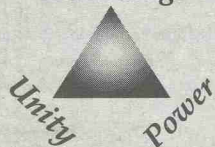


The NUBIAN MESSAGE

October 15, 1998
Volume VI, Edition 7

Knowledge



What's Goin' On?

Symposium 99

There will be several information sessions for Symposium Counselor position for the summer of 1999. The next session will be October 22 at 6:00 in Room 375 of the Witherspoon Student Center. Additional dates are November 10 at 5:00 and November 23 at 6:30. For more information, please contact African American Student Affairs at 515-3125 or stop by 2010 Harris Hall.

Black Students Board

BSB will hold their general body meeting today at 5:30 p.m. in Room 356 of the African American Cultural Center. Topics of discussion are the Haunted House, All-Night Bash, Celebration of Blackness, and the Pan-African Festival.

Heritage Day

Heritage Day will be Saturday, October 24 in the African American Cultural Center. The guest speaker will be Dr. LaFrances Rogers-Rose. There will also be food, vendors and fun. For more information call 515-5210.

Noontime Movie

The African American Cultural Center's Noontime Movie will be Rosewood, Part 1 on October 22 at noon. For more information contact 515-5210.

On the Brickyard

Make sure you visit the Nubian's booth on the brickyard October 22, October 29 and November 5 from 11-3 p.m.

The Afrikan American Voice of North Carolina State University

Women's Center Selects New Coordinator

Staff Report

The Nubian Message

The NC State Women's Center recently held its grand opening ceremony of its new facility on Tuesday, October 6, in 3120 Talley Student Center, the center's new location. At a brief ceremony, followed by refreshments and tours, the new Women's Center coordinator, Dr. Frances D. Graham, was introduced.

Graham arrived on campus September 21. She came from the Women's Center of the University of Illinois at Urbana-Champaign. "We are thrilled that Dr. Frances Graham is joining our team," said Dr. Deb Luckadoo, director of student activities and Graham's supervisor. "We conducted a national search for this position that netted

applications from many well-qualified individuals. We believe that Dr. Graham is the best of the best."

Graham earned her undergraduate and doctoral degrees at Illinois, and received her master's degree in student personnel from Howard University. Her doctoral degree is in educational policy studies.

Her research interests are the historical roles of black women in higher education and self-esteem among Afrikan American women. Her most recent position at Illinois was in the Counseling Center, where she primarily coordinated the work of the center's paraprofessionals. Graham also is active in LeaderShape, a national organization renowned for student leadership development, and in Alpha Kappa Alpha Sorority, Inc.

The NC State Women's Center, in operation since 1991, provides



Courtesy Photo

Dr. Frances D. Graham

programs and services to all students, faculty and staff on issues related to women. The advocates for victims of sexual assault and the student group REAL People, which sponsors the annual Take Back the Night March, are two of the permanent programs housed in the

Women's Center.

In addition, a variety of programs ranging from stress management and gender communication to financial and retirement planning are offered each semester in the center or to organizations requesting presentations. The Women's Center was previously located in the basement of Nelson Hall, but was relocated to be more centrally accessible to the community it serves.

A ribbon-cutting ceremony featured Evelyn Reiman, associate vice chancellor for Student Affairs; Jenny Chang, student body president; and Dr. Laura Severin, director of the Women and Gender Studies Program. Other members from various sections of the campus community were also in attendance.

Progress Reports on Goals of University Released

Staff Report

The Nubian Message

For the first time, a report documents the progress NC State has made toward the 10 long-range goals outlined in the university's strategic plan.

The report, released in September, catalogs whether the university has made progress in 75 areas, from faculty salaries to the six-year graduation rate, and from faculty and staff racial diversity to the amount of external financial support for the university.

Each item falls under one of the 10 university goals included in NC State's current strategic plan, which was adopted by the Board of Trustees in 1996. Over the course of three biennial budget cycles, the plan serves to guide college planning and program development, establish resource allocation priorities, and measure program performance and effectiveness. Some highlights of the progress report include:

clude:

—Over the last six years, NC State has made significant progress in increasing faculty salaries. Since 1992, professor, associate professor and assistant professor average salaries have increased 23 percent, 24 percent and 26 percent, respectively.

—The six-year graduation rate increased from 59 percent to 67 percent from the 1984 cohort to the 1990 cohort. The most recent rate, for the 1991 cohort, slipped to 64 percent.

—The NC State faculty have become more racially diverse over the past five years. All minorities except African Americans increased their share of total faculty. White and black faculty shares, however, fell from 88 percent and 5.1 percent in 1993 to 86.3 and 4.1 percent in 1997.

—NC State's total current revenues increased 33.1 percent from fiscal year 1992 to fiscal

See *Progress* page 2

Officials Break Ground for Middle School

Staff Report

The Nubian Message

Officials from NC State University, Wake County Public Schools and the state of North Carolina, broke ground recently on September 25, 1998 on Centennial Campus for a pioneering joint venture in middle school education.

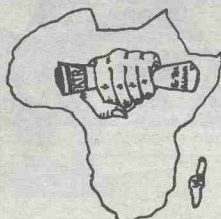
The \$14-million, 650-student Centennial Campus Magnet Middle School and The Partners-In-Schools Research and Development Center, which will open in 2000, is believed to be the first middle school in the nation that will benefit from the combined resources of a respected school system, a major university, corporate and government partners and a location on a technologically advanced campus.

Wake County schools and NC State formed a formal partnership in 1995 and initiated a joint planning team to design the complex. A successful school bond referendum provided funding for the school. For their part, the university and college agreed to raise \$12 million from private and corporate donations to build and operate the adjacent research and development center.

By design, the complex has a single focus: the improvement of middle school education, says Dr. Larry Watson, associate professor of mathematics, science and technology education, who has coordinated the planning team. "This is going to be the 'Wow!' of magnet schools," Watson said. "Together we have conceptualized an exemplary middle school — how middle schools should be designed."

Grades six, seven, and eight will be organized in "houses," each with its own science laboratory, resource classroom, outdoor classroom and teacher planning space. Motorized walls of core teaching areas may be pushed

See *Middle* page 2

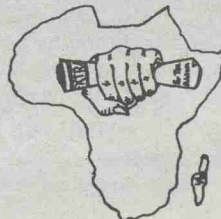


• This week Ayana Bailey, Health Writer, writes on breast cancer awareness month.

See *Health*, Page 6

• This week Trey Webster, writes about the match between Georgia Tech and NC State Wolfpack.

See *Sports*, Page 3



Middle continued from page 1

away for integrated learning and interdisciplinary activities. Along with the stimulating learning environment, the student-teacher ratio of 25 to 1 will mean that students will benefit from more frequent teacher counseling and advising.

Dean Joan Michael of the College of Education and Psychology, noted that students will benefit from the university's heralded strength in mathematics, science and technology — the College of Education and Psychology produces more mathematics and science teachers than any other in the state — as well as English, language arts and social sciences.

"All of these are important for a balanced education," she said. "Students and their teachers will tap into all the other resources this great university has to offer such as the JC Raulston Arboretum, National Weather Service offices, Japan Center, N.C. Solar House, and experimental farms and greenhouses." She said the proximity to the campus also will give students access to a wealth of human resources — adult partners trained to be tutors or mentors.

Most importantly, Michael said the teaching-learning-research complex will enable the college and university to broaden its extension reach in many unique ways. For example, she sees the potential for enrichment activities via the Internet

being video-taped and packaged as teaching tools for students in "partner" schools across North Carolina.

In addition, the research and development center will be a unique training center for student teachers and career teachers alike, providing a test bed for curriculum or teaching innovations. Distance education technologies will play a vital part of delivering in-service workshops to teachers and learning opportunities to students in rural areas of the state.

NC State Chancellor Marye Anne Fox praised the vision of the planners of the complex. "What makes this learning center so important is that our social science research tells us that the decision to pursue a technical degree is made by American children between the ages of 12 and 14. It is no secret that NC State is a leader in science and technology. Since this is the target age of the enrolled students, this facility will not only improve our state's scientific literacy, but it also will give us an expanded applicant pool from which we can recruit a diverse array of talented students," she said. "We are all winners — NC State, the College of Education and Psychology, Centennial Campus, the Wake County School System and, more importantly, every teacher and middle school student in the state of North Carolina."



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

Mclver Witherspoon, Dr. Wandra P. Hill, Mr. Kyran Anderson, "Dr" Hughes Suffren, Dr. 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

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Progress continued from page 1

year 1997. In comparison, the consumer price index increased approximately 14 percent in that time.

—Based on annual research expenditures, NC State produces a ratio of 1.85 patents per \$10 million of research. Compared to 15 other land-grant institutions in the region, NC State ranked second in the number of patents awarded and third in performance ratio.

The progress report, illustrated by a variety of graphs and tables, is on the Web at <http://www2.acs.ncsu.edu/UPA/planning/progress/cover.htm>.

It was assembled by the Office of University Planning and Analysis using data from a wide assortment of sources — including information from graduating senior surveys, campus climate surveys, the university's financial reports and the Annual Report on Research and Public Service Centers, Institutes and Laboratories.

Karen Helm, director of University Planning and Analysis, said the report shows members of the university community how well NC State is following through on the goals it set for itself.

"People can see that progress is being made," Helm said. "That's important because a lot of work goes into setting goals for the university."

Anyone who would like to comment on the university's goals and the progress NC State has made to meet them can e-mail Helm at Karen_Helm@ncsu.edu or write her at Campus Box 7002.

Following are the 10 long-range goals listed in the 1996 strategic plan

Goal 1: Improve success and satisfaction of students, staff and faculty.

Goals 2, 3 and 4: Strengthen multidisciplinary activities.

Goal 5: Exploit technologies to improve teaching, learning, disseminating knowledge, and access.

Goal 6: Expand multicultural and global awareness.

Goal 7: Achieve a diverse student body, faculty, and staff.

Goal 8: Become more entrepreneurial, more effective partner in public policy, and with industry.

Goal 9: Secure greater external public, private and corporate funding.

Goal 10: Use an integrated and participatory system of planning, budget, and evaluation, while adopting a commitment to improving value and efficiency in every area.

NC State Encore Opens Registration for Second Fall Session

Staff Report

The Nubian Message

Fall course registration is open for North Carolina State University's Encore Center for Lifelong Enrichment Session II, which runs from Oct. 26 through Dec. 11 at the McKimmon Center.

Since 1991, Encore has offered a variety of noncredit daytime courses, colloquia and special events for people over the age of 50. Encore, under the guidance of NC State Division of Continuing Studies, is an affiliate of the Elderhostel Institute Network.

A look behind the scenes at Encore is as interesting as the courses offered. The instructors are volunteers who have earned expert status by reason of academic degree or lifetime avocation. Many of them carry full-time faculty or administrative duties, including Dr. Frederick

O. Smetana, NC State professor of mechanical and aerospace engineering, who will teach "Let's Go to the Opera," and Dr. Harold Heatwole, professor of botany and zoology, who will present "Australia: The Island Continent." Heatwole and his wife lived in Australia for 25 years and are professionally and personally interested in how it developed into a land of deserts and reefs populated by unique plants and animals.

Courses target a broad interest range from opera to nuclear energy and from miracles to the Internet.

The line-up includes Literary New Orleans; Topics in Social Philosophy; Who Cares How Davy Crockett Died; Fine Art; Emerging Pathogens; Religion and Science; Discovering France; A Course in Miracles; and Socio-Economic Development in the Third World.

Also, Our Energy Future; Revealing North Carolina's Cryptic

History Through Archaeology; A Nation Once Again: Ireland 1800 to the Present; Character Formation; Introduction to the Internet; and Internet Advanced. Session II study trips include a visit to Historic Towns Between the Sounds: Edenton, Bath and New Bern, Oct. 22-23.

Encore's annual membership fee is \$35. The fee for most single courses is \$35, with multiple course discounts offered. In addition, Encore members are entitled to university student privileges and access to facilities such as the D.H. Hill Library. Encore attempts to serve older adults with transportation or financial needs through its member-helping-member volunteer program.

For a complete fall guide and registration form, contact Encore at (919) 515-5782, or, visit Encore on the World Wide Web at <http://www2.ncsu.edu/encore>.

NC STATE UNIVERSITY

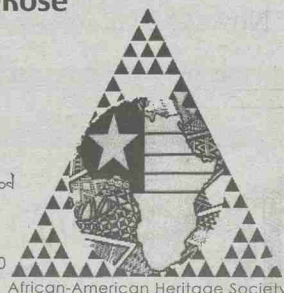
Heritage Day

11th Annual

Dr. La Francis Rodgers-Rose
Speaker

Sat. October 24, 1998
11AM - 5PM

Mask Making
Gospel
Dance
Vendors
Fun for all
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Free Admission • Open to Public • 515-5210



AFRICAN-AMERICAN CULTURAL CENTER

SPORTS

Pack Stung by the Yellow Jackets

By Trey Webster
Sports Editor

Saturday, October 11, was a sad day for NC State and Wolfpack fans. After coming off of an upset of nationally ranked Florida State and Syracuse, the Pack set out to show the country and critics that their two wins over top-ranked teams were well deserved and not just a fluke. The Yellow Jackets of Georgia Tech had other plans in mind. With a fire reminiscent of NC State just a week earlier, the Yellow Jackets capitalized on NC State mis- cues to take a convincing 47-24 vic- tory over the #23 ranked Wolfpack.

From the beginning of the game it was easy to see that it was going to be a long day for State. The Wolfpack gave up three touchdowns in less than five minutes, helping Georgia Tech gain a lead it refused to relinquish. The Wolfpack would not recover from those mistakes, and would continue to have poor luck as well as continuous mishaps. The Wolfpack (3-2, 1-1 ACC), fumbled the ball four times, the most since



Courtesy Photo

GT Player Wards off Pack

they were upset by Clemson in '96. The fumbles were just a few of the problems. In the first quarter, punter Jesse Wade had a punt snapped way over his head, which turned in to a safety. On the following possession, Wade had a punt blocked and returned for a touchdown.

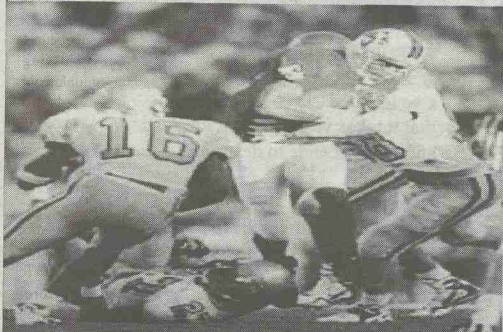
Against Georgia Tech, the Wolfpack special teams unit made several key mistakes, helping place the Pack into a unclimbable hole.

Making matters worse, starting quarterback Jamie Barnette and State's leading rusher Rashon Spikes were both injured.

With less than 2 minutes into the first quarter, Spikes recieved a stinger in his right shoulder and was forced to leave for the rest of the game. Still in the first half, Jamie Barnette recieved a crucial blow from several Yellow Jacket players and was knocked unconscious and was said to have a concussion. It is now doubtful that he will suit up for Saturday's matchup with ACC rival Duke.

The one shining moment for the Pack was the increased play by Charles Berry, who as the game progressed, got more comfortable in the pocket and starting throwing like a natural. Also, Tory Holt had a decent game with 7 receptions for 132 yards. All-in-all, mistakes killed the Pack.

The Pack will have until Saturday to ponder their mistakes, and hopefully recover from the heavy blow they received from the Yellow Jackets.



Courtesy Photo

Pack Player Tackled by GT Defenders

1998 Remaining Football Schedule

Oct. 17 Duke
Oct. 24 Virginia
Oct. 31 Clemson
Nov. 7 Wake Forest (Senior Day / Homecoming)
Nov. 21 Maryland
Nov. 28 UNC-Chapel Hill (Ericsson Stadium)



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

Afrikan American Sports History: Julius "Dr. J." Erving

Staff Report

The Nubian Message

Julius Erving was born in Hempstead, Long Island, on February 22, 1950. As a player at Roosevelt High School, Erving made the All-County and All-Long Island teams. He was awarded an athletic scholarship to the University of Massachusetts. After completing his junior year, he left college, hired the services of a management firm, and signed a \$500,000, four-year contract with the Virginia Squires of the ABA. Voted Rookie of the Year in 1972, he renegotiated his contract and eventually signed with the New Jersey Nets for \$2.8 million over four years.

In his first season with the Nets (1973), Erving led the league in scoring for the second consecutive year and led his team to the ABA championship. Later, Erving was traded to the 76ers and quickly



became a favorite with Philadelphia fans, leading his team to the NBA championship in 1983. Between his combined seasons with the two teams, he became the 13th player to score 20,000 points. Erving retired from a stellar career following the 1986-87 season.

In the 1990's, the articulate Erving remained in the midst of basketball as a successful broadcasting career. He was inducted into the Basketball Hall of Fame in 1993.

Locked Out for the First Two Weeks

By Trey B. Webster

Sports Editor

Following the NBA Draft on June 26, teams were waiting and anticipating the start of the season. With so many young talented players like Vince Carter, Antwan Jamison, and Mike Bibby bringing new spirit to the league, fans across the globe had high hopes waiting to see who will dethrone the 6-time champion Chicago Bulls. Well, now fans will no longer be waiting with anticipation, but with anger. For the first time in league history, games will canceled because of a lockout.

Following in the footsteps of football and baseball, NBA owners and players are not seeing eye to eye, a conflict that hurts the sports' millions of fans. If you are a fan who may be curious as to what the disagreement stems from, they come from 4 main reasons: (1) Salary Cap, (2) Larry Bird Exception, (3) Rookie Scale, and the (4) Drug Policy. All of these factors have added up one big problem: a lack of excitement for fans. The 4 reasons can be better understood when explained what problem is being faced and why.

First, and foremost, there is the Salary Cap. When the owner's negotiated their last contract it was agreed that if the players income exceeded over 51.8% of all basketball related income, they would be allowed to re-negotiate. Owners' claim that it reached 57.2%, meaning they have a right to void the contract.

Next there is the Larry Bird Exception, a clause which states that players can resign with their own



Courtesy Photo

Patrick Ewing: "Representative of the Players"

teams for any amount over the salary cap, thus allowing superstars to stay with their respective teams. [Michael Jordan received more than \$40 million in the 97-98 season].

Then, there is the Rookie Scale. The Rookie Scale that is now in effect gives rookies, at most, a 3-year contract, with a limit on the amount of pay, to be determined by their position in the draft.

The last, and possibly most ridiculous, is the drug policy. NBA players are now only being tested for cocaine and heroine. The owners want marijuana added to the list of banned substance [which is reasonable considering it is illegal].

The two sides, with Patrick Ewing as president of the players commission, and David Stern as commissioner of the NBA, are still in negotiations. Hopefully, they will soon realize that the real issue they are facing is the loss of dedicated fans, an idea that is almost paramount to any other concern.

CULTURE

Afrikan American *Herstory*: Lucille Clifton

Staff Report

The Nubian Message



Lucille Clifton is Distinguished Professor of Humanities at St. Mary's College of Maryland and the author of the terrible stories (BOA Editions, Ltd.), *The Book of Light* (Copper Canyon), *Quilting: Poems: 1987-1990* (BOA Editions, Ltd.), *Next: New Poems* (BOA Editions, Ltd.), and *Good Woman: Poems and A Memoir 1969-1980* (BOA Editions, Ltd.).

Lucille Clifton was born and raised in Depew New York (a suburb of Buffalo). She attended Howard University from 1953 to 1955 and graduated from the State University of New York College at Fredonia (near Buffalo) in 1955. In 1958 she married Fred James Clifton.

In 1969 Ms. Clifton's first book, a

collection of poetry entitled *Good Times*, was published. Clifton worked in state and federal government positions until 1971, when she became a writer in residence at the Historically Black College Coppin State College in Baltimore, Maryland. Remaining at Coppin until 1974, she produced two further books of poetry, *Good News About the Earth* (1972) and *An Ordinary Woman* (1974). From 1982 to 1983 she was visiting writer at Columbia University School of the Arts and at George Washington University. Afterwards she taught literature and creative writing at the University of California at Santa Cruz (1985) and then at St. Mary's College of Maryland.

Clifton's later poetry collections include *Next: New Poems* (1987), *Quilting: Poems 1987-1990* (1991), and *The Terrible Stories* (1996). *Generations: A Memoir* (1976) is a prose piece celebrating her origins, and *Good Woman: Poems and a Memoir: 1969-1980* (1987) collects some of her previously published verse.

Clifton's many children's books, written expressly for an African-American audience in mind, include *All Us Come Cross the Water* (1973), *My Friend Jacob* (1980),

and *Three Wishes* (1992). She also wrote an award-winning series of books featuring events in the life of Everett Anderson, a young black boy. These include *Some of the Days of Everett Anderson* (1970) and *Everett Anderson's Goodbye* (1983).

She is a former Poet Laureate of Maryland and has received a Creative Writing Fellowship from the National Endowment for the Arts in 1970 and 1973, and a grant from The American Academy of Poets. She has received the Shelley Memorial Prize, the Charity Randall prize, the Shestack Prize from the American Poetry Review, and an Emmy Award.

In 1988, she became the first author to have two books of poetry chosen as finalists for the Pulitzer Prize (*Good Woman: and Next:*). She is the author of numerous children's books and books of poetry, including *The Book of Light*, *Next*, *terrible stories*, *Two*

Headed Woman and *Good News About the Earth*. She has been the Distinguished Professor of Humanities at St. Mary's College of Maryland from 1991 to the present, and lives in Columbia Maryland and has raised six children.

Susan Taylor

Whatever you
radiate, you
attract.
Whatever you
express, you
create a
channel for
receiving.



I've Learned

I've learned

that you can not make someone love you.
All you can do is be someone who can be loved.
The rest is up to them.

I've learned

that no matter how much I care,
some people just don't care back.

I've learned

that it takes years to build up trust,
and only seconds to destroy it.

I've learned

that it's not what you have in your life,
but WHO you have in your life that counts.

I've learned

that you can get by on charm for about 15 minutes,
then after that you'd better know something.

I've learned

that you shouldn't compare yourself to the best
others can do but to the best YOU can do.

I've learned

that we don't have to change friends,
if we understand that friends change.

I've learned

that learning to forgive takes practice.

I've learned

that sometimes when I'm angry,
I have the right to be angry,
but that doesn't give me the right to be cruel.

I've learned

that no matter how bad your heart is broken,
the world doesn't stop for your grief.

I've learned

that just because two people argue
doesn't mean they don't love each other,
and just because they don't argue,
it doesn't mean they do!

Afrikan American Quotes

I am somebody.
—Jesse Jackson

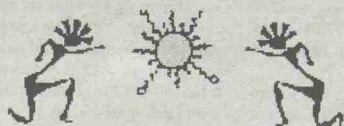
In our dreams, we are always young.
—The Delany Sisters

men will be gods if they want it.
—Lucille Clifton

We are inevitably our brother's keeper because we are our brother's brother.
—Martin Luther King, Jr.

Humility is the fruit of inner security and wise maturity.
—Cornel West

Interested in being a culture
writer for The Nubian
Message, then call 515-1468
and speak with
Shannon Jones, Cultural
Editor or stop by Room 372
of The Nubian Message for
an application.



Seeker Of Visions

What does this mean.
To see walking men
Wrapped in the color of death,
To hear from their tongue
Such difficult syllables?
Are they the spirits
Of our hope
Or the pale ghosts of our future?
Who will believe the red road
Will not run on forever?
Who will believe
A tribe of ice might live

Building Your Self Esteem

Keep Your Head Up Girl!

T.C. Bandit
Guest Writer



Self Esteem is how we feel about ourselves. There is a saying that goes like this: Men look in the mirror and see something more, while women look in the mirror and see something less. Think about it. Some of the most attractive women around don't even feel that they are attractive, and some of the most unattractive men carry themselves like they're "all that!" Have you ever met a man that didn't think he was fine? The guys have their self esteem pretty much together.

But most of us can't even take a compliment to heart. We may get told that we look nice in an outfit, and we might just say something like, "You think so? It would look a lot better if I lost a few pounds." It's called low self esteem ladies.... and we have it bad.

We must learn to really love ourselves from the inside out, and stop wasting our lives hating ourselves because we're not strong enough or smart enough, or because our hair isn't long enough or straight enough (and the most common complaint that we're not thin enough).

It's important in every part of our lives that we feel

happy, whole and at least satisfied with what and who we are. We're all on that journey, and we're not going to get there tomorrow. However, there are two good things we can start doing today to get going on that path to self fulfillment and a healthy self esteem.

Choose your friends carefully. Go through your circle of buddies. There are those who are positive, uplifting, and supportive. Talk to these friends and hang around them as much as possible. They give you that positive energy.

On the other hand, it's time to do a little spring cleaning with the negative folks. I like to call them "spirit killers." The people who are always complaining, saying negative things to you, and trying to bring you down because THEY have low self esteem. Stay away from the spirit killers! They're toxic to your self esteem.

Try to nurture your spiritual side. If you believe in a certain religion or way of life...embrace it. Take positive sayings or scriptures, write them down, and put them on your mirror or on the dashboard of your car.

Let's start building our self esteem ladies. Then we can start seeing ourselves as that beautiful, unique, wonderful woman that we are. Love thyself, and accept yourself, just the way you are.

For more good reading about self esteem and self love and acceptance, check out

In The Meantime by Iyanlah Vanzant. Or look for Take Back Your Krown: A Journey Into Self by Philadelphia author Khummit A. Hatshepsitu

Haki Madhubuti

The family as the first-line institution is the foundation upon which the new black consciousness and community can be built and sustained.



Nubian Trivia

1. Who was better known as "Deadwood Dick"?
2. What black woman won her way into the all-white bastion of the Daughters of the American Revolution?
3. The 1912 sinking of the Titanic became a popular topic in which songs of the black church?

NOTHING LIKE A BLACK

Now I'm going to try to explain, but you may not understand. There is nothing in this world, Nothing, like a Black Man.

Now I've tried other races, different colors, creeds, and kinds. But one that could compare to my Black man I could not find.

Some try to imitate his walk, talk his talk, you know that sweet slang. But no man can copy the way my brother does his thang.

My Black Man, with his thick lips, wide nose, and high cheek bones. High yellow, blue-black, caramel brown, Black Man spells beauty in all skintones.

Now I don't discriminate against the others, I just love my Black brothers. Dred locks or braids, flat tops, baldies, or fades, It don't matter, I just love them, I can't get enough of them.

NO matter what the other man might say, I'm behind my brother man all the way. Pushing him, pulling him, carrying him, whatever it takes. See, my Black Man has to make it. If he falls, we fall, because no one can take his place.

Now I tried to explain, but some of you still don't understand that there is nothing in this whole world, I mean nothing, like a Black Man.

by Amelia White

October 22
October 29
November 5
The Brickyard

Symposium 99

Information Sessions
for 1999 Symposium Counselors

Dates/Times:

October 7 (W)
5:30-6 PM

October 22 (TH)
6-6:30 PM

November 10 (T)
5-5:30 PM

November 23 (M)
6:30-7 PM

All sessions to be held in Room 375,
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HEALTH

Breast Cancer Awareness Month

By **Avana Bailey**
Health Writer

Each year, thousands of women of all races and ages are diagnosed with breast cancer. Next to skin cancer, more women are stricken with breast cancer more than any other type of cancer. Over the last 50 years, the number of diagnosed cases per 1,000 women has slightly increased each year. It is the second leading cause of death from cancer in women (lung cancer is the first.)

Concern over breast cancer has gripped our nation. In 1992, President Bill Clinton signed official legislation proclaiming October 19 to be National Mammography Day. Now National Mammography Day is celebrated the third Friday in October every year. Further, October has been designated as National Breast Cancer Awareness Month, with the intent to relay the message about breast cancer. It is hopeful that by the end of this article, your awareness of this terrible disease will be increased.

What is Cancer? It is necessary, first, to expound upon cancer itself and how it operates. Cancer is a disease that affects the cells of the body which, as we all know, are the basic units of life. Under normal conditions, the cells of our body grow, divide, and produce more cells to keep the body healthy and functioning properly.

In cancerous tissues, this process of cell division becomes complicated as cells keep dividing and producing more cells that are not needed. The extra cells began to clump into a mass of cells forming a growth, often referred to as a tumor.

Tumors are classified as benign or malignant. To determine which type it is, a doctor will perform a biopsy. A biopsy is a procedure where tissue samples are taken from the affected areas around the tumor. From this

procedure, a doctor can tell if the tumor is benign, which means the tumors is not cancerous and not life threatening. Benign tumors can be removed and often times do not come back. Malignant tumors are quite different.

What is Breast Cancer? Malignant tumors are cancerous, as the cells in this growth are abnormal and divide without control and order. These cancer cells can invade and destroy the tissue around them. In breast cancer victims, this would be the breast where the initial growth was found. Cancer cells can also break away from a malignant tumor and enter the bloodstream, spreading and causing cancer in other parts of the body.

Factors: A report from the National Cancer Institute (NCI) estimates that about one in eight women in the US will develop breast cancer in her lifetime. The probability of developing it before age 85 is approximately one in nine. These probabilities are based on population averages. Although these percentages are high, each woman's risk of getting cancer is actually based on individual factors that can put her at higher or lower risk. These risks include:

Age: Breast cancer is more likely to develop as you grow older. Also women who began their menstruation at an early age or had their first birth at a late age may also be at a higher risk for developing breast cancer.

Family History: Women whose mother or sister had breast cancer are more likely to develop the disease, especially if they had it at an early age.

History of breast cancer: If a woman already had breast cancer, she is more likely to develop it again.

Other breast diseases: If a woman has had a breast biopsy

specimen that showed certain types of benign breast conditions, she may be more likely to develop breast cancer. However, the ordinary "lumpiness" most women may feel in their breast does not increase the risk of breast cancer.

Detection: The best way to detect breast cancer is through a mammogram, a special x-ray of the breast that finds tumors that are too small for you or your doctor to feel. This may be suggested by your doctor if you have some of the risk factors. Mammograms are yearly examinations that are usually suggested for women over forty.

Clinical Breast Examination (CBE) is another means of early detection. When a woman goes for a physical examination, the doctor is able to examine a woman's breast and her arms to check for lumps and unusual changes. Another recommended method for early detection is a Breast Self Examination (BSE). This is usually performed by the individual, where she examines her own breast to check for any lumps. Since studies have not shown that BSE has reduced the numbers of death in breast cancer, it should not be used in place of a CBE or a mammogram. It is, however, a good idea to become familiar with any unusual lumpiness in your breast.

Survival Breast cancer is a serious health concern that affects all women. Although many women have succumbed to the illness, there is a great number of people who have overcome this obstacle. With proper precaution, the latter sentiment can be more often applied. This can only happen if you are proactive about your health. If you have not already done so, perform a self examination or schedule a mammogram. Don't wait until it is too late. For more information, consult your family doctor or Student Health Services.

Diahann Carroll, A Living Legend

By **Renee Johnson**
Health Editor

As the first African American female to star in her own television show, Diahann Carroll's career mirrored excellence. Born on July 17, 1935 in the Bronx, Carroll seemed to have a very promising future from the beginning of her career. At the age of ten, she was awarded a Metropolitan Opera Scholarship, an accomplishment which inaugurated what was to be one of the most suc-

cessful performance careers in the history of Performing Arts. As a teenager, she attended the High School of Music and Art as well as completing undergraduate work at New York University as a sociology student. An appearance at the Latin Quarter Club ultimately began her professional career.



Carroll began one of a few African American women with starring roles in television and film. In 1954, she appeared in House of the Flowers and played "Myrt" in a film version of Carmen Jones. Carroll remained busy with television and movie appearances until 1958, where she tried her luck on Broadway.

She was successful in this arena as well, winning a Tony award in 1962 for her role as a high-fashion model in "No Strings". Carroll is probably more remembered in the public today for her role in the television series "Julia," a role that revolutionized television as Carroll was the first African American woman ever to star in her own show.

She also appeared in Porgy and Bess, Paris Blues, Claudine, The Five Heartbeats, and had various guest appearances on several television series including "A Different World." Carroll was also engrossed in fame with her portrayal of the glamorous, dynamic "Dominique" on acclaimed night time soap opera "Dynasty."

Although Carroll has many accolades in her stellar entertainment career, there is one other achievement that cannot go unmentioned. Carroll is a survivor of breast cancer. The renown actress was diagnosed earlier this year, like many other victims Carroll believed she was exempt from the disease.

Take the Breast Cancer Quiz

Staff Report

The Nubian Message

Take the Breast Cancer Quiz. It seems easy but take a look. Brought to you by the Y-ME National Breast Cancer Organization (<http://www.y-me.org>)

1. Most breast lumps turn out to be cancerous. **TF**
2. Breast self-exam is not necessary since most lumps are obvious because they are painful. **TF**
3. Breast cancer is often curable when detected in its early stages. **TF**
4. Mammography can determine if a breast lump is cancerous or benign. **TF**
5. Breast cancer malignancies number 182,000 new cases per year in the U.S. **TF**
6. If none of the women in my immediate family developed breast cancer, I'm not at risk. **TF**
7. Women under age 35 are not at risk for breast cancer. **TF**
8. Breast pain is a symptom of breast cancer. **TF**
9. Large-breasted women are more susceptible to getting breast cancer than small-breasted women. **TF**
10. Pregnancy decreases a woman's

risk for developing breast cancer.

TF
11. Women who breast-feed decrease their chances of getting breast cancer.

TF
12. "Lumpy" breasts indicate an increased risk for breast cancer.

TF
13. Most American women don't practice breast self-examination (BSE) regularly.

TF
14. Routine mammograms don't expose women to harmful doses of radiation.

TF
15. Women can get breast cancer but not prostate cancer, while men can get prostate cancer but not breast cancer.

TF
16. Breast cancer is the leading cause of cancer death in women.

TF
17. Heredity is the single most important risk factor for the development of breast cancer.

TF
18. Across all ages, white women are more likely to develop breast cancer than African-American women.

TF
19. Research has shown a direct link between smoking and breast cancer.

TF
20. Women aged 20 or older should perform a breast self-examination (BSE) at least twice a year.

TF
Check your answers on page 7

BREAST CANCER: FACTS AND FIGURES

The following information relays fact and figures based upon 1997 Breast Cancer Studies. For more information and recent updates, you should write to the address given below or visit the internet site.

NEW CASES

—An estimated 184,300 new invasive cases of breast cancer among women will be diagnosed this year in the United States.

—About 1,400 new cases of breast cancer were diagnosed in men in 1997.

DEATHS

—Cancer was related to an estimated 44,190 deaths (43,900 women, 290 men) in 1997. In women, breast cancer is the second major cause of cancer death; lung cancer is the leading cause.

—African American women are 29 percent more likely to die of breast cancer than white women.

* *Source: Cancer Facts & Figures 1997, published by the American Cancer Society, 1599 Clifton Road N.E., Atlanta, GA 30329-4251.

For more information, call 1-800-ACS-2345 or login in to:

www.nbcam.org/ : the National Breast Cancer Awareness Month official website

Remember: National Mammography Day October 16, 1998

Answers to The Breast Cancer Quiz



1. False. Most women will experience various changes in breast tissue at some time. Normal changes can be related to menstruation, pregnancy, and aging. Most breast lumps turn out to be benign or non cancerous.

2. False. Early breast cancer usually does not cause pain, so without self breast examination a woman may be unaware that a lump exists.

3. True. Breast Cancer that is diagnosed when the tumor is still localized has a 96% cure rate.

4. False. Mammography gives the physician important information about breast lumps but a tissue sample or biopsy is needed to diagnose breast cancer.

5. True. Breast cancer is the most common malignancy in American women. In the U.S. a woman's lifetime risk of developing breast cancer is about 12%. On the average the chance of developing breast cancer is about 1 in 200 by age 40, 1 in 50 by age 50, and 1 in 25 by age 60.

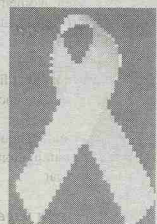
6. False. Breast Cancer Research Foundation Advice: 80 percent of the women who develop breast cancer have no risk factors or family history of the disease. The two biggest risk factors for breast cancer are older age and being a woman.

7. False. Though the disease is the leading cause of cancer death for women 35 to 54, it is often more aggressive in younger women. In general, younger women tend to have more rapidly growing tumors than older women.

8. False. Breast pain is extremely common, much more so than breast cancer. Cancer rarely causes pain until it's advanced. Breast pain is far more likely to be caused by an infection or hormonal changes than by cancer. Another source of breast pain is costochondritis, an arthritis-like inflammation of the joint between the rib and the breastbone.

9. False. The size and shape of a woman's breasts have no relationship to the likelihood of developing breast cancer.

10. True. Women who have never had children or had their first child after age 30 seem to be at somewhat higher risk for breast cancer. Numerous studies have shown that the more menstrual cycles a woman has in her lifetime, the greater her risk for developing breast cancer. Conversely, the fewer number of cycles a woman has, the less her risk. When a woman has early menarche (onset of menstruation), late menopause and no children, she is at a higher risk for developing breast cancer.



11. True. Women who have babies prior to age 30 and breast-feed their babies for six months or more tend to reduce their risk of getting premenopausal breast cancer. Breast-feeding seems to offer some protection against getting breast cancer, at least before menopause. After menopause, the protection,

of course, fades away.

12. False. It was once believed that lumpy breasts increased a woman's risk of developing breast cancer; but this is only true if lumps are caused by cell changes, as would be shown by examining a tissue sample. These irregular lumps can and do change in size and number from one menstrual period to the next. For example, women's breasts usually will become very round, swollen and tender to the touch due to the increase in hormone production that occurred just before their period. It is those hormones that produced this cyclical swelling.

13. True. Although most breast lumps are discovered by women themselves (and are benign), many of these discoveries are accidental. According to one study, almost all women (96%) know about breast-self exam (BSE), but only about 33% actually perform it regularly.

14. True. Many of the concerns regarding radiation dosage associated with mammography were raised over 10 years ago, when the radiation dosage was significantly higher than it is now. A law that went into effect in 1994 requires all mammography facilities in the US to be certified by the FDA to ensure uniform quality and safety standards.

15. False. Breast cancer is mainly thought of as a woman's disease, but men can also develop it. Male breast cancer occurs at a frequency of nearly 1/100th that of female breast cancer. According to the American Cancer Society, approximately 1,400 new cases of breast cancer in men are expected to be diagnosed this year compared to 184,300 in women. About 300 men die of the disease each year, while 44,000 women die each year. About 1 percent of all breast cancers occur in men.

16. False. Lung cancer is the leading cause of cancer death in women, followed by breast cancer. Breast cancer is the leading cause of cancer death among women aged 40 to 55, however.

17. False. Aging is the single most important risk factor for the development of breast cancer. About 77% of women with new diagnoses of breast cancer each year are over age 50.

18. True. Although white women are more likely to develop breast cancer, African-American women are more likely to die of breast cancer.

19. False. Although no studies have found a direct link between cigarette smoking and breast cancer, smoking does increase the risk for other cancers.

20. False. Breast self-examinations should be performed once a month. Also, women between the ages of 20 and 39 should have a clinical breast examination by their doctors every 3 years.





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