affects of it on cells in turn causing colon problems. Too much vitamin E has caused the death of premature infants with liver and kidney failure.

If you feel that you need vitamin supplements be sure to check with your doctor about the benefits of such vitamin therapy as well as the risks of taking extra vitamins to

## Student Falls From Dabney/Cox Breezeway

By Michael Newkirk

Health Editor

I am a very practical thinking guy but sometimes I can be considered too much of a pack rat. Sometimes I can really hold on to some very useless information. For the life of me I am just not ready to throw this pair of disposable plastic gloves away, for reasons I will explain shortly.

Many people would love the opportunity to be considered a hero in the eyes of some even if it is just one person. When I say hero I don't just mean hitting the game-winning shot that gives the Wolfpack a win over the Tarheels.

I am talking about the impact that changes someone's life beyond a general thank you. That same amount of help can come in the form of just being a role model for someone to live by. As the health editor, I too have hopes of impacting someone's life.

I think that the training I have will someday allow me to be a part in the rescue of someone's life. I mean literally, not just by dispersion of facts and

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

see Student page 7



## Afrika, The Origin of Humanity

By Eric B. Ndolo  
Staff Writer

Equipped with the knowledge of history as well as experience, we; the original black, wooly-haired, flat-nosed, and thick-lipped people (Nubians) have seen the miraculous contributions of our ancestors along with ourselves being daily discredited from us.

For instance areas such as religion, art, science, government, mining, writing and as well as the essential mathematics that govern and explain the universe have all been heralded as creations of those who favor no resemblance to the origin people.

The covering of the "FACT" that Nubians were the creators of all the elements that make it possible for the world to spin on its altered 23 degree axis, was part of a plot by a master mind, intending to cleanse us of our culture (our way of life) and identity (power). It even rose to the extreme of saying that Nubians evolved from the Hiedelburg Man (European origin) and the Java Man (Asian origin). These false claims were stated, and in no way shape or form giving Afrika her deserved attribute as the "Motherland," the origin of humanity.

What characteristics would classify a geographical region of the earth as the origin of humanity? The most elementary characteristic is that it must contain the eldest of all archeological discoveries that prove that man once dwelled there many, many years ago. With the discoveries of Australopithecus Afarensis dating back 3.8 million years ago, found in Tanzania, it puts the European origin claim (The Hiedelburg Man) and the Asian origin claim (Java Man) out of physical reality.

This region of earth must also contain a genealogical tree that roots back to the original people, considering it was the original land. It is in respect to the Java Man's genealogi-

cal tree, starting after the flood (Genesis 10). Noah had three sons first being Shem, second Ham and the third being Japheth. Japheth had sons named Gomer, Magog, Madai, Javan, Tubal, Meshech, and Tiras. Japheth's son Javin is the son that I am concerned with. Javan married Iris, who was of the Tribe of Hivites, the cursed Albino Canaanites. Their offspring were called Idumaea.

In latter days they even went on as Greeks having descendancy to the family of Noah through Japheth and Javan which is short for Java; and living in caves of the Caspian Area and became known as Cave Men. Javan in Aramaic (Hebrew) tongue is called "The Father of the Greeks." The breaking down of the genealogy of the Java Man discredits any claim of the Java Man being the original people.

But most importantly, if a geographical region was the origin of humanity, it must have an immense influence on civilization. All European and Asian countries were established and run off Afrikan influence. All Greek philosophers, scientists and mathematicians received their knowledge from within the great shores of the Afrikan continent. American society and culture is a branch off of the Greeks and Europeans, which their society and culture is a branch of the "Horse's head", Afrika.

Rene Verneau former head of the Paleontological Institute of Paris, states: "Recent discoveries seem to indicate that the Negro element preceded the White and Yellow everywhere." This was written in 1924.

In the first half of the century a quest was being conducted to answer once and for all the dramatic question of "Where did the human race begin?" Many types of false claims were brought out to the public, hiding the true identity of the original man. In 1959, at Olduvai Gorge in northern Tanzania, Dr. Louis S.B. Leakey and his wife

Mary discovered the remains of earliest man which they titled "Zinjanthropus."

Zinjanthropus acquired the attribute "Nutcracker Man" because of its large molars. With the technology of radio carbon dating it was said to have lived 1,750,000 years ago. The difference in this species was its use of primitive stone tools. Because of this it was defined as a "man", he was already in the process of making tools to a set regular pattern and not just for its immediate use, but also for the future.

Zinjanthropus had the ability to stand erect and walk on their legs which is a characteristics that distinguished them from chimpanzees. A second discovery was made in 1960, named Homo habilis (man with skull).

Homo habilis appeared to have a bigger brain capacity than Zinjanthropus and its teeth were more suitable to eat meat. Extensive evidence showed Homo habilis to have hands with opposable thumbs and therefore could perhaps be the direct ancestor of humans. More and more fossils were unearthed and possessed the one truth to the question that the populace wanted answered.

Every fossil discovered that had any importance to the origin of humans were found in the "Motherland." From all the evidence that had already been presented about the origin of humans in Afrika, Dr. Leakey versed to the world of scholars that "Afrika's first contribution to human progress...is the evolution of man himself."

Through distinct evidence, and complete understanding, Afrika is the origin of humanity and many other great contributions that the world has seen, heard and lived. The original people of this great land (Earth) are the black, wooly-haired, flat-nosed, thick-lipped people (Nubians) that walk the earth today.

## Blinding Emotions

By Conitisha Barnes  
Guest Writer

Adhering to blinding emotions can often lead to destruction. Some emotions that often dictate, but should not, our behavior are anger, greed, lust and envy just to name a few.

Simply put, your emotion is potential energy stored within you that can and will be ignited by numerous factors whether externally or internally. The manifestation of this energy of motion can actualize at various levels or volumes of intensity. Depending upon the stimulating factor there are many different outward expressions and forms.

Emotion is fuel. This fuel moves and empowers the intellect, the concentrated intelligence that directs the power of emotion. One must master the skill of guiding one's intellect and likewise emotions will submit. Intellect and emotions should not be at odds with one another. Rather, intellect and emotions should always be at one, one mind and one will. There should be perfect peace.

As we know, this is not always the case. Often our emotions override our intellect and we foolishly adhere to negative energy which will create an unpleasant situation. It will prove detrimental if not be able to control one's emotions.

To have the freedom to live your life you must at all times behold the responsibility intellect of discipline. Discipline of refraining from acting upon emotions that will render a negative harvest is freedom.

Blinding emotions are destructive. It is important to think about how you react and respond in a crisis situation. Are your actions based solely on your emotions alone? If they are it is very likely that you will regret your actions. We should understand that many in this entire world are enslaved to the intensity of their emotions. In the "heat" of the moment, many haste decisions are being made. Many lives are being destroyed in the heat of the emotional moment, on everyday, in every place and in every way.

A lot of times, when we really reflect on the past occurrences of our lives, we often regret the decisions that we have made, and regret the way in which we have reacted to different life situation. It is always afterwards, in retrospect and reflection, that we seem to get some good sense in our head? Aren't we still that same person with the same mind.

Listen to what we say to people, after those situations in which we reacted totally emotionally. During those past regretful situations, our emotions were in full control of us. These intense emotions blindly drove us into situations that we really didn't want to go into. But looking back now, we have learned the valuable lesson that you can generally expect negative situation after negative situation until you control your emotions.

If you do not take the control to drive your own emotions, your emotions will blindly drive you into bad after bad experiences. This leaves us damaged, embarrassed and stuck in repetitive habits for most of our lives. A positive people must not be enslaved to their emotions.

Interested in being a opinions writer, call  
515-1468 and speak with Kim Pettaway,  
Opinions Editor

## Student continued from page 6

tips that may help you decide to eat healthier and live longer but by maybe actually stopping someone from bleeding to death. You know actually saving somebody's life.

My opportunity snuck up on me Wednesday as I sat at a computer in Dabney Hall. A young man stepped into the lab and asked if anyone present was an EMT or had any emergency medical knowledge. I sat hesitantly until he began to explain that there was a man lying hurt in the breezeway between Dabney and Cox Hall first floor.

Wracked with nervousness, I got up and went with this man who had overheard moans and gurgling as he was walking by. He said the emergency medical service had been notified but had not arrived and no one was trying to help this man.

As we walked out and I looked

over the balcony I looked down to see the extent of the emergency. I was expecting to see a minor injury from some unlucky person that had a bad trip over the mat. I was not ready to see a man writhing in pain and moaning and blood on the concrete WITHOUT ONE person around him to even give moral support.

As I arrived at the scene a registered EMT with necessary supplies simultaneously arrived. After borrowing a pair of laboratory gloves I was set to offer whatever support the EMT needed. Shortly after I had donned my gloves and was set to help, the paramedics arrived relieving me of my duties.

As I departed the scene, I had an empty feeling. No one could give a definite account of the recent events. Speculation surrounded whether it

was an attempt at suicide, whether someone pushed him, and whether or not it was the fifth or seventh floor.

Since I am not an investigative reporter I cannot attest to any of these. My concern in this matter is why no one around knew exactly what happened, why no one knew how long he had been lying there and why no one was standing there to even talk to him and tell him not to move.

This was truly a moment of apathy of students that goes far beyond the realm of not participating in elections. I am not sure what would prompt students to gather around to see what's happening and not participate in the preservation of life.

The time period shortly thereafter I continued to think about this. I began to wonder if the university

should require student to complete a first responder course or EMT class rather than those two physical education credits that no one seems to care about anyway.

Maybe they can bolster a student volunteer response group. Other schools have response teams that may not get a lot of action but in the time of crisis be a little more accessible to immediate emergencies.

Maybe implementation of these ideas can be beneficial to students who fall prey to such accidents. And just maybe a required class will let people know the value of emergency response and the value of a life. In the meantime I will hold on to these gloves and hope that someday I can offer more definitive help to an accident victim.

Quote  
of the week

A wise person  
speaks carefully and  
with truth, for every  
word that passes  
between one's teeth  
is meant for some-  
thing.

Molefi Asante



NC STATE UNIVERSITY

# Ebony-Harlem *Awards of Excellence*

Recognizing  
outstanding  
achievement  
among  
African-  
American  
students.

**Hosted by:**

Taylor Thomas,  
WQOK 97.5

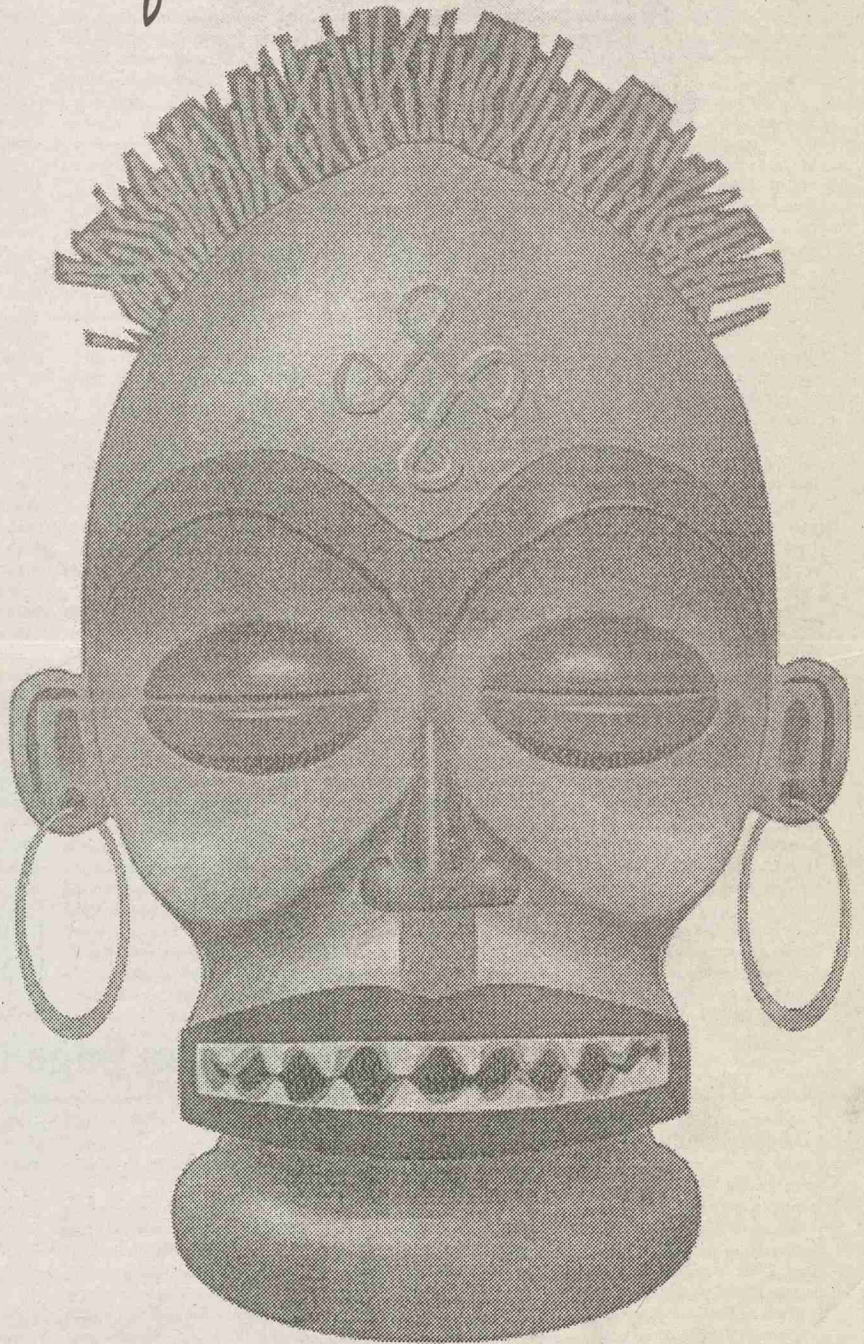
Herman LeVern  
Jones  
Director

**April 21, 1998**

7:30 PM

**Multipurpose Room**

semi-formal attire



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