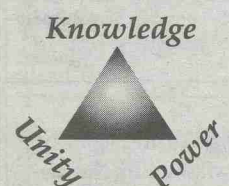


The NUBIAN MESSAGE

5 October 22, 1998
Volume VI, Edition 8

The Afrikan American Voice of North Carolina State University



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 Afrikan American Student Affairs at 515-3125 or stop by 2010 Harris Hall..

SAAC Meeting

The Society of Afrikan American Culture will have a general body meeting on Thursday, October 22 at 7pm in Room 356 of the Witherspoon Student Center.

Heritage Day

Heritage Day will be Saturday, October 24 in the Afrikan 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 Afrikan American Cultural Center's Noontime Movie will be Rosewood, Part 1 on October 22 at noon. For more information contact 515-5210.

Kappa Business Program

Kappa Alpha Psi Fraternity, Inc. will continue their Business Week on Thursday, October 22 with a program. It starts at 6:30pm in the Multipurpose Room of the Afrikan American Cultural Center.

State Announces No Further Plans to Privatize

Staff Report

The Nubian Message

Standing-room only crowd at the Oct. 7 Staff Senate meeting received assurances that no immediate changes are forthcoming on campus as a result of privatization.

Jeff Mann, associate vice chancellor for business, gave the assembly an update on the ongoing study examining whether the university could benefit from privatizing some services.

"Many activities have been reviewed and the report is primarily that outsourcing alternatives were not selected due to higher cost," said Mann, who is coordinator of the privatization study.

Some members of the crowd

questioned Mann regarding their job security in such fields as housekeeping and facilities maintenance.

"Privatization is not designated to cost people their jobs," he said.

"Privatization is an alternative available to us as an institution to initiate, if it's a more effective, more efficient way to do things. The way we beat privatization as an issue at this campus is to be the most effective, efficient organization we know how to be. We have an obligation to the taxpayers, and we have an obligation to tuition payers, and that is for us to be the best stewards of the dollars they provide us."

Some questioned whether the university even should consider privatizing services.

"(Government) is not about saving money, it's about providing services that the public demands in an efficient manner," said Jim Gagan, a senator representing the College of Agriculture and Life Sciences. "Privatization shouldn't be a question in my opinion, because the public would be going to private sources for services the government doesn't provide and they want to go to private sources for."

NC State began a three-year evaluation process for outsourcing in July 1996. The university is required to evaluate at least 50 service functions from maintenance to mail services to determine whether these services can be done more effectively and at a lower cost by private companies. Of those 50, the

university already partially or fully privatize about 30 services.

The largest privatization effort came in October 1997, when J.A. Jones Management Services Inc. of Charlotte was awarded the maintenance of facilities on Centennial Campus.

No permanent NC State employees lost their job as a result of the privatization. The 14 housekeepers and three maintenance mechanics that were affected by the outsourcing were given the opportunity to move to vacancies on main campus with the same job classification and salary.

Be A Part of a Winning Team: Become a Special Olympics Volunteer

Staff Report

The Nubian Message

Imagine having the opportunity to meet athletes from around the world. Imagine the chance to participate in the largest sporting event on the planet in 1999. Imagine the possibility to help make the dreams of thousands of athletes come true. The volunteers for the 1999 Special Olympics World Summer Games will experience all of this and much more.



Next summer, Raleigh, Durham, Chapel Hill and Cary will host the '99 Games, and people from all across the state will be lending a hand. This will be one of the largest volunteer forces ever assembled in the state of North Carolina. More than 35,000 volunteers are needed to make the '99 Games a success.

Volunteers will assist with a wide range of tasks, including media operations, transportation support, volunteer management, radio communications, competition officiating, and staffing of the World Games Festival and other non-competition sites.

According to Mary Steele-Nicholson, vice president of volunteer services, "It will be the volunteers who will really make these Games successful. We encourage everyone to donate their time and talent as we come together to celebrate."

Governor Jim Hunt has shown

his support for the World Games by issuing Executive Order 132, which provides up to eight hours of matching time for SPA employees who volunteer on their own time for the games. The University of North Carolina General Administration is considering extending the provision of Hunt's Executive Order to EPA employees.

If you volunteer, you are volunteering for three six-hour commitments, plus two two-hour training sessions, totaling approximately 22 hours to the games. An extensive application will need to be completed to participate.

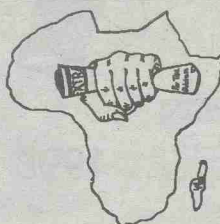
Applications are available from Human Resources (515-2135) and other sites on campus. (For other sources of applications and additional information on the games, visit the Special Olympic World Games Web site at



www2.acs.ncsu.edu/hr/99games.htm.

Employees are encouraged to solicit additional volunteers to join the NC State "group" which will be assigned to the same venues as much as possible. Our goal for this group is a total of 5,000 volunteers.

This Week

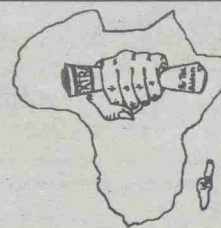


• In this week's health section, Renee Johnson, Health Editor, writes about the benefits of soy food

See *Health*, Page 6

• Shannon Jones, Culture Editor, emphasizes Katherine Dunham and Eritrea, an Afrikan country in this week's culture section

See *Culture*, Page 4 & 5



Study Looks At Stress and Memory

Staff Report

The Nubian Message

Leaving home, living among strangers and coping with newfound independence can cause major stress for college freshmen. A study by an NC State University psychologist finds the best way to deal with the stress may be to write about it.

The study, conducted last fall on 101 freshman volunteers, also suggests that using expressive-writing therapy to deal with stress may help students improve their working memory — a cognitive skill essential to problem solving, comprehension and reasoning and strongly correlated to I.Q., grade-point averages and scholastic test-taking skills.

The study was headed by Dr. Katherine W. "Kitty" Klein, an associate professor of psychology at NC State whose main research focus since 1990 has been how stress affects memory.

Although scientists for years have documented the negative effects of stress on physical health, she says, little research has been done on how stress impairs cognitive skills, particularly working memory, which she defines as the ability to maintain and process information simultaneously.

In her experiment, Klein and her associates, graduate students Adrielle Boals of Raleigh and Bill Fiss of Chapel Hill, separated 101 freshmen psychology volunteers into three groups and tested each student's working memory.

The first group was asked to write "expressively" about their

thoughts and feelings on coming to college for 20 minutes a day on three days over the course of two weeks. The second group were asked to write on a more trivial topic — what they had done for the past 24 hours. The third group wrote nothing at all. Seven weeks later, the students were tested again to measure their working memory. In the group of students who had written expressively, the scores increased by an average of 9 percent. The average improvement for the group who wrote about time management was 5 percent, and the group who had written nothing saw no change in scores.

"That such a small intervention has this impact astounds me," Klein says, noting that other researchers have found similar results. Health researchers have found there are even longer-lasting effects of expressive-writing therapy on the immune system, she says. In analyzing the students' writing samples, Klein found that students who had used the most cognitive insight words like "understand," "reason," "cause" and "why" showed the most improvement in working memory test scores. Students who wrote about daily events showed a slight improvement in scores, perhaps because they'd unknowingly evaluated the way they spent their time, she says.

"It's a natural part of human nature to make sense of what has happened," says Klein. "If you can contain it in a story, you can have control over your thoughts about

stressful events and make them easier to put behind you." She believes that once people deal with what's worrying them, it's easier for them to make decisions and solve problems.

Klein borrowed the idea of expressive writing therapy for her experiment from a book by Dr. James Pennebaker, a psychology professor at the University of Texas. "Pennebaker has shown repeatedly that writing about stressful experiences has long-term psychological and physical health gains, and for students, improvements in GPAs," she says.

To see if similar improvements to GPAs occurred among the NC State test students, Klein and her associates will, with the students' permission, examine their grades. Though this information will be useful, Klein cautions that it must not be interpreted as "proving" that expressive-writing therapy can improve grades, nor that improving a student's working memory always leads to better grades. "We are not finished analyzing all the results, so it's premature to draw any firm conclusions," she says.

To better answer that question, the NC State researchers plan to conduct another expressive-writing experiment, funded by the National Science Foundation. In the experiment, students will be given a different topic to write about, to see if similar results are produced and to find out more specifically which types of memories interfere with working memory.



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 Sufferen, 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.



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.

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

When the Negro cries with pain from his deep hurt and lays his petition for elemental justice before the nation, he is calling upon the American people to kindle about that crucible of race relationships the fires of American faith.

Mordecai Wyatt Johnson

THE NUBIAN MESSAGE

The Afrikan American Voice of North Carolina State University

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nubian_message@nmsa.sca.ncsu.edu

Events

Fri. 6	Career Fair	BLACK ALUMNI
Sat. 7	AIDS Auction	
Sat. 14	Fall Symposium	ACAAGS
Sun. 15	Fall Concert	NH
Wed. 25-30	Thanksgiving Break	
Mon. 30	Kwanzaa Week Begins	
	Raymond Lark Visual Arts Exhibition Opens	

Programs

Wed. 4	African-American Politics	AKA
Thur. 5	Rap/Hip-Hop Forum	KWU, AACC
Mon. 9	Women's Empowerment	ΦΒΣ, ΔΣΘ
Tue. 10	Talent Show	USF
Wed. 11	Cancer Awareness	ΦΒΣ
Wed. 17	Oratorical Contest	AACC
Thur. 19	Etiquette	AKA, KAF
Sat. 21	Youth Workshop	DV
Mon. 23	Heritage Lecture	HS

Meetings

Fri. 6, 20	Resident Organizations
Fri. 13	AASAC

Socials

Tue. 3	First Tuesday Jazz	
Fri. 6	Alumni Homecoming	USF
Sat. 7	Homecoming Party	NPHC
Fri. 13	Banquet	ΦΒΣ
Tue. 24	Way-Back Home Cooking Day KWU	

Look for flyers for additional information.

AFRICAN-AMERICAN CULTURAL CENTER

Office Hours
9AM - 5PM
(919) 515-5210

Library/Gallery
9AM - 5PM (M-F) 9AM-5PM (S)
1PM - 5PM (WEEKENDS)

<http://www2.ncsu.edu/ncsu/provost/aacc/>

1998

November



SPORTS

Sports Players Forgetting Why They Play The Game

By **Trey B. Webster**
Sports Editor

Sports fans might want to sit down if you're standing. The NBA lockout is still in effect with no official word on when it will be lifted. Players and owners are still in negotiations to decide the future of the league. It seems that not once, amidst all these talks, has the fan been considered. I'm talking about the millions of loyal fans who crowd stadiums and coliseums each year or hoard around the front of some television. I'm talking about the same fans who become horrified at the word "lockout," having flashbacks of other professional sports such as baseball, where half a season missed, as well as a portion of a NFL season which was lost several years ago.

Not one time have the fans been mentioned. There is possibly noth-

ing else on this earth that holds a certain power over people that sports does. This entity can almost be likened to one of the seven great wonders as it unites people who don't even know each other, yet come together as though they were old friends. Think about how many times have you went to a sporting event, and high-fived, yelled, cheered, or even booed with a total and complete stranger, when your team made a great play, or a grave mistake. How many times have your eyes welled up with tears as two countries who may be at war come together at the Olympics and represent themselves and their respective countries in good sportsmanship?

It makes you wonder how as players are signing million dollar contracts, and owners are making billions, they can just sit around and argue like children over simple issues. Instead of sitting in a room,

like adults, and working through a situation, they would rather fold their arms and lock out players, or refuse to play. They fail to realize that through their immaturity, they are hurting the fans, the ones who not only provide their emotional support, but monetary support as well through the purchasing of tickets and other merchandise, that help them to get the million dollar contracts in the first place. It's time for the owners and players to look within themselves and dig deep to find and remember why they wanted to own a franchise, or why they wanted to play in front of thousands of screaming fans, mirroring the energy of the moment. It's time for these individuals to realize that the game was meant to be played, not sold. Then, and only then, will lockouts and strikes tar the pages of history books, and not newspaper headlines.

Afrikan American Sports History: Oscar Robertson

Staff Report
The Nubian Message

Oscar Robertson was born in Charlotte, Tennessee in 1938, eventually moving to Indiana. As a teenager at Indianapolis' Crispus Attucks High School, he led his team to the prestigious Indiana State basketball title on two occasions and shortly thereafter became the first African American to play at the University of Cincinnati.

He helped Cincinnati reach the Final Four in 1959 and 1960, was named United Press International college player of the year for three consecutive seasons and set 14 major collegiate records. He is credited with attracting the recruits who led the school to two more Final Fours, including a championship in 1962. He also became the first to lead the NCAA in scoring for three consecutive seasons.

In 1960, and after participating on the U.S. gold medal winning Olympic basketball team as co-captain, Robertson signed a \$100,000 contract with the Cincinnati Royals earning Rookie of the Year honors during his initial season in the NBA. At 6'5, 210 pounds, he would become the NBA's first true "big guard".

The multi-dimensional



Courtesy Photo

Oscar Robertson

Robertson, known as the "Big O", was a textbook fundamental player and unyieldingly physical. During the 1962 season, only his second in the league he led the NBA in assists at 11.4 per game. His best season was the 1964 campaign in which he averaged 31.4 points per game, led once more in assists, shot free throws at a .853 clip and was named the league's Most Valuable Player.

Over the course of five separate seasons, Robertson averaged more

than 20 points and 10 assists per game, something no other player in NBA history has accomplished.

He was the Most Valuable Player of the 1961, 1964, and 1969 all-star games. Robertson joined the Milwaukee Bucks in time to team with Kareem Abdul-Jabbar and lead the Milwaukee to their only NBA championship, in 1971.

Robertson became the President of the NBA Players Association. Under his leadership, the NBAPA established collective bargaining with league's owner's. HE was elected the Basketball Hall Of Fame in 1979, and was named to the NBA's 35 anniversary all-time team in 1980. Robertson was also elected to the Olympic Hall of Fame in 1984.

Robertson has remained extremely visible off the court, becoming a successful chemical company as President/CEO of ORCHEM, Inc. in 1981, and starting Oscar Robertson and Associates in 1983.

He is a member of the NAACP Sports Board, a Trustee of the Indiana High School and Basketball Halls of Fame, the National Director of the Pepsi-Cola Hot-Shot Program and the President of the NBA Retired Players Association.

Men's Hoops to Start November 3

By **Trey B. Webster**
Sports Editor

After a successful season last year, the Wolfpack basketball team is hyped, ready for the season to begin, and ready to make some noise in the ACC and all over the nation. On November 3, the Pack will have its first exhibition. For the first time in two years, the Wolfpack team has an injury free roster composed of all healthy players. With Archie Miller and Justin Gainey both working hard to come back from ankle surgeries, and forward Damon Thornton who has fully recovered from his hip injury, the team is going to make great strides.

With no seniors on the squad this year, NC State will start the season with a very young team, looking for someone to step out and lead the Pack. As it looks now, it may be one of the three returning starters Gainey, Miller, or Kenny Inge. The front line consists of Inge who was the ACC's leading rebounder at 7.4 a game; 6-10 Ron Kelley, and 6-8 Damon Thornton, who is hoping to continue in the success he reaped his freshman year. Athlon, an accredi-

ed sports' magazine, rated the Wolfpack frontcourt as the fifth best unit in the nation, the Pack will have nothing to worry about in the front.

With the departure of guards C.C. Harrison, and Ishua Benjamin, the Wolfpack's backcourt is in dire need of an outside shooter. Along with guards Miller and Gainey, several other guards should be hoping to receive some playing time from the Wolfpack. Redshirt freshman Ron Anderson, and 6-5 true freshman Adam Harrington will be stroking it from the perimeter. Harrington, who has put on several pounds of muscle since signing with State, may be NC State's deadly perimeter weapon, considering he is known for being able to create his own shot.

With all of the youth and talent in this year's squad, the Pack will look to push the ball up the court more this season, and try to get some easy baskets on the break. The NC State squad is also deeper on the bench and much stronger. Hopefully, the lack of size in the backcourt will be made up for in their quickness. If last season was any projection of what is to come, Pack fans will be in for a real treat this season.

Wolfpack Looking to Upset Cavaliers

By **Trey B. Webster**
Sports Editor

On this Saturday, October 24, the N.C. State Wolfpack, 4-2 overall and 2-1 in the conference, will take on the 15th ranked Virginia Cavaliers, currently 5-1 overall and 3-1 in the conference. This will be the second straight ACC game for both teams, each coming out to make a statement. Virginia is trying to comeback from the loss they received from Georgia Tech last week. The Pack is striving to put together back to back wins in the ACC after a hard fought victory against the Blue Devils last weekend.

In order for the Wolfpack to be successful in upsetting its third nationally ranked team this year, they must watch out for the Cavaliers' key players Thomas Jones and Terrence Wilkins. They are the two leaders of the Virginia offense who is ranked #11 nationally in total offense. Although they took a drop in the polls last week, the Cav's are still a very dangerous team to be reckoned with.

The Wolfpack, on the other hand, is trying to put together back to back ACC wins, and are also hoping that they will be able to win their first win since September 6, 1997 at Duke. Once again, Jamie Barnette will be the spark of the Wolfpack offense. Barnette has not thrown a



Courtesy Photo

**NCSU Quarterback
Jamie Barnette**

interception in his last 135 attempts, and has thrown for 2623 and 21 touchdowns since the 8th game of the '97 season with only 10 interceptions, along with a 52% attempt to completion ratio.

NC State, who is number 1 in passing efficiency defense in the nation, will try to slow down Virginia's passing game, which may be just as good as State's. Hopefully, Jamie Barnette, Torrey Holt, Chris Coleman, Rashon Spikes, and Ray Robinson, will continue to play great games, as well as the Wolfpack kicking team. If this continues to happen, an ACC title will be a fast approaching one.



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 on Tuesday, 1pm to 5pm for an application.

CULTURE

Afrikan American Herstory: Katherine Dunham



Katherine Dunham has been called the "Matriarch of black dance." Her unprecedented blend of cultural anthropology

with the artistic genre of dance including in the early 1930's, produced groundbreaking forms of movement, and in the United States, established black dance as an art form in its own right.

Her professional troupe, formed in the early 1940's, was a first for African Americans, and led the way for future notables of dance the likes of the Alvin Ailey American Dance Theatre, and Arthur Mitchell's Dance Theatre of Harlem.

Born June 22, 1909, in Glen Ellyn, Illinois, near Chicago, Dunham enjoyed the security of a middle-class suburban existence for the first four years of her life. Her father, Albert Millard Dunham, was a tailor who had his own business in Chicago. Her mother, Fanny June Guillaume Taylor, who was twenty years older than her husband, was an assistant principal at a city school. Dunham's life changed drastically though, in 1914, when her mother became seriously ill and died, leaving Albert to raise Katherine and her older brother, Albert Jr. alone. Eventually, financial obligations forced Katherine's father to sell the family's home, sacrifice his business, and accept a job as a traveling salesman.

Over the next few years, Katherine and Albert Jr. stayed with their aunt Lulu Dunham and various relatives in sections of Chicago. They stayed first with cousins Clara Dunham and her 17-year-old daughter. Both were actresses, and lived in an apartment that was also used as a rehearsal space for a black vaudeville show, which they were producing. Later, they moved in with another cousin, who took Katherine to shows at the local theaters, where she delighted in the performances of singers like Bessie Smith, and dancers like the team, Cole and Johnson. These experiences gave Katherine a taste of the entertainment world that she would come to love.

When Albert Sr. came to collect his children, he brought with him a new wife; a schoolteacher named Annette Poindexter, whom Katherine later described as being, "fiercely loyal" to the Dunham children. It was an act of anger (one of many), by Albert Sr. toward his children, that ultimately caused Annette to leave her husband. After Albert Jr. departed for school at the University of Chicago, Katherine, weary of her father's rigid and over-

protective manner, also moved out to live with her stepmother.

In 1928, with help from her brother, Dunham moved to Chicago and began classes at the university along with Albert Jr., who was by now, working toward his masters degree. She continued to take dance classes and performed in several productions at the Cube Theatre, a local playhouse, which her brother had helped to establish. There she met choreographer Ruth Page, and ballet dancer Mark Turbyfill, both members of the Chicago Opera Company. Eventually, the three opened a dance studio, calling their students the "Ballet Negre," to distinguish them as black dancers. When a lack of funds closed the school, Dunham continued to study dance with her teacher, Madame Ludmila Speranzeva, whose mentoring led Dunham to dance her first leading part in Page's *La Guiblessée* in 1933.

While at school, Dunham attended a lecture on cultural anthropology where she was introduced to the concept of dance as a cultural symbol. The lecturer also mentioned that many present day dances had their origins in Africa. Fascinated, Dunham began to study the anthropological roots of dance, and after receiving the prestigious Rosenwald Foundation Fellowship, took her first field trip to the Caribbean in 1935 to study native dance. The Caribbean nations of Haiti and Jamaica provided Dunham with new insights, as the villagers who began to trust Dunham invited her to join some of their most sacred dance rituals. She would ultimately claim Haiti as her second home and even adopt their Vodou (or Voodoo) religion.

Returning to the United States in 1936, Dunham brought with her a wealth of ideas for exciting choreography, which she used in her new appointments as dance director for the Negro Federal Theatre Project in 1938, and the New York Labor Stage in 1939.

Her marriage in 1939 to Canadian-born John Pratt, a painter and costume and set designer who was white, raised some initial controversy. But the couple's obvious devotion to one another (and later, to their adopted daughter, Martinique), disarmed any skepticism from friends and family concerning the interracial marriage, which would endure until Pratt's death in 1986.

Her production, *Le Jazz Hot-From Haiti to Harlem*, in 1940, established Dunham as one of the most celebrated dynamic choreographers for Afrikan American dancers, and led to her production of *Cabin in the Sky*, her first Broadway musical.

While Dunham provided dynamic choreography for her dancers, Pratt designed spectacular sets and costumes. The Dunham Dance, enjoyed

unprecedented world-wide popularity, especially in Europe.

During the 1940's and 50's, Dunham's School of Dance became the premier training facility for Afrikan American dancers by providing instruction in dance described as "arresting," and "highly theatrical." Alumni include entertainer Eartha Kitt, actor Marlon Brando, and many others. Meanwhile, Dunham and her troupe continued to gain international acclaim, as they gave encore performances before audiences with standing room only.

In addition to touring with her troupe through the mid 1960's, Dunham answered numerous commissions to choreograph stages, television, and cinema dance performances. She made her last Broadway appearance in *Banboche* in 1962, the same year that she choreographed *Aida* for New York City's Metropolitan Opera Company. It was a production whose unorthodox choreography summoned strong, if not mixed reviews. It also brought her an offer to serve as artist-in-residence at Southern Illinois University, where she staged a brilliant production of Charles Gounod's 1859 opera, "*Faust*", after which SIU offered Dunham a permanent position with the university as Visiting Artist in the Fine Arts Division.

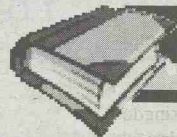
Upon her acceptance, Dunham consented to house her extensive professional memorabilia nearby at SIU's East St. Louis branch. In St. Louis, Dunham was overwhelmed by the destitution of the area's population, which was predominantly black.

She was also struck by the obvious signs of anger and hostility among the city's youth. Believing dance to be "concerned with the fundamentals of society," Dunham secured funding for the creation of the Performing Arts Training Center, a school designed to offer city youth constructive alternatives to violence. The school opened in 1967, and in 1970, Dunham took 43 children from the school to Washington, D.C. to perform at a White House Conference on Children.

In more recent years, Dunham has enjoyed still more commendations for her outstanding work in the field of dance. She acted as advisor on the First World Festival of Negro Arts, held in Senegal in 1965 and 1966. In 1980, she was the subject of a television special entitled, "*Divine Drumbeats: Katherine Dunham and Her People*." She received the Kennedy Center Honors Award in 1983, and has also been inducted into the Black Filmmakers Hall of Fame. In 1989, Dunham was given a star on the St. Louis Walk of Fame for the field of Acting and Entertainment.

James Earl Jones

The love of
READING
and book
LEARNING
is our bone
memory.



Know Thyself

A person who knows not
And knows not that they knew not
Is foolish—disregard them

A person who knows not
And nows that they know not
Is simple—teach them.

And a person who knows not but
(Still) believes that they know
Is dangerous—avoid them

A person who knows
And knows not that they know
Is asleep—awaken them

A person—who knows
And knows not that they know
Is wise—follow them.

All of these persons reside in you
Know thyself
And to the Most High be true

"Nile Valley Contributions to Civilization"

Afrikan American Quotes

Give yourself to yourself before you give yourself away.

Everything you require to live in balance is within you at this very moment.

Your most difficult relationships offer you the greatest opportunity for growth and change.

Staying centered in each moment puts you in charge of your life.

Your mind is a prolific author: what you believe composes your life.

Afrikan Country Profile: Eritrea

Independence: May 25, 1993

Capital: Asmara

Currency: Ethiopian Birr

Area: 46,761 sq. mi.

Population: (1996 estimate) 3.1 million

Religious groups: Muslim 50%,
Monophysite Christian 35%, Animist
15%

Languages spoken:

Eritrea was an integral part of the kingdom of Aksum and has shared its destiny with Ethiopia. Islamic colonists became established in the coastal area. Consequently, the Arab domination of the region lasted until the later half of the nineteenth century, when Egyptians settled in the area.

Founded in 1890 by the Italians, the colony of Eritrea was annexed by Ethiopia after World War

II. For years the Eritrean People's Liberation Forum waged a struggle for

independence that was eventually won on May 25, 1993.

Once a marvel, Asmara, the capital city was built by Italians in the 1920s. During conflicts between Soviet-backed Ethiopian troops and Eritrean rebels, Asmara's railway system was destroyed. Upon gaining independence, the former rebels, along with hundreds of other local workers, discovered all the missing parts in order to reassemble the crucial rail link and repair the vintage steam locomotives.

The system was to be readied by 1997. Meanwhile, hundreds of exiles returned, bringing with them necessary capital and technological expertise. The ruling party, People's Front for Democracy and Justice and the country's president, Isais Afewerki, have promoted privatization and encouraged foreign investors to do business in Eritrea. The events have led many to consider the new

When we don't
nourish the Spirit in
us, we become
estranged from
ourselves and may
try to satisfy our
natural hunger for
communion in
harmful ways.

Nubian Trivia

1. Who was the first Afrikan American woman editor of a major daily newspaper?
2. Who was the first settler of the city of Chicago?
3. Who was the first Afrikan American college president?

Quiet Time

I thank you, Lord, for quiet time
I spend alone with you.
We talk about my hopes and fears
And all I want to do.
We chat about my troubled times;
The promises I just don't see,
The mysteries buried within your Word
And how they pertain to me.
You're my comfort and companion.
When there's no one else around.
You hear my prayers and "groanings"
When I cannot make a sound.
I lie in bed in the quiet night
And as I fall asleep
I feel your presence surrounding me,
My safety for to keep.
Though sometimes I feel lonely and wish
There was someone here with me,
I thank you, Lord, for our precious time
When I am alone with thee.

by Wanda L. McCrae.

A lot of young people I meet do not know what they want to do with the rest of their lives, while it's getting later and they're under pressure to make a decision. It's for them not to worry, but to be well prepared, open, and educated. Learn as much as you can about everything. It's hard to tell young people to be patient, but that's what they need to be.

Judith Jamison

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

* Welcome and give assistance to
first year African American
students

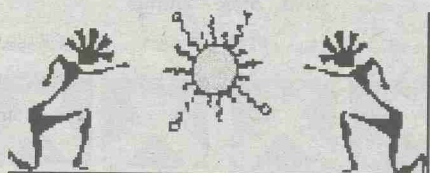
* Receive a salary

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Bragaw Residence
Hall

For more information,
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515-3125 or drop by 2010
Harlow Hall

All sessions to be held in Room 375,
Witherspoon Student Center

Interested in being a culture writer
for The Nubian Message, then call
515-521 and speak with Shannon
Jones, Cultural Editor or stop by
Room 372 of The Nubian Message for
an application.



HEALTH

Soy Food is Good Food

By Renee Johnson
Health Editor

In the last issue, we explored the issue of Breast Cancer and its affect on Afrikan American women. As October is National Breast Cancer Awareness month, we have decided to further enrich you on the perils of the illness and ways to lessen your risk of developing the disease.

Many doctors and researchers have devised ways to decrease the threat of breast cancer. Some of these individuals have even written and published books, journals, and articles about breast cancer prevention. One reoccurring subject throughout the vast majority of these publication is the suggestion of the

intake of soy-based foods. Soy contains a chemical or isoflavone called genistein that has been found to help fight cancer. As a result, many women (and men) are actively adding more soy in their diet.

Estrogen, commonly known as the reproductive hormone that regulates a woman's menstrual cycle and fertility, is also what prompts normal breast cells to multiply, mutate and become cancerous in certain circumstances.

Every time estrogen comes into a breast cell, the cell divides more and since breast cell division is one of the less-than-perfect processes in your body, it can sometimes function improperly, which eventually leads to cancer. It is at this point where soy protein comes in.

Genistein, which composes soy, helps prevent high levels of estrogen in breast cells.

There are many products on the market today that contain genistein. Some of these include soy burgers, tofu, soy milkshakes, soy nuts, and flax seed (the latter having a greater content level). In addition, there have been other products to evolve over the past few years as research continues to show soy protein's implications. And of course, we find soy in our favorite American food, including burgers, pancakes, cakes (made from soy flour), sloppy joes, tacos, smoothies and the list goes on. Listed below is a deliciously simple soy-based recipe that is low in fat and calories.

Applesauce Cake

- 1 3/4 cups sugar
- 1/2 teaspoon allspice
- 1 1/2 cups unbleached flour
- 1/2 teaspoon nutmeg
- 1 cup soy flour
- 1/4 teaspoon baking powder
- 1 1/2 teaspoons baking soda
- 2 cups applesauce
- 1 1/2 teaspoons salt
- 1/2 cup vegetable oil
- 1 teaspoon cinnamon
- 1/2 cup soft tofu
- 1/2 teaspoon cloves
- 1 cup raisins, chopped

Preparation instructions:

Preheat the oven to 350°F. In a large bowl, combine the sugar, unbleached flour, soy flour, baking soda, salt, cinnamon, cloves, allspice, nutmeg, and baking powder; mix thoroughly. Add the applesauce vegetable oil; mix well, then beat about 300 strokes.

In a small bowl, mash the tofu until creamy; add to the batter. Beat the batter about 300 strokes. Fold the raisins into the batter. Pour the batter into a 9-by-13-inch nonstick baking pan. Bake for 45-50 minutes. Cool before serving.

Yield: 18 servings.

Per serving: 240 calories; 2 grams protein; 7 grams fat, 44 grams carbohydrate; 24% fat.

courtesy of SoyFoods Cookbook <http://soyfoods.com/recipes>

Afrikan American History: Jocelyn Elders

Staff Report

The Nubian Message

Jocelyn Elders (1933-) received dubious honors as the first Afrikan American and the first woman to serve in the position of US Surgeon General.

Born in Arkansas to a sharecropping family, Elders attended Philander Smith College and then had a stint in the US Army from 1953-1956. In 1960, she graduated from the University of Arkansas Medical School (the only Afrikan American female), with a specialty in pediatrics. She then returned to the University of Arkansas Medical School as a professor.

In 1987, Bill Clinton, then governor of Arkansas, appointed Elders to the office of Director of the Arkansas Department of Health (again she was the first Afrikan American and the first female to hold this office). During her service

as director, Elders worked for increased medical care for school children and the elderly. She also began advocating the distribution of condoms to teenagers in an effort to reduce their risks of pregnancy and becoming infected with AIDS. Combined with her strong pro-choice views on abortion and adamant support of the medical use of marijuana, Elders programs and philosophies sparked considerable controversy in Arkansas.

Nonetheless, after a fairly lengthy debate in her confirmation hearing because of her support of condoms, sex education and her position on abortion, Elders succeeded to the office of US Surgeon General, after being nominated by President Clinton in 1993.

Eventually, her outspokenness and her radical views began to erode support from those who had previously stood behind her. These issues included legalizing drugs as a possi-

ble solution to drug violence, continual support of broad sex education in schools, and issued various controversial statements about guns, homosexuality, and other issues.

In 1994, during the World AIDS Day at the United Nations, the controversy over Elders reached its apex when Elders suggested that masturbation should be encouraged as a way to prevent teenagers from engaging in other sexual activities. The next day, Bill Clinton demanded and received Elders' resignation. Elders stated that she did not regret anything she said.

Since her departure from the office of Surgeon General, Elders returned to her post as professor at the University of Arkansas Medical School and continues to openly express her views on the issues that she feels concerns the youth of our nation.

Diabetes: What You Don't Know

By Bene Dupree
Health Writer

Many Afrikan Americans love to eat a variety of foods that we often find very appealing in taste. We all look forward to Sunday dinner at grandma's, filled with all of the family favorites such as fried chicken, collard greens, homemade buttermilk biscuits, and the list goes on. Besides their favorable taste and the occasional indigestion, these foods give us more than we actually realize, and for some Afrikan Americans, something to think about the next time you sit down for a meal.

Usually, when we think of a good meal, we think of anything that tastes good and fills us up. The truth remains that the many of the foods we enjoy are detrimental to our health. Many of these foods can lead to illnesses, including the infamous diabetes. Diabetes is still a growing problem in the Afrikan American community and has tripled in the past thirty years with over 3 million diabetics. Type II diabetes which is the most common form, is the body's inability to use the insulin produced properly. Over 80 percent of Afrikan American mothers who are expecting will develop gestational diabetes before giving birth.

It has been observed that Afrikan Americans' experience the more serious effects of diabetes such as amputation, blindness, and kidney failure. Diabetes contributes to 25 percent of cardiovascular disease seen in men and 60 percent seen in women.

Although diabetes occurs in adults over 45, youth are not exempt from this disease. Diabetes is neither a middle aged or obese person's disease. Although prime targets of diabetes are overweight and inactive persons, diabetes is greatly hereditary. Any linkage of diabetes in a family can pose a possible inheritance of the disease.

Just because a person is diagnosed with diabetes does not mean the worst has come. Their life by no means was ended with the right the diagnosis. Many people are diagnosed borderline diabetic everyday. Diabetes can be controlled simply by the way you eat and the amount of exercise incorporated daily. Granted 10k runs are not for everyone, but we all could benefit greatly from daily exercise in some way. Of course, any change in your lifestyle will not take place overnight. Change is a gradual process that begins with a commitment. It takes a commitment to a healthier lifestyle.

There are several ways to begin gradually. You can first start by minimizing the amount of high fat foods eaten each week. These food include french fries, burgers, fried chicken, any fried foods, and basically anything in grandma's kitchen. You could also cut back on carbonated drinks, fruit juices and other drinks that are high in sugar and calories. Water can be substituted for any drink, with a healthy diet of at least eight 8 ounce glasses of water per day. And, instead of sleeping after eating, that time can be used more constructively by taking a brisk walk or a light jog. Even a light walk up and down a flight of stairs can get the heart pumping.

There is a saying that reads "Nothing worth having comes easy in life." Good health is one of those things. Sacrifices have to be made, and changes have to occur. These are but only small prices to pay for a long, healthy life.

Please Join Our "Rally to Stamp Out Breast Cancer"

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Charlton Heston, Actor
Pam Valvano, The V Foundation
Kay Yow, NC State Women's Basketball Head Coach
Lauch Faircloth, U.S. Senator

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Contributions from: Sigma Kappa and Zeta Tau Alpha Sororities



NC STATE UNIVERSITY

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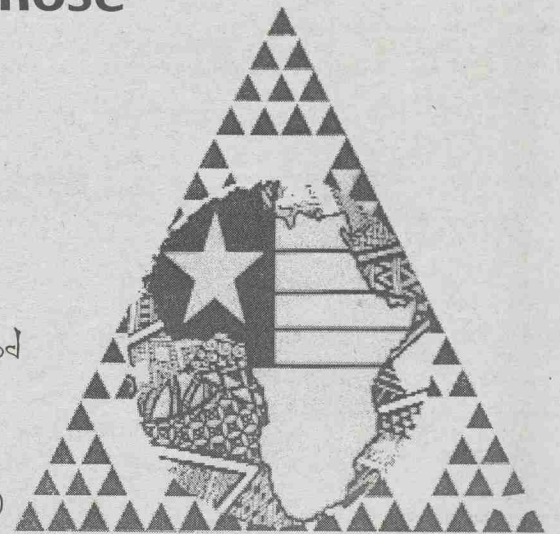
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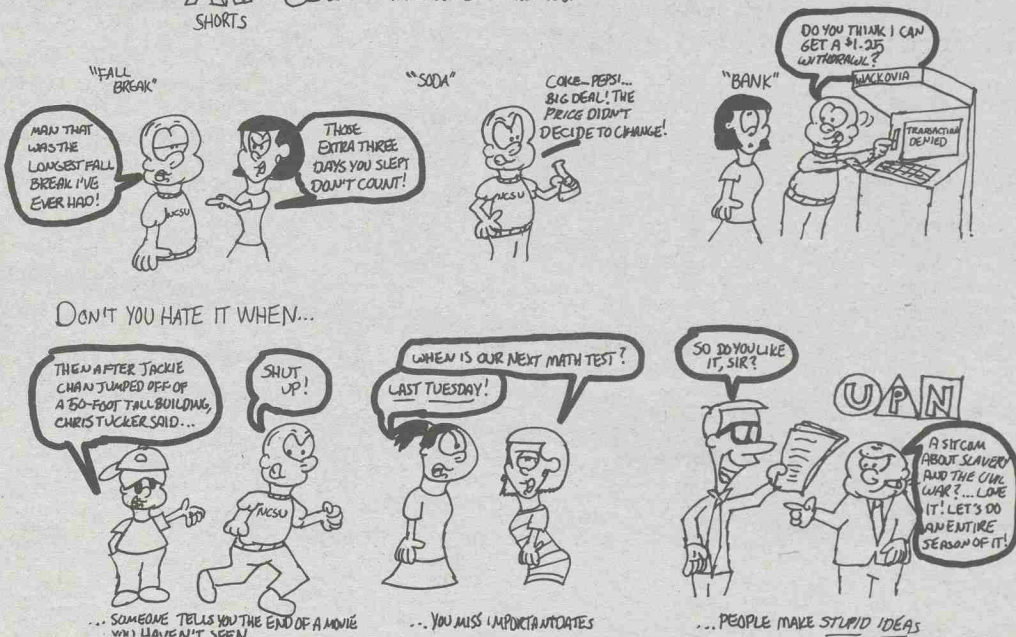
AFRICAN-AMERICAN CULTURAL CENTER



African-American Heritage Society

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