

The NUBIAN MESSAGE

The Afrikan American Voice of North Carolina State University

March 2, 2000
Volume 7, Edition 15

Knowledge



What's Goin' On?

SAACL Meeting

The Society of Afrikan-American Leaders will be having a meeting on Monday 6, 2000 in Accounting Lab on the first floor on Nelson Hall. There will be a guest speaker, who will be discussing strategies of pursuing a graduate degree. Refreshments will be served.

Lupus Informational Session

The Afrikan-American Student Health Society and the HO Chapter of Alpha Phi Alpha Fraternity will be co-sponsoring an informational session on avoiding and treating Lupus. Lupus which effects more people than AIDS, Sickle-Cell Anemia, Cerebral Palsy, Multiple Sclerosis, and Cystic Fibrosis combined!! Lupus is becoming more prevalent in minority societies.

Delta Days

The MU Omicron Chapter of Delta Sigma Theta Sorority, Inc. will be hosting Delta Days from March 7-9. Day 1 will begin on with a forum on the bond between Afrikans and Afrikan-Americans. Day 2 will be Taebo which will be hosted in the Bragraw Activity Room. Day 3 will end Delta Days and will involve Bible Study in the Merrimonk located on the top floor of North Hall.

Peer Mentor

The Peer Mentor Program is now accepting applications for the 2000-2001 school year. For those who are interested the minimum requirement is a 2.5 GPA, participation in the recruitment process, and a general desire to help others. Applications will be available in the Office of Afrikan-American at 2010 Harris Hall. The deadline for all applications has been extended to Monday, March 6, 2000.

Elections set for April 3rd & 4th

by **Tonya Johnson**
Co-News Editor

With the student body election being only a month away, students wishing to run for office have less than a week left to file for candidacy. The last day to file is March 6th by 5 p.m. To apply, the prospective candidate must pick up an election packet from the Student Government office located at 307 Witherspoon Student Center.

The student body election will be held on April 3rd and 4th with the runoff being the following week, if necessary. Poll sites will be located at Fountain Dining Hall, the Quad convenience store, Tunnel Inn convenience store, Atrium and possibly on Centennial Campus. Students can also vote on-line.

Positions open include student body president, student body chief justice, student senate president and student body treasurer. In addition, students can file to run for student senate, student center president and the student center board of directors.

To qualify for these offices, students must have at least a 2.0 GPA and cannot be on suspension, probation or expulsion, according to Wesley Moyer, the co-chairman of the Election Board. While experience is not necessary for the student body

president or student body treasurer positions, it is required for student body chief justice and student senate president positions.

To be eligible for the student body chief justice position, a candidate must have served at least two semes-

ter the Andrew Payne Show.

Michael Anthony, the government operations committee chair, said that there are some changes during for this year's elections. For starters, there are two co-chairs on election board instead of one. "Election board

program, which showed students' social security numbers, who they voted for and what time they voted. "Since that happened last year, it will be watched closely this year. I want the elections to run as smoothly as possible," said Anthony.

Anthony also said he would like more student participation in student government. "I want to see more people involved in voting. It's going to be a good race," he stated.

Students polled said that there are some issues that concern them which will determine who they vote for in the election.

"The tuition increase concerns me because I don't see why we have to pay more money. Most of us can't afford the increase," said Freda Le May, a freshman in math education.

Tiffany Chin, a junior in industrial engineering, replied, "In picking someone, I would like for them to have been involved in other activities besides student government because they would probably have had the experience to serve a more variety of a community. I want someone in office who's diverse. They should also be able to be approachable and be seen on campus such as on the brickyard."

chair has to do a lot. They pretty much run the elections. It was a smart move to have co-chairs," said Anthony.

The election board is composed of at least seven students from the student body. They implement the elections, validate students who file for candidacy, count ballots and help assist the student media who are interested in conducting debates with the candidates.

Also on-line voting will be monitored closely this year. Last year, a loop hole was found in the voting



ters as a judicial assistant with the Judicial Board. To qualify for the student senate president position, a candidate must have attended over half of the senate meetings in any given academic year.

For the position of student body president, a candidate cannot spend over \$300 campaigning. Those campaigning for the other positions cannot spend over \$250. Prospective senators cannot spend over \$100 while campaigning.

A tentative date for a debate will be held on March 28th on WKNC on

"One Florida" at N.C. State?

By **Landra Cunningham**
Staff Editor

There may be liberty for all, but affirmative action in some places is no more. The new "One Florida Initiative" that has put an end to racial preferences in university admissions and government contract work in Florida has captured nationwide attention. Dr. Rupert Nacoste, a professor of Psychology at NCSU and an expert in affirmative action policies found the Florida plan surprising. "I thought there was a lull, or a steady state, in the affirmative action debate because there hasn't been much talk for awhile," he commented. Dr. George Dixon, of undergraduate admissions states, "I believe the Florida approach is counter-productive.

Looking at GPAs and SAT scores is good, but universities need students with different experiences and different backgrounds to enhance the learning experience of all." For universities in Florida, race and ethnicity as a factor in university ad-

missions has now been eradicated. Do we really know what affirmative action means for us here at NCSU?

Students often become upset over the issue of affirmative action in university admissions, arguing that it gives unfair advantage to less-qualified students. Dr. Nacoste reminds students, "Admissions has to use what they are given to work with. There are many things going on in a university and admissions that students aren't aware of. Students often look at individual situations and what they see at their level and forget that there are more elements involved with admissions than they know about."

For example, GPAs and SAT scores are measurable factors in admissions; however, everyone doesn't read recommendation letters. "NCSU is doing a good job with the issue of affirmative action. Their efforts are definitely good faith efforts," he added.

see Action, page 2

Diallo verdict stirs rage, controversy

by **Brandon Buskey**
Co-News Editor

On February 26, 2000, a New York State Supreme Court jury composed of eight whites and four blacks found New York City police officers Sean Carroll, Kenneth Boss, Edward McKellon, and Richard Murphy not guilty of all charges related to the shooting death of Amadou Diallo. Diallo, an African immigrant, was killed on February 9, 1999 by the four officers. A barrage of 41 shots occurred, 19 of which struck him, when the unarmed Guinean reached for his wallet on the vestibule of his Bronx apartment building.

The unanimous decision came after three days of jury deliberations on the charge of second-degree murder and five lesser charges filed against each officer involved in the shooting. Almost immediately after the controversial verdict, approximately 200 protesters of varying ethnic backgrounds congregated around the courthouse and marched through a nearby residential area chanting "No Justice, No Peace." Community re-



Brad Rickerby

action to the jury's decision was the culmination of over a year's worth of controversy concerning what many believe to be the racist nature of the NYPD. Among the most vigilant and public of protesters was the Rev. Al Sharpton, who, in the weeks prior to the verdict, helped to organize numerous demonstrations of civil disobedience against the NYPD.

see Diallo, page 2

Introducing the Alumni Spotlight! Check it out on page 4!

Action continued

from page 1

Understanding affirmative action practices at NC State means understanding what affirmative action is. Dr. Nacoste defines affirmative action as "a set of anti-discrimination activities designed to neutralize discrimination." First, a level of discrimination must be established, and then an activity to neutralize the discrimination must be designed. Up until two years ago, NC State, along with other public universities were under a court-mandated decree to ensure "diversity" on campus.

Dr. Dixon maintained, "NC State was committed to affirmative action on campus at this time, and it was the leading institution in the state for African-American applicants and the number of African-American students who entered the university."

Two years ago, the legal climate changed when Texas, California, and Maryland challenged the idea of giving advantage to one racial group. This forced NC State to reevaluate its interpretation of affirmative action practices and implement innovative ways to maintain the number of members from under-represented groups in the university.

Dr. Dixon and the undergraduate

admissions staff consulted with Dr. Nacoste in making necessary adjustments to admissions policies. Scholarship programs for minority students had to be changed while maintaining efforts to enhance the pool of underrepresented students. Presently, these efforts include: aggressive recruiting, African-American visitation day, ample mail notification about NC State and what it has to offer, and assertive high school visitation. "We have the Chancellor's Liaison and student ambassadors who offer their input on the situation; however, the very best ambassadors a university can have are satisfied students who can send the message back to their friends at home that this is a good school to attend," Dr. Dixon explained.

Last year, however, NCSU experienced a decline in the number of African-Americans in the freshman class. Surveys discovered that this was due to the loss of an aggressive scholarship program. As a result, with the help of the chancellor, the Chancellor's Leadership Award has been created, which awards scholarship money based on scholarship, leadership, and financial need.

Dr. Dixon emphasized, "NCSU is absolutely committed to a diverse student body because of the value it

brings to the university experience and to society as a whole."

What is the future of affirmative action at NCSU? "At some point, affirmative action will go away because it was never meant to be a permanent policy, anyway. We just have to make sure that we have a way to neutralize any present discrimination," Dr. Nacoste said. Even though the picture remains ambiguous, both Dr. Nacoste and Dr. Dixon remain optimistic that affirmative action is moving in a positive direction: "It's difficult to say for sure what will happen next because of the unpredictability of the legal climate right now," Dr. Dixon admitted.

"I wish the issue could be addressed at the Supreme Court level in order to decrease some of the ambiguity present. Until then, we will continue to use innovative and creative ways to attract bright students to NCSU."

Diallo continued

from page 1

Sharpton continually emphasized the importance of nonviolent protests to the Diallo verdict, stating emphatically, "Let not one brick be thrown, let not one bottle be thrown, we are fighting violence," in order to quell the possibility of widespread rioting.

In the Bronx, the area where Diallo was shot, hundreds of protesters, followed by numerous members of the media, turned out to demonstrate their displeasure with the officers' acquittal. Tensions between Bronx citizens and the local police have steadily deteriorated since the shooting and were only aggravated by the verdict. Tony Torres, a protester from Diallo's neighborhood, stated "Right now there is no trust, you can't turn your back and walk up the street to the store because of the fear that you're going to get shot down by a police officer." Adding to the mass infuriation was the district attorney's decision to move the case from the Bronx to Albany, a move many felt guaranteed the officer's acquittal by allowing the them to face an upstate jury.

Reaction to the verdict was not uniform, however. One of the

major defenders of both the New York officers and the jury process was New York Mayor Rudolph Giuliani, who insisted that protesters reconsider their opposition. "We need some of them to back off a little, to say, 'Maybe we were wrong in rushing to judgment before we had a trial'," Giuliani said. The jurors assigned to the Diallo case also stood unflinchingly behind their verdict. They argued over the judge's instructions to acquit if they concluded that the officers reasonably believed Diallo was armed and dangerous leaving them with little choice in the matter. The case turned out the only way it could turn out, according to Helen Harder, one of the Diallo jurors.

Within an hour of the verdict announcement, Mary Jo White, the U.S. Attorney for New York, declared that she and the Civil Rights Division of the U.S. Justice department would conduct a review of the Diallo case to determine whether there were any violations of the federal civil rights laws. This gesture, however, has not been enough to sedate the nearly 2, 500 protesters who have since marched on such areas as New York City Hall and the United Nations building, demanding that the city drastically reform its police department.

THE NUBIAN MESSAGE

The Afrikan American Voice of North Carolina State University

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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.

SPORTS

CIAA

TOURNEY BEGINS

By Keesha Dover
Sports Editor

Monday tipped off the week long CIAA Tournament, which is being held for the first time in Raleigh, NC at the new Entertainment and Sports Arena. The schools that make up the CIAA include: Fayetteville State University, Johnson C. Smith University, Livingston College, North Carolina Central University, Saint Augustine's College, Winston-Salem State University, Bowie State University, Elizabeth City State University, St. Paul's College, Shaw University, Virginia State University, and Virginia Union University.

On Monday February 28, eight women's basketball teams ignited the first round of the tournament. The "Lady Rams" of Winston-Salem State University were victorious over the "Lady Tigers" of St. Paul's College, with a score of 71-37.

LaKisha Covington of Winston-Salem State captured the game high with 10 points.

In the second game of the afternoon, Virginia State's "Trojanettes" defeated the "Lady Falcon's" of Saint Augustine's College by eight points, with a win of 68-60. The "Lady Falcon's" were out-rebounded 58-36.

The third game featured the "Lady Broncos" of Fayetteville State University against the "Lady Bears" of Shaw University, in which Fayetteville State won 76-49. Shaw held Fayetteville to a weak 18 percent shooting in the first half; however, Fayetteville State led 28-25 at half, and was able to win by 27 points.

The final game of the evening was played by the "Lady Eagles" of

North Carolina Central University and the "Lady Panthers" of Virginia Union University. The "Lady Eagles" easily defeated the "Lady Panthers" with a score of 70-47.

Tuesday night featured the exciting second round of the tournament. The "Trojanettes" of Virginia State University were defeated by the "Lady Blue Bears" of Livingston College, with a score of 63-53. Erica Deas of Livingston

College had a game high of 26 points.

The three-time defending CIAA champion "Lady Bulldogs" of Bowie State defeated the "Lady Broncos" of Fayetteville State University 83-59. Tiffany Moss, this season's CIAA Player of the Year, had 12 points, 14 rebounds, and 9 assists for Bowie State University.

The "Lady Vikings" of Elizabeth City State University captured a second round victory over Winston-Salem State, with a score of 82-77. Elizabeth City State University shot 73 percent for the game.

The final game of the second round was played by the "Golden Bulls" of Johnson C. Smith University, and the "Lady Eagles" of North Carolina Central University. North Carolina Central University was victorious with a win of 71-66.

The first round of the men's tournament began yesterday. The match-ups included: Fayetteville State vs. Shaw University, Bowie State vs. Livingstone College, Johnson C. Smith vs. St. Paul's, and Virginia State vs. Saint Augustine's.

Sports Column: Darryl Strawberry

By Keesha Dover

Major league baseball player, Darryl Strawberry is suspended from the league for one year after testing positive for cocaine for his third time. Strawberry was first suspended in 1995 and again last year after he was caught with 0.3 grams of cocaine and allegedly solicited a prostitute. Strawberry was on probation and monitored, taking drug tests two to three times a week. People have shown their concern for the player's habit. Some think that if he continues to take drugs, knowing that he is going to be tested that often, then it must be serious. On the other hand, authorities say that Strawberry has been tested three times a week since last May and the only one that has been positive was the latest one on January 19th.

Not only is the morality of professional athletes a question, but professional black athletes. Some still remember not too long ago how professional football player, Rae Carruth, was arrested for playing a vital role in the murder of his pregnant girlfriend. It is even fresher on

our minds how Ray Lewis was accused of stabbing two people after the 2000 superbowl.

What we don't all know about is how athletes like Allen Iverson didn't start a deviant life once they hit pro, but they started way before. Iverson, a guard in the NBA, was jailed for unknown reasons somewhere during the latter part of his high school career. And where did Iverson end up? Georgetown University. There have been statements that Iverson wasn't the greatest student in high school. Some of us can't even get into a college like that with good grades; not to mention bad grades and a criminal record. But things like this set the pace. What are our athletes being taught early?

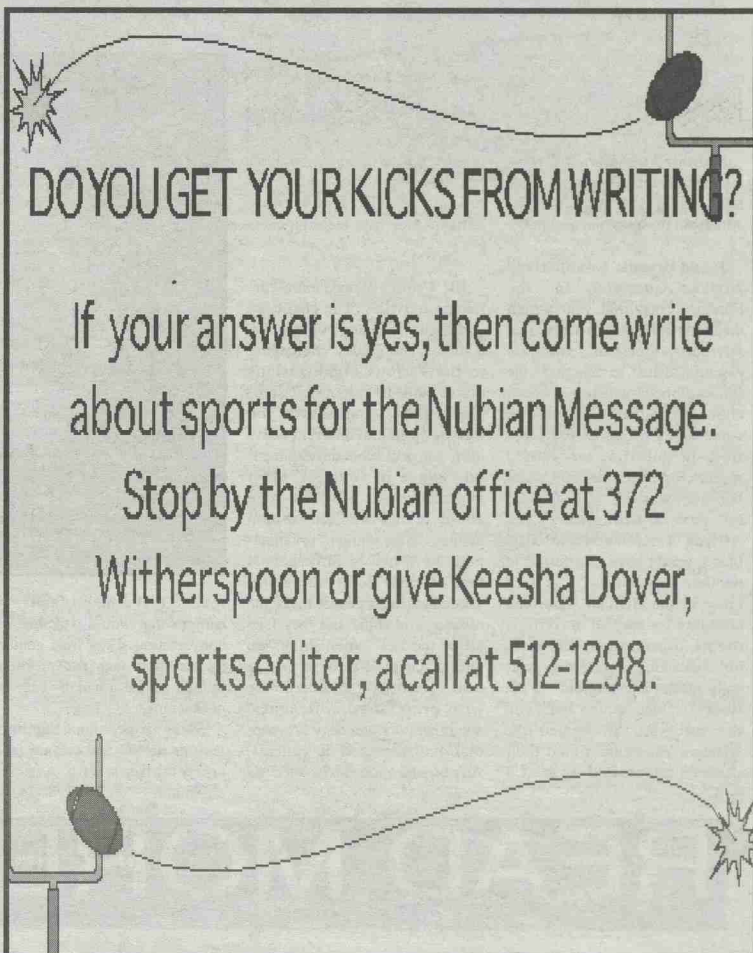
Then these cases are run through the news where athletes like Latrell Sprewell wants to file a lawsuit against the National Basketball Association because they didn't give him a chance to defend himself after he choked his coach. He didn't need to "defend" himself. He was wrong. But his wrongdoing is justified when he tells the

media that he had suffered verbal abuse from the coach and was very angry. Letrell is back in the NBA.

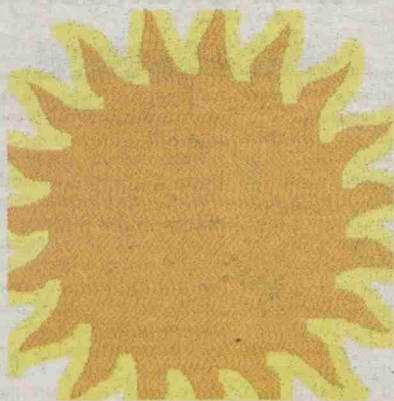
We also have the players like Bobby Phillips who defiantly raced through Charlotte streets and not only ends up hurting and killing himself, but he hurts others. The concern is that our athletes aren't showing the responsibility and the maturity once they get to this level because their behavior wasn't handled properly previously. A little responsibility on Phillips' part saves his life and the grieving of others.

Athletes are well respected, but what are we teaching our children? Who is going to take the first step in saying we have to do something about this? If the high school, the college or the professional coaches aren't going to do it, then who is? If these same athletes are still going to get their name on a shoe and their face on a cereal box then who cares if they act like the have some sense?

The Nubian Message is looking for students who are interested in writing. For more information contact The Nubian Message @ 515 -1468 or e-mail: nubian@sma.ncsu.edu



CULTURE



alumni hot spot

Jerold M. Bryant

By Michelle Reed
Culture Editor

This week the Alumni Hot Spot focuses on author Jerold M. Bryant. Jerold Marcellus Bryant was born and raised in Georgetown, South Carolina, 30 miles south of Myrtle Beach. It was for his love of ACC basketball and atypical majors that led him to North Carolina State University. He graduated in 1990 with an undergraduate degree in Forestry Resources Management, and earned a Masters in Forestry/Economics in 1994. The Nubian Message had the opportunity to interview Mr. Bryant, in which he talks about some of his college experiences, his career, and life.

Nubian Message: While at NC State, did you feel a close relationship with your Afrikan-American brothers and sisters?

Jerold Bryant: I was the only Afrikan-American in the Forestry class that year which made my relationship with other African-American students essential. I had to deal with the "good ol' boy" network, tobacco chewing students that were in some cases proud of the rebel flag. In due time we gained respect for each other and racial harmony was achieved. If I did not have a strong tie to the African American community, then I would have transferred to another university. I was very close to the African American students by way of activities, events, organizations and plain old socializing. Socializing typically meant "hanging out" in the student center, dining halls and the "brickyard". It seemed like African Americans found their peace on campus in these areas. I

found friends and colleagues that now are intricate parts of my life, almost fifteen years later.

NM: What activities did you participate in while at NC State?

JB: My extra-curricular activities ranged from being the President of the Kappa Lambda chapter of Omega Psi Phi Fraternity to membership with the Black Student Board, Society of African American Culture, and the National Pan Hellenic Council. I was also one of the first students to travel to Ghana, Togo, and Benin with Dr. Lawrence Clark and the late Dr. Witherspoon. We had a great experience in Africa and I plan on returning in the future.

NM: How important is it that Afrikan-Americans on a predominantly white campus, such as NC State, participate in a mixture of activities and know Afrikan-American faces on campus?

JB: I strongly urge extra-curricular activities. The challenge is to balance extra-curricular activities and grades. Belonging to the various organizations makes students responsible, professional and confident. If you take ownership in different activities, you will see a developmental change in yourself. Most importantly, you will learn more about teamwork and human nature. Most campus organizations have two or three people that literally do all the work. These dedicated people make the organization shine and they take all of the heat when things go wrong. Generally these people find it easier to communicate with professors, colleagues, administrators and they are popular and respected on campus. Any organization can be success-

ful if the leaders can convince participants to take ownership. There are many African-American based organizations that need good members to participate in meeting organizational goals.

NM: Were there any Afrikan-American heads of authority at NC State that had a profound effect on you? If any, how?

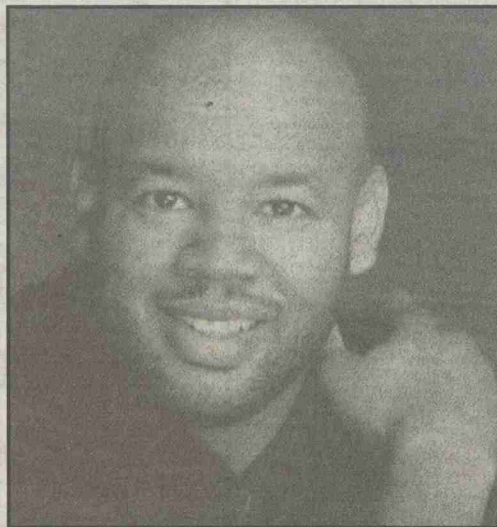
JB: There are many people who have been influential in my development as a professional. Just knowing people like Dr. Lawrence Clark, Dr. Wandra Hill, Bro. Ron Mims, Dr. Jerry Bettis, and Dr. Grant made me

are silently rooting for us to make A's and be successful.

NM: Do you have any memorable moments at NC State, that make you sit back today and laugh, cry, get you angry, or bring up any type of emotions?

JB: My most memorable moments as a student occurred when NC State African-American students and faculty went to the African countries of Ghana, Togo, and Benin. I truly cherish that experience. It was tremendous!

My most memorable moment as an Assistant Director of Admissions at NC State came



realize that I had a family on campus that would welcome my conversation. They were genuine in their approach and profound in their advice. I had the easy job of listening.

Some of my most humbling lessons at NC State came from conversations with African-

when Ray Rhodes, the coach of the Philadelphia Eagles, approached the podium after the African-American Visitation Day. He said, "I have had the opportunity to take my daughter to many colleges over the nation but we have never seen a visitation day program as satisfying

and comforting as this program." Ray Rhodes later mentioned that his daughter would be attending NC State. Afterwards he pulled me to the side and said, "Bryant, you did a great job organizing the event." I was amazed.

NM: Did you always want to be a writer?

JB: I find comfort in writing about my experiences, but never considered writing as a profession. I pray that I will always have the ability to teach and uplift people through my writing.

NM: What writers influenced you?

JB: Richard Wright and Langston Hughes influenced my writing. They were powerful brothers. Maya Angelou and Ishmael Reed were influential as motivators. I always gain something from their writings or listening to their powerful messages.

NM: How did you find the inner strength and determination to complete, or even start a novel?

JB: I found much strength by reading the bible and praying about the completion of the novel. The book's purpose is to simply teach people how to deal with challenging issues. I found the majority of the problems I had experienced were similar to those problems experienced by my friends, family, and co-workers. I decided that Single Man Screaming would prepare readers for challenges. I hope that this book will become a weapon against racism and simultaneously influence readers to solve their problems by knowing their respected religions. Single Man Screaming shows my extreme desire to teach and warn people.

NM: What would you tell a young aspiring writer who has the idea and even sees the characters of their book inside of their head, but doesn't know how to organize or relay their thoughts and feelings on paper?

JB: Take the time to write a few pages when you enter that creative zone. Research the basic aspects of writing and make sure

see interview, page 5

READ MORE NUBIAN

Very Soulful Saturday

By Nathan Sasser
Staff Writer

Soulful Saturday showcased the artistic skills of seven talented students last weekend in the ballroom of Talley Student Center. Around eighty people came to partake of some soulful food and hear some soulful performances. The crowd was also well entertained by the bawdy wisecracks of comedian/MC Jonathon Lassiter, who provided an irreverent counterpoint to the many spiritual acts.

After the crowd chowed down on some chicken, barbecue pork and biscuits, Shamikah Brown started out the evening's performances with an accapella song. Brown's delivery of the refrain, "It's been a long time comin' but I know a change is gonna come," captured the feeling of world-weary endurance that makes spirituals so haunting. Brown took second place.

Delvis Ingram followed Brown by breaking it down with a Stevie Wonder tune on the saxophone.

Ursula McClain sang what she called a "personal testimony"

gospel song that relied on familiar themes of perseverance in hardship.

Danielle Walker and Natasha Ivy rocked the house with their energetic dance interpretation of a song by gospel great Fred Hammond. Walker and Ivy drew a standing ovation from the crowd and took first place.

Poet Lakesha Parker read three of her works which, like many of the acts, revolved around issues of spirituality. Her first piece used Psalm 144:3 as a reference point for developing the themes of the patience of God and wickedness of man. The second described how beauty is a curse, and the third talked about God's love.

Duo Zaminah Graves and Danuel Oneal took third place, despite being plagued by technical difficulties, singing "We can't be friends if we can't be lovers" and the 70's classic "Ain't no mountain high enough."

After all the acts had performed, the contestants filed onstage and the winners were picked "Apollo-style," by who received the loudest clapping from the audience.

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Interview continued

you communicate your purpose in writing. When writing fiction, you have all the power so pay close attention to detail and remember to guide readers as though they are looking at a movie.

NM: Are there any special qualities that one would need to be a writer (i.e., good grammar, passion, organization, etc)?

JB: Confidence and discipline combined with a professional attitude will make a great writer. Pure passion to relay a message will overcome all obstacles.

NM: Do you feel that publishers are accepting to Afrikan-American writers, as they are to white writers?

JB: There is a market for Afrikan-American writers. Publishers are well aware of our success. All writers are challenged with making a good book. If the book does not interest people, then publishers would never make an investment.

Our obstacles are different than white writers, but overall it is still a challenging process for any writer.

NM: Did you ever come across any situations when trying to get published (or any time in your life) that you were looked at as an Afrikan-American male, rather than an Afrikan-American male with two degrees, a former assistant director of admissions at NCSU, etc?

JB: I have so many racial incidents in my past, I could write another book. One incident that happened recently was with a realtor who truly did not want to show her luxury condominiums to African-Americans. She had the audacity to be as rude as possible. She smirked at questions about the property. She allowed a three-minute telephone conversation to interrupt the meeting. I was upset, but humble. I made sure that she was going to show me that property if it took all day. As we left her office, a friend from NC State crossed our path. We greeted each other and talked about Single Man Screaming. Of course, the realtor heard that I was an author

and instantly tried to become my new friend. She was embarrassed and deservingly so. I made sure I had a complaint card in my hand before leaving her office. Her facial expression was priceless when I asked for the complaint card.

NM: How long did it take you to write Single Man Screaming?

JB: It took four years to write Single Man Screaming.

NM: Who designed the cover of your book?

JB: Stacey Utley, a sophomore at NC State, drew the illustrations for the cover. He did an excellent job!

NM: Can you tell us a little about the book, or is the title self-explanatory?

JB: I am more concerned with changing lives and mental attitudes instead of popularity. I could have written a book that dwells on the mainstream subjects of love, sex, and murder but I chose a spiritual

subject with a unique style that is not popular at this time. Single Man Screaming is a novel that touches your spirit and soul. Terry Foster, the main character, discovers a talent and a discipline that allows him to solve problems. Terry can hear souls scream to him by meditating in the Bible's words. His ancestors' voices are recorded as inspirations in his journal. The inspirations become the source of uplift for his friends, family, and even foes. Terry travels a thought-provoking path that teaches readers how to find true love, deal with relationship crimes, solve problems, deal with death, and demand respect. Most importantly, Single Man Screaming is cleverly designed to educate people on the essentials of dating, marriage, parenthood, responsibility, discipline and religion.

NM: Are there any more upcoming books or projects?

JB: Presently, I am working on several projects and speaking to many groups. My second book should be completed in 2001. Currently, I am working on a screen-

play, which should be finished in August 2000.

NM: Do you have a quote that is inspirational to you, and may be inspirational to others?

JB: My favorite quote is "Open minds create the wonders of life and closed minds trample the life in wondering." It simply means that we stand a better chance of succeeding if we learn how to think with opened minds. The quote is from my second novel, which is currently untitled.

NM: Closing, what do you feel one should do when one has a problem?

JB: Regardless of the problem, always reach for a Godly solution. With spiritual values in your decision-making, you will feel better regardless of the outcome. Only God can judge you and only God should guide you.

HEALTH

Sinus Infections

By Melodee N. Wallace
Staff Writer

Do you periodically suffer from headaches, congestion, a runny nose and/or swollen eyes that last for more than 10 days? Have you ever had a cold that seems to be getting better, then all of a sudden it just gets worse? If so, you are like the other 37 million Americans that suffer from sinusitis each year. Sinusitis is very common on college campuses, since your sinuses do not fully mature until the age of 20. The disease is so common that February has been designated as National Sinus Awareness Month.

Sinuses are the air spaces in the bones around your nose and eyes. They are responsible for making your skull weigh less and improving the sound of your voice. Sinus infections only occur if the sinuses are blocked. Typically, the sinuses become inflamed and unable to properly drain, then the mucus becomes trapped and a bacterial infection can result. The most common symptoms of a sinus infection include: pain or pressure in the cheeks or below the eyes, headaches, congestion, pain in the upper teeth, sensitivity to light and facial pressure, and thick yellow-green mucus.

Sinusitis can either be acute or chronic. Acute sinusitis lasts for about 10 days and responds really well to antibiotics, while chronic sinusitis can last up to

three months. If you experience sinus infections at least four times a year, you are considered to have chronic sinusitis. Chronic sinusitis can also lead to severe head pain, depression, and fatigue.

Infections can be triggered by: colds or upper respiratory infections, hay fever or allergies, air pollution and cigarette smoke, nasal or dental procedures, travelling at high altitudes or swimming under water, hormone changes, pregnancy, or sinus blockage. Most often treatment consists of taking antibiotics for 4 to 6 weeks along with nasal sprays, decongestants, and possibly antihistamines. Sometimes flushing sinuses with salt water is used as a minor treatment as well. In severe cases, surgery is needed to drain the sinuses or to remove the tissues blocking them. Surgery is only necessary for about 2% of sinus infection cases. However, most sinus infections go away by themselves. In rare cases, sinus infections have led to meningitis, brain abscess, and infection of the bones.

Even though, sinusitis can be extremely painful, it can be treated. If you have what appears to be a cold and it lasts for more than 10 days, or a cold that seems to constantly reappear consult your doctor.

The Kissing Diease

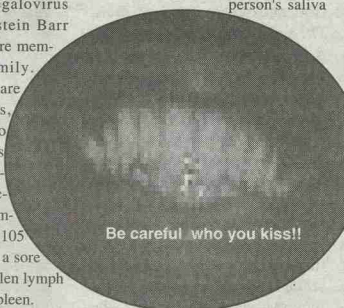
By Melodee N. Wallace
Staff Writer

Most people have heard of the kissing disease, but few actually know what it is exactly. Mononucleosis is generally broken down into two categories, CMV (acute acquired cytomegalovirus infection) and EB (Epstein Barr Virus). Both categories are members of the herpes family. About 90% of all cases are caused by the EB virus, while the rest are due to CMV and general herpes infections. "Mono" is primarily an acute viral infection that causes a high temperature (usually 101 F to 105 F for one to three weeks), a sore throat, and can cause swollen lymph glands, enlarged liver or spleen.

The "Kissing Disease" typically affects people who are 10 to 35, but can occur at any age. Of all the documented cases, 70-80% of the people infected are between the ages of 15 and 30. Studies suggest that men

are more likely to have mononucleosis than women. Doctors estimate that 50 out of every 100,000 Americans will experience symptoms of mononucleosis each year.

"Mono" is usually spread by coming in contact with an infected person's saliva



(hence the name, "The Kissing Disease"), sexual contact, colds/sneezing, and blood transfusions. The most common symptoms are fever, a sore throat, malaise (feeling ill), tiredness, loss of

appetite, muscular aches/stiffness, and/or a rash. In the case of the EB virus type, 50% of sufferers have an enlarged spleen, while 20% have enlarged livers while infected. Most people recover in 4 to 6 weeks, without medication. Since "mono" is a virus, there is no specific treatment, only treatment for its symptoms. The only thing a person can do is rest, avoid strenuous activities, and drink plenty of fluids.

Although, people usually only suffer from "mono" once in a lifetime, people can be infectious for days before symptoms appear. Generally, there is not a concern about being around a person who is infected unless you are coming in contact with their saliva or bodily fluids. Studies show that the disease can be found in a person's saliva anywhere from 6 months to years after an acute infection. Mononucleosis is a preventable disease, especially if you are careful about who you kiss.

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OPINIONS

Taxes, Dollars, and No Sense

By Lakesha Parker
Opinions Editor

Well, it's that time of the year again. The time where we gather all of our notes, rub our eyes and noses and rush down to an accountant to get those taxes done.

Some of us may be actually rejoicing at this time of the year, while others of us are...well, we just simply are. I'm sure you probably can relate.

I do have to say that even though I was a little bit disappointed with my return this year, I was generally happy at how much I received back. Well, not totally.

Yesterday, I received a check in the mail for one buck. One buck now! Now, I know what you are thinking. Some of you can actually use that one buck and buy a Twinkie. Some of you are thinking that a dollar is actually like that one penny that you are annoyed to see carrying until you need it. Whatever!

And whatever's clever. I actually think that the state treasurer could have saved the paper. Hell, it probably cost more to actually mail the check in an envelope and place a stamp and print the check than what I actually got in my return.

Geesh.. Don't get me started! As I so often say, whatever anyways, it's like stupid, man!

You might be asking yourselves why I actually am on the subjects of taxes at this particular time. Or you might not even give a damn. Who cares? You're reading my column at

this particular time and you actually are reading this BS, or you're using this paper as a grease catcher.

Okay, I apologize. That was very improper of me.

But anyways, moving right along.. This topic was burning in my mind ever since a friend of mine sent me a funny little e-mail about Chris Rock and his comments on taxes. Not only was it funny, but it actually provoked some more thinking. Wow. Yeah, I actually try to challenge myself by thinking sometimes. Amazing, huh?

Yes, Chris Rock inspired this article. That funny little skinny dude. Yes, I realize that sometimes I am easily amused since about the only thing that I watch on campus is comedy, but whatever. And yes, I have attitude. Almost every day.

Anyways, the e-mail went something along the lines of Chris Rock discussing that funny looking creature that we call Uncle Sam. And how Uncle Sam TAKES our taxes. We don't volunteer our taxes; we don't even have a choice. And I started thinking about that and realized that he's right. Of course, I was rather offended by the comment that he made about not caring where "our stupid kids went to school", but this is actually all in love, well, fun, that is.

But yes, before you get your earnings, as you all know we have a certain amount deducted from our paycheck. There is no asking for volunteers here..it is immediately taken out of our check. No matter

what. Actually, that's one of the rare things that we can count on. Along with death that is. Hell, if the U.S. could, they probably would tax the dead for being dead. I mean shouldn't they pay a property tax each year? And who would present the payment? And for those who can't they just consolidate the graves? Okay, you may have thought that I have lost my mind. And you're right, I have. All of my seven personalities did it.

Now, where was I? Oh yeah, taxes. Well, I just wanted to say, that I, like Chris Rock (don't get confused, my personality does not claim to be Chris Rock), do think it a tad bit ironic that the first "Americans" left England to get away from high taxes without representation. Now, we have taxation WITH representation. I don't know about you, but taxation with representation isn't so hot either. Especially since the powers that be are sitting up there telling me what I can and cannot do, and they have broken so many laws themselves. Now, we know that no one is perfect, but if I may be like Flo Evans and say, "Damn! Damn! Damn!"

Yes, it is ironic, but that's life for you. Full of funny little twists and things that don't make sense. I don't feel so bad now that I know this because oftentimes I don't make sense. I think that is actually a good thing.

Let's all go buy a cup or can of tea and drink to tax time!

How to spend Spring Break

By Antwannette D. Watson
Staff Writer

Spring Break is fast approaching. Many of you may have already made plans for this time, while many of you have not (probably because you waited to the last minute to do anything...). This article was written to appeal to the one's of you that do not yet have plans. Consider this: "Antwannette's Spring Break Ideas" for those of you who will be sticking around for one reason or another...

- Do your homework. There is no better time like the present, to go ahead and do all your homework that you have been meaning to do...

- Work on your projects and papers (NO I AM NOT A NERD, BUT IT IS OBVIOUS THAT YOU PROBABLY ARE NOT ONE EITHER, AND COULD PROBABLY BENEFIT FROM A LITTLE WISEDOM, RATHER COMMON SENSE ON HOW THE WORLD OPERATES AT TIMES...)

- Volunteer at a local charitable organization. It always makes you feel well to help someone out in time of need...

- Prioritize your life... Hey there is no better time like the PRESENT to start working on this.

- Work! If you have no Spring Break plans, it would be at least nice for you to have some money.

- Cook a new food dish, or rather fix a complete meal (something different, to satisfy the cultural aspect of your week).

- Go to the movies at least twice (this can be a nice inexpensive gift, to give to yourself... PS Blue Ridge Cinemas is the better place to go, movies starting at just two bucks).

- Read a book. You can at least journey to another place far or near within a book, and hey it can be educational too.

- Do your spring-cleaning, and give all your unwanted possessions to a local charitable organizations.

- Work on your favorite or most valued hobby. Better yet, find a new hobby to fit your life.

- Work on your life chart (of where you plan to be in X amount of years, and set different goals, rewards, obstacles, and challenges you might meet along the way).

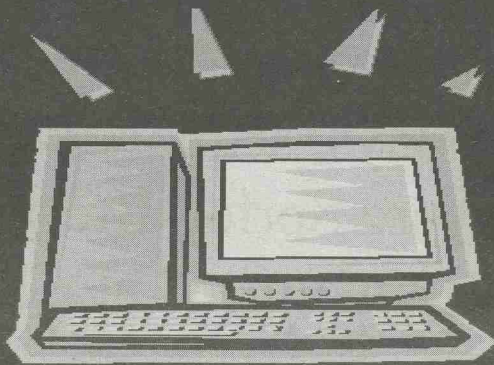
- Simplify your life...

- Relax and Party, if you can afford it.

- Write or call a good friend or family member you have not talked to in a long time, and let them know that they were on your mind...

- Take time for you, but not too much (stay busy and most importantly productive doing Spring Break)...

These were just a few of my recommendations for you all to fathom. Whatever you do, do not come back to NCSU tired, unhappy, and or bored because you did not make the most out of your week



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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:

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Letters to the Editor
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