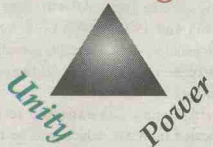


The NUBIAN MESSAGE

The Afrikan American Voice of North Carolina State University

November 4, 1999
Volume 7, Edition 7

Knowledge



What's Goin' On?

SAAC

There will be a SAAC General Body Meeting on Thursday, November 4 at 7:30 in room 356 of the AACC. Any questions contact Harold Pettigrew, President at (919)512-5946 or Jarvis Abbott at (919)512-2733.

Homecoming Help Needed

The UAB Leisure & Entertainment committee is looking for volunteers to help with decoration pre-assembly today or decorating the ballroom this Friday evening from 3:30pm to 7:00pm. Anyone who is interested please contact Amy @ 512-6017 (nalakb112@aol.com) or Takicha @ 512-3071 (tleec@unity.ncsu.edu).

New Horizons Fall Concert

The North Carolina State University, New Horizons Choir, will be hosting it's Fall Concert in Stewart Theatre on Sunday, November 14. Tickets can be purchased from Ticket Central, 515-1100. Tickets are \$3 for NCSU students, \$5 general admission and kids under 6 are free.

Regents University School of Law

There will be an informational session for individuals interested in attending law school on November 12 from 10:00am-3:15pm. Questions about the School of Law? Visit the website at <http://www.regent.edu/law/admissions>.

Black Finesse Fashion Show

On Monday, November 8 Black Finesse will be presenting it's 1999 Fall Fashion Show in Stewart Theatre. Doors open at 7pm and the show begins at 8pm.

Tony Brown speaks on Heritage Day

By Lakesha Parker
Staff Reporter

Tony Brown, well-known producer, writer, educator, television commentator, and film director spoke this Saturday on Heritage Day addressing key issues about the Black community.

Brown, who was selected as one of the top five leaders to analyze the status of Black America by USA Today, spoke on the theme "The Struggle is Not Over", which was chosen by the African American Cultural Center (AACC), in an attempt to explain and expound upon the struggle for Civil Rights and the past, and to link that to our old and new struggles in the present.

Brown started off by dispelling notions of the past. He wanted to place the "past in the context of the future" to discover the past and its meaning.

"The future has never existed, and the past does not exist," he said.

According to Brown, the only state that any of us have ever lived in is the present.

Brown said that we as Black people should be asking ourselves "What are you doing?", and not "What have you done," or "What will you do?"

Brown humored us by using the following to analyze humankind. All of us are basically the same, he said.

"Most of us are average, we have a

few geniuses, and a liberal sprinkling of fools," he said to the amusement of the audience.

Brown went on to quote surprising statistics concerning the African-American community.

"Blacks spend about 3 percent of their money with one another, and 97 percent with everybody else. Everybody else spends that 97% within their ethnic group," he said.

Brown went on to further talk about the use of the word "nigger" among whites. After giving a rather comical tale, he expounded further upon the African proverb, 'It's not what you call me, but what I answer to.'

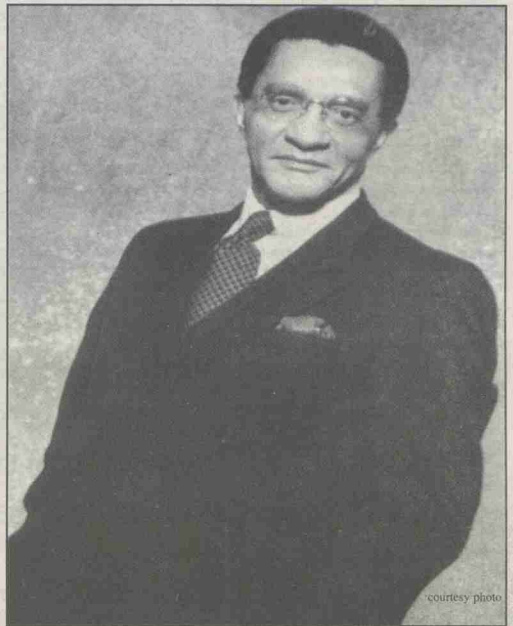
Brown went on to state that it is not necessary for us to engage in seminars and discussions based on name calling and what somebody else thinks of you.

"Let them think what they want," he said.

Brown went on to state the problems with assimilation and accommodation.

"In order for one to integrate, one must accept the idea that they are deformed in some way and therefore that they must accommodate a white, Anglo-Saxon mentality...because they control the image of what America is," Brown said.

Brown also discussed the bussing issue by arguing that it did not matter who students sat beside when they learned, because a student could learn in any proper environment.



courtesy photo

Concerning learning in a white neighborhood, Brown stated that 25% of Whites finish in college, and 43% of Asians finish college, so that if anyone should be bussing anyone anywhere, it should be to Chinatown.

Brown also mentioned why Africans who are living in Great Britain are as successful as they are today. He stated that it is rather clear

to see that Blacks are on the bottom of the socioeconomic pole, not because of genetics.

Africans are on the top because they are using their culture. They went to Britain to get power.

see Brown, page 2

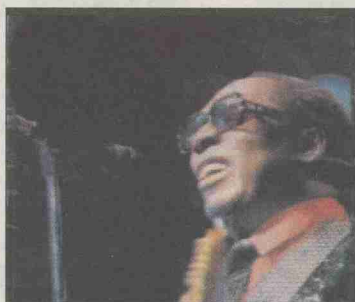
Clarence Carter to "Stroke" NC State

By Trey Webster
Staff Writer

Come this Friday night, NC State students will be strokin'.....on the brickyard that is.

The Master of "Strokin" himself, blues man Clarence Carter, will be the headliner at this year's homecoming concert jam. Under the billing "Red Wolf Rising", the performance will cap off an evening of excitement and festivities schedule to take place on the brickyard from 4pm until 9pm. Organizers of the event are hoping that the success of this effort will serve as a foundation for future homecoming activities. During this time there will be free food, as well as autographs from past and present N.C. State athletes, but the highlight of the evening will be performances by Carter, as well as R&B/Hip Hop group Sankofa.

In addition to the Carter and Sankofa, the rock band Weekend Excursion will also take the stage that night.



Carter bring to campus a number of hits from the 1960's and early 1970's. He first gain national recognition with his hit single, "Patches".

Carter who is best known by the 90's generation for his hit single "Strokin", is both an artist in the aspect of Southern music and also in the sense of blues era.

Becoming one in the long lines of blind blues singers-guitarists, Clarence uses metaphors of love and more specifically cheating love as a

way of expressing "the great spritual" metaphor. Also as a way to express issues that all races could relate to. In one of the moments from his song "Making Love", Carter is quoted as saying "Well, I'll tell ya, it makes no difference, if you came from the city. And it don't

matter if you came from the country. And some of you out there within the sound of my vocie may have come from the suburbs..." This statement itself shows how universal not only music as a whole is, but also how universal his music has become.

Along with the sultry sounds of Clarence Carter will be new and upcoming hip hop group straight of Chapel-Hill, NC is Sankofa. Sankofa means learning from the past and applying it to the future. This name is

also descriptive of the style that has made Sankofa popular, with their mixture of conventional hip hop beats and combining it with live instrumentation, making them different from many of the modern hip hop groups who have resulted in using sampling and tape loops.

Hoping to spread hip hop throughout every part of North Carolina as well as the world Sankofa has definitely begin on a good foot and will have all "the heads" asking for more when they decide to follow up their first album "Hip Hop From The Briar Patch"

With the mixture of the old with the new, this year's homecoming festival will sure be one to remember from years to come, and hopeful will just be the beginning of the "Red Wolf Rising" across not only the NCSU Campus but across the nation.

Inside: The Madd Listener Returns!! page 4.

Brown continued

Brown stated that the purpose of his address was not to denote Whites in any way.

A bunch of White people have been bad, he said. A whole handful have been wonderful.

He later went on to add that hate will get you nowhere, citing Germany as a prime example of a country who tried to exercise their hate tactics, and that never recovered.

Brown stated that the only thing that we need to know about our past is that a whole lot of people who looked like "me helped me to get where I am today", and some of those "didn't look like me".

"Our ancestors laid down a track or a foundation (for us), and are laying down a track for someone else," he said.

Brown went on to explain the common goals of life. He described

it as a sense of life which contained things such as decency, moral virtue, caring, and leaving the world a little bit better than you found it. That is what he felt life was about.

Brown went on to state that "our faith in God" is the only reason why Black people are here today. Despite the crooks that are in the church today, we should not let that be our main focus, because there are crooks everywhere.

Brown also stressed the importance of having money. He jokingly stated that he rated money right up there with oxygen, with things that are needed.

Later Brown expounded upon wealth, and how important it was for Black people to have and help others by giving back to the community once we gained.

Brown went on to say that we owed people love. After his speech, he entertained questions from the audience.

Aside from the speech that

Brown gave, the Heritage Day was filled with other activities as well. Among some of them were both solo and group performances by NCSU's dance group DanceVisions, storytelling, which occurred in the African American Library. NCSU's choir ensemble, New Horizons, also performed a selection entitled, "I will bless the Lord at all times..."

Aside from the many activities that occurred throughout the day, vendors were also selling items from African clothing to jewelry and books. An oratorical contest for students was also held. Three students participated, as they each presented their view of why "the struggle is not over."

Throughout the AACC, were various displays concerning certain aspects of Civil Rights or Civil Rights figures, that were made by student organizations.

The event took place from 11 a.m. to 5 p.m.

Watts gets assistance from government, industry

By Michele Reed
News Editor

President Clinton visited Watts in July. This week he plans to visit more Afrikan American communities in need of help such as Newark, Jersey, Hartford, Connecticut, Hermitage, Arkansas, and Chicago.

The optimism of help has been made in the past, leaving many to believe that plans will remain only "plans", and the likelihood of action will not take place. After the riots of 1965 and 1992, which both were triggered by police brutality, promises of help were made. However, nothing has been achieved.

A Denny's is expected to be located in Watts, which will be the first national restaurant in Watts since the riots of 1965. More bilingual services will also be needed in Watts because Hispanics, mostly immigrants, have moved into the neighborhood, which was once inhabited by 65,000 Afrikan American residents.

So with the new promises and future goals, Watts and other Afrikan-American communities across the country in need of help should see some change.

Green grass, non-boarded houses, street corners that exist without liquor stores or the "package store," is what many Afrikan American communities are in search of. Watts, one of Los Angeles' toughest neighborhoods, is one of these communities searching for the greener side.

Watts was chosen as one of a number of areas in the country most in need of federal help. This was two years ago. However, economic progress and the hope for a better neighborhood has been very slow in the south central Los Angeles neighborhood.

Watts has seen two deadly and brutal riots nearly 30 years apart, and the many years of poverty has made Watts known for urban problems. In January 1998, the federal government named Watts an "empowerment zone." This means that companies can receive federal tax breaks as of January 1, 2000 if they hire workers and handle their businesses in the inner city.

Anyone interested in working for The Nubian Message should contact Dock G. Winston, Editor-in-Chief, at 515-1468 or come by Room 372 of the Witherspoon Student Center.

READ MORE NUBIAN

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

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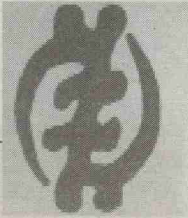
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With only the permission of our ancestors and our elders do we proudly print this and all editions of The Nubian Message. Always keeping in mind and spirit:



Dr. Yosef ben-Yochannan, Dr. John Henrik Clarke, Dr. Leonard Jefferies, The Black Panther Party, Mumia A. Jamal, Geronimo Pratt, Tony Williamson, 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.

November 4, 1999

SPORTS

Afrikan Americans getting big kicks from

SOCCER

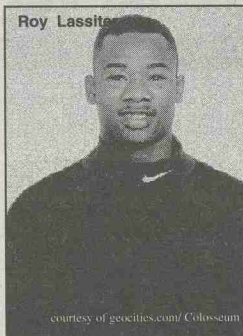


By Alex Thompson
Staff Writer

Soccer is the most popular sport in the world. In this country its a different story. Only in recent years has the sport gained enough attention to warrant national telecasts and product endorsements from its star athletes. The Afrikan-American presence in the sport is also increasing, with many of this country's best players being black. Below are some of the best and brightest.

Roy Lassiter
DC United

Roy Lassiter is one of the best players in America and his hometown is Raleigh. He is one of the



most visible players in the MLS today. Known for his blinding speed and trademark "airplane" goal celebration, Lassiter is one of Major League Soccer's most dangerous goal scorers, scoring more than 50 goals in two-and-a-half seasons. When Lassiter became part of the United team, he exploded as part of the United attack, scoring 15 goals and adding four assists in 15 games. He has started and played 42 minutes for the Eastern Conference in the 1996 MLS All-Star Game.

In his first season of the MLS

play, he led the league with over 30 goals. DC United has been named winners of the CONCACAF cup, which features teams from the whole CONCACAF region. The United, currently 1st place in the MLS, are trying to regain their crown of MLS Champions. Three-time Eastern Conference champion D.C. United eked out a 1-0 shootout victory in Lockhart Stadium Sunday afternoon, downing the Miami Fusion in the tiebreaker. Roy Lassiter scored the winning shootout goal. D.C. United advances to the Eastern Conference Finals for the fourth year in a row, where they will face off against the Columbus Crew.

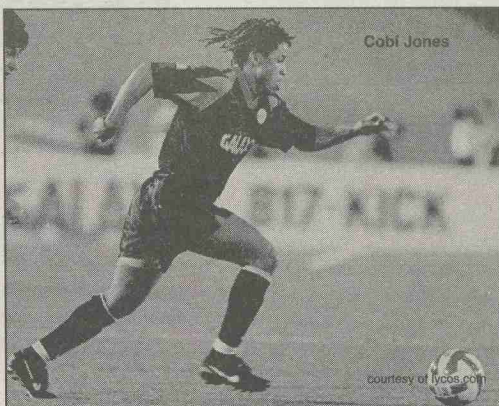
Eddie Pope
DC United

This is another player from North Carolina who can really rip in on the field. One of the United States' most sought-after young players, Pope was a member of the AT&T Best 11 and the Bic Defender of the Year in 1997. A tenacious defender with dangerous offensive skills, Pope was the hero of MLS Cup '96, heading home the game-winner four minutes into sudden-death overtime.

He started and played 45 minutes for the East in the 1997 MLS All-Star Game. Pope had three goals in 25 career appearances for the United States National Team following World Cup France '98, where the versatile player started two games. Pope is a great defensive player who is considered with the tops in the world.

Cobi Jones
LA Galaxy

Cobi has played for Coventry City of the English Premier Division. He returned to the United States to play soccer for the Los Angeles Galaxy of Major League Soccer and was recently named to



the Major League Soccer All-Star Team. Cobi played on the 1996 U.S. Olympic Team and the 1994 World Cup Soccer Team. Cobi Jones has played a significant role in popularizing soccer in the United States.

He has been in many commercials and is one of the most noticeable players in Major League Soccer. Cobi is one of the fastest players on the U.S. National Team and is tied for the all-time assist leader in U.S. National Team history. The LA Galaxy, where Cobi is the leading scorer, clinched the western division and are two wins away from the MLS Cup game at Foxboro stadium.

Zach Thornton
Chicago Fire

Thornton spent the first two MLS seasons as Tony Meola's backup with the MetroStars, but allowed only one goal per game for the expansion Chicago Fire in the first half of the 1998 campaign.

Originally drafted as a backup to Fire allocation Jorge Campos, Thornton's stellar display could force Chicago Head Coach Bob Bradley to use Campos at forward. Thornton has been selected to his first MLS all star team. He will be the goalie for

the Americans in the USA vs. the World game.

There are many great Afrikans who play soccer in America also.

Stern John
Columbus Crew

At only 21 years of age, this exciting forward took MLS by storm in his first season with the Columbus Crew. He notched two hat tricks in just his first eight games. The Trinidad National Team player combines speed, size and a tireless work ethic to wear down opponents. He scored 16 goals and five assists in just over half a season in 1997, earning A-League Rookie of the Year honors with New Orleans.

John joins first cousin and Trinidad National Teammate Ansil Elcock on the Columbus starting 11. Being a foreign player in the MLS Stern is still making a huge impact and still has many years ahead of him.

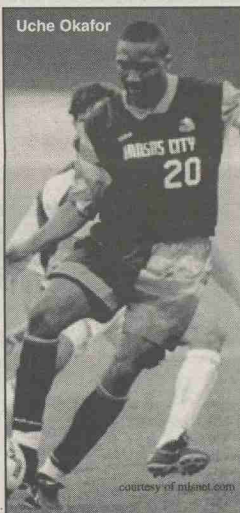
Uche Okafor
Kansas City Wizards

One of five MLS internationals (joining Mexico's Jorge Campos,

Chile's Marcelo Vega, Colombia's Carlos Valderrama and Jamaica's Andrew Williams) to participate at World Cup France '98. He wore the captain's armband for Nigeria's World Cup squad in several matches leading up to France. Okafor has been a powerful force in the back or at the defensive midfielder position on the Wizards since the team's inception. The Nigerian

international wears Kansas City's captain's armband when Preki is not available. Scored the first bicycle-kick goal in MLS history on April 18, 1996.

The bicycle-kick is a very difficult goal involving flipping upside down and having th e concentration to make the goal. He is the only Afrikan international that played in France '98. He is a great leader on



the field and is a team captain on a lot of teams he plays for.

Wanna learn Quark Express?
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CULTURE

Very little gold at the end of Mariah's "Rainbow"

By the Madd Listener
BitterA** Critic

There is something about music cds that will really make the Madd Listener angry. Making a cd that sounds just like all of your other ones!!! I understand that your fans want the music they like, but I also think that fans don't want an artist to stay in the same place, they want you to make new music yet still make it sound jamming.

Obviously Mariah Carey doesn't understand this concept. Her cds just stay the same, even her album past album covers all look like they are from the same photo

shoot. In her new cd, Rainbow, while Mariah has went a different route in regards to her album cover, she has not in regards to her music.

I bought Butterfly and it was a good cd, but when I picked up Rainbow, I was hoping for something different, but I didn't get it. The radio happy "Heartbreaker" is modeled exactly after "Honey" from her last album. Mariah does showcase her voice more on this album than her last, but it just seems that way because all of her recent releases have been produced by Jermaine Dupri, or _____ (fill in with name of any rap producer).

The ballads are strong, but

Mariah has never disappointed in that area. She also does an excellent cover of Phil Collins "Against All Odds(Take a look at me Now)."

However, the album is still filled with rap beats. It even features Snoop Dogg.

Imagine that, Mariah and Snoop Dogg! Can it get any worse? There is another problem with the album, she wrote a lot of the lyrics. Mariah says that the album is about everything she encountered during the last year.

Well, it all must deal with sex, because that is what the album is about. Just kidding, the lyrics aren't bad at all, just not as deep as some of her past hits.

One thing you will get from this album is that this woman has an incredible voice. The album still has enough adult contemporary stuff to make my mother think about buying it, but the rap stuff, shall I say, "is weak." Mariah needs to write more inspirational ballads, not ones that feature Mase, not even with Whitney Houston, and definitely not with Jermaine Dupri, but just by herself, the way we like her. The album is good, but not different nor good enough.



cover of the colombia release "rainbow"

artist
Mariah Carey

album
"Rainbow"

available
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Four Reasons for Using "K" in Afrika

- Most vernacular or traditional languages on the continent spell Afrika with a K; therefore the use of K is germane to us.
- Europeans, particularly the Portuguese and British, polluted our languages by substituting C whenever they saw K or heard the K sound—as in Kongo and Congo, Akkra and Accra, Konakri and Conakry—and by substituting Q wherever they saw KW. No European language outside of Dutch and German have the hard C sound. Thus we see the Dutch in Azania calling and spelling themselves Afrikaaners. We are not certain of the origin of the name Afrika, but we are sure the name spelled with the C came into use when Afrikans were dispersed over the world. Therefore the K symbolizes our coming back together again.
- The K symbolizes us to a kind of Lingua Afrikana, coming into use along with such words and phrases as Habari Gani, Osagyfo, Uhuru, Asante, together constituting one political language, although coming from more than one Afrikan language.
- As long as Afrikan languages are translated (written) into English, etc., the European alphabet will be used. This is the problem. The letter K as with the letter C, is part of that alphabet, and at some point must be totally discontinued and the original name of Afrika be used. The fact that Boers (peasants) in Azania also use the K, as in Afrikaan (to represent the hard C sound) demonstrates one of the confinements of the alphabet.

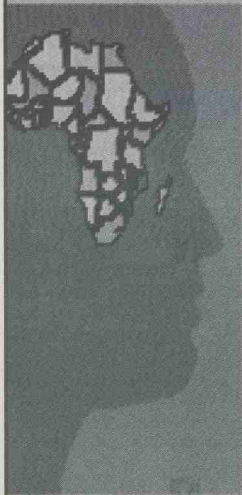
Source: *From Plan to Planet* by Haki R. Madhubuti, February 1992. Reprinted with the author's permission.

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Tuesday, November 2, 1999, 5:30pm - Room 201, Witherspoon
Monday, November 8, 1999, 6:00pm - Room 204, Witherspoon

for more information, contact a member of the AASA staff at 515 3835

HEALTH

Hypertension: A matter of the heart

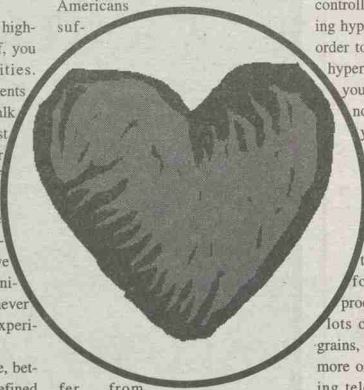
By Melodee N. Wallace
Staff Reporter

When you are driving on the highway and someone cuts you off, you get mad and yell obscenities. Sometimes you get into arguments and you get so mad you just walk away. Other times you are just so excited it feels as if your heart will burst. What do all of these events have in common? They are all times when we can notice a rise in blood pressure. However, many times we are walking around with chronically high blood pressure and never know it because we do not experience any symptoms.

Chronic high blood pressure, better known as hypertension is defined as having a systolic number (top number) of greater than or equal to 140 and a diastolic number (bottom number) that is greater than or equal to 90.

Why should Afrikan Americans be concerned? Well, according to Dr. Paul Douglass, the president of The Association of Black Cardiologists, hypertension starts earlier in Afrikan Americans, progresses faster, and is more severe.

On a whole, 35% of Afrikan Americans suffer from hypertension.



On a whole, 35% of Afrikan Americans suffer from hypertension and 20% of us die from hypertension each year. Not only does hypertension affect your blood pressure, it can cause heart disease, stroke, and kidney failure. For these reasons and more, hypertension plays a part in 500,000 deaths a year.

With all the problems that hypertension can cause, it is estimated that only 25% of Afrikan Americans have their blood pressure under control.

Yet, with proper diagnosis and early treatment, the disease can be controlled and your risk of developing hypertension can be reduced. In order to reduce your risk of getting hypertension, you should monitor your weight, quit smoking or do not start smoking, cut down on your salt intake, find positive ways of dealing with stress, exercise, and decrease your alcohol intake. Diet and exercise are two of the factors we have complete control over. Try to eat less fried foods, stay away from processed meats and instead, eat lots of fruits, vegetables, whole grains, and breads. Also, try to walk more or do something while watching television, at least during the commercials, 20 minutes of exercise a day is significant in reducing your risk.

Optimally, you want your blood pressure to be 120/80, but a top number in the 130s is still consider good. As Afrikan Americans, it is important that we start paying more attention to our blood pressure, so that we may continue to lead healthy and productive lives.

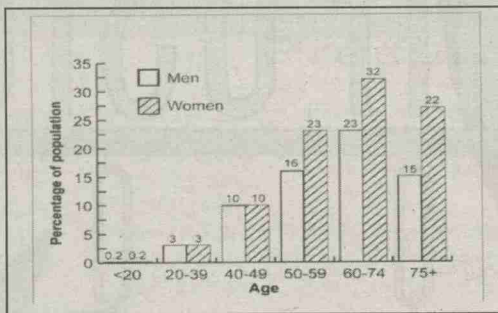
The determining factor in diabetes

By Thannie Roldan
Health Editor

What you eat and what you do can be the determining factor on whether or not you develop diabetes. In many cases, diabetes is inevitable, yet there are many more cases that could have been prevented through healthy eating habits and exercise. The rate at which Afrikan Americans are contracting diabetes is astonishing. In 1998, 1.5 million Afrikan American were diagnosed with diabetes out of our population size: 35 million Afrikan Americans. This number is 4 times larger than that of diabetes cases in 1968. Surprisingly, about 730,000 Afrikan Americans are unaware of the fact that they have diabetes. There are some hot signals that you can look for.

- Do you feel faint after eating a number of sweets?
- Having an increase in thirst?
- Having the sensation to urinate often?
- Losing weight yet there is a surge in appetite?
- Experiencing from fatigue or nausea?

If you are experiencing one or more of these symptoms, you might want to go down to the Student Health Center. There, the staff can test your urine and/or blood by way of a urinalysis and glucose tolerance test, to determine if you have diabetes. What many people fail to realize is that diabetes is a genetic disease. Therefore, if there is a history of diabetes in your family, you just might want to get tested. Out of all of the people living with diabetes, the death rate for blacks is 27% higher than in whites. Furthermore, Afrikan American women have a



Prevalence of diagnosed and undiagnosed diabetes in Afrikan Americans, US, 1988-94

slightly higher risk than do their male counterparts. The chart above indicates the percentage of Afrikan American women affected with the virus vs. their male counterparts in the Afrikan American population.

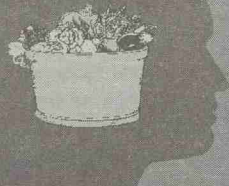
Many brothers and sisters do not even know what diabetes is. Diabetes is a group of diseases characterized by extremely high levels of blood glucose. The disease is caused by defects in insulin secretion, insulin action, or both. Most Afrikan Americans suffer from type 2, which means that this strand develops in adults and is caused by the body's resistance to the action of insulin. Only a handful suffer from type 1, which usually develops in adolescents and is always treated with insulin. Type 2 is treated with a combination of diet, exercise, diabetes pills, and injected insulin.

This is such a crucial issue because diabetes has many complications that can affect Afrikan Americans head-on. It is important for Afrikan Americans to be tested

and diagnosed as soon as possible to avoid future complications. Compared to whites, black people experience higher rates of diabetes complications such as eye disease, kidney failure, and amputations.

This month is National Diabetes Awareness Month, and many organizations are taking the opportunity to educate black people about the disease. The Wake County Health Clinic, located on New Bern Avenue, next to Wake Medical Hospital, is offering free diabetes testing throughout the month. Therefore, take a trip out, by yourself or with some friends, to be tested. Ultimately, you can determine how diabetes will affect you and prevent it from taking your life.

Remember the determining factor is you and the choice you make, but for every white person who gets diabetes, three blacks get diabetes. Help decrease the statistics, get your test this month.



Food
for
Thought

By Thannie Roldan
Health Editor

The Nubian Message is quite aware that there are individuals out there who strive to maintain a healthy lifestyle. The Nubian Message also realizes how hard that task can be on this campus. Being your voice, we would like to do everything possible to help you reach whatever fitness goals you set for yourself.

With that, the Nubian Message proudly introduces this week "Food for Thought", a column that decipher the menus at your favorite restaurants. We will suggest items that are best suited for a healthy diet and give you the foods guarantee to send you on your way to a heart attack. We begin this campaign with everyone's favorite spot for chicken at NC State: Chik-fil-a!

Who would have thought that a little cafe located in an Atlanta suburb during the 1946 would grow to become a multi-million dollar company serving chicken in every city and on many college campuses across the United States. No one.

But NC State students are living proof that Chick-fil-a is the bomb and it's here to stay.

Your best choice:
Chargrilled Chicken Garden Salad with one packet of dressing
200 Calories, 5g fat

If your a chicken lover, your best choice:
Chargrilled Chicken Sandwich and Coleslaw
410 Calories, 9g fat

Your worst choice:
Chik-fil-a Nuggets, Waffle Fries, Dipping Sauces, and Lemonade
760 Calories, 30g fat

Believe it or not, eating Chik-fil-a everyday for lunch can add between 5-10lbs. onto your average weight. By choosing the healthy meal Chik-fil-a offers, you can shed up to 6,000 calories a month. Everyone likes it greasy once in a while, but it's important to make healthy choices. So the choice is yours, think before you eat.

DEPRESSION AWARENESS WEEK



NOVEMBER 15-18, 1999

Medical Clinic 515-7107, Counseling Center 515-2423, Health Promotion 515-9355

Depression Awareness Self-test available throughout the week in all waiting areas of the Student Health Center. As always, staff is available to assist you. Please make an appointment.

Monday, November 15	Fountain Dining Hall 5:00-6:30 PM Depression Awareness Display and Resource Person
Tuesday, November 16	Bragaw Activity Room, Marie Baldridge, Counseling Center 5:00-6:30 PM "When Depression Takes the Fun out of Life... How to Get on the Road to Recovery" Light refreshments provided by Greek Life and Inter-Residence Hall Council!
Wednesday, November 17	Brickyard (bad weather location Talley Student Center, north desk, 1 st Floor Lobby) 11:00 AM-2:00 PM Depression Awareness Display and Resource Person
Thursday, November 18	Talley Student Center - north desk 10:00 AM-12:00 PM and 1:30 PM-2:30 PM Depression Awareness Display and Resource Person
Thursday, November 18	Student Health Center, Room 2301 12:00-1:00 PM Panel Discussion: "Depression: Advancements in Understanding and Treatment" Panel: 1. Dr. Thomas Casda, M.D., Psychiatrist and Psychoanalyst 2. Joe Brainard, M.S.W., L.C.S.W., Charter Behavioral Systems 3. Dr. Lee Salter, Psychologist, Director, NC State Counseling Center Bring your lunch. Drinks provided by Health Promotion, Student Health Services

SPONSORED BY NC STATE STUDENT HEALTH SERVICES, COUNSELING CENTER, HUMAN RESOURCES, GREEK LIFE, INTER-RESIDENCE HALL COUNCIL, HOLLY HILL/CHARTER EMERGENCY SERVICES DEPT.

FOR MORE INFORMATION CONTACT MARIANNE TURNBULL
HEALTH PROMOTION, STUDENT HEALTH SERVICES
515-9355

OPINIONS

Warning: Equality is a myth

By **Lakesha Parker**
Opinions Editor

The NAACP has been doing a lot of discussion lately. The new item on the agenda? An apparent absence of color behind the scenes, as well as on the screen, of Prime time TV.

There was a debate thrown up in the air as to whether or not the NAACP would call for a boycott of the four major networks all together, namely, ABC, CBS, NBC, and Fox. The Beverly Hills/Hollywood NAACP claims that there are only 55 Black writers out of 839 positions for the major sitcoms and dramas. Out of those 55, only 15 are employed by the four major Networks.

Should the NAACP continue to scream and holler over there being a lack of blacks in Hollywood? This

question is one that requires a highly opinionated answer.

While I can understand how boycotts generally worked in the past, I generally cannot see how one designed to boycott stations such as these, would work. It is already a known fact that access to cable has pretty much changed the viewing of Black America. Simply stated, more Black people turn their channels to watch cable, because there are channels there geared more so to your own particular interests.

Being that Black people are turning away from Prime Time TV anyway, and generally turning to cable, what good would it do to boycott something that you already don't watch?

These are questions that the NAACP must consider.

The representation of Black peo-

ple on main TV is important, and I do believe that there should be some shows on main TV for those who cannot afford cable. General access is what I am speaking of. So for the NAACP to holler something is just not right is very correct. We obviously need someone doing something, but I really and sincerely doubt that a boycott will be the answer.

Maybe the key would be that if the individuals -meaning black people- would actually start writing and trying to get something done, then maybe our voice as a collective would be widely heard.

It is quite obvious that we still have a long way to go to make sure that we get equal representation in every facet of America. I really don't think that all of those who scream, "This is how Black people

feel!", are looking out for my best interest all of the time. (Somehow in the mesh of group-ness, individual differences get overlooked.) They often have no idea how to address someone who thinks for themselves, and believes in dealing with things on an individual basis.

While I do appreciate the effort of such groups like the NAACP, I have to be wary of other individuals AND groups, for that matter, who claim that they know what I want as an individual, what Black people need, and who claim to be elected spokespersons for the entire race.

As a nice close up as I continue to ramble to show how scatter brained I am, I might state, that equality is a myth. Real equality is a myth. Yes, you read it right.

But I think the keyword here, is not in fact an equal representation,

but a BETTER REPRESENTATION of our people in all facets and fields of life. The entertainment business is a tricky one altogether and those who have power and money (or at least think that they do), sometimes leave far, far, far away from their roots and home. I am sure that you can think of a couple of people in the entertainment sector, or in power, who lost their identity in the mass, as they were told what was better for them.

I know I have drifted off the subject, but I often wonder if it is better to be humble, happy, and helpful, than to be stingy, rich, and pressured by the image that you must carry? (Don't get upset if it is your dream to be rich, because this is just a stereotype!) I often wonder if a person can still be "real" and have money.

Well, I guess I'll soon find out.

Technical students need to get that feeling

By **Antwannette Watson**
Guest Writer

While some would say that emotional intelligence, the ability to relate to others on an emotional level, is nothing more than psychological babble, others would argue there are some valid points that most Americans, including NCSU students, could benefit from. The idea for this piece came when a friend and I were talking about the treatment given to those of who are non-technical majors here at NCSU. Some would argue that the fact that they do not manipulate numbers, scientific equations, and mathematical problems daily in class suggest in some way that they may be inadequate or unable to be a productive member of the NCSU student community and to society.

I do agree, it is necessary and very practical to an extent for a society to improve its use and understanding of technology, its reason-

ings and its understandings of the sciences. But despite their claim, I also see how being able to relate to the cashier, that groggy waitress, or the average everyday Joe can be just as beneficial, if not more so. If you take a moment to look at mankind, our advances and some of our most basic skills that we have maintained over the centuries, then you will see that oral communication skills are necessary for survival.

Many engineers and other technical minded students here at NCSU do not see the need to communicate with others outside of their little realm. Whether it be due to the fact that computers usually do not speak back without specific programs and software being used or maybe could it actually have something to do with the fact that maybe technical students here are social misfits, who cannot function in basic real life situations, where technical students and professors here at NCSU harass those who dare to be different or who defy their comfort zones.

Despite their (the technical-minded) current take on the situation, the students and professors in the humanities realize and value the different realms of education and higher learning, especially within university settings. Humanity majors feel no need to point the finger in the opposite direction when there is a breakdown in communication or when something doesn't fit their color scheme. The humanities majors try to look at things from all or different perspectives, philosophy, analyzing and engaging in intellectual discussion about how things are, how they could be and why they are that way.

It is okay to sit behind your desk and/or computer dealing with abstract reasoning, better known as our technical-scientific world, as long you admit, everyone does not need to be just like you, and no, they are not necessarily as bright or educated as you, but that is okay. It is good that we are not all just alike!

Have you or someone you know had a racist experience here at NC State University involving staff, faculty, or students? The Afrikan American Student Advisory Council is currently seeking information about racism on this campus. If you, or someone you know has had an experience, please e-mail your story to one of these addresses:

aepeople@unity.ncsu.edu
hbpettig@unity.ncsu.edu
jrsmith@unity.ncsu.edu
ydmorris@unity.ncsu.edu

Letters to the Editor

The Nubian Message welcomes questions, comments, concerns, and suggestions. The following guidelines must be followed:

• Letters must be limited to 300 words

• Letters must be signed by the writer, including his/her major, if a student

• Letters should address campus issues, breaking news, or public-interest topics

The Nubian Message will consider fairly all submissions but does not guarantee publication of any.

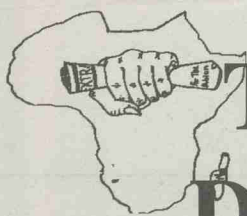
All letters are subject to editing and become property of The Nubian Message.

Letters should be brought to Room 372 of the Afrikan American Cultural Center or mailed to:

The Nubian Message
Letters to the Editor
Box 7318, NCSU
Raleigh, NC 27695-7318

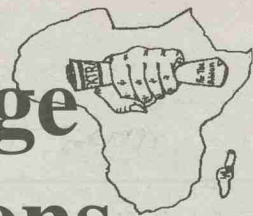
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