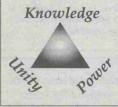
# The NUBIAN MESSAGE

October 29, 1998 Volume VI, Edition 9



#### 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 November 10 at 5:00 and November 23 at 6:30 in the Witherspoon Student Center. For more information, please contact Afrikan American Student Affairs at 515-3125 or stop by 2010 Harris Hall

#### Delta Sigma Theta

As a part of Delta week, Delta Sigma Theta Sorority Incorporated will sponsor a program tonight in the Multi-Purpose Room of the Afrikan American Cultural Center entitled The Black Family, beginning at 6:30 p.m. They will conclude their week Friday, October 30 will a movie of viewers choice at 2:30 in the Multi-Purpose Room.

#### Afrikana Studies Courses

Afrikana studies courses are listed on page 2. Please make sure you sign up for one of these classes as you register for the Spring 1999 semester. One additional course is not listed: ENG 492R or MDS 496R: Afrikan American Cinema taught by Dr. Maria Pramaggiore on Tuesday and Thursday from 2:35-4:25 p.m

For more information call 515-4138 or e-mail Dr. Pramaggiore at maria\_p@unity.ncsu.edu. The film studies web page is at:

http://www2.ncsu.edu/ncsu/ chass/film

#### The Afrikan American Voice of North Carolina State University

#### Center Stage to Bring Senegal Dance Troupe to Stewart Theatre

#### By Carolyn Holloway

Managing Editor

"Exuberance" is the word used to describe the reviews received about the Le Ballet National du Senegal, the premier company performing the traditional dances and music of West Afrika.

Sponsored by NCSU Center Stage, Le Ballet National du Senegal will perform at Stewart Theatre, NC State University on Saturday, November 7 at 8 p.m

Founded by poet and national leader Leopold Senghor in 1960 (the year of Senegal's independence), Le Ballet National du Senegal has been acclaimed worldwide, including 21 sold-out tours to North America. Members of the troupe travel throughout Senegal learning the music and dances of Senegal's fitten ethnic nations to enrich their programs and preserve the West Afrikan cultural heritage.

"A typical performance by this group can unstuff the stuffiest shirt."

The Washington Post

The title of this North American tour is, Pangols—a word derived from the West Afrikan national lan-



guage Wolof, refers to the spiritual nature of all beings and things. Whether exploring the spiritual relationship between man and his environment or telling a story or celebrating a movement or music form, each dance in the program expresses a meaning.

In traditional West Afrikan culture, the animate and inanimate alike are possessed of spiritual aspects—good and evil spirits which control personality and behavior, circumstances and outcomes

The eleven sections of the performance include (among others): one song dedicated to a famous war chief who resisted the French incursions in West Afrika; Keme Bourama Song, a celebration of an Afrikan festival; Khaware, a recreation of a legendary dance compettion from Cnakaro in Guinea-Bissau; Balanta, and the exciting finale; Mandikole, featuring virtuosic dances from two distinct ethnic cultures in the ancient Empire of Mali.

Musical accompaniment for Pangols is provided by the Ballet National du Senega's ensemble of drums and traditional instruments including the Kora, a 21-string melodic harp made from a large gourd and the Balafon, which resembles a marimba. This live music onstage is the spine of the performance bringing together dancers and musicians as well as performers and spectators.

Tickets are \$13.50 for faculty/staff, \$6 for students, \$21 for reserved general public, \$17 for general public and \$8.50 for non-NCSU students. Tickets can be purchased at Ticket Central, on the 2nd floor of the Talley Student Center or can be reserved by calling \$15.1100.

For more information call 515 1100.

"Looking for the origin of the jitterbug, frug, charleston, shimmy and shake, and maybe even the spiritual roots of dance? Look to Senegal. With heads bobbing, feet stomping, and bodies throbbing, Le Ballet National du Senegal exploded onto [the stage], their music and movement evoking the spirit of West Afri[k]a but laying claim to the dances of Afri[k]an America."

## NC State to Offer Educational Travel Home and Abroad

#### Staff Report

The Nubian Messag

North Carolina State University will offer educational trips to adult travelers to more than two dozen countries and regions in 1999. The trips are sponsored by the university's Educational Travel and General Interest Studies (ETGIS) office. Each of these trips features a

Each of these trips features a professor from NC State or a partnering university who provides educational discussions about the destinations that the participants are visiting. Some of the NC State professors include Dr. David Greene, an expert on art and society; Dr. Helga Braunbeck, an expert on German language, culture and literature; marine education specialist Dr. Lundie Spence; and film teacher Dr. Joe Gomez.

Destinations for the trips include Alaska; Antarctica; the Amazon; Canada; China; Costa Rica; England; Egypt; Central Europe; Galapagos Islands and Ecuador; Germany; Greece;

Indonesia; Ireland; Israel; Italy; Kenya; Morocco; Nepal; the North Pole; Nova Scotia; Peru; Scotland; South Africa; Turkey; Washington, D.C.; Williamsburg, Va.; and an around-the-world odyssey.

Prices for the trips start at









\$1,029 and include meals, firstclass accommodations, airfare from the tours' departing cities and many learning experiences at the destinations. The trips last from 6 days to three months, and many are offered several times during the year. Any interested party is eligible to travel with this program; an affiliation with NC State is not required.

"These trips are a refreshing alternative to the standard travel package," says Chip Futrell, coordinator of ETGIS. "For adult travelers looking for more than sightseeing and sandy beaches, our overseas programs offer opportunities for first-hand education about international culture and customs through on-site lectures, seminars and field experiences."

For more information, contact Educational Travel and General Interest Studies, North Carolina State University, Campus Box 7401, Raleigh, N.C. 27695, phone (919) 515-8185, fax (919) 515-7614. You can send e-mail to chip\_futrell@ncsu.edu. Information is available on the Web at http://www2.ncsu.edu/etgis/.



 Sports Editor, Trey Webster takes a look at the matchup between Clemson and State in the Textile Bowl.

See Sports, Page 3

• In this week's health section, Renee Johnson, Health Editor, writes about the getting your flu shot and when to tell if you are really hungry

See Health, Page 6



#### NC State Launches The Center for Global Competitiveness

Staff Report
The Nubian Message

North Carolina State University launched The Center for Global Competitiveness on Monday, Oct. 19, with a series of talks by Dr. Laura D'Andrea Tyson, renowned international economist and dean of the Haas School of Business at the University of California at Berkeley.

Tyson led a student and faculty roundtable discussion on "The Global Economy and the Future" from 2 to 4 p.m. in the Ballroom of the Talley Student Center on the university campus.

At 8 p.m., Tyson delivered a major address on global competitiveness at a dinner at the North Carolina Biotechnolgy Center in Research Triangle Park. Guests included NC State Chancellor Marye Anne Fox, university officials and corporate and government partner marking the founding of the center.

Tyson served as National Economic Adviser and chair of the National Economic Council during President Bill Clinton's first term. She also served on the president's National Security and Domestic Policy councils. Tyson provides frequent economic commentary for BusinessWeek, The Wall Street Journal and The New York Times.

The center for Global Competitiveness, located in the university's Office of International Programs, was approved by UNC System President Molly Broad and the Board of Governors earlier this year. Plans call for it to be located on the university's Centennial Campus, which fosters partnerships with business and government organizations.

Dr. Leonard Bull, director of the center and NC State International Programs, said the center will provide leadership in preparing students for the world marketplace and serve as a resource for North Carolina

businesses seeking to expand export markets. It also will facilitate the transfer of appropriate research and technology to stimulate economic development for the state; help improve the skill base of the North Carolina labor market; and increase the number of international companies doing business in the state.

"We think the Center for Global Competitiveness will serve the landgrant mission of NC State by leveraging our strengths in areas of science, technology and engineering to stimulate the economic development and prosperity of our citizens in the global marketplace," he said.

Bull said NC State is in a unique position to take a lead role in moving North Carolina toward global competitiveness. Each college has a strong international component with established research initiatives around the world, and an increased number of student scholars are seeking study abroad experiences to prepare themselves for real-world

The AACC is sponsoring its annual ORATORICAL CONTEST, Tuesday, November 17 at 7 p.m. in the Multipurpose Room of the Afrikan American Cultural Center. Contestants

cultural Center. Contestants will need to deliver at 5-7 minute speech on the theme: "Manning the Post! Forever Vigilant for Freedom." Cash Prizes will be awarded to first, second, and third place finishers. The first place winner will the contest of the contes

represent NC State in the annua MLK Jr. Cultural Festival College Oratorical Contest in (#)

With only the permission of our ancestors and our elders do we proudly print this and all editions of The Nubian Message. Always keeping in mind and spirit:

Dr. Yosef ben-Yochannan, Dr. John Henrik Clarke, Dr. Leonard Jefferies, The Black Panther Party, Mumia A. Jamal, Geronimo Pratt, Dr. Lawrence Clark, Dr. Augustus McIver

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

# Fit. 6 Career Fair Soft. 7 AIDS Auction Soft. 14 Foll Symposium ACAAGS Sun. 15 Foll Concert Wed. 25-30 Thanksgiving Break Mon. 30 Kwanzaa Week Begins Roymond Lark Visual Arts Exhibition Opens PORTS Wad. 4 Africon-American Politics Kwan, Arts Rozhfiel-Rop Forum Women's Empowerment Use 10 Tolend Show Wed. 11 Concert Awareness Wed. 17 Concert Concert Wed. 18 Concert Wed. 17 Concert Wed. 18 Concert Wed. 18 Concert Wed. 19 Concert Wed. 19

## THE NUBIAN MESSAGE The Afrikan American Voice of North Carolina State University

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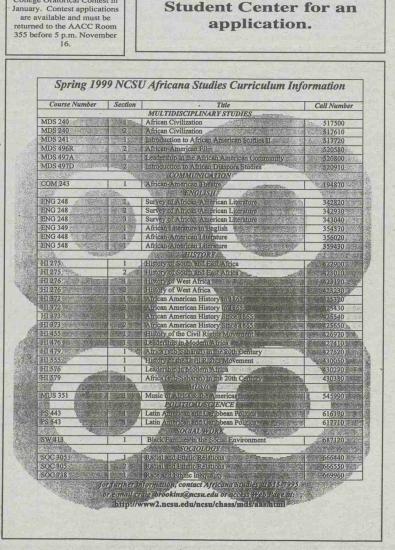
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# PORTS

#### State Looks to Rebound in Textile Bowl

By Trey B. Webster Sports Editor

Following the disappointing loss the Wolfpack received at the hands of Virginia on last Saturday, Coach Mike O'Cain, and the NC State team is busy preparing themselves for the Halloween showdown between the Clemson Tigers.

Clemson, who has no hope of a winning season this year after yet another loss to Duke on last week, will be trying to salvage a win anywhere they can get it. Though they have struggled as of late on the offensive end, Clemson's defense is ranked #18 in the NCAA against the run, allowing only 110 yards per game, and are also ranked 25th in total defense nationally.

Behind seniors Antwan Edwards, and Adrian Dingle, the defense is one of the stingiest in all of college football. Clemson's problem on offense is that there has been turnovers and an inability to get the ball consistently to it's receivers.

Junior quarterback Brandon Streeter, the leader of the Tigers offense, has a wavering tendency to be ranked among the best at times, and at other times can be stricken with the turnover bug. This is shown in the Tigers rushing game, currently ranked 91 in the NCAA, averaging only 112 yards per game. This explains the offense who is ranked #101.

Though they may have struggled in the running areas, their kicking game is much deadiler than that the of the Pack. The Tiger's kicker Kevin Laird, averages 42 yards per attempt in punting, and along with David Richardson, who has connected on 7 of 11 field goals, has a kicking game that is one to be reckoned with. Clemson, who was diagnosed

with the case of the injury bug interceptions, the Pack defense may



Ray Robinson hopes to be one of the leaders of the Pack

against the Blue Devils, will be healthy with the exception of lineman Terry Bryant.

The Pack is hoping to be able to pull together one more time, trying once again to win a road game, for the first time in over a year. A victory would put NC State over .500, in the ACC and push them closer to the six they need to qualify for a bowl game. If they lose, their con tention to be in a bowl game would be in serious jeopardy, and may hurt Torry Holt's chance for the

Winning 7 of it's last 10 games the Wolfpack offense has continued to be ever so consistent. Still ranked nationally in offense at 21, the Pack has averaged 443 yards of total offense per game, and slightly over 30 pts per game. With Clemson committing 22 turnovers this year, the NC. State defense should have a field day. Currently ranked nationally at #6 in passing efficiency defense and second in

be the key to a win.

Following behind the example set by quarterback Jamie Barnette, the passing game has shined. Barnette, last week, threw his first interception in his last 180 attempts. The kicking team has continued to have problems being next to last nationally at 111th. Hopefully, the Pack will not have to execute another comeback game, a characteristic that has epitomized NC State since Coach O'Cain joined the club in 1993.

Junior Chris Coleman, along with Torry Holt, is ranked #32 nationally in receiving yards and is hoping to once again step up and help take some of the pressure off the rest of the receiving core.

Though Rahson Spikes is still hurt until the Maryland game, true freshman Ray Robinson will continue to burden most of the load, especially after his great performance he put up against Virginia. If the Pack can put together a complete game, it will be Death for the Tigers in Death

#### Afrikan American Sports History: Arthur Ashe

Staff Report The Nubian Message

(1943-1993)

One of the greatest tennis players very to play the game was none other than Arthur Ashe. Born in Richmond, Virginia, Ashe learned the game of tennis at the Richmond Racket Club, a club that was formed by local black enthusiasts. Dr. R.W. Johnson, who had also served as an advisor and benefactor to Althea Gibson, sponsored Ashe's tennis areer, spending thousands of dolars of his own money and a great deal of time with him

By 1958, Ashe reached the semifinals in the under-15 division of the National Junior Championships. In 1960 and 1961, he won the Junior Indoors Singles title. He was ranked 28th in the country even efore he finished high school

In 1961, Ashe entered UCLA on tennis scholarship. He was on his way to winning the United States Amateur Tennis Championship and the US Open Tennis Championship, in addition to becoming the first Afrikan American to be named to a Davis Cup Team,

In 1975, Ashe was recognized as one of the world's greatest tennis players, having defeated Jimmy Conors at Wimbeldon, in addition to taking the World Championship Tennis (WCT) singles title over Bjorn Borg.

In 1979, at the age of 35, Ashe suffered a heart attack. Following quadruple bypass heart surgery



Ashe retired from active tennis. He began writing a nationally syndicat column and contributed monthly articles to Tennis Magazine. He wrote a tennis diary, "Portrait in Motion" and his autobiography "Off the Court," and the book "Advantage Ashe." In addition, he compiled the historical work "A Hard Road to Glory: A history of the Afrikan-American Athlete.

Arthur Ashe was named captain of the US. Davis Cup team in 1981 He was a former president and active member of the board of direc tors of the Association of Tennis Professionals, and a co-founder o the National Junior Tennis League Late in his career, he also served as a television sports commentator.

In April 1992, Ashe announced that he had contracted AIDS as the result of a tainted blood transfusion received during his heart-bypass surgery. The tennis great died on February 6, 1993, leaving behind a legacy of memories to family and

#### Joe Louis: A Man of His Time

Staff Report

The Nubian Message

(1914-1981)

Joe Louis held the heavyweight championship, for more than 11 years, longer than anyone else in boxing history and defended the title more often than any other heavyweight champion. His 25 title fights were more than the combined total of the eight champions who preceded him.

Born on May 13, 1914, in a sharecropper's shack in Lexington, Alabama, Louis moved to Detroit in his youth. Taking up boxing as an amateur, he won 50 out of 59 bouts (43 by knockout), before turning

professional in 1934. He quickly gained a reputation in the Midwest In 1935 Louis came East to meet

Primo Carnera, former boxing champion who was then staging a comeback. Louis knocked out Carnera in six rounds, earning the nickname, "The Brown Bomber. After knocking out ex-champion Max Baer, Louis suffered his lone pre-championship defeat at the hands of Max Schmeling, the German title holder who knocked him out in the twelfth round. Less than a month later, Louis knocked out another former champion, Jack Sharkey, in three rounds. After defeating a number of other challengers, he was given a title fight with Jim Braddock on June 22. 1937. He stopped Braddock in the eighth round, and began the long championship reign that was to se him defending his crown as often as six times in six months.

One of Louis' greatest fights was his 1941 come-from-behind thir teenth-round-knockout of Billy Conn. After winning a disputed decision over Joe Walcott in 1947 Louis knocked out the Jersey challenger six months later, and then went into retirement. Joe Louis died April 12,1981 at the age of 67.



N.C. State 1998-1999 Basketball Team

#15 Ron Anderson

#32 Keith Bean

#12 Justin Gainey

#23 Adam Harrington

#21 Kenny Inge

#5 Brian Keeter

#40 Ron Kellev

#4 Carl Lentz

#11 Archie Miller

#3 Damon Thornton

#25 Tim Wells

#33 Cornelius Williams

# CULTURE

## Afrikan American History:

Dorie Miller

Bennie J. McRae, Jr Guest Writer

.... one of the first heroes of the war in the Pacific



Afrikan Americans had been an integral part of the U. S. Navy since the days of John Paul Jones, however, they were restricted to the steward's branch when the United States entered World War II.

Despite the restriction, on December 7, 1941 when the Japanese made their infamous sneak attack at Pearl Harbor, a Black messman, Dorie Miller took over a machine gun aboard the Battleship West Virginia and turned it on the Japanese and became one of the heroes of the day.

Dorie Miller, a native of Waco, Texas, was looking forward to having a quite and peaceful day as a mess attendant due to the fact that most of the officers and crewmen of the West Virginia and the other eight battleship that were moored in the harbor, were spending the weekend ashore or asleep aboard.

At the onset of the attack, Miller and Ensign Edmond Jacoby made their way to the deck, and encountered Lieutenant Commander Doir Johnson who asked Miller to come along and assist in caring for the ship's skipper, Captain Mervyn Bennion. The skipper had been seriously injured when a splinter from a bomb that hit the Battleship Tennessee raked the bridge of the West Virginia. Johnson and Miller lifted the skipper and carries him from an exposed position to a sheltered spot behind the conning tower.

Ensign Victor Delano spotted two inactive machine guns and recruited another officer and a seaman to activate the guns and attack the invading enemy planes. Mess Attendant Second Class Miller was to supply them with ammunition. As Delano's attention was attracted elsewhere, Miller began firing a stream of bullets at the Japanese planes that roared over the deck.

Even though he had never been trained in the operation of a machine gun due to a rigid segregated Navy policy, Miller continue to fire away. An accurate assessment of Miller's astonishing marksmanship was impossible to determine due to the confusion of the battle. However, he was officially credited with downing two Japanese planes. Some witnesses insisted that he had disposed of as many as six.

Miller was honored as one of the first heroes of World War II, and six months later the Navy Cross was pinned on his chest by Admiral Chester W. Nimitz, commander in chief of the Pacific Fleet. He was cited for his "distinguished devotion to duty, extreme courage, and disregard for his own personal safety during the attack."

Almost two years later on Thanksgiving Day of 1943, Miller, one of many Blacks who deserted the galleys and washrooms o engage the enemy, went down with most of the seven-hundred-man crew of the aircraft carrier Liscombe Bay after being hit by a Japanese torpedo.

## Susan Eaylor

"You bring about new beginnings by leaving behind those things that compromise your wholeness"



#### A Thought From My Mind

How shall I begin
learned that my color izn't a sin
but itz what makes me strive 2 win
win over all the stereotypes & hypes
about whats really right
I say just follow the liez
the truth liez right behind HIS story

4 all the hourz, dayz, & yearz of our ancestors blood, sweat, & tearz I say 2 all my peerz az well az my friendz the struggle will soon end...........

GLORY iz truely ourz

## This Week in Afrikan American History

#### October 25

• Benjamin O Davis becomes the first Black general in US Army, 1940

#### October 26

• Mahalia Jackson, gospel singer, born, 1911

#### October 27

• DB Downing, inventor, patents his street letter box, 1891

#### October 28

• Levi Coffin, founder of The Underground Railroad, born, 1798

#### October 29

• Supreme Court orders end to all school segregation "at once", 1969

#### October 30

• Richard Arrington elected first Black mayor of Birmingham, Alabama, 1979

#### October 31

William Henry Lewis, football player, named All-American, 1893



Word is bond. Bond is life. You shall be willing to give your life before your word shall fail.

**Busta Rhymes** 

## For Your Life

October is National Domestic Abuse Awareness Month.

#### Afrikan American Proverbs

Tell the truth and shame the devil.

If you've got a lot money, you'd better satt it down.

The higher the monkey climbs, the more he shows his behind.

You can read my letters, but you sho' cain't read my mind.

The blacker the berry, the sweeter the juice.

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

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

## Afrikan Country Spotlight

### Central Afrikan Republic

Independence: August 13, 1960

Capital: Bangui

Currency: CFA franc

Income: (per capita US\$) 440 (1990)

Area: 242,000 sq. mi.

Population: (1991 estimate) 2.9 million

Illiteracy: 62% (1991)

Ethnic divisions: More than 80 groups, including Baya 34%, Banda 28%, Sara 10%, Mandja 9%, Mboum 9%, M'Baka 7%

Religious groups: Traditional belief 35%, Protestant 25%, Roman Catholic 25%, Muslim

15%

Languages spoken: French (official), Sangho

(national)

International relations: UN, OAU, EC

Form of Government: One-party system (1996) Exports: Coffee, cotton, diamonds

The first Europeans to settle in the area that is now the Central Afrikan Republic were the French. In 1889, the French established an outpost at Bangu. United with Chad in 1906, the outpost formed the Oubangui-Chari-Chad colony.

In 1910, it became one of the four territories of the

Federation of French Equatorial Afrika, along with Chad,

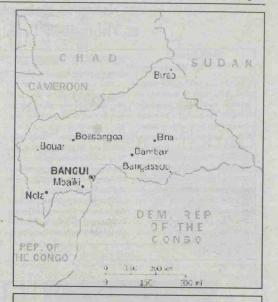
Congo (Brazzaville), and Gabon. However, a constitutional referendum of September 1958 dissolved the federation. The nation became an autonomous within the newly established French Community on December 1, 1958, and acceded to complete independence as the Central Afrikan Republic on August 13, 1960. The first president, revered as the founder of the Central Afrikan Republic, was Bathelemy Boganda.

Gen. Jean-Badel Bokassa, who embarked on a reign of terror, proclaiming himself "emperor", overthrew Boganda's successor, David Dacko, in 1966. A 1981 coup d'e'tat put Dacko back in power, Gen. André Kolingba succeeded Dacko and a multi-party state was established in 1991.

The Central Afrikan Republic is made up of more than 80 ethnic groups, each with its own language. About 70 percent of the population comprises Baya-Mandjia and Banda, with approximately seven percent M'Baka. Sangho, the language of a small group along the Oubangui River, is the national language spoken by the majority of Central Afrikans. The country is one of the poorest nations in Afrika, with a high mortality rate and widespread malnutrition and illiteracy.

#### Nubian Trivia

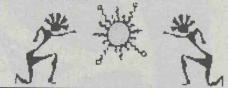
- Who was the first Afrikan
   American woman given tenure
   at Yale?
- 2. What Rap artist's name is Earl Simmons?
- 3. Who was the first Afrikan American Mr. America?
- 4. Who was the first successful Afrikan American filmmaker?
- 5. Who was the first woman to head an all-male jazz band?
- 6. Who was the first Afrikan American painter of murals?



Every knock is a boost.

Life's little hardships, may actually be making you stronger, and boosting you up higher.

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.



## Missing

My stormy eyes
in the cold nights,
the lying air
shows me parts of you.
The need to touch image I can't
feel
push me to crave for you
and I stare
till I rain.
by Hawani Negussie



CREATED BY
ANDRÉ MEADOUS
Armendous Peaunosu edu
ANTRE



IT'S EVIL.

IT'S SINISTER.

IT WOUT GIVE YOU THE CLASSES YOU REALLY LUANT.

THE SECTION YOU HAVE REQUESTED IS CLOSED!

AND WHER SECTIONS ARE ANAILABLE... EVER!

IT M HAN IN HAM!

FROM THE FEORE

LANS SIGNACOF YOU AND SINISTED Y

SOME SCARY THINGS ARE HAPPENING AT N.C. STATE! HAPPY HALLOWEN FROM WHEE & ARTHUR



#### Miss Evers' Boys to Debut October 29 at Thompson Theatre

#### Staff Report

The Nubian Message

In 1932, a young and caring irse, Miss Evers, is working in a dirt-poor hospital in Tuskegee, Alabama. She is asked to encourage the men in her community to participate in agovernment-mandated syphilis, which is rampant among poor Afrikan American men. The staff at the syphilis treatment center soon learns that federal funding for the program has been cut, but decides to continue the project, without the patient's knowledge, to

syphilis is the same for black men as

Miss Evers is faced with the difficult decision to follow the lead of draft so they would not receive penithe doctor she respects or tell the cillin, the wonder drug first test on men they are no longer being treated. Although promises of restore funding for treatment remain unfulresearch program to stamp out filled, the project continues and Miss Evers is consumed by guilt as she begins to watch her friends die, including Caleb Humphries, the man she falls in love with.

This human tragedy was kept secret until a Senate investigation finally ended the study in 1972. The see if the course for untreated investigation exposed the govern-

ment-run Public Health Service which had arranged for almost 50 of the patients to be exempt from the humans in 1941, known to cure syphilis.

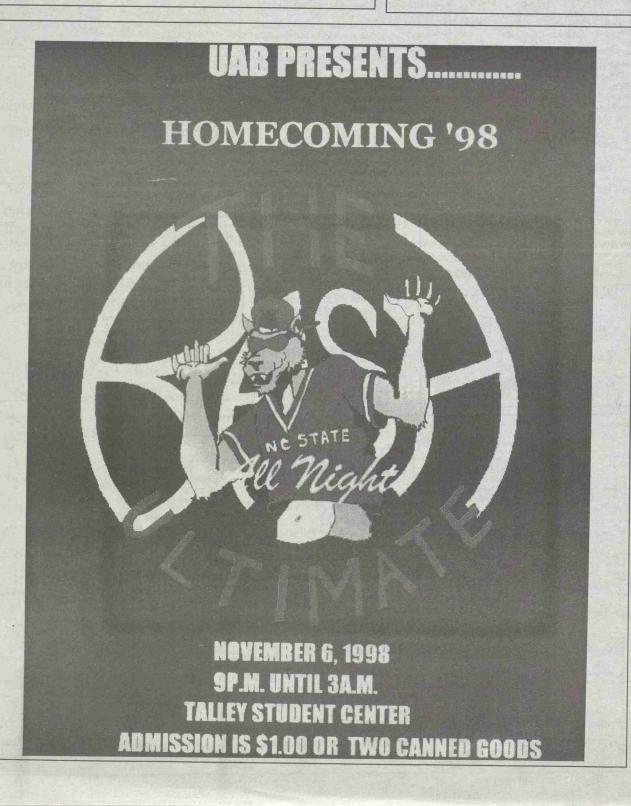
David Feldshuh's gripping story received critical acclaim for the HBO Original Movie, which won three NAACP Image Awards.

Tickets are available through Ticket Central, (919) 515-1100 \$10.00 for adults. \$9.00 for faculty/staff, senior citizens, stu dents; \$4.00 for NC State Students.

#### Please join us!

October 29-31 at 8:00 p.m. November 4-7 at 8:00 p.m. November 1 at 3:00 p.m. Presented on Main Stage at Thompson Theatre

for Miss Evers' Boys



# HEALTH

## It's About That Time:

#### By Bene' Dupree

Health Writer

It's that time of the year again. Flu season is upon us and has already started to run its course in thousands of people all over the country. Despite the numerous opportunities to receive a flu shot, many of us have neglected to take advantage, thus relegating our bodies to what usually amounts to a week or two of torture. Perhaps, however, you may think twice about not getting vaccinated after finishing this article.

Influenza, or "flu" as it commonly known, can be a deadly disease. In an average year, influenza has been associated with about 20,000 deaths nationwide and many more hospitalizations. Although a great percentage of these victims are elderly, by no means is it limited to the elderly population.

The flu is caused by viruses that infect the respiratory tract, often times leading to a more severe illness. Typical clinical features of influenza include fever (usually 100F to 103F in adults and often even higher in children) and respiratory symptoms, such as cough, sore throat, runny or stuffy nose, as well as headache, muscle aches, and often extreme fatigue.

Although nausea, vomiting, and diarrhea can sometimes accompany influenza infection, especially in children, gastrointestinal symptoms are rarely prominent. Most people who get the flu recover completely in 1 to 2 weeks, but some people develop serious and potentially lifethreatening medical complications, such as pneumonia.

For those of you who are still a bit unsure about the flu vaccine, here are a list of questions and answers that may help to relinquish any doubt or reservation you may have.

#### Frequently Asked Questions

#### 1. Why get vaccinated?

The vaccination prevents you from having to deal with symptoms of the flu, such as fever, cough, chills, sore throat, headache, and muscle aches.

- 2. Who should get the flu vac-
- Everyone 65 years of age and older
- Anyone who has a serious long-term health problem: heart disease, lung disease, asthma, etc.
- Anyone with a weakened
- Any women who will be pregnant during the flu season longer than three months
- Community service providers
   Students and staff at schools

## 3. Can I get the flu even though I got the vaccine this year?

Yes, it is very possible that you may get the flu after having the vac-

cine but it would be a very mild

#### 4. What are the side effects from the flu vaccination?

As with any medicine, there may be some side effects. Soreness, redness, swelling where the shot was given, fever, and aches may all result after vaccination. A more severe side effect could possibly, but rarely, be an allergic reaction that proves to be life threatening.

Other associated side effects include difficulty breathing, hoarseness or wheezing, hives, paleness, weakness, a fast heart beat or even dizziness. These problems usually occur and usually lasts 1-2 days after vaccination. If they persist, contact a doctor immediately.

Hence, getting a flu vaccination is very important. Doctors and scientists are always researching the illness, as each year the vaccination is updated, since the viruses of the illness grow and change and new resistant strands are produced. After receiving the vaccination, it will take 1 to 2 weeks before you are fully protected.

The vaccination usually last up to a year. The best time to get the flu vaccine is between September and December. Remember, the vaccine does not prevent the contraction of a common cold or other types of viruses not related to the flu. Before getting vaccinated, you should consult with a doctor particularly if you are allergic to eggs, a common "ingredien" in the flu vaccine.

## How Do You Know if You are Really Hungry?

#### By Staff Writer

Staff Report

Ever heard someone complain of being starved or famished? Or what about the classic "I'm so hungry I could eat a horse?" We all have our own ways, no matter how extreme, of expressing when we are hungry. Most of the time, however, our desire to eat comes not from our body's need for food, but a want for food. Hence, it becomes necessary to distinguish between our bodys' hunger, or our minds' appetite.



When we get hungry, it is a great indicator that our body needs to be refueled. Our appetite, on the other hand is when your mouth or mind wants to be fueled.

Here are a few suggestions whenever you get either situation.

1. If you are hungry, eat and chew slowly until the feeling of



hunger disappears. When that feeling is gone, stop-eating immediately. This will help you tune in to your hunger cues rather than appetite cues.

- 2. If it is simply in your mind and your appetite wants to be satisfied, go for a walk until the appetite disappears. Exercise is the best appetite suppresser. If you cannot exercise your appetite away, drink water instead of eating.
- 3. If you are not hungry, do anything except eat. If hunger comes...obey rule #1, if appetite surfaces...obey rule #2.
- Substitute other activities into your daily routine to take your mind and body away from food.
- Step out of the kitchen, away form the table to get away from food if appetite surfaces.
- \* 6. Use more senses when you eat-taste, smell, touch. Savor food and try to feel when you are satisfied.
- 7. Eat on a regular schedule to avoid chance of overeating.

## Are Outpatient Mastectomies Safe?

#### By Renee Johnson

Health Edito

In a woman's life, one of the most horrifying statements to hear is that they have been diagnosed with cancer. For those women who have been diagnosed with advanced cases of the disease, it is even more emotionally trying, as they are faced with the choice of a mastectomy or the possibility of death. In almost all situations of this kind, the patient chooses to have a mastectomy.

A mastectomy is an operation whereby the entire breast where the tumor was found is removed in an effort to prevent its spread to other parts of the body and to reduce the possibility of relapse. In some extreme cases, women opt to have both breasts removed, even some women who are not diagnosed but



have a family history of the disease.

The procedure usually takes place over several hours and the patient is required a lengthy hospital stay. Recently, doctors have offered this procedure with an outpatient option. It is not surprising that this has become an option due to the increase cost cutting in the medical field by Health Care practitioners.

There has not been much information released about outpatient mastectomies. One study, however has found that 11% of mastectomies performed on women age 65 and older were done as outpatient surgeries. However, within 30 days a significant number of them were rehospitalized due to complications from the surgery.

Mastectomies normally require a two to four day hospital stay. During that time wounds require drainage tubes to be emptied several times a day. Patients who receive outpatient surgery often find this chore being performed by themselves and their families, which many find very uncomfortable.

This adds tremendous stress to an already trying situation of not only having been diagnosed with breast cancer and the subsequent mastectomy.

Other studies have found that the stress of dealing with outpatient breast cancer can inhibit the immune system, which can affect the body's ability to fight the cancer.

Still a relatively new procedure, the effectiveness of outpatient mastectomies has yet to be determined. As concerned and responsible Afrikan Americans, we should keep ourselves informed by looking for new developments and studies, that might affect our lives and the lives of our mothers, sisters, daughters, and lovers.



November 18 5pm-pm

Need a Flu Shot?

Bragaw Activity Room

November 4 5pm-7pm

## Student Health Services

•November 12

9am-7pm

• December 3

9am-2pm

Cost: \$9-\$10

Interested in being a health writer for The Nubian Message, then call 1468 and ask for Renee Johnson, Health Editor or stop by Room 372 of the Witherspoon Student Center for an application. You'll be glad you did.

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