

The NUBIAN MESSAGE

March 30, 2000
Volume 7, Edition 17

Knowledge



What's Goin' On?

Native American Awareness Week

Native American Awareness Week will continue holding its programs on Friday, March 31 with guest speaker Mr. Greg Richardson, who holds the title of Executive Director of the NC Commission of Indian Affairs. This program will be held at 7:30 in Rm 3118 or the Talley Student Center. Tickets will be available for students at \$5, and all others at \$15. For more information contact Adrian Jones at 512-0111 or e-mail at ajacobs@unity.ncsu.edu. The week will conclude on Saturday at Harris Field, from 12 - 6pm at Harris Field with the 10th Annual Pow Wow. Admission will be free, and for more information, contact Marcus Hunt at 512-7119 or e-mail at mahunt2@eos.ncsu.edu; the rain location will be Price Music Center.

Ebony Harlem Awards Nominations

Ebony Harlem Awards has extended the deadlines for nominations until Friday, March 31. Anyone who knows a student who excels in multiple talents, dance, Vocal Music, Design, Drama, and, etc should nominate that person. For nomination, contact Kimberly L. McNair. The program will be held on April 27, in the Afrikan-American cultural center.

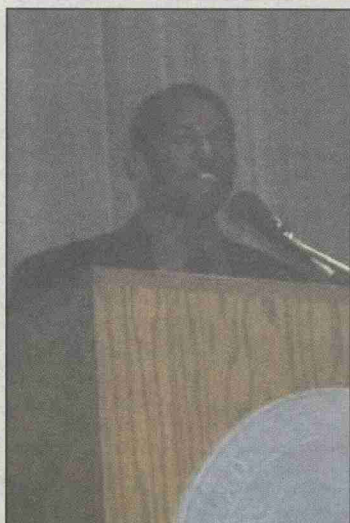
Carwash Fundraiser

The Afrikan-American Heritage Society will be holding a Carwash Fundraiser on Saturday, April 1, at the Taco Bell located on Western Blvd. The price is only \$3, and the fundraiser will begin at 11am. Please come out and show your support.

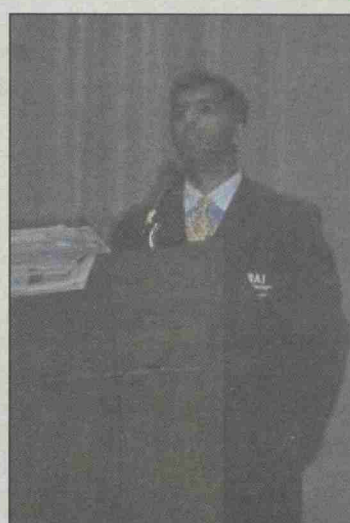
Pan Afrikan Festival 2000 - Kick Off Explosion

On Friday, March 31, the Kick Off Explosion will be held in the Talley Student Center Ballroom with one of the best Dee Jay's from Hotlanta, Engineer York, and along with one of DC's hottest go-go bands, Optimistic Tribe - 01 P. The time will be from 10pm - 3am. The price will be \$7 before 12 and \$12 dollars after midnight with college ID, and \$15 for the General Public. For more information visit the web at <http://www2.ncsu.edu/uab/bsb>

The Afrikan American Voice of North Carolina State University



CANDIDATES CLASH! PLATFORMS CONTRAST!



T. Lee/Nubian

The debate between Student Body President candidates Harold B. Pettigrew (l) and Raj Mirchandani was one of the more heated segments during Tuesday's debate. It was sponsored by the Student Media Authority and broadcasted live during the Andrew Payne Show.

By Nathan Sasser
Staff Writer

Tuesday night candidates for the positions of Student Center President, Student Center Treasurer, Student Senate President, and Student Body President squared off to debate their platforms in the Campus Cinema. The debates, attended by only a few dozen audience members, were broadcast on the Andrew Payne Show on WKNC 88.1.

Mark Aldrich and Derek White, candidates for the position of Student Center President, started the evening. Both emphasized that, as head of the Union Activities Board, the Student

Center President must be responsible in spending the large amounts of money from student fees. Both stressed the importance of campus traditions such as the campout and homecoming.

Aldrich proposed that a Spring Party should be added to that list of traditions, one which features a big concert. He also said the student center should be made more student-friendly, and wants to speed up plans to install a twenty-four-hour coffee shop to the student center. Also he suggested adding a concession stand to the Campus Cinema, and revoking the present ban on food in the Cinema.

White wants to make cooperation between the UAB and student government more efficient by creating a task force to bring their constitutions in line with each other. He also emphasized the need for better connection to the student body, noting his past efforts to visit campus organizations and disseminate information about UAB's services. White wants to create student liaisons to key cultural and governmental student groups pursuant to this goal of connecting the student body to the UAB. He also wants more publicity about UAB activities and would like to survey students to find out what they want the UAB to do.

An audience member asked the candidates about the possibility of creating a chair on the board to represent campus service groups. Aldrich, who had unsuccessfully pushed for the creation of such a chair in August, said that he had now changed his mind; he did not support a service chair because it was unnecessary. Instead, he favored the creation of a liaison to the CIA and more publicity and outreach to service groups. White, on the other hand, did favor the creation of a service chair.

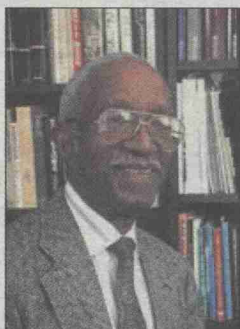
[see Debate, page 2](#)

Franklin gives first hand account of Tulsa Race Riots

By Brandon Buskey
Co-news editor

John Hope Franklin was only six years old when the Tulsa Race Riots of 1921 scorched one of the most prosperous black-run towns in American history. Nearly 79 years later, his memory of the events surrounding the riots remain as lucid as ever. On Wednesday, March 22, Dr. Franklin shared these incredible recollections at the second annual Park Scholars Symposium in front of a packed Stewart Theater.

The topic of Franklin's speech, "The Tulsa Race Riots of 1921: Reflections of a Near Victim and a Historian" recounted how Franklin's father, Buck Colbert Franklin, a prominent lawyer at the time, was working in Tulsa to allow his family to move there from the nearby town of Greenville. However, these plans were brought to a dramatic halt when Greenwood, a section of Tulsa pro-



Dr. John Hope Franklin

claimed by Booker T. Washington to be the "Black Wall Street" for its seemingly improbably affluence, became the victim of what many consider to be the most heinous race riot in U.S. history.

The infamous chain of events began when Dick Rowland, a local

black, was seen running out of an elevator from a screaming white woman. On May 30, accusations began to spread that Rowland had in fact assaulted the woman, even though the woman never pressed charges and the incident occurred during broad daylight in a crowded city building. That very afternoon, the Tulsa Tribune ran a story with the headline "Nab Negro for Attacking Girl in Elevator." In response to this charge, African-Americans from Greenwood gathered around the courthouse where Dick Rowland was being held to try and prevent his lynching. However, upon their arrival, according to Franklin, they were "thanked and sent home" by white local law enforcement officers.

When a group of whites, intent upon lynching Rowland, began assembling outside the Tulsa courthouse, the blacks returned to challenge the mob. Soon afterwards, an

altercation broke out between an armed black and a white trying to disarm him, a shot was fired, a white fell dead, and the riot was on. Whites began to burn almost every piece of property in Tulsa, leveling the most severe amounts of damage on the town's churches. Franklin recounted how, at one point during the riot, private planes began flying overhead and dropping explosives on the city. After the carnage was over, Booker T. Washington High School, the school John Hope Franklin would later graduate from, was the only building spared. Tulsa was left in a state that, according to Franklin, would not be seen again until the 1951 Blitzkrieg on London.

With their future home now in ashes, the Franklin's were forced to stay in Greenville.

[see Franklin, page 2](#)

Learn about the Buffalo Soldiers on page 4!

Debate

continued from page 1

Next, Michael Anthony and Jim Smith presented their platforms in the race for Student Body Treasurer. Anthony said his main goal was to create stronger working relationships with students. He would also like to speed the turn around time for financial aid checks at the beginning of each semester. Creating a way for students to submit their financial information on-line was one idea Anthony had for streamlining the process. Furthermore, Anthony pressed the point that the discontinuity between the branches of student government must be corrected.

Smith proposes creating student councils in every college if they do not already exist. Information can be more easily disseminated from student government to students through these councils, and when student government needs input or suggestions, they can consult with each college council. Smith also recommends consulting with the intrafraternity council and interresidential council in order to find out student needs. Working with merchants on Hillsborough street is also a priority for him.

One point of contention between

the two is a new procedural amendment which was proposed by Smith and is now being implemented. The amendment requires that student organizations applying for funding must submit a full annual budget delineating their needs. Smith said the idea behind it is that groups shouldn't be able to request more than they really need and simply stockpile university-given monies. Anthony thinks that there is already enough accountability and scrutiny in the process and that this is simply more unnecessary and intimidating paperwork.

Jason Cotter and Conen Morgan went head to head for the position of Student Senate President. Cotter cited central problems for Student Senate. First, it must work harder to recruit and retain the best students to the senate so that it won't be such a revolving door of personnel coming and going. Second, the student senate must do a better job of communicating to the student body what senate actually does. Cotter proposes setting a program where senators can create listserves for their constituents so the senator can send them updates on what is happening. Thirdly, senate must regain the student trust that was violated by the campout fiasco.

Morgan has three main points as well. First, ticket distribution has to

be corrected, he said, stating that the campout was disgraceful and unfair to students. Second, Morgan avowed his opposition to the tuition increase. Thirdly, he said that the student senate needs to communicate better with the student body. To improve communications, he suggested the creation of a campus newsletter that told about the activities of student government and posting more information on-line.

The candidates were given a chance to ask each other questions. Morgan asked Cotter if he was involved in the UNC campout this year and also to name three to five events he has attended this year. Cotter responded that he had not been to campout, and that he had helped with the Norma McCorvey speech and with the Life Tree during human rights week and could not recall other events he had been at. He added that that wasn't really important, but that his plan to keep constituents abreast of events via email was more important than his actual attendance. In turn, Cotter asked Morgan if perhaps, as a freshman, Morgan needed more experience in student government before running for Senate President. Morgan replied that his ambition, heavy participation, and talking with other upperclassmen about the demands of the position made him a qualified candidate.

An audience member asked each candidate to discuss their commitment to improving diversity, especially in light of the tuition increase which will probably decrease minority enrollment. Morgan, noting his participation in the Diversity Forum, said that there is a problem with a lack of publicity for cultural events such as India Night. Cotter, who is editor-in-chief of the conservative Broadside magazine, stressed the need to enroll students from a wide range of economic backgrounds. Another audience member questioned Cotter about an article he had written in the Broadside which satirically called for the establishment of a Republican cultural center and sensitivity training about the minority group of Republicans. Cotter said the article was supposed to be a joke, and that we shouldn't be divisive in our attempts to be diverse. He

emphasized that race, creed, gender or religion will have no effect on who he appoints.

The evening closed with the showdown between Student Body President candidates Harold Pettigrew and incumbent Raj Mirchandadi. Mirchandadi started by defending the accomplishments of his administration: the Werewolf, the defeat of a tuition surcharge of five hundred dollars, the formation of the Hillsborough Street partnership, and the success of the Fifty Cent Challenge. He also told about his struggle to defend the campout tradition, and his efforts to establish a student government endowment that will provide need-based scholarships in the wake of tuition increases.

Mirchandadi then talked about his plans for the future. More campus events are needed, he said. He proposed creating a task force that will predict tuition increases. He wants Cashpoints to be usable in the Entertainment and Sports Arena. Recruiting and retaining minorities is important, he said, as well as sustaining traditions like homecoming and the campout.

Pettigrew's speech focused more on broad principles and general ideas. He emphasized need for student government to be more accessible to the student body. One program he proposed to accomplish this goal was "Pass Time with the President," where a few freshmen would be randomly selected to have lunch with the President in order to share their concerns. Pettigrew spoke of the need to establish more relationships between the branches of student government in order to improve efficiency and cooperation. Also, he expressed his desire to improve campus programs like homecoming.

During the question and answer time, Pettigrew criticized Mirchandadi's handling of the tuition increase issue, and also his veto of the Delta Sigma lawn party plan. Mirchandadi insisted he had fought as hard as he could against the tuition increase. He responded to the Delta Sigma issue by saying that though he supported the lawn party, the process that Delta Sigma followed in applying for funds was

incorrect, and noted that after his veto, they obtained the funds through the proper methods.

Mirchandadi accused Pettigrew of stealing his idea of the endowment for need-based scholarships. Pettigrew freely admitted that the idea was Mirchandadi's, but objected that that wasn't stealing, just because Pettigrew wanted to use it too.

An audience member asked Mirchandadi what had happened to Study Circles Program and what each candidate would do to promote diversity. Mirchandadi explained that he had had two diversity chairs in his administration resign, which deterred the Study Circles program. He also countered that he had been preoccupied with his battle against the tuition increase, and that since tuition increases will decrease minority enrollment, he considered the fight against tuition increases to be closely related to improving diversity. Mirchandadi said he would like to see minority students be greeted by other students of the same minority when they come to campus, much like African-American students are greeted by other African-Americans. The incumbent stated in addition that cultural events like the Native American Pow-Wow needed to be publicized better to the student body.

Pettigrew responded to this audience member by saying that he had been a facilitator of the study circles. He stated that his need-based scholarship would increase minority enrollment, and he also proposed the creation of a Diversity Committee which would bring together all the different ethnic organizations on campus. Pettigrew also wants to start a tradition, which would be a festival called "The Taste of N.C. State." This festival would take up an entire street, and would have bands of every ilk playing, as well as all varieties of cultural entertainment from martial arts to yoga to magic. Ethnic food would be served as well. This festival would bring all the groups together.

The debates ended with all the participants exhausted from having expounded on nearly every issue facing NC State student government.

THE NUBIAN MESSAGE

The Afrikan American Voice of North Carolina State University

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Franklin

continued from page 1

Franklin's father, however, remained in Tulsa to resurrect the hordes of homeless and destitute citizens left behind by the riots. B.C. Franklin was also responsible for defeating a post-riot city ordinance that prevented anyone from building any structure in the fire section of Tulsa that was not fire proof, a measure that would have made it nearly impossible for blacks to rebuild their decimated town.

Franklin went on to discuss the "Conspiracy of Silence" that followed the riots. Despite the intensity of events surrounding the Tulsa riots and the prevalence of riots during that period of history, many

individuals in neighboring areas remained ignorant to what transpired. This ignorance was maintained by the efforts of Tulsa officials to keep all evidence of the riots as inconspicuous as possible, efforts that included such legal terms as the "Probate Matter" which listed without cause of death those individuals who died "on or about June 1, 1921." Also, as Franklin described, there were many rumors circulating around Tulsa concerning a mass of secret graves that were believed to hold the bodies of an undetermined number of riot victims.

To this day, Franklin maintains the exact number of victims claimed in the race riots names unknown, despite efforts to break through the Tulsa legacy Franklin termed "seventy-five years of denial." One of

the most important inquiries into the 1921 massacre, the Tulsa Race Riot Commission, was begun in 1996 by Oklahoma Representative Don Ross, who was also in attendance for the lecture. Though its investigation into the riots is not yet complete, the commission has already recommended to Oklahoma's governor that reparations be given to survivors of the riots and their descendants.

Dr. Franklin ended his speech with a direct challenge to the Riot Commission, asserting that "all is not lost, we can still learn a great deal." He went on to charge that, "In your (the commission's) hands is the future health and well-being of this community."

Nubian Fun Fact #5:

You don't have to black or Afrikan American to read or work for the paper! Imagine that!

SPORTS

The NBA's Pearl

By Keesha Dover

Sports Editor

Earl Monroe is sometimes said to be the magic before Magic Johnson. Monroe's 13 year NBA career started in 1967 with the Baltimore Bullets. He came into the league when guards such as Dave Bing and Jerry West were paving the way for the game outside the paint.

Monroe grew up in Philadelphia. In his younger days, he valued soccer and baseball more than basketball but was 6 foot 3 by the age of 14 and was given tremendous attention by school basketball coaches. He of course played center starting out and didn't develop his "fancy" outside moves until he started to compete on the playgrounds of Philadelphia.

Monroe did go on to be very successful in basketball, choosing to attend Winston-Salem State University and earning the chance to play under well known Coach Clarence Gaines. He became real big real fast at Winston-Salem State. His senior year, he led the Rams to an NCAA Division II title while he averaged an impressive 41.5 points. He got his nickname, Earl the Pearl, from a local sports-writer in Winston-Salem.

He was chosen No. 2 in the 1967



NBA Draft by the Baltimore Bullets. They were a franchise that had not been very successful in the past. Monroe was named NBA Rookie of the Year finishing fourth in the NBA in scoring averaging 24.3 points per game. He scored a high 56 points in one game against the Los Angeles Lakers.

Soon, Earl was to be joined by Wes Unseld and Gus Johnson, Jack Marin, Kevin Loughery, and Fred Carter to make a more complete Bullets team. Monroe averaged 25.8 points per game that year and 23.4 and 21.4 respectively the next two years. The Bullets earned a spot in the playoffs each year.

In the 1968-69 season, Monroe averaged 25.8 points and helped the Bullets go from last to first in their division. He also played in his first All-Star game scoring 21 points. The Bullets were unsuccessful, however, getting mobbed in all four games of the series by the Knicks. The Bullets did have a second chance to play a series with the Knicks in the 1970 playoffs. They were a little more successful this time taking the series to seven games, but the Knicks came out on top once again despite Monroe's 39 point performance in a 120-117 double overtime loss.

Though Monroe was great to many, there were still quite a few people who weren't satisfied with his performance. Some people thought of him as just a show-off and said that he cared more about scoring and entertaining the crowd than winning games. Monroe retired in 1980 after he only averaged 7.4 points in 51 games. During his career, he scored 17,454 points in 926 games.

In 1989 Monroe was elected to the Naismith Memorial Basketball Hall of Fame, and in 1996 was named to the NBA 50th Anniversary All-Time Team.

Afrikan American Sports Quiz

1. American track-and-field athlete, who won a total of nine gold medals at the Olympic Games in 1984, 1988, 1992, and 1996.
2. 5-time member of ABA All-Pro team and member of the Basketball Hall of Fame.
3. Best hitter ever--a record 755 home runs in his career.
4. Won the gold medal and set the Olympic record in the long jump at Seoul, with a leap of 24 ft 3* in (7.3 m).
5. A graduate of Texas Tech. A Houston Comets' forward.
6. Joined the New York Giants in 1951. Known as one of the most versatile, virtuosic players of all time.
7. Wore number 34. Played 186 consecutive games in his football career.
8. 1968 Heisman Trophy winner and number 1 NFL draft pick in 1969.
9. Did not play high school basketball. Only NBA player to have red hair.
10. The first black male to win the US Open and Wimbledon.
11. Only tennis player to win ten straight ATA National Championships.
12. Only four time U.S. Olympian in basketball.
13. In 1989 he was elected to the Naismith Memorial Basketball Hall of Fame, and in 1996 was named to the NBA 50th Anniversary All-Time Team.
14. Juggled football, basketball, and track in college. Retired from professional baseball in 1995 to pursue an acting career.
15. holds world records in the 100- and 200-meter dashes and set the 100 mark of 10.49 seconds at the quarterfinals of the 1988 Olympic trials at Indianapolis.

answers available next week

Nubian Fun Fact #52:

Adedayo Banwo will be Editor in Chief during the 2000-2001 academic year.

DO YOU GET YOUR KICKS FROM WRITING?

If your answer is yes, then come write about sports for the Nubian Message.

Stop by the Nubian office at 372 Witherspoon or give Keesha Dover, sports editor, a call at 512-1298.

March 30, 2000

CULTURE

The story of the Buffalo Soldiers

By Michelle Reed
Culture Editor

Let's play a game called "Subjects that relate to the West." First question is: "What is the name of the old school rapper who had a rap song with the phrase 'The Wild, Wild West!' I used to live downtown, 129th Street..." You are right, the answer is Kool Moe Dee. Next question is: "What two artist collaborated to form this chorus, 'We're going straight to the Wild, Wild West...'" Right again, the answer is Sisqo and Will Smith. The final question is not related to music but here it is: "What was the name given to the black soldiers of the United States regular army that policed the western frontier and fought

Indians in the decades following the Civil War?" Hmmm, time has expired, and since you don't know the answer to this question, you lose the game, but more importantly pieces of African-American history. The answer to this question is the "Buffalo Soldiers."

Liberated by the Emancipation Proclamation of 1862, in search of decent jobs and a new life away from the hardships of the South, many ex-slaves headed west. More than 180,000 African Americans served in the Union Army during the Civil War and of these, more than 33,000 died. On July 28, 1866, Congress passed legislation to adjust the military peacetime establishment of the United States military. With this legislation came the establishment of two cavalry and four infantry regiments composed of African Americans that formed the 9th and 10th Cavalry, and the 38th, 39th, 40th, and 41st Infantry. The

38th and 41st Infantry Regiments combined to form the 24th Infantry Regiment in 1869, and the 39th and 40th Infantry Regiments combined to form the 25th Infantry Regiment in 1869. The 9th and 10th Cavalry served as the mounted regiments. However, collectively they were known as the "Buffalo Soldiers," a name given to them by the Indians.

DUTIES

Their duties were not limited to serving just in the war. The Buffalo Soldiers also had other duties that were very important. They explored and mapped large areas of the southwest and they installed hundreds of miles of telegraph lines. Future towns and cities grew out of the frontier post that the soldiers built and repaired. They guarded water holes, horses and cattle, railroad construction workers, and they protected settlers, travelers, immigrants, workers, farmers, miners, and cattlemen.

Without this protection provided by the 9th and 10th Cavalries, those who were building railroads and building the cities would have been the target for outlaws and hostile Indians. The Army gave the Buffalo Soldiers some of the worst assignments.

HOSTILITIES

Some of the hostile conditions included Indian warriors, bad politicians, horse thieves and cattle rustlers, Mexican revolutionaries, train and stagecoach robbers, greedy land and cattle barons, the Law and Criminal Justice System, and overall, racial prejudice.



DAILY LIFE

Life for the troopers of the 9th and 10th Cavalries was not easy. The frontier forts were half a notch above rundown villages, and their barracks were poorly ventilated and infested with rodents. The local creek served as the bathing facility, and as a result of living in filth and poor conditions, diseases such as bronchitis, diarrhea, dysentery, and tuberculosis were common problems. Their food consisted mainly of beef or bacon, beans, potatoes, sometimes fruit or jam, and fresh vegetables that came from the garden post. The troopers worked seven days a week with the exception of July 4th and Christmas. For all their hard work, a private was paid \$13, which was reduced from \$16 in 1871.

Because slaves were not allowed an education, many of the troopers were illiterate, but they sought to get

rid of illiteracy by attending after-hour schools that were established. Chaplains that were assigned to the Black units ran the schools. Leisure activities for the African-American troopers that were stationed in west activities were scarce. A small percentage of the men were allowed to bring their wives with them to the frontier posts. Saloons and gambling parlors were set up around the forts, but these places were usually the spots where people who didn't like the Buffalo Soldiers hung out. The racial prejudice by local citizens and officers of the law was severe, and when the local citizens and the Buffalo Soldiers had disputes, the Buffalo Soldiers were consistently sided against by the local law and juries.

Desertion was the most serious problem faced by the Army during the Indian War period. For enlisted personnel the desertion rate was 25

percent in 1868. The desertion rate for white regiments was three times greater than black units, and also, the alcoholism rates of African-American cavalry and infantry regiments was lower than white regiments. The Buffalo Soldiers and their horses faced the hostility of the Indians, outlaws, extended patrols of up to six months that covered more than 1,000 miles, and adverse weather.

The Buffalo Soldiers, along with other African Americans served the country they lived in proudly, doing a dirty job for little to no pay, but even more, no respect. They risked their lives for a country that wasn't serving their needs properly and created many of the adversities they faced. But yet, their importance isn't stressed to the fullest, and many don't know how the west was won.



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.

March 30, 2000

HEALTH

Lactose Intolerance: Milk does not do every Body good

By Melodee N. Wallace
Staff Writer

Most adults experience some degree of lactose intolerance by the age of 20. Thirty to fifty million suffer from lactose intolerance each year. As much as 75% of the Afrikan-American population suffers from the inability to digest cow milk. Afrikan Americans are not only more likely to have primary acquired lactose intolerance, which is genetic, but secondary acquired lactose intolerance as well. Secondary acquired lactose intolerance is usually the result of a digestive disease or a side effect of various medical drug treatments.

Lactose intolerance is the inability to digest significant amounts of lactose, the predominant sugar found in milk. Lactase, the enzyme that aids in digestion of milk, is produced by the cells of the small intestine. When low levels are produced, or more lactase is taken in than can be handled, symptoms can result. Common symptoms of lactose intolerance include: flatulence, nausea, bloating, gas, cramps and diarrhea, which generally occur anywhere from 30 minutes to 2 hours after eating or drinking milk products. Generally, lactose intolerance increases with age, but it can be the result of digestive diseases, injuries to the small intestine, constant diarrhea and nausea.

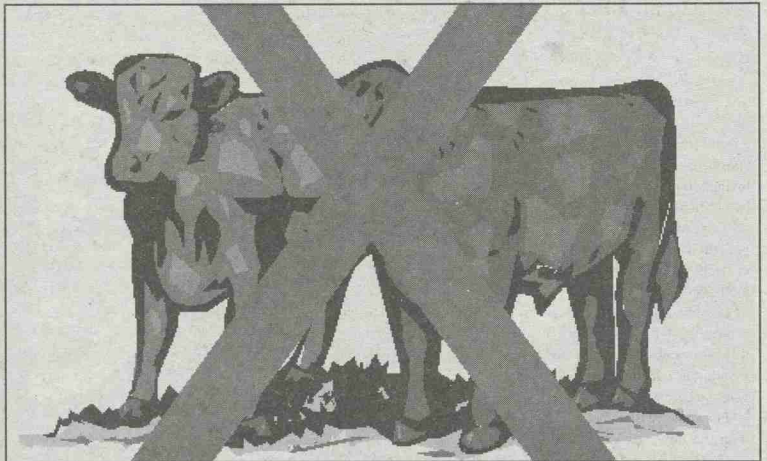
Since being lactose intolerant is a catch all disease from the 1990s, it is important to be properly diagnosed;

many other diseases and health problems exhibit the same symptoms. For adults, generally a breath test is done to determine if you are lactose intolerant. The test includes drinking a lactose-loaded beverage and having your breath analyzed at regular intervals to monitor hydrogen levels. A precautionary at home test is to fast from dairy products for three days, then drink a glass of milk. If you experience symptoms within 30 minutes to 2 hours, there is a chance you may be lactose intolerant and you should consult a physician.

If you are lactose intolerant, by avoiding the majority of milk products, you are losing a significant source of calcium, iron, potassium, riboflavin, niacin, vitamin A and phosphorous. In order to compensate for these losses, your diet should be rich in leafy green vegetables, calcium fortified foods and drinks, broccoli, shrimp, and/or brussel sprouts. You should also consult your doctor about taking calcium and iron supplements. It is possible that you may find it easier to tolerate such milk products as yogurt, Sweet Acidopholus milk, and hard aged cheeses such as cheddar, colby, swiss, and parmesan.

There really is not a recommended treatment for lactose intolerance; most doctors do not recommend the complete avoidance of milk products. The following is a suggestion of curbing symptoms:

-drink or eat smaller servings of mild products but do so more often



-try milk alternatives: rice, soy, or almond milk

-limit ice cream and milk shake intake

-look for lactose free/lactose reduced products in the grocery store

-try adding the lactase enzyme to ordinary milk.

Foods that you may not consider to be milk related are also potential hazards in producing lactose intolerant symptoms. Be careful of: bread, cookies, biscuits, and other baked goods, processed breakfast cereals, instant potatoes, breakfast drinks, margarine, salad dressings, candy and other snacks, pancake mix, peanut butter, butter rum Life Savers, and Cream of Wheat cereal.

Even though it is common to be

lactose intolerant, most people can tolerate very small levels of lactose. Whatever your situation may be, consult your physician so that you are certain you are getting the proper supplements for the nutrients that milk provides.

Did you know?

- People who eat oatmeal for breakfast tend to eat 30% less for lunch than people who eat cereal.

- Shortening rest periods between lifting sets of weights will make your muscles fuller, due to the extra glycogen storage.

- University of Massachusetts researches are predicting that the average size of a professional football linebacker will be 6'4" and weigh 300 lbs in the year 2007.

- People crave chocolate because it has the same active components of the drug Ecstasy and marijuana.

- Walking 3 mph burns 400 calories.

- HIV is the leading cause of death for Afrikan American men between the ages of 25-44 and third leading cause of death for Afrikan American women.

- The North Carolina State University Student Health Services is ranked in the top 5% for scope of services and quality of health care by the Joint Commission on Accreditation of Healthcare Organizations

Men to Men/Women to Women: New groups work to promote health issues between genders

By Melodee N. Wallace
Staff Writer

One out of every five college students will experience relationship violence during their college career. Up to 95% of people you come in contact with, on a daily basis, have experienced or know someone who is a survivor of relationship violence. Women between the ages of 19 to 29 are more likely than other women to be victimized by someone they know. About 68% of rape victims know the person who raped them. Close to 28% of victims are raped by their husbands or boyfriends, 35% by acquaintances, and 5% by relatives. With statistics like this around, many people are beginning to take action. On our campus, Dr. Marianne Turnbull, Dr. Micheal Schwalbe, and Ricky Livingston founded two programs; "The Men to Men Project" and "The Women to Women Project" to help educate students about sexual assault and relationship violence.

In the words of co-founder Ricky Livingston, "Men to Men is aimed to get men to take responsibility for the amount of sexual assault/domestic violence occurring. Nothing or very

little can be done with just women undergoing training." Typically, abusive men are the antagonists and by other men keeping silent the abuse towards women only continues. "The Men to Men Project" focuses on teaching men how to be allies of women. Also, showing men how to communicate to other men that sexual assault, sexual coercion, and the abuse of women is not an acceptable trait for men to exhibit. Key issues that are discussed in the workshop include: the positive and negative aspects of masculinity in our culture, the role men play in solving the problems of sexual assault and relationship violence, ways to prevent becoming a bystander to abusive and unacceptable behavior, and ways to support survivors of sexual assault and violence.

"The Women to Women" project is designed in order to enable women to help reduce their risk for sexual assault and other forms of violence. One of the main goals of the program is to let women know that assault cannot be prevented, but they can be educated and empowered to make informed and positive choices that can decrease their risk

for being attacked. The workshop for women is centered around risk reduction and focuses on issues of sexual communication and consent, recognizing warning signs and adhering to one's instincts, being proactive on safe environment issues, as well as ways to support survivors of sexual assault and violence.

Originally these programs were offered to organized groups, but now all students are invited to attend the workshops being held on April 11 for women and April 12 for men. Both workshops will take place from 7-8 p.m. in room 2301 of the Student Health Center. Contact Health Promotion for more information. Other on campus resources available to students are legal services, the counseling center, the Chaplain's office, Health Promotions (515-9355), and the Women's Center. Students should also feel free to consult the Molly Hays Glander 24 Hour Rape & Sexual Assault Line (218-9102), InterAct (828-7740 for domestic violence and 828-3005 for rape and sexual assault) and the Hopeline (231-4525).

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OPINIONS

Dealing with life's curbballs

By LaKesha Parker
Opinions Editor

I knew that this month was going to be a little bit special when the police officer blessed me with my first speeding ticket of three years. She so lovingly told me that she was doing me a favor by not marking down that I was speeding in a school zone, but I would have been ever so grateful if she would have just torn up the ticket itself, or better yet, would not have even written it.

I don't want to delve too much into my personal life, but considering that my birth day was two weeks ago, and I was much too sick to enjoy it, I feel a vast need to complain and vent. So bear with me, while I exhale.

For some reason, my philosophy of going with the flow just isn't working right now. I think the flow for some reason has clogged up someone's drain.

To say that this is not my month would be an understatement. So this article is dedicated to those who feel like they have been picked on by fate. If you feel like everything that could possibly happen has happened, then you

are joined by a soul sister.

Aside from getting a form of food poisoning, salmonella is what they call it (pardon the spelling), this has just not been a good month. Being sick for 2.5 weeks and then having to deal

with deadlines, school work, and rude people just isn't on my agenda. Despite it not being on my agenda, I had to write it in because I needed to force myself to recover. And I haven't recovered that well.

And then my little pride and joy, my car stalled on me three times this month. Now, I am safe to say, officially broke.

I can say that I did immensely enjoy my spring break. I did get to do a good cause by building houses through Habitat for Humanity in Barahona, Dominican Republic. When I was not doubled over in pain, I was happily (at times painfully) chatting with people in Spanish about how grateful they were to receive a house, or playing with the children who were

sent by our site, or just gazing at the scenic beauty and absorbing the different atmosphere.

If nothing else good comes out of my month, then I just want to say that the time spent there and the memories and even the connections that I made with the people there are and will be enough to last a lifetime. For once, I truly felt good about being there, at that point in time and being able to help out (as much as I could).

Even with the troubles (like having my Visa Check card declined at a gas station when I had plenty of money to cover the transaction), I must say that one good thing did come out of my month. Not being able to truly enjoy my birthday didn't matter. Not meeting other's expectations didn't matter. But going on a trip and accomplishing what you have set to do and touching other people's lives by constructing something that they will use

daily was worth every stomach pain that I felt. Because I know that these present troubles will disappear at the start of another today and will bring along other troubles, but I also know that I have helped someone by building on a foundation of hope that will carry out through their lifetime.

So my challenge to everyone who can actually read and understand my incoherent babbling is to do something non selfish today or tomorrow. And to try to continue that or do something else the week after.

And by continuing to do so, you will build a positive habit which says something about your character (or the character that you didn't know you had).

Traveling's 10 Step "How To": How Ironic, How Necessary

By Antwanette Watson
Staff Writer

The idea for this week's article came to me while on Spring Break. I was in the Dominican Republic helping build homes with Habitat for Humanity with 16 other NCSU students. The other students (including the director and assistant director) showed not just me, but this country and it's people just how rude, badly educated, ignorant, and just blatantly disrespectful or how ugly Americans can really be (how unconcerned, and disrespectful Americans can be of others cultures and their countries, let alone the people). Some of you might argue that, hey who cares about how immature or rude the NCSU students were, they went to build homes for the poor, and do something good, so therefore they could not have done much harm or wrong. This is where you would be wrong my dear readers. Ever heard the saying, "When in Rome do as the Romans?" Because sometimes being the rude, "ugly American" can not only get you into sticky and unpleasant situations, but it can actually get you killed!

I have done a bit of traveling, some of it extensively over the years, and I would have to say that I am a somewhat savvy, wise world traveler of sorts. But I was completely stunned by the popular misconceptions of my American counter-

parts. Some even mentioned how they felt there was no need to buy or read a travel guide, because it was someone else's interpretation?! What the @#%\$!&\$ ever!! That type of attitude right there can literally get you killed. If you do not believe me, read some of the state department's reports, or talk to someone in your local study abroad office, or someone who has done time in the Peace corp.

Therefore to promote traveling, I have put together a simple list of do's and don'ts to get you started.

1) READ, READ, READ (you can never obtain too much information about the country you will be traveling to. You can also find readily, reliable information available in seconds via internet).

2) Take a crash course in the language (everyone should at least know a few survival phrases like: help, I'm lost, I need a doctor, could you help me, and the two most important phrases: PLEASE and THANK YOU).

3) Learn about the culture: Cultural do's and don'ts and other social norms are just as important as what the typical diet and past times are. For example, wearing shorts and halter tops (for women) can get you into some serious trouble in many Arabic Countries and Latin America. In some Arabic Countries you may even be put into jail for this (and they are not the lavish US jails

either). Also, in parts of Latin America for women and men wearing shorts, you will not be permitted to enter some historical and religious sites (BECAUSE SHORTS IN THESE PLACES ARE CONSIDERED OFFENSIVE)!

4) Make an effort and use what you have learned about the country. Try to use what you have learned of the language and or make use of your language dictionary (the natives usually will appreciate your efforts), if you have read that it is not a good idea to walk down some badly lit street at 2 A.M. then DON'T. This is where your American Common Sense is often NA (NOTE: you are dealing with a different culture with different standards and norms).

5) When in Rome do as the Romans. This does not mean only do what you prefer and leave the rest. You are subject to the laws of that land, and the US Embassies and Government cannot help you if you get yourself into some serious heat. Therefore, for example, do not grow some weed while in Mexico, the natives probably will not get into trouble, but if you are caught, you could be looking at 7 long years in a Mexican jail, or longer. KNOW THE LAWS.

6) If you feel weird or unsafe, then REMOVE YOURSELF FROM THE SITUATION. Your intuition is still very relevant and can get you out of bad places and situations

hopefully before they become to bad.

7) If possible, talk to natives of the country you are planning to travel in. They are usually your best source of information besides from travel books. If you cannot find natives, then talk to your local university study abroad office, they could help you find contacts, and other sources of information.

8) Plan your trip well. Traveling is great, but there is a larger amount of stress when you are placed in a foreign environment and especially if your language skills are not very polished. This can also help you avoid other complications during your trip.

9) Learn from your environment. Sometimes Americans have this STUPID misconception that it is okay to blatant show your dislike of the culture and or the ways of the land (for example: many Americans do not like the idea of not being able to wear shorts and halters all day whenever, and wherever they want to, and they think the people and their customs and culture are primitive for that matter. Or, the fact that many banks in 3rd World Countries still use typewriters and may have limited computer, many Americans comment that these people are just dumb, uneducated, and or are backwards... Unfortunately and Fortunately most of the world lives in 3rd World conditions, and not

everyone has the readily available resources at their disposal like most Americans, therefore when you don't have a fork, you use a spoon... You learn to improvise to get the job done, or just find another way to get it done.

10) Enjoy. Most people do not get a chance to enjoy their vacations for one reason or another. All the planning you do, will not prepare you for everything (but you will have more success the more knowledge you know before you go), but take it with a grain of salt. It is not just a vacation, but a learning experience, a chance to broaden your horizons...

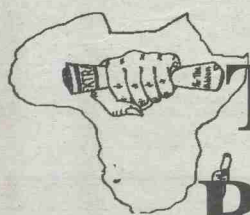
In conclusion, I just wanted to add, remember whether you are traveling, vacationing, doing missionary or service work you are not doing all the good you can, if you are offending half of the population when you show such obvious disrespects for the ways of that land, and it's people. Studying abroad, traveling, and vacationing are privileges and they are in themselves cultural exchanges. You do have to give a little, but what you can learn can be invaluable.

PS If anyone has any comments, suggestions, or concerns on this subject, I would love to hear them: adwatso1@unity.ncsu.edu

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