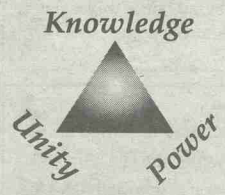


The NUBIAN MESSAGE

The Afrikan American Voice of North Carolina State University

November 5, 1998
Volume VI, Edition 10



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

Resident Organization

There will be a Resident Organization meeting this Friday at 3:30pm in Room 375 of the Witherspoon Student Center. All Resident Organization are required to attend.

Free Tickets to Le Ballet National du Senegal

The Office of Afrikan American Student Affairs is offering limited, free tickets to attend the upcoming dance, singing and musical production "PANGOLS-performed by Le Ballet National du Senegal" under the direction of Boulet Sonko. (Student ticket prices are \$6.00). This production will take place on Saturday evening, November 7, 1998 at 8 p.m. in Stewart Theatre. To receive a free ticket, you must answer a trivia question on a small slip of paper and bring it to the AASA Administrative Assistant located at 2007 Harris Hall.

Please include your name with your answer to the question:

What does the word "PANGOLS" mean?

For more information, contact the office at 515-3125

NC State to Host Town Forum on Racial Understanding

Staff Report

The Nubian Message

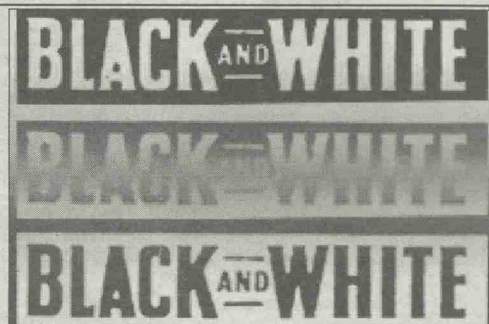
NC State University will host a town forum on racial understanding on November 20, 1998 at 7:00 pm in the McKimmon Center, located on the corner of Gorman Street and Western Boulevard. The event will be taped for a UNC-TV Black Issues Forum that will address diversity in both higher education and in community development.

The forum will take place in two parts.

According to Hank Fiumara, Director of University Im-

provement Programs, part one will address education and its role in building community and preparing people for the workforce. The panel for this discussion will include Chancellor Marye Anne Fox, Ricky Livingston, chairman of NC State's Diversity Committee, and Al Vivian, a corporate diversity trainer of Atlanta, Georgia.

Part two will address building community and economic development in Southeast Raleigh. The panel will consist of community members, both civic and religious, who are dealing with the revitalization of downtown Raleigh. The panel members will discuss



racial, ethnic and socio-economic implications of the Raleigh development.

The Black Issues forum will

air on television in late December and early January.

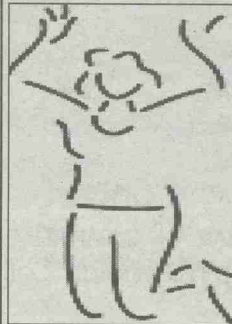
For more information, contact Hank Fiumara at 513-1008.

Campaign for NC State Students Pushes Past \$80 million

Staff Report

The Nubian Message

The Campaign for NC State Students reached \$81.5 million, pushing past the \$80 million goal set when the university wide effort to increase endowments for scholarships and fellowships was launched in April 1997 by then Chancellor Larry



K. Monteith.

Campaign co-chairmen Ed-

ward E. Hood Jr. and Darrell V. Menscer called the latest report a "milestone," but are not ready to declare an all-out victory. That will come, they said, at a recent Campaign Executive Committee meeting, when all 14 entities involved in the campaign have reached their individual goals. Some of these entities include the individual colleges (i.e. the College of Physical and Mathematical Sciences, College of Agricultural and Life Sciences, the College of Engineering, the College of Management, the College of Veterinary Medicine, the School of Design, the College of Humanities and Social Sciences, and the College of Education and Psychology)

To date, six have reached or exceeded 100 percent, five are between 80 and 90 percent of goals, and three have passed the 75 percent mark.

The leaders of the volunteer-driven campaign predicted across-the-board success when the Campaign for NC State

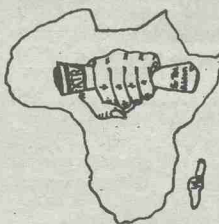


Students officially concludes on Dec. 31, 1999.

Hood noted that volunteers have played a vital role throughout the campaign through peer-to-peer solicitation. "Prospects for additional major gifts have been identified and reaching them will keep representatives of the campaign busy for the remaining months of the campaign," he said. Leaders of the entities already at or beyond their goals will continue efforts to increase endowment resources.

"That there is still work to be accomplished gives us an excellent reason to renew our vigor and commitment to the campaign," Menscer said. "The Campaign for NC State Students is unique because of its single agenda. We feel a sense of duty to fulfill the mission to make NC State a national leader in providing endowed scholarships and fellowships to deserving students."

Menscer and Hood, NC State alumni and retired heads of major corporations, mobilized the leadership team, developed the solicitation strategy, and guided its progress from the start. Members of the committee work with the Office of University Advancement and with each of the university's colleges, schools and foundations, and the Student Aid Association.

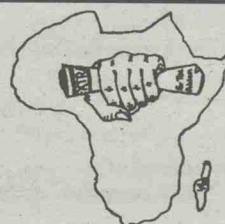


• Sports Editor, Trey Webster takes a look at the matchup of the Pack vs the Demon Deacons.

See Sports, Page 3

• In this week's health section, Renee Johnson, Health Editor, writes about Sickle Cell Disease and You.

See Health, Page 6



NC STATE UNIVERSITY 14th Annual

MARTIN LUTHER KING JR. CULTURAL FESTIVAL

"Manning the Post! Forever Vigilant for Freedom"



Featuring:

Semantics

Cultural

Dance

Music

Tests

Saturday, January 23, 1999



Jane S. McKimmon Center


FREE ADMISSION!

Though admission is free, and all activities are open to the general public, pre-registration is required. Registration forms will be mailed in November. If you are interested in registering for the MLK Festival and do not receive a registration form by November 30, please call 515-4516.

AFRICAN-AMERICAN CULTURAL CENTER

Sponsored by:
The African-American Cultural Center

in cooperation with
St. Augustine's College
Shaw University



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.

Isler's Service to Be Honored

Staff Report
The Nubian Message

William E. Isler, who works in the Dean's Office of the College of Engineering, is retiring from NC State. A brunch is planned for 9:30 to 11:30 a.m. Friday, Nov. 13 in 109 Page Hall. Isler's friends and colleagues are invited. For more information call Kaye Whaley at 515-2311.

We will place the problems of the poor at the seat of the government of the wealthiest nation in the history of mankind. If that power refuses to acknowledge its debt to the poor, it will have failed to live up to its promise to ensure, "life, liberty and the pursuit of happiness" to its citizens.

Martin Luther King, Jr.

I collect names for characters. Names are valuable; they can be your first source of insight into a character.

Spike Lee

NC STATE University

HOMECOMING '98

STEP SHOW & CONCERT

Friday, November 6th

Step Show
7:30 PM-- Reynolds Coliseum
Doors will open at 7 PM

Concert
WITH BRAND NUBIAN AND SUGAR HILL GANG W/MELLE MEL
9 PM-- Reynolds Coliseum

Ticket info:
Stepshow/Concert
\$17 advance/\$20 day of event
Tickets on sale at Ticket Central 515-1100

Stepshow Only
\$12 (Limited tickets available)
Contact the Office of AASA at 515-3125

THE NUBIAN MESSAGE

The Afrikan American Voice of North Carolina State University

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Managing Editor **Carolyn Holloway**

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nubian_message@sma.sca.ncsu.edu

SPORTS

Tigers Laid to Rest in Death Valley

By **Trey Webster**

Sports Editor

On Saturday, Halloween day, the NC State Wolfpack put to rest a ghost from their past by entombing Clemson in a 46-39 Textile Bowl debacle. With the strength of Heisman Trophy candidate Torry Holt and Quarterback Jamie Barnette, the Pack was able to win a game on the road for the first time this season.

NC State (5-3, 3-2), who was hoping to regain some of the excellence they had earlier on in the season, did so in a big way ending their two game losing streak in front of a roaring crowd of 62,000. Early in the game, the Wolfpack was down 9-0, and it looked as if the grim reaper had a tight hold on the Pack.

Out of nowhere, the Pack exorcised the demons of Death Valley with 28 unanswered points. This offensive burst came in toward the end of the second quarter when the Wolfpack scored three straight touchdowns in less than 5 minutes.

The rally began with a 85-yard touchdown from Barnette to Holt, making him the career leader at NC

State in TD passes. This served as a spark the defense needed as Tony Scott recovered a fumble, which led to a 3-yard TD run by Ray Robinson. The NC State defense caused another fumble, which allowed Barnette and Holt to hook up one time before the half giving them a comfortable 21-9 lead going into the half.

The barrage of scoring continued in the third quarter when Jason Perry returned another Clemson turnover 36 yards for a touchdown. After that play, the Tigers put together a run of their own, refusing to give up. A 1 yard run and two-point conversion by Javis Austin, cut the Pack lead to 28-17. Following that play, Mal Lawyer had a 14 yard reception making it 28-24, with less than 15 minutes to play in the game.

Once again the combination of Barnette and Holt gave the Wolfpack an edge. This quickly ended as the Tigers drove 84 yards in five plays, cutting the margin to 35-30 after a two-point conversion failed. When Lawyer and Quarterback Streeter hooked up again, the Tigers took their first lead of the second half 36-35.

The ensuing kickoff resulted in a

field goal by Wolfpack kicker Dan Deskevich helping them to regain the lead once again. After a Clemson field goal, the Wolfpack was down 39-38 with 2:15 left to play. It looked as though Clemson would claim another corpse in Death Valley. Jamie Barnette had other plans in mind. Driving 80 yards and having four straight completions helped the Pack to victory. He hooked up with Ryan Hamrick, Chris Coleman, and Torry Holt one more time to put the final nail in the Clemson coffin.

Jamie Barnette finished the game with 20 of 33 passing for 374 yards, and his partner Torry Holt ending the game with Heisman like stats having 11 catches for 225 yards, his second best game of the season, the Wolfpack was able to stage yet another tremendous comeback.

NC State will play Wake Forest for homecoming this weekend, their final home game this season. If the Pack can achieve a victory over the Demon Deacons, they will qualify for Bowl consideration.

Demon Deacons Vs. The Pack

By **Trey Webster**

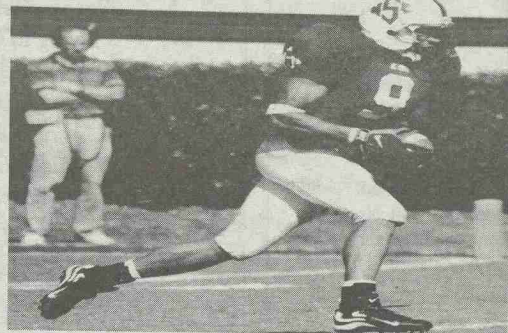
Sports Editor

Saturday, November 7, The Wake Forest Demon Deacons, will travel to Carter Finley Stadium to face the Wolfpack of NC State. Saturday is Homecoming for the Pack as well as the final home game of the year. State is hoping to go out with a bang, and at the same time send a statement to the rest of the NCAA by making themselves eligible for a bowl game. Of course, the road through Wake Forest will not be an easy one.

After a tough effort last week against the Cavaliers, Wake Forest is trying to continue playing great games in an effort to salvage what is left of the season. The Deacons will be led into Wolfpack country by quarterback Brian Kuklick, who is only the eighth quarterback in ACC history to throw for over 7,000 yards, and also the player who couldn't get their offense started against Virginia.

Though they only managed 10 yards on the ground through three quarters, that is the least of their problems. The Deacons finished 1-4 for the month of October and lost their fourth home game this season. On Saturday, the Demon Deacons may be without ACC career receiving leader Desmond Clark, who was scheduled to have an MRI on Tuesday.

This weekend's game will feature some of the best passing offenses in



Courtesy PPhoto

Jason Perry and the Pack Hope to Score a Win Over the Demon Deacons

the ACC. Both being ranked in the top 25 nationally in passing, the game will be based on which defense can step-up, and which team their rushing game starting. In that department, NC State seems to have the edge. Once again, the NC State kicking game may be a disadvantage compared to that of the Deacs. Junior Matt Burdick is 13-16 this year in field goal attempts, with his longest being a 53 yarder. Also, his partner Tripp Moore, is averaging 44 yards per punt.

Hopefully, Jamie Barnette will continue his hot streak, and could receive some help from the defense who is allowing 28 points a game. This makes them near the bottom of

the ACC in total defense. Following this game, the Pack will have a chance to recuperate, with a week off before going to Maryland to meet the Terps.

If the Pack were to win this game, it would be their second straight victory and their record at Carter-Finley would be 5-1 this year. Hopefully they will be able to continue in this tradition, having defeated Wake Forest for the 10th time in 11 games. WFU has not defeated the Pack since 1984.

Afrikan American History: Kareem Abdul-Jabbar

Staff Report

The Nubian Message

Kareem Abdul-Jabbar was born Ferdinand Lewis Alcindor, Jr. on April 16, 1947 in New York City. In high school, he stood at 7'1/2" tall, and was easily the most sought after basketball player, particularly after he established a New York City record of 2,067 points and 2,002 rebounds, leading Power Memorial High School to three straight championships. Power High won 95 games and lost only six during Lew Alcindor's years with the team; 71 of these victories were consecutive.

Jabbar combined great height, catlike moves, and a deft shooting touch to lead UCLA to three consecutive NCAA Championships. Twice, as a sophomore and a senior, he was chosen as the top collegiate player in the country. He finished



his career at UCLA as the ninth all-time collegiate scorer, accumulating 2,325 points in 88 games for an average of 26.4 points per game. After leading UCLA to its third consecutive NCAA title, Jabbar signed

a contract with the Milwaukee Bucks for \$1.4 million.

In his rookie season, 1969-1970, he led the Bucks, a recently established expansion club, to a second place finish in the Easter Division, only a few games behind the division winners-the New York Knickerbockers. Jabbar won personal acclaim for his outstanding play in the 1970 NBA All-Star game, combining with the Knicks' Willis Reed to lead the NBA East to victory.

After being voted Rookie of the Year, he went on to win the scoring Championships in 1971 and 1972.

He was one of the keys to the Bucks' world championship in 1971. In 1973, he finished second in scoring with a 30.2 point average, but he had become dissatisfied with life in Milwaukee.

At the end of the 1974-1975 season he was traded to the L.A. Lakers. Jabbar enjoyed a very successful career with the Lakers, leading the team to NBA championships in 1980, 1982, 1985, 1987, and 1988.

A serious person both on and off the court, Abdul-Jabbar is a convert to the Hanafi Muslims. He was greatly influenced by the life and struggles of Malcolm X and believes the Islamic religion (as distinct from the nationalistic Black Muslims) and determined effort, both have much to offer for a good life.

Abdul-Jabbar announced his retirement after the 1988-89 season, one year after the Lakers had won back-to-back World Championships. He was inducted into the Basketball Hall of Fame in 1995.

NBA 1998-1999 Season Still on Hold

By **Trey Webster**

Sports Editor

Last week in New York, the NBA announced that it has canceled all games through November 30 indefinitely. The league has put the entire season on hold, due to the negotiation with the National Basketball Players Association.

Deputy Commissioner for the NBA Russ Granik, felt that no further announcements about the season would be made until they make a deal or cancel the entire season. "Going forward, the rule of thumb is that for each week that goes by without a new agreement, we lose one more week of games."

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.

CULTURE

Afrikan American History:

Richard Allen



Richard Allen founded the Afrikan Methodist Episcopal (AME) Church and the Free Afrikan Society. He was born a slave in Philadelphia and was sold with his family to Stockley Sturgis, the owner of a plantation near Dover Delaware.

With the permission of his master, Allen joined the Methodist Society, learned to read and write, and started to preach at Methodist meetings. After his conversion, Allen said that he worked harder to prove that religion did not make slave worse servants. At Allen's request, a Methodist meeting was held in the Sturgis home. The sermon that day was "Thou are weighed in the balance and found wanting." Sturgis

converted to Methodism and then decided that slave holding was wrong.

In January of 1780, Sturgis agreed that Allen could hire himself out and purchase his freedom for \$2000. It took Allen five years to raise that sum of money.

Allen preached at meetings to blacks and whites in Maryland, Delaware, New York, New Jersey and Pennsylvania. He was requested to serve at the St. George's Church in Philadelphia where he quickly increased the black membership. He immediately saw the need for a separate place of worship for Afrikans but was insulted by the white elder at St. George's when he suggested it to him.

Richard Allen and Absalom Jones organized the Free Afrikan Religious Society in 1787. Some five years later, the black members of St. George's walked out when Absalom Jones, who was praying in the front of the church, was asked to get up off his knees and move to the rear of the church. This made it more clear that they needed a separate place of worship. The Free

Afrikan Society took the lead in raising the money to create a church for the Afrikan members of the congregation.

The new church was called "The Afrikan Church of Philadelphia" and it became a part of the Protestant Episcopal Church of America. Richard Allen along with eleven other members were committed to the principles of Methodism and formed the Bethel Afrikan Church.

By 1816, there were several African Methodist Churches around the country and that year they met to form the Afrikan Methodist Episcopal (AME) church. On April 11, 1816 Richard Allen was named the first bishop of this church.

In addition to his role as a church leader, Allen vigorously responded to white verbal attacks against the black community. He challenged the American Colonization Society, founded a day school and published articles in *Freedom's Journal*. Allen operated businesses and as a result was able to serve the church without collecting a salary.

Susan Taylor

**"You were
born
to win.
Think, speak
and act like
a winner."**



Riot

I Running,
Running A Timeline,
Making History,
Headlines of Fear,
Fueling A Riot,
Ready to Urupt.
Police Locking My Peoples Up,
Trying to Get To Me,
Teachers Teaching Hate,
Trying to Get To Me,
Churches Spreading Confusion,
Trying to Get to Me,
But,,,,,
The Riot Will Go On.....
Check It.

This Week in Afrikan American History

November 01

- First free school in New York City, the African Free School opened, 1787.

November 02

- Democrats suppressed Black vote by fraud and violence and carried Mississippi election. "The Mississippi Plan staged riots, political assassinations, massacres and social and economic intimidation was used later to overthrow Reconstruction governments in South Carolina and Louisiana, 1875.

November 03

- Race riot, Danville, Virginia. Four Blacks killed, 1883.

November 04

- P.B.S. Pinchback was elected congressman at large, 1872

November 05

- Theo Wright becomes the first Black person to get a Theology Degree in the US, 1836

November 06

- Sixty-nine Blacks reported lynched in 1888.

November 07

- Elijah Lovejoy, killed defending his newspaper from a pro-slavery mob, 1837

Personal responsibility is the
brick and mortar of Power.

Afrikan American Quotes

Life is short, and it's up to you to make it sweet.
-The Delany Sisters

The victory is not in asking to be treated equally, but in
being treated equally.
-Johnetta B. Cole

We've got to decide if it's going to be this generation of
never.
-Daisy Bates

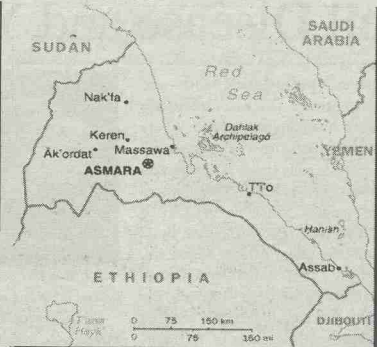
There is no quit in me.
-Larry Holmes

Everybody in the world has the blues...
-John Lee Hooker

Afrikan Country Spotlight

Eritrea

Official name: 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 Front 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, along with 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 nation one of Africa's greatest successes.

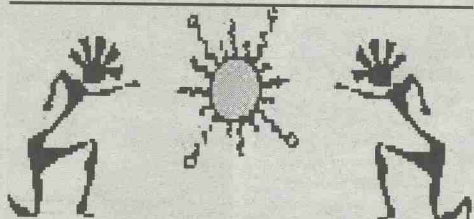
I Am

I am the King -- I am the Queen
 I am the Hope -- I am the Dream
 I've been called outspoken
 I am well spoken
 I've been called headstrong
 I am a fighter against wrong
 I've been called troublemaker
 I am the Black child saver
 I've been Criticized, Stereotyped, Raped and Chastised
 But I am still the keeper of my "Tribe"
 I've been made a slave
 But I am no longer that way
 I've been taken from my home beaten and burned
 But I am still standing strong
 I've been thrown in jail, treated like hell
 Stripped of my pride, lost my life
 But I am still fighting for my rights
 I've seen my Church burned
 I will rebuild it stone by stone
 I am what I am
 I am the beginning, the middle, the end
 I am the King -- I am the Queen
 I am the African American
 I am the Dream

Nubian Trivia

1. Who was the first Martyr of the American Revolution?
2. What Rap artist's name is Trevor Smith?
3. Who was the first Afrikan American Federal Employee?
4. Who was the first musician to introduce Scat Singing?
5. Who was the first Afrikan American War Correspondent?
6. Who was the first Afrikan American Phi Beta Kappa at Harvard?

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.



Trivia Answers

1. Sylvia A. Boone
2. Earl "DMX" Simmons
3. Oscar Micheaux
4. Blanche Calloway
5. Robert Scott Duncanson

Events

Fri. 6	Career Fair	BLACK ALLIANCE
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, AACCC
Mon. 9	Women's Empowerment	QBE, AEP
Tue. 10	Talent Show	USF
Wed. 11	Cancer Awareness	QBE
Wed. 17	Oratorical Contest	AKCC
Thur. 19	Elaquelle	AKA, KAW
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	Barquet	QBE
Tue. 24	Way-Back Home Cooking Day	KWU



Look for flyers for additional information.
AFRIKAN-AMERICAN CULTURAL CENTERS

Spring 1999 NCSU Africana Studies Curriculum Information

Course Number	Section	Title	Class Number
MULTIDISCIPLINARY STUDIES			
MDS 240	1	African Civilization	517500
MDS 240	2	African Civilization	517610
MDS 241	1	Introduction to African American Studies II	517220
MDS 496R	2	African-American Film	520580
MDS 497A	3	Leadership in the African American Community	520800
MDS 497D	2	Introduction to African American Studies	520910
COMMUNICATION			
COM 243	1	African-American Rhetoric	394870
ENGLISH			
ENG 248	1	Survey of African American Literature	342875
ENG 248	2	Survey of African American Literature	342990
ENG 349	3	Survey of African American Literature	343040
ENG 349	1	African Literature in English	356370
ENG 448	1	African American Literature	356020
ENG 548	1	African American Literature	359430
HISTORY			
HI 275	1	History of South and East Africa	422900
HI 275	2	History of Southern East Africa	423010
HI 276	1	History of West Africa	423120
HI 276	2	History of West Africa	423230
HI 322	1	African American History to 1865	4262320
HI 373	1	African American History 1865-1945	4262330
HI 373	2	African American History Since 1945	4262340
HI 373	3	African American History Since 1945	4262350
HI 373	4	African American History Since 1945	4262360
HI 475	1	History of the Civil Rights Movement	4262370
HI 475	2	Leadership in Modern Africa	427110
HI 475	3	Africa (SSS) in the 20th Century	427320
HI 475	4	History of the Civil Rights Movement	430050
HI 475	1	Leadership in Modern Africa	430210
HI 475	2	Africa (SSS) in the 20th Century	430360
HI 475	3	History of the Civil Rights Movement	430510
MDS 331	1	MUSIC (Africa) in American Culture	545990
POLITICAL SCIENCE			
PS 443	1	Latin American and Caribbean Politics	616170
PS 443	2	Latin American and Caribbean Politics	617110
SOCIAL WORK			
SW 413	1	Black Families in the South Environment	687120
SOCIOLOGY			
SOC 303	1	Racial and Ethnic Relations	665440
SOC 303	2	Racial and Ethnic Relations	665550
SOC 378	1	Race and Ethnic Inequality	665960

For further information, contact Africana Studies at 515-7793
 or email: afstudies@ncsu.edu or access: <http://www2.ncsu.edu/ncsu/chaas/mds/ass.html>

HEALTH

Sickle-Cell Disease and You

Staff Report

The Nubian Message

Sickle-cell disease (SCD) is a family of blood disorders which includes the most familiar sickle-cell anemia. There is also the milder form known as SC disease and sickle b Thalassaemia (SbThal). All these have in common a tendency for red blood cells to 'sickle' or "distort" into a crescent shape.

Sickle cell anemia is the most common form of sickle-cell disease. It is an autosomal recessive blood disorder. The disease is manifested when two copies of the gene need to be inherited (one from each parent). Hemoglobin S (Hb S) crystallizes and causes the sickle shape to appear in red blood cells.

When the red blood cells become sickle shaped, they cannot flow smoothly through the capillaries or smaller blood vessels causing a lack of oxygen to the body organs and tissues, such as the bones and abdomen.

While a red blood cell is a highly deformable disk, a sickled red blood cell is rigid and irregularly shaped. These irregular, inflexible sickled cells create blockages in the circulatory system that prevent the normal flow of oxygen to tissues.

As a result, individuals with sickle cell disease frequently experience pain episodes (sickle cell crisis). Long term complications of chronic anemia associated with sickle cell disease include damage to the lungs, kidneys, heart, brain, spleen, liver, and other organs.

There is a substance in the red blood cell called hemoglobin that carries oxygen inside the cell. One little change in this substance causes the hemoglobin to form long rods in the red cell when it gives away oxygen. These rigid rods change the red cell into a sickle shape.

There are three common types of sickle cell disease in the United States.

- Hemoglobin SS or sickle cell anemia
- Hemoglobin SC disease
- Hemoglobin sickle beta-thalassaemia

Possible signs of sickle cell disease:

- fevers
- tiredness and fatigue
- pain in the bones & joints
- swelling in the hands and feet (in young children)

Sickle Cell Disease is seen among the African, African-American, Caribbean, Hispanic,

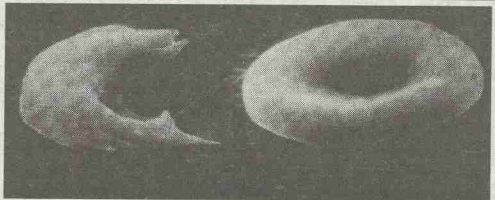
Italian, Greek, Asiatic Indian, and Arab peoples. Origins of the disease have been found in areas where there is a significant risk of malaria.

Sickle cell disease is estimated to affect approximately 72,000 persons in the U.S. alone. In the United States, most people who have sickle cell disease are Afrikan Americans. About 1 in 375 Afrikan-American children has sickle cell disease. The estimated prevalence of the common sickle cell disease in Afrikan-American live births is approximately 1 in 400 for the disease. Approximately 8 percent of the African-American population in the U.S. has sickle cell trait.

Due to the lack of oxygen flow to tissues, a vast array of complications can result. Following are some possible complications associated with the disease that occur in children and adults:

Acute Chest Syndrome - A serious condition caused by infection or trapped red blood cells in the lungs. Fast or difficult breathing, chest pain, and coughing are signs of Acute Chest Syndrome. Anemia (low red blood cell count) - Patient is easily tired

Aplastic Crisis - Temporary lack of production of red blood cells



which leads to paleness, low activity, fast breathing and fast heartbeat.

Bone Necrosis - Degradation of bone tissue which can lead to hip replacements and other complications.

Hand and Foot Syndrome - Painful swelling in the hands and feet

Severe Infections - Sepsis (blood stream infection), meningitis, and pneumonia. The risk of infection is increased because the spleen does not function properly.

Splenic Sequestration Crisis - The spleen is the organ that filters blood. Rapid enlargement can result due to entrapment of sickled cells in the spleen. This condition can be life threatening.

Stroke - Occurs when sickled cells create a blockage within the brain. Signs include seizure, weakness in the arms and legs, speech problems, and loss of consciousness.

The disease is passed genetically. When both parents have sickle cell trait, there is a 25 percent chance with each pregnancy that the infant will have sickle cell anemia. If only one parent has the trait, the child cannot contract the disease.

With proper diagnosis and preventive care the quality and length of life can be dramatically managed. In 1970, the estimated median expected survival was 20 years for affected persons living the U.S. With advances in the diagnosis, treatment, and prevention of complications, the life expectancy of persons with sickle cell disease has improved dramatically.

The passage of the National Sickle Cell Anemia Control Act of 1972 authorized funding for research, testing, and education related to sickle cell anemia. Newborn screening began in the U.S. in the early 1970's.

Make The Right Choice

By Renee Johnson

Health Editor

As the weather and season changes, so does our bodies in an attempt to regulate and adapt to the environment. Most often, in its changes, the body becomes susceptible illnesses such as the common cold and the flu.

Common symptoms can include body aches, headaches, scratchy throat, congestion, and earaches. To relieve these symptoms, many people head to their local drugstore.

Once they arrive at the drugstore, they are faced with tons of choices, all claiming to alleviate the symptoms. Searching through the aisle to find the best medicine, we often encounter and are bombarded with different words that frequent the containers of the medicines. Some medicines offer an antihistamine or a cough suppressant. Another has both in addition to an expectorant or decongestant. We search hard to find the best choice. It can be really daunting.

It is important, hence, that we familiarize ourselves with all the different terminology in order to better understand exactly what medicine is best to relieve your symptoms.

Decongestants: The "stuffy" nose is often experienced with a cold. This symptom is partially caused by dilated blood vessels in nasal passages. Decongestants open up nasal passages by constricting the blood vessels, allowing for easier

breathing.

Cough Suppressants: Some colds bring with a habitual cough that can be dry, irritating, and even violent, keeping people awake at night. A cough suppressant can give relief by suppressing the cough. However, if the cough is also accompanied by phlegm or other fluids from the lungs, then a cough suppressant would then be counterproductive.

Antihistamines: While used commonly with allergy medicines, antihistamines are now affiliated with cold medication. They can help relieve the sneezy, itchy feeling that sometimes comes with a cold. Unfortunately, or fortunately for miserable sufferers, drowsiness comes as a side effect of using antihistamines, so sleepiness is almost inevitable.

Expectorants: This ingredient can help loosen or thin phlegm and congestion in the lungs. This makes the fluids easier to cough up. It is also a good idea to drink plenty of water when taking an expectorant because the body will lose a lot of fluid it has become accustomed to.

Analgesics: To get rid of that "achy" feeling, look for medicine that has an analgesic. Additives such as analgesics, as well as ibuprofen, or aspirin can ease pains and aches. Analgesics can also help reduce a fever.

Variety in the drugstore is great, because it allows a person to identify symptoms and isolate the medicine they need. A person should



also avoid overmedication. Taking too much medicine does not help rid the body of the cold or flu.

In fact, it can have the exact opposite effect. For instance, if a person continually uses an over-the-counter (OTC) nasal spray, the nasal passages will get used to being forced open. Thus, when an individual ceases to use the spray, the body has become accustomed to its use and can create discomfort and increased congestion. Doctors typically recommend use of three days for OTCs.

Of course, it is always advisable to check with your doctor or physician before taking any medicine. They can give you the best treatment for your symptoms and ailments.

There are other ways to alleviate the pain, including time, the only proven cure for colds and flu. Anything that is relaxing or non-stressful can also help. Drinking hot liquids, listening to soothing music, getting a massage, and even getting extra rest can be essential also.

For additional information, you can visit the World Wide Web at the following sites:

<http://www.allergy-cold.com>
<http://www.Acold.com>

A Moment in Afrikan American History

By Renee Johnson

Health Editor

Doctor Justina (Laurena Carter) Ford
(1871-1952)



Dr. Justina Ford was born in 1871 in Knoxville, Illinois. At an early age, she began to express an interest in the field of medicine.

After attending college and later Hering Medical School in 1899 and moving to Denver in 1902, Dr. Ford became the first Afrikan American female doctor in the state of Colorado. Her medical degree mirrored her specialties in gynecology, obstetrics, and pediatrics. She was denied hospital privileges for a long time and had to practice home delivery. She was told by the medical licensing examiner, "You have two strikes against you. First of all, you are a woman, and second, you are colored." Eventually, Ford was able to overcome all obstacles by establishing her own successful practice. She was known as the "Lady Doctor" and delivered over 7,000 babies.

Finally, Dr. Ford was allowed to practice at Denver General Hospital and admitted to the Denver, the

Colorado, and the American Medical Societies. In 1950, she was still the only physician in Colorado to be both African American and female.

Four months before her death, Dr. Ford is quoted as saying, "... When all the fears, hate and even some death is over, we will really be brothers as God intended us to be in this land. This I believe. For this I have worked all my life."

Her home and office are now placed on the National Register of Historic Landmarks and was used to house the Black American West Museum and Heritage Center.

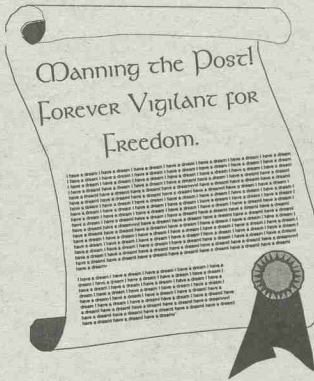
Interested in being a health writer for The Nubian Message, then call 515-5210 and ask for Renee Johnson, Health Editor, or stop by Room 372 of the Witherspoon Student Center for an application.

Hear ye, Hear ye!

The African-American Cultural Center is sponsoring an oratorical contest to find a contender who will compete against orators from other state universities in the collegiate oratorical contest at the 14th Annual Martin Luther King Jr. Cultural Festival.

Prizes will be awarded to first, second and third place finishers. The first place finisher will represent NCSU at the MLK Cultural Festival in January.

Contest applications are available in Room 355 and must be returned to the AACC by 5 p.m., Nov. 16.



AACC Oratorical Contest:

November 17, 1998 7 p.m.

Contestants must deliver a 5-7 minute speech on the theme:

Manning the Post! Forever Vigilant for Freedom

Application deadline: November 16

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