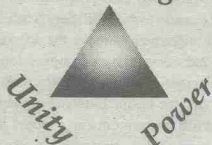


NUBIAN MESSAGE

September 3, 1998
Volume VI, Edition 2

Knowledge



What's Goin' On?

AASAC

There will be an AASAC meeting today at 3:30 in the Multi-Purpose Room of the Afrikan American Cultural Center.

AACtion Volunteers

Action Volunteers are needed to assist at the Afrikan American Cultural Center. For more information call 515-5210 and speak with Dr. Moses.

Reggae Fest

Reggae Fest will be Saturday, September 20 at Harris Field. For more information call 515-5210.

Peer Mentor

Fall training for peer mentors will be September 13. This is required for all mentors, new and returning. For more information call 515-3835 and speak with Lathan Turner, Coordinator of Afrikan American Student Affairs.

Phi Beta Sigma

Phi Beta Sigma Fraternity Incorporated will host a program tonight at 7:00 in the Multi-Purpose room of the Afrikan American Cultural Center. The program will be about Time Management.

The Afrikan American Voice of North Carolina State University

Pink, Green and Proud: Inside the AKA House

By Dock G. Winston

Editor in Chief

Members of Alpha Kappa Alpha Sorority, Incorporated made history recently by moving into a house on fraternity court. This residence makes the AKAs the first predominately Afrikan American sorority to have on-campus housing at N.C. State.

Located on the corner of Varsity Drive and Marcom Street, the four-bedroom, stone residence was vacated last fall by members of Alpha Phi Alpha after the fraternity's national headquarters suspended the organization from N.C. State for five years. After the Alpha's moved out, the university's Office of Greek Life decided to make one of NC-SU's nine black sororities and fraternities residents, the newest residents. The ladies of Alpha Kappa Alpha were chosen as the new in-

habitants.

"I'm excited," says Brandy McGraw, 22, a senior majoring in chemical engineering. "Years of community service and fundraising have finally paid off."

There are currently five sorors residing in the renovated house, complete with pink decor and green carpet, the sorority's colors. Each of them pay \$1,400 a semester to reside at the house. The other nine sorors that are not residing there cover some of the other cost.

Comekki Brown, member of Alpha Kappa Alpha, stated "I think it is wonderful that we have an opportunity to continue the Afrikan American presence in fraternity court. Dr. Witherspoon and others worked extremely hard to guarantee us a place at fraternity court and we can be proud to say that we are residences of this house. We are definitely continuing the tradition of excellence".



Jarvis Davis/Photo Editor

The Home of the Pink and Green

The AKAs historical move to Fraternity Court may become a trend. There is talk within the Office of Greek Life about moving in another predominately black Greek organization into a house on Fraternity Court recently vacated by a fraternity that moved off cam-

pus.

The AKAs, in celebration of their new home, are planning on hosting an open house for the entire NCSU community later this fall, around homecoming.

Stewart Theatre Charges Affect All Users

By Carolyn Holloway

Managing Editor

Change is in the air at Talley Student Center. If your organization in the past has used Stewart Theatre in the Student Center (now forming its new and official precursor, "Talley"), you may be in for a surprise this year. Although you may continue to use Stewart Theatre, there is now a small fee that your student fees "doesn't" cover.

Early in the spring of 1998, along with its name, changes were made and policies instituted at the Student Center instituted that may make the total cost of your organizations' program a little more expensive.

As a part of the new policy that will affect all users of Stewart Theatre, charges will be issued for the actual crew costs associated with user events. There will be no actual charge for the use of the facility itself or the equipment in the facility. The policy applies across the board to any on-campus group which uses Stewart Theatre. Off-

campus groups pay a rental fee in addition to the actual crew costs.

Alex Miller, Associate to the Vice Chancellor for Arts Programs, said "following many conversations associated with cost-overruns and frequent inefficient use of space in Stewart Theatre (which directly contributed to budget overruns), a decision was made early in the Spring 1998 semester. While we implement this new policy, our goal is to have extensive and careful conversations with sponsoring groups when they reserve Stewart Theatre, to help them understand how their goals can best be met at the absolute lowest possible cost."

There were many factors that led to the decision. Among these were:

1. The costs associated with providing technical support has risen dramatically. The minimum wage, which many of our student tech workers receive has risen from \$3.35 in 1986 to its current \$5.15.

2. Over the past 6 years, the budget for student employees in Stewart Theatre was cut by approximately 20% due to Student Center

budget cuts which led to a reduction in the actual operating budget of Stewart Theatre/Center Stage.

3. The number of events scheduled in Stewart Theatre has risen (for example, 92 events were scheduled in 1995-1996 and 118 events in 1996-1997), resulting in increased crew costs.

4. Historically, Stewart Theatre has had an "open door" policy on reservations, which we wish to keep; part of that policy was to allow any user of the space to identify any and all technical needs, which Stewart then tried to provide...at no cost to the user. In the past, many groups were inefficient in their use of Stewart Theatre, which led to wasted tech costs. For example, some groups would arrive late for their scheduled times, or simply not show up at all. Many groups requested special lighting and other special tech needs in advance, but would then demand entirely new arrangements during their tech rehearsals. Conversely, some groups would request nothing special in advance (though they are

required to fill out a form specifying their needs), and then arrive and insist that they had to have a range of special tech needs met. All of these things led to wasted time and crew costs, costs which were paid by Stewart Theatre, not the sponsoring organization. Without any fiscal responsibility on the part of Stewart's users, some groups have given little effort to effectively and efficiently use time, space and crews made available by Stewart.

5. Because of the increased number of events in Stewart, the increase in labor costs, and the fact that more events were scheduled which required larger (and thus more expensive) crews, the crew costs to provide technical support for events in Stewart Theatre actually caused Stewart Theatre to end several years with budget deficits. To resolve this particular problem, it seemed more fair to institute a charge for real labor costs rather than to request an increase in the student fees which support Stewart Theatre.

see Theatre page 2



• This week Health Editor Renee Johnson tells you more about AIDS in the Afrikan American Community and Marijuana and its many effects.

See Health, Page 6

• Sports Editor Trey Webster informs you about Rugby and Ms. Joann Robinson of Athletics.

See Sports, Page 3



Theatre continued from page 2

In a survey of other institutions that members of the planning committee conducted, many universities have similar policies in place. At the University of North Carolina at Chapel Hill, student organizations are not charged rent, but are required to pay labor (and any other production costs). Users at Appalachian State University pay rent and costs. Rent is by the hour and varies with the type of organization and the type of activity. Labor is billed at \$7.00 per worker per hour.

Duke University requires all users pay rent and expenses for the auditorium (Page). Rent is \$525 per day. At UNC-Pembroke and the University of South Carolina, student organizations are not charged rent, but are required to pay labor costs. Users at the University of Maryland at College Park are required to pay rent based on half day/full day use and the rate is based on type of organization.

"By charging users of Stewart only for the real labor costs associated with their program, we will minimize crew costs and be better able to make improvements to the facility and to upgrade some of its aging and expensive equipment.

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University Student Center
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Reynolds Coliseum
Free Expression Tunnel
The Quad
Harrison Hall
Student Health Services
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Daniels Hall
D. H. Hill Library
Dan Allen Drive
African-American Cultural Center
Peele Hall

Area Locations:

Blacknificent Bookstore
University of North Carolina at Chapel Hill
St. Augustine's College
Shaw University
North Carolina Central University
Packbackers Student Bookstore
*School Kids Records

Other locations:

Faculty/Staff Mailings
Columbia University
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372 Witherspoon Student Center/AACC Box 7318 NC 27695-7318 Raleigh, N.C. (919) 515-1468 Fax: (919) 515-1313

Study Challenges Media to Play Positive Role in Racial Healing

Staff Report

The Nubian Message

The media wield a powerful influence on public opinion and have a critical role to play in promoting racial reconciliation in America, according to a new report on race and the media, released July 29 at the National Association of Black Journalists (NABJ) meeting in Washington, D.C. The report, "Mass Media and Reconciliation," argues that media images may unintentionally foster tensions between America's majority and minority groups.

The study proposes a number of solutions, including a systematic monitoring of media images of minorities. It also calls for an open dialogue among the print, network and entertainment media.

The report's primary author, Dr. Robert M. Entman, professor of communication at North Carolina State University, said the research was submitted earlier this year to the advisory board and staff of The President's Initiative on Race.

Its public release by a panel of experts was timed to coincide with the NABJ meeting, where the keynote speech was delivered by Dr. John Hope Franklin, who heads up the president's national dialogue.

Entman is nationally recognized for his research in the field of mass communication. The report is the result of a course on "Race and the Media" he taught last fall as Lombard Visiting Professor at Harvard University.

The report reveals that, while attitudes toward blacks and other minorities have changed significantly since the 1960s, white opinions are "complicated and ambivalent," with many whites' attitudes toward

specific public policy issues based on misunderstanding or outright animosity toward minority groups.

Entman suggests that the media's sins of omission may be partly to blame. By failing to provide context about minorities' current experiences with racial discrimination, the media make it difficult for many whites to resolve their doubts in a positive and empathetic manner. It's crucial for the media to expand the public's frame of reference, Entman says.

Without this kind of context, the report suggests, many Americans, especially whites, hold damaging and false ideas. One example: a majority of whites believe blacks no longer face racial discrimination, so that the main reason for blacks' lesser economic status is blacks' laziness. While the media alone may not cause the impression, the report indicates that media unintentionally reinforce it by images they include and by the information they omit.

Media images also affect public impressions about poverty and crime. Entman found blacks are more likely to be used to illustrate local news stories about poverty, giving the impression that more blacks than whites are poor. And black crime suspects are more likely to be seen in police mug shots or while handcuffed, sending a symbolic message that black defendants are more dangerous than whites accused of the same crimes.

The report should not be misinterpreted as a call for a "quota system" on good news about minorities, nor as an attempt to censor the press or limit First Amendment rights. "Playing up good news is not their business," Entman says of the media.

"But it is their business to provide useful information and to convey an

accurate sense of the society they cover. Without meaning to, they're conveying various misleading impressions about the nature of American society, and the behavior and problems of minority members. That makes it harder to bring about racial reconciliation."

The report recommends that media personnel engage in active dialogue about their practices, influence, and responsibilities. Such a step might help improve the accuracy and complexity of impressions Americans get about minorities through the media, Entman says, and provide momentum for support of the report's key proposal: An effort to develop systematic monitoring of media images of minorities.

Entman believes the issue of race and media is far more important than the occasional violation of ethical and professional guidelines such as those involving Stephen Glass at the New Republic or Peter Arnett at CNN. "I think it's pretty easy to blast the media for these incidents, but they are also pretty easy to discover and correct," he says.

"The real dilemmas facing journalism involve the more subtle ways that commercial pressures, organizational limitations, and professional norms shape reporting every day.

These forces may influence our society significantly without our awareness, as (our) report argues is true of race relations."

He adds, "Beyond the realm of race, I'd hope the report would lead some journalists to recognize this point: That the more significant and complicated ethical and professional issues revolve around these more hidden problems of inadvertently conveying wrong impressions, and not as an exceptional case but on a routine basis."

THE NUBIAN MESSAGE

The Afrikan American Voice of North Carolina State University

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Managing Editor

Dock G. Winston
Carolyn Holloway

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Interested in being a news writer for The Nubian Message, call 515-1468 and speak with Carolyn Holloway.

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.

SPORTS

Committed to Excellence

By Trey Webster
Sports Editor

Fans across the globe flock to collegiate sporting events each year to marvel at the talent and skill of athletes. Although it may appear that they are in total control, many people fail to realize the huge responsibility they have in juggling their academic and athletic careers. To insure academic success, athletes have Ms. JoAnn Robinson, the Academic Coordinator for the women's basketball and volleyball teams here at N.C. State University, coaching them in the academic arena. Ms. Robinson has only been a part of the Wolfpack family since last July, but has already made her presence felt among the student athletes. In her short time here, she has already begun to play a key role in preparing these athletes for life outside of sports.

Originally from New York, Ms. Robinson received her undergraduate degree in Psychology and Education at Brockport University, and has since went on to receive her Master's in Social Sciences from Binghamton University. Before joining the red and white of State, Robinson worked as a coordinator at Florida Atlantic University, and the University of Texas. In her position, Ms. Robinson is displaying much of the same flare and attitude that has proven her to be one of the most influential persons on the NCSU campus. Although her main responsibility at N.C. State is athletics, she also works closely in helping the Afrikan American community.

As a member of Delta Sigma Theta Sorority, Robinson is no stranger to serving her community. Presently, she is working on a grant for minority middle school and high school aged students. Though her primary duty is to student athletes, she wants to assure the general student population that her door is "always open" to anyone who needs help with academic work.

As coordinator she believes it is her goal to see that all students are "committed to success" much in the same way that she has been. It is this commitment that has taken her a long way, and there is no doubt that this commitment and attitude that will encourage and motivate the students and athletes at N. C. State University.

Interested in being a sports writer for The Nubian Message, then stop by 372 of the Witherspoon Student Center or call 515-1468 and speak with Trey Webster, Sports Editor.

1998 RUGBY TEAM

Players:

Richard Buchanan
Marc Bullers
Nate Cox
Des Cutler
Brian Dalpe
Casey Danigan
Ryan Davenport
Clay Goines
Jermei Goodwin
Brian Harding
Mike Hendrix
Hitem
Stephen Hollaman
Chancey Jorden
Chris Knapp
Andrew Kovakin
Kenny Lastowski
Kevin Lastowski
Ben Link
Chris Mast
Justin Mather
Phillip Moss
Christian Olsen
Dwight Otwell
Charles Ouko
Pete Muller
Jack Page
Garrett Paige
John Papalas
Scott Quick
Andy Robison
Jeremy Tilsoa
Ryan Tysor
Nate Wigner
Tim Witmer
Lee Wouters

Position:

Center
Center
Second Row
Outside Center
Center/Wing
Prop
Inside Center
Second Row
Center
Flanker/Scrum-Half
Wing
Wing
Wing
Hooker
Scrum-Half
Second Row
Hooker
Wing
Center
Wing
Prop/Flanker
Fly-Half
Center
Prop
Fly Half
Second Row/Prop
Wing
Prop
Eighth Man
Flanker
Wing
Second Row
Fullback
Center
Flanker
Flanker

Coaches:

Jim Osborne
Sam Boyce
Mike Burchell

"The New Craze"

By Trey Webster
Sports Editor

Basketball, Football, and Baseball. Throughout the history of the United States, these sports have almost been as American as America itself. There are, indeed, other sports which Americans overlook. One of these sports is Rugby.

Rugby is popular among European and Middle Eastern countries, and is now starting to gain national attention here in the US. NC State boasts of its own Rugby team. Our rugby team consist of many talented athletes, one including Charles O. Ouko.

Mr. Ouko is from Kenya, a country where Rugby is looked on as almost a national past time. Charles feels that what makes this sport so popular in other countries is the way the players become so intimate with the game. He also asserts that the players give their all, sometimes stretching their body to the max to help their team excel. Unlike many sports where raw talent alone can help you succeed, Rugby requires both extensive physical and mental demands that are greater than those required in other sports.

In Rugby the object is to score a touchdown, as in football. The difference is you must touch the ball in the end zone, rather than just cross the end zone. You can also accumulate points after penalties which are achieved by kicking something similar to a field goal. Charles believes that "rugby is difficult to learn and that is why many people are somewhat turned off by it."

Charles would like to encourage anyone who has the time to learn the game, to do so and not just limit themselves to the sports played inside the United States. Maybe one day instead of basketball courts and baseball fields, it will be a Rugby field will be filled with American youth.

Afrikan American Sports History

Lusia Harris
Basketball Player
(1955-)

Born in 1955, in Minter City, Mississippi, Lusia Harris is the greatest center in women's basketball history. The seventh of nine children, the 6'3" Harris participated on the silver medal-winning Olympic basketball team in 1976, when women's basketball made its debut at the games and scored the first two points in Olympic history. In addition to the Olympics, where she scored the most points, she was also the high scorer in the 1975 World University Games and Pan American Games. In college, she led Delta State University to three Association for Intercollegiate Athletics for Women titles from 1975-1977. She was named Mississippi's first amateur athlete of the year in 1976. An acknowledged leader on campus, Harris was selected a Delta State's homecoming queen, the first black so honored.

Harris, the dominant female player of her era, broke hundreds of records and won countless American and international awards. As a graduate student, she became assistant basketball coach and admissions counselor at Delta State. She played briefly with the Houston Angels of the new Women's Professional League in 1980.

In the 1990s Harris has been coaching basketball and teaching physical education in Mississippi. Along with Nera White, Harris became the first woman inducted into the Basketball Hall of Fame. Additionally, she spends time addressing groups as a motivational speaker.

For me, it's like the dawn of civilization. It's the first place where society existed...I guess there's that connection because it is the root of all rhythm. Everything. It's home.

Michael Jackson--On his first trip to Afrika

You may expel us, gentlemen, but I firmly believe that you will someday repent it. The black man cannot protect a country, if the country doesn't protect him; and it, tomorrow, a war should arise, I would not raise a musket to defend a country where my manhood is denied.

Henry McNeal Turner

CULTURE

Who's Who in Afrikan American History

**Edmonia Lewis
(1845-1890)
Sculptor**

Edmonia Lewis was America's first black woman artist and also the first of her race and sex to be recognized as a sculptor.

Ms. Lewis was born on July 4, 1845 in Albany, New York. She was the daughter of a Chippewa Indian woman and a free black man.

From 1859 to 1863, under the patronage of a number of abolitionists, she was educated at Oberlin College, the first American college to admit women on a nonsegregated

basis.

After completing her schooling, Lewis moved to Boston, where she studied with Edmund Brackett and



did a bust of Colonel Robert Gould Shaw, the commander of the first black regiment organized in the state

of Massachusetts during the Civil War.

In 1865, she moved to Rome, where she soon became a prominent artist. Returning to the United States in 1874, she fulfilled many commissions, including a bust of Henry Wadsworth Longfellow that was executed for the Harvard College Library.

Her works are fine examples of the neo-classical sculpture that was fashionable during her lifetime. It is believed that she died in Rome in 1890. Notable Works include Hagar in the Wilderness, Forever Free and Hiawatha.

MEN

Men

When I was young, I used to
Watch behind the curtains
As men walked up and down the street.
Wino men, old men.
Young men sharp as mustard.
See them. Men are always
Going somewhere.
They knew I was there. Fifteen
Years old and starving for them.
Under my window, they would pauses,
Their shoulders high like the
Breasts of a young girl,
Jacket tails slapping over
Those behinds,
Men.

One day they hold you in the
Palms of their hands, gentle, as if you
Were the last raw egg in the world. Then
They tighten up. Just a little. The
First squeeze is nice. A quick hug.
Soft into your defenselessness. A little
More. The hurt begins. Wrench out a
Smile that slides around the fear. When the
Air disappears, your mind pops, exploding fiercely, briefly,
Like the head of a kitchen match. Shattered.
It is your juice that runs down their legs.
Staining their shoes. When the earth
rights itself again, and taste tries to return
to the tongue, your body has slammed shut.
Forever. No keys exist.

Then the window draws full upon
Your mind. There, just beyond
The sway of curtains, men walk.
Knowing something. Going someplace.
But this time, I will simply
Stand and watch.

Maybe.

By Maya Angelou

Nubian Trivia

1. Who was the first Afrikan American college graduate?
2. Who founded the first national Afrikan American labor union?
3. Who was the first Afrikan American singer to record the blues?
4. Who founded the first Afrikan American professional baseball league?
5. Who was the first Afrikan American aeronautical engineer?

Answers in next week's edition

Phenomenal Woman

Pretty women wonder where my secret lies.
I'm not cute or built to suit a fashion model's size

But when I start to tell them,
They think I'm telling lies.

I say,
It's in the reach of my arms
The span of my hips,
The stride of my step,
The curl of my lips.
I'm a woman
Phenomenally.
Phenomenal woman,
That's me.

I walk into a room
Just as cool as you please,
And to a man,
The fellows stand or
Fall down on their knees.
Then they swarm around me,
A hive of honeybees.

I say,
It's the fire in my eyes,
And the flash of my teeth,
The swing in my waist,
And the joy in my feet.
I'm a woman
Phenomenally.
Phenomenal woman,
That's me.

Men themselves have wondered
What they see in me.
They try so much
But they can't touch
My inner mystery.
When I try to show them
They say they still can't see.
I say,
It's the arch of my back,
The sun of my smile,
The ride of my breasts,
The grace of my style.
I'm a woman
Phenomenally.
Phenomenal woman,
That's me.

Now you understand
Just why my head's not bowed.
I don't shout or jump about
Or have to talk real loud.
When you see me passing
It ought to make you proud.
I say,
It's in the click of my heels,
The bend of my hair,
the palm of my hand,
The need of my care.
'Cause I'm a woman
Phenomenally.
Phenomenal woman,
That's me.

Maya Angelou

Interested in being a
photographer for The Nubian
Message, then call 515-1468
and ask to speak with Jarvis
Davis, Photography Editor, or
stop by 372 Witherspoon
Student Center for an applica-
tion.

Last Week in Afrikan American History

August 23, 1796

A.M.E Church incorporated

August 24, 1950

Edith Sampson appointed alternate delegate to United Nations.

August 25, 1862

5,000 slaves armed by Secretary of War.

August 26, 1943

William L. Dawson elected Black Democratic Party Vice President candidate.

August 27, 1963

W.E.B Dubois died.

August 28, 1963

Famed March on Washington.

August 29, 1977

Lou Brock set stolen base record in baseball.

Afrikan American Quotes

...You may shoot me with your words,
You may cut me with your eyes,
You may kill me with your hatefulness,
But still, like air, I'll rise....
Maya Angelou

I made speech my birthright...talking back became for me a rite of initiation.

bell hooks

Living together is an art.

William Pickens

A single bracelet does not jingle.

Congo proverb

Stand on your own two Black feet and fight like hell for your place in the world...

Amy Jacques Garvey

You can either try to get inside and have some influence, or you can stay outside and be pure and powerless.

James Brown

The young cannot teach tradition to the old.

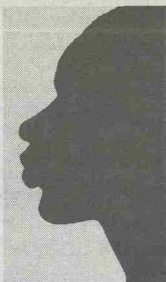
Yoruba proverb

Go all the way to the edge, don't settle for a safe position.

Cordell Reagon

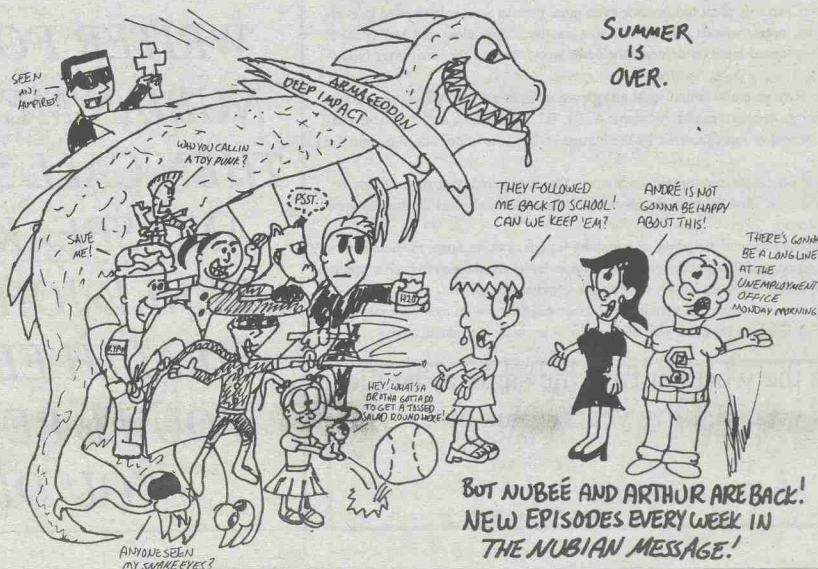
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CALL 515-1468 AND ASK FOR SHANNON JONES, CULTURAL EDITOR, OR STOP BY ROOM 372 OF THE WITHERSPOON STUDENT CENTER FOR AN APPLICATION.



COMING

SEPTEMBER
20



HEALTH

MARiJuANa (Mary Jane)

By Renee Johnson
Health Editor

One of the most powerful and widely used drugs is marijuana. Also known as the hemp plant, marijuana is made from cannabis sativa. Other drugs derived from cannabis sativa are hash, made from plant resin and hash oil. Its primary active ingredient is THC (delta-9-tetrahydrocannabinol), a chemical which produces the psychoactive (mind altering) reactions of marijuana users, giving them the feeling of being "high."

Marijuana is mainly prepared using dried leaves of the hemp plant to smoke in the fashion of a cigarette sometimes called a "joint" or "blunt". It is usually smoked in "blunts", "joints", or pipes called "bongs." A bong comes in a variety of forms, shapes, and sizes. Common slang terms for marijuana are pot, weed, grass, dope, Mary Jane, ganja as well as others.

There are many misconceptions about marijuana and even more excuses for smoking it. Some of these are: "Marijuana is natural and from the earth." "When I smoke weed, I am an intellectual genius. I wrote my best paper when I was high." "Just because I smoke marijuana does not mean I'll turn to other drugs." "Marijuana relieves stress." However, these misconceptions and excuses are merely myths and can be justified as so.

Myth # 1. "Marijuana is natural and from the earth."

Truth. Marijuana is indeed from the earth and found in nature. The

truth remains, however, that just because this is so, it does mean it is safe for human use. Marijuana, like most plants in nature, contain toxic chemicals that are hazardous to our health. Of these chemicals carbon monoxide, nitrosamines, benzopyrene and over 60 cannabinoid compounds are included, and all are respiratory irritants and potential carcinogens. Long term use has been found to cause precancerous cell changes called metaplasia. This eventually could lead to emphysema and cancer.

Researchers have also linked the use of marijuana with effects on the reproductive system. The use of marijuana at an early age can alter the period of physical and sexual development (puberty). This can lead to a reduction of sperm production in men and menstrual or ovulatory irregularity in women. Use during pregnancy may result in low birth weights and premature babies.

Myth # 2. "When I smoke weed, I am an intellectual genius. I wrote my best paper when I was high."

Truth. Marijuana can impair or reduce short-term memory and reduce simple motor skills.

Myth # 3. "Just because I smoke marijuana does not mean I'll turn to other drugs."

Truth. When a person first uses marijuana they are introduced to a whole new world of drugs. They may come into contact with people who not only use or sell marijuana

but use or sell other controlled substances. Exposure to these individuals increases the chance of using other drugs. During the psychoactive state (being "high") a person cannot properly function and is more likely to accept the offer of other drugs.

Myth # 4. "Marijuana relieves stress."

Truth. Marijuana is claimed to be a drug that takes away tension. Actually this drug can create more tension. Marijuana only postpones one from coping with their problems and can lead to other stressors.

For instance, with acute panic anxiety reaction a person experiences a fear of losing control which causes panic. Long-term users may become psychologically dependent. The effect that they used to get may not be the same if their body has become accustomed to the drug and they will need more of the drug to achieve that feeling. Users can also experience marijuana "burnout." This is the effect of the prolonged use of marijuana which makes people dull, slow-moving, and inattentive. They are sometimes unaware of their surroundings and may not realize they have a problem.

Thus, no matter what the excuse or reason for "blazing" or "getting smoked," marijuana use is potentially dangerous to your health. And, even more convincing, it remains illegal to possess the substance in the United States.

The AIDS Epidemic in the Afrikan American Community

By Renee Johnson
Health Editor

The statistics are staggering. Headlines across America continue to tell of the AIDS epidemic and its spread throughout African American communities. In North Carolina alone, where African Americans make up only 22% of the state population, 69.4% of them are infected with AIDS. In New York, a 1995 study revealed that African American and Latino men made up 67% of AIDS cases among men of that state. The same study showed that African American and Latino women made up 87% of AIDS cases among women. The national statistics look fairly the same. While African Americans make up only 13% of the United States population, 57% of them are infected with HIV. Why is there such a large disparity in these numbers?

One answer to this question may be in the treatment of the disease or lack thereof. Nearly three years ago a study at a clinic in Baltimore, Maryland by John Hopkins University indicated that 80% of white males were receiving proper treatment for the virus. Only 48% of African American men were receiving proper treatment. This can be linked to the fact that most African Americans can either not afford treatment or lack the resources to get treatment.

Another answer may lie in lack of education about the disease. Many people think they are immune to the disease and continue to have unprotected sex. Others are intravenous drug abusers who often use "dirty needles" which carry the HIV virus. Even more disparaging is the number of mothers who pass the disease to their unborn children. Fortunately, research and technology has found that AZT treatment during the second and third trimesters of a pregnancy can reduce the risk of infection in the child from 20% to 8%.

In essence, it seems that to end this epidemic, we must remediate this lack of education about the disease. This education need not only come from outside sources, but at the crutch of the African American community, the family. Parents need to educate their children at an early age about AIDS and other STD's, arming them with an arsenal of knowledge and prevention. We know that the only sure way of not contracting AIDS or other sexually transmitted diseases is abstinence. We must also educate those who are sexually active to learn to use contraceptive methods and stress how not protecting themselves is like playing Russian Roulette with their life. We must join the struggle to keep drugs out of our African American communities and help drug addicts find rehabilitation. With support, these individuals can fight their addiction and drug abuse.

AIDS can kill anybody. The bottom line is education. It remains up to us to educate our families to combat this problem which continues to plague our communities. If not, the headlines will continue to read the same, statistics will become even more discouraging, and the African American community will continue to live in despair.

Aloe Vera: The Miracle Plant

By Renee Johnson
Health Editor

One of the major combatants against dry skin is through the use of some lotions and moisturizers which contain an additive known as Aloe Vera. For centuries, Aloe vera has been used because of its anti-inflammatory and moisturizing effects on the skin. Over the years, this versatile plant has become even more popular as it is been used in everyday products. The plant can be used on cuts, burns, wounds and can even as a laxative. The aloe vera leaf consists of three main layers: the outer layer, the corrugated layer (underneath the outer layer), and the the inner layer (which contains the gel).

Aloe vera contains seven of the eight essential amino acids and eleven of fourteen secondary amino acids, all of which are chief components of proteins. It also contains Vitamins A, B1, B2, B6, B12, C, and E. These vitamins are essential in that they cannot be stored or manufactured by the human body. It is important to maintain a continuous supply of vitamins.

As a laxative, aloe vera has a soothing effect on the gastrointestinal tract. The corrugated layer produces an irritant called aloin which causes intestinal irritation. The gel from the inner layer of the aloe leaf eases the stomach and intestines and can be used to treat peptic ulcers.

Aloe is also used in all kinds of household products including dishwashing liquids, lotions, soap, medicines, fingernail polish, etc. The most astounding product of this plant, perhaps remains to be its capabilities in drinks, where its use can increase the potential of the body to get these essential nutrients in a convenient manner.

The increased attention received of the aloe vera plant will continue as further research proves even more uses for this miracle plant. For more information on aloe vera products visit the website at www.aloe-products.com.

The man who views the world at fifty the same as he did at twenty, has wasted thirty years of his life.

Muhammad Ali

**INTERESTED IN
BEING A HEALTH
WRITER FOR THE
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THEN CALL 515-1468
AND SPEAK WITH
RENEE JOHNSON,
HEALTH EDITOR.
YOU'LL BE GLAD
YOU DID.**

*African-American Cultural Center Programs
North Carolina State University
Fall 1998*

August

- 20 *Back to School Nite*; Multi-Purpose Room (126); 7:00 p.m.
28 *Gallery Exhibition*; Gallery (218) through October 30

September

- 1 *1st Tuesday Jazz*; Multi-Purpose Room (126); 8:00 p.m.
Co-sponsored with African-American Heritage Society
20 *Reggae Fest*; Harris Field; 1:00 p.m.
Co-sponsored with Black Students Board
21 *Heritage Lecture*; Multi-Purpose Room (126); 7:00 p.m. co-sponsored with AKA
27 *African Folklore and Storytelling* — co-sponsored with African Students Assoc.

October

- 3 *Univeristy Open House 1-5*
4 *Ghana Fundraiser — "The Healing Force"* 5 p.m. Multipurpose Room
6 *1st Tuesday Jazz*, Multi-Purpose Room (126); 8:00 p.m.
19 *Heritage Lecture*, Multi-Purpose Room (126); 7:00 p.m.
24 *Heritage Day*, Multi-Purpose Room (126); 10:00 a.m.

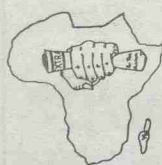
November

- 3 *1st Tuesday Jazz*, Multi-Purpose Room (126); 8:00 p.m.
Co-sponsored with African Student Association
5 *Rap/Hip-Hop Forum*, Multi-Purpose Room (126); 7:00 p.m.
Co-sponsored with Knowledge, Wisdom, and Understanding (KWU)
23 *Heritage Lecture*, Multi-Purpose Room (126); 7:00 p.m.

November 30-December 5: Kwanzaa Celebration

December

- 1 *1st Tuesday Jazz*; Multi-Purpose Room (126); 8:00 p.m.
11 *Gallery Exhibition; Raymond Lark*, Gallery (218)
through February 19



THE NUBIAN MESSAGE

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November 5, 12, 19

December 3

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March 18, 25

April 8, 15, 22, 29

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http://www2.ncsu.edu/ncsu/stud_pubs/nubian_message/nubiantoc.html
