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[November 15 - November 22, 2001]



# News

## AFRICA NEWS BRIEF SUDAN: THE STRUGGLE FOR PEACE

Sudan has been engaged in a civil war for roughly 18 years and has failed to settle the feud. All attempts at settlement by the United States have been to no avail. As reported, John Danforth, a newly appointed envoy said, "The possibility of peace depends on the will of the combatants not on the intentions of outsiders."

The Sudanese government is willing to start peace initiatives as long as the United States remains "unbiased and impartial." As reported, the United States has been accused of taking sides with the rebels.

According to the article, the recent discovery of oil in the country has complicated matters even further. The introduction of oil will cause problems in terms of territory.

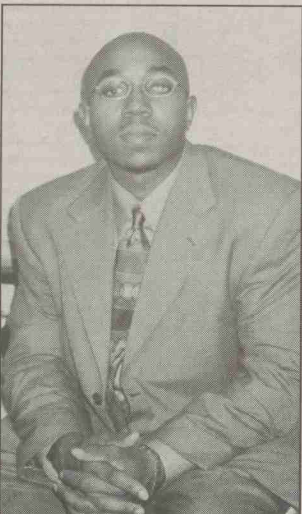
## AFRICA: THE DAWN OF A NEW AGE

At one point it seemed like an unattainable goal but today's story is far from that - the introduction of the mobile phone in Africa. After the liberalization of the mobile phone companies in Africa, the demand for the phone has escalated. Now the estimation of consumers has increased to 28 million subscribers by the end of this year.

The liberalization of the mobile phone company does not guarantee an improved Internet service. However, it is the beginning of a technological growth in Africa.

## NIGERIA: CHOLERA OUT- BREAK

It has been reported that cholera has killed over 250 people in the northern parts of Nigeria. These deaths have been blamed largely on the lack of information about the illness. The local hospitals have been asked not to reveal the full degree of the outbreak so as not to alarm the people. However, this silence has caused even more fear and not decreased it as was hoped.



**Tim Teel, Man in the News**

Adedayo A. Banwo  
Editor

When Tim Teel, a junior from Greenville, N.C. majoring in Industrial Engineering, presided over his first general body meeting as Chair of the Black Students Board, he issued a challenge to fellow Black students.

"BSB can only be as good as you," Teel said.

"If you want better programming, better

## Owens addresses AACC issue, lays out vision for UAB

Adedayo A. Banwo  
Editor

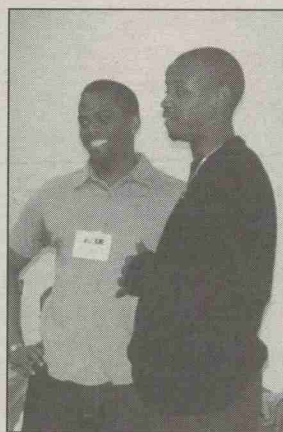
Jamar Owens, Senior from Clinton, NY majoring in Industrial Engineering wanted to change the Union Activities Board when he decided to run last semester and so far, he has done just that.

"Our goal from the beginning was to take UAB to the next level and to do that we had to sit down and look at past events. Since everything we do is for students, programs beneficial to students we not only decided to keep but to improve in order to bring back a sense of respect and honor among the students of N.C. State," Owens said. Part of this vision has entailed bringing in big name artists and speakers. At the UAB sponsored Crossroads event, national-recording artists Naughty by Nature, De La Soul and the Beatnuts performed.

"I have been involved heavily in UAB for four years. I watched the process evolve and there were a few things that I saw needed change. I wanted to use this office to be more than a title, I wanted to take it beyond UAB," Owens said.

As UAB head, Owens is President of the Student Centers Board of Directors. This board formulates suggestions that go directly to the Chancellor. The suggestions are then raised at Chancellor's Liason, a meeting between student leaders and administration. One of the issues that Owens has been involved with recently has been the African American Cultural Center. The AACC is located within the Witherspoon Student Center. The Board of Directors would offer its suggestions to the Chancellor regarding any major proposal concerning the AACC.

"Right now, we're working to keep the AACC as a part of Witherspoon, essentially a student center. There has been many ideas floating around about associating it with the Multi-Disiplinary Studies program but we feel placing it in purely academic arena such as that will take away from its usefulness as student center, being a part of Witherspoon," Owens said.



Owens said that a major issue in the AACC debate is finances. Who should pay for the costs required to maintain the AACC in Witherspoon? Should it be student fees or money from somewhere else? Owens wants to develop programs where monies can be raised to support the AACC in its current position.

In addition to the AACC, Owens feels that not enough attention is being given to the student

centers' facilities in general.

"Some of our buildings are falling apart, many these buildings are decades old and haven't had upgrades or modifications. Some of the buildings are not even accessible to students with disabilities or handicaps," Owens said.

Although the Fall semester is nearing an end, Owens said there is much more he wants to accomplish as UAB president before the year is over.

"Next semester students are really going to see a lot more higher quality from the UAB in terms of names, quality and purpose. We must gain the respect that N.C. State deserves, we want students to feel they are getting their money's worth," Owens said.

Among the things Owens has planned to accomplish this is reaching out to students.

"We are bringing in new students with new ideas, giving them an opportunity to express their ideas and allowing them to develop in future higher leaders," Owens said.

Owens has already achieved a lot using his hands on leadership style. Homecoming, which has not been led by any one entity, was organized this year by both UAB and Student Government. Owens said that in the past, different student leaders created their own Homecoming programs and this approach divided the campus. Owens has met with Student Body President Darryl Willie and the two worked together to form campus wide homecoming events.

"We decided to work together and we are in the process of making Homecoming a principally UAB sponsored event in the future," Owens said.

Owens encouraged students to get involved in the UAB because of it allows students to have an escape from their books and become better leaders.

## AASAC Endorses Anthony, Brown for Leader of the Pack

The African American Student Advisory council gave its endorsement to Student Senate President Michael Anthony and Jahan Brown last Friday for N.C. State's Leader of the Pack award.

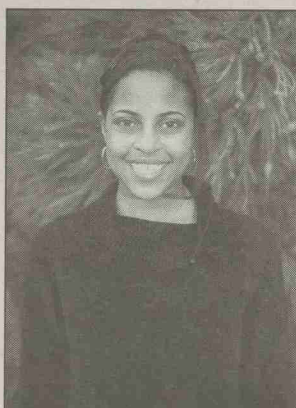
Leader of the Pack is a contest held every year in which a male and female is chosen and receives a \$1,000 scholarship and becomes a part of the next year's Homecoming planning committee. The award was created in place of a traditional homecoming queen and king.

To be selected, students must submit an essay, undergo interviews and campaign in a student election. Voting was held last Monday and Tuesday.

AASAC usually endorses student election candidates and campaigns for them, handing out flyers, and getting people out to the polls. In this case all the voting was online, so AASAC was involved in getting students to log on and vote.

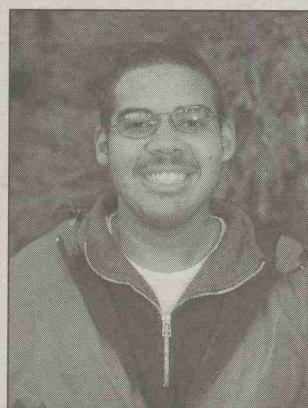
AASAC chose Brown and Anthony because of their campus involvement and accomplishments on campus. Brown, a sophomore, is a Park scholar, member of the Student

**See Leader of the Pack,  
page 3**



"Now, I want to give something back. my time, my creativity, my potential, and my pride."

-Jahan Brown



"I love what I do will continue to involve myself, now and in the future, with all the things that will make NC State a better place for all."

-Michael Anthony

events, then you must ask yourself have you been coming to the meetings, have you been putting forth an effort, if the answer is no then it's the end of the discussion," Teel said.

BSB is a subcommittee under the UAB Diversity Committee. The committee is composed of 12 members but every black student registered at NCSU is a member of BSB. The committee attempts to design programs and tackle issues that affect the NCSU black student body. The principal means of generating ideas are the general body meetings, where the executive board meets and discusses issues with the

general black student body.

"We want students at the meetings giving feedback, making decisions because if we don't have enough general body there then it's the executive board that has to vote on proposals and of course we don't want it to be like that," Teel said.

This year Teel has challenged the membership of BSB to get involved in different type of programs, specifically more political and cultural.

"Over the years we've been directed towards

social events, but this year we want to sponsor forums, speakers and move beyond simply doing social programming," Teel said.

For instance, on December 1st, BSB is presenting a gospel play entitled "I can't win...but with Jesus I can." And BSB is working on co-sponsoring a student panel with the Society of African American Cultural to tackle political issues on campus.

**See Teel on page 3**



# News

## Teel Cont.

Perhaps BSB's biggest event is the Pan African festival, which is held every spring. The festival draws many alumni to the campus and serves a way for all black student organizations to come together during a week of programming.

"We have a blue sketch but we want other organizations to submit proposals. We also have plans to bring back the comedy show, have a 3 on 3 basketball tournament and our traditional Black-Out," Teel said.

Many faculty have criticized BSB's "Pan African" title of the festival, but Teel says "there is a difference between Pan Africanism and a Pan African festival." However Teel says they want Pan Africanism to be a part of the festival and would like to have speakers discuss it at the opening and closing of the week's events.

"We want to cover both the social and political side during the week," Teel said. BSB is also in the stages of planning a larger Mr./Ms. Pan African festival and is accepting submissions for the design contest. The student who submits a winning design by next February that symbolizes the week's festivities will receive tickets to all the week's events.

Teel also wants to see more communication between black students on campus.

"Within the black community here, there is a lot of bickering, he didn't like that, she didn't like this, it seems like there are certain cliques of black students. One group over there and another group over there, when I came to N.C. State, I expected something different," Teel said.

Teel feels that BSB can be a spark plug to address these communication problems and lists co-sponsorships the board has planned with fraternities and political organizations such as SAAC as a way to unite the black student body. However, Teel says problems such as these can't be addressed until students get involved.

"We try to address these issues at general body meetings but we need student input. There shouldn't be any reason a black student should have four degrees of separation with other black students on campus," Teel said.

## Leader of the Pack, cont.

Government Traditions council and helped moderate the University's 9-11 program in Reynolds coliseum. Anthony, a senior, is Student Senate president, member of Alpha Phi Alpha Fraternity Inc., and past Student Body Treasurer.

"I'm honored, I wasn't expecting it. AASAC even made handbills and flyers, that was really showing support. It was showing leadership in uniting the community," Anthony said about the AASAC endorsement.

"I think it's a honor when students, especially students of my own background support what I'm doing," Brown said about the endorsement.

Both candidates said that they wanted to be Leader of the Pack because they wanted to give back to NCSU.

"I was attracted to Leader of the Pack because it wasn't like High School, it wasn't based solely on popularity, it had to deal with your ability to express yourself through an essay about values and an interview process. I've only been on this campus for a short time but I've already gained so much, life long friends, faculty mentors and I wanted to give back and I think Leader of the Pack gives me that opportunity," Brown said.

"I wanted to see where I stood on campus. I care a lot about that tile and want to represent NCSU in the community," Anthony said.

The winners of Leader of the Pack will be announced Saturday, November 17 during halftime of the NCSU vs. Maryland football game.

## SPACE: PREPARING OUR FUTURE LEADERS

By: Sharonda Addison

SPACE: Saturday Program for Academic and Cultural Education is designed to help sixth, seventh and eighth grade students improve their grades and prepare for high school. Space meets every Saturday from 8:45 a.m. to 1:00 p.m. at Scott Hall. This program was started during the 1991-1992 school year. The director is Ms. Janet Howard. Howard is also an African-American MDS Instructor at NC State.

"We want to assist students as they enhance academic achievement. We are deeply concerned about the gap between white and black children concerning this issue. Our goal through maintaining this program is to decrease this gap," Howard said.

Some of the ways SPACE plans to decrease this

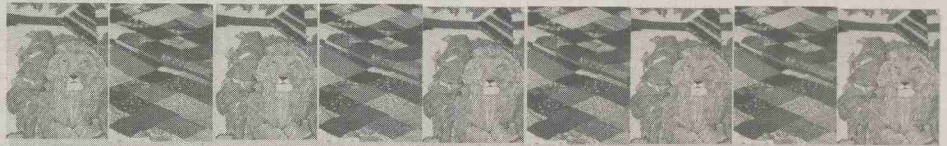
gap are challenging and inspiring student to excel in their school and community; build leadership skills, and promote the development of a strong and positive self-image.

SPACE provides academic enrichment for its participants. The instructional focus includes mathematics (review and acceleration), reading comprehension and writing development, science exploration through laboratory hands-on activities, and African-American history and culture. Students may use the computer lab, calculators, and other educational tools to enhance their learning.

I had the privilege of sitting in one of the Math classes taught by Ms. Angela McNeill, of Laurinburg Public Schools and a graduate of N.C. State. It was uplifting to see how those kids had the privilege of being taught fractions, integers, and slopes in a college environment so that when they go back to their school

where they would then be ahead of the game. Most kids including myself did not have that opportunity so these kids should be thankful.

There were also other students of N.C. State who volunteered with this program. Jason Patell, a junior majoring in Business, tutors those kids who have trouble with Math. Curtis Hill, a counselor, and major in Political Science helps in the African-American history department. Mr. Antonio Mercer, a graduate from N.C. State with a B.S. in Business Management, and a B.A. in political science is the instructor for the African-American history course. Ms. Howard is looking for any students who wish to volunteer their services. If you would like to use this program for a community service project, she will be more than happy to help you attain the credit. Remember "It takes a whole village to raise a child." You too can take part in preparing and enhancing our leaders for the future.



## The African American Cultural Center presents...

an old-fashioned Quilting Bee and Workshop  
in conjunction with the current exhibit, "Makings of Home: Quilts and  
Artifacts of L. Theresa Church," with the artist as guide and historical  
informant on the role of quilts in African American tradition and history.

Start Homecoming by joining us  
Saturday, November 17, 9 - 11 a.m. in the African American Cultural Center  
Multipurpose Room.

# You'll have lots of fun!!!



# Culture & Arts

## African Proverbs

"The rain beats on me, but the rain cannot wash off the beauty of my body."

- Yoruba Proverb

"Fear is nothing, the real thing is courage."

- Ndebele Proverb

"Every morning in Africa, a gazelle wakes up. It knows it must out run the fastest lion or it will be killed. Every morning in Africa, a lion wakes up. It knows it must run faster than the slowest gazelle or it will starve. It doesn't matter whether you're a lion or a gazelle - when the sun comes up, you'd better be running."

- African Proverb

Keon Pettitway

## Did You Know...

The National Museum of African Art is dedicated to preserving ancient and contemporary African art across the continent. The National Museum of African Art, located in Washington D.C., is a unit of the Smithsonian Institute. Art featured in the National Museum of African Art reflect the culture of Africa. The museum contains 7 thousand works of art within the galleries. Exhibitions in the museum include pottery, images of power and identity, ceramics, ancient West African art, Nigerian shrine figures, etc. Visit the National Museum of African Art at [www.nmafa.si.edu](http://www.nmafa.si.edu) for more information.

Keon Pettitway

## Nubian Events

**Makings of Home: Quilts and Artifacts from the Collection of L. Teresa Church**

Oct. 17 - Dec. 19  
John Biggers Gallery  
African American Cultural Center, NC State University

**Tell Me a Story**

November 14  
Presented by AACC and Alpha Kappa Alpha

**Around the Village**

November 16  
Presented by AACC  
African American Cultural Center

**Raisin In the Sun**

Nov. 8-18  
Performed by Black Repertory Theatre  
Thompson Theatre, NC State University

**Black Dart Chronicles**

Every Wednesday night at 8 p.m.  
Expressions  
110 E. Hargett St. Downtown Raleigh

**Hair in African Art and Culture**

September 22, 2001-December 15, 2001  
Diggs Gallery  
Winston Salem University

## Going Platinum: What is the true meaning of hip-hop?

Bling bling! The hip-hop industry has gone platinum. Artists have transformed the true meaning of hip-hop into a disguised money market. People are being deceived by the image of many hip-hop artists and lead to believe that hip-hop is defined by wealth, sex and power. Many artists falsely portray this epitome of hip-hop. Their music is mainly a gateway to wealth and material objects. Everything that sounds like hip-hop is not hip-hop. In my opinion, there should be a new genre of music that is a separate entity of hip-hop. Hip-hop is a business, but too many artists go the extra mile and try to "change the game."

Artists such as Jay Z and Cash Money Millionaires (or whatever they currently call themselves) have molded their own image of hip-hop, which is the opposite of the true meaning. Most lyrics from Jay Z contain perverse metaphors that focus on wealth, sex and power. Cash Money Millionaires have similar lyrics in terms of content. However, these artists have transformed into business leaders in the current music industry. They market their product and manage to keep listeners anticipating their next album. The fact still remains that this is not true hip-hop.

Wealth, sex and power seem to be the major contributors to the definition of hip-hop today. Personally, I can not relate to many lyrics by these "money-making" artists. I do not own a Mercedes Benz elevated by 20" chrome wheels, a wardrobe that will clothe me for the rest of my life, or a platinum chain equivalent to the cost of four years of higher education.

I'm a broke college student who can not even afford to live in a fantasy world replete with wealth, sex and power. After listening to so-called hip-hop artists people are tripped by reality and fall face-first.

The purpose of hip-hop is not to deceive the audience by leading them to believe that happiness is attained through wealth, sex and power. Hip-hop is defined as the art of expression with emphasis on uplift and the realization of life. Hip-hop creates a blissful atmosphere, which allows artists and listeners to express their ideas. Many hip-hop artists contribute diverse creativity and style. For example, Public Enemy focuses on the uplift of the community and Talib Kweli illuminates the hip-hop scene with Afrocentric visions. There is a scarce amount of true hip-hop artists compared to the 1980's and early 1990's when hip-hop was emerging as the world's fastest growing genre throughout the world. Few hip-hop artists thrive in the industry today, such as Talib Kweli, Common, Mos Def, Pharoah Monch, and De La Soul. Their music is not as popular as some artists whom focus on wealth, sex and power, but listeners are attracted to negativity, and deface positive artists such as those named above by signifying their work as "wack" or "unreal."

Hip-hop has definitely taken a turn for the worst. Music that does not portray hip is being labeled hip-hop, which is giving the wrong impression. What will the hip-hop generation be like in the future? Will so-called hip-hop artists' music be replaced by a new genre of music, or will the hip-hop industry revert back to the basics? Re-evaluate the hip-hop artists in today's industry and lyrics, and ask yourself if it is an illusion or the real thing.

Keon Pettitway

## New Books in the African American Cultural Center Library

### Fiction

Any Way the Wind Blows - E. Lynn Harris  
Long Way from Home - Connie Briscoe  
No Time to Die: A Mali Anderson mystery - Grace Edwards

### Non-Fiction

African American Males in School and Society - Vernon Polite  
The Blackman's Guide to Understanding the Blackwoman - Never Before, Never Again: The Stirring Biography of Eddie Robinson - Eddie Robinson

Keon Pettitway

## What's On Your Mind

This is the debut of a new addition to the 2001-2002 Culture / Arts section of the Nubian Message.

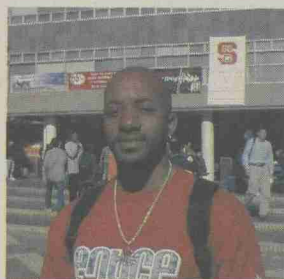
Various issues are discussed amongst African American students at NC State. The word around campus this week is that homecoming at NC State is not as hype as it is said to be.

What is the difference between NC State's Homecoming and an HBCU's Homecoming, such as NC A & T and NC Central University?

"Concerts, concerts, concerts, step shows, LB fam...we just need concerts." -Denika Hunter and Crystal Freeman



"First of all, a major step show is missing. We are having the thing at the CC, but that isn't a real step show. They call it a yard show. Secondly, we are not having a major artist perform at a concert. At A & T they had Ja Rule come out there and other artists." -T.J. Gibson



"They have a concert. We do not have a concert. That's the part that I don't understand. We need a concert...I mean everything else is fine as far as the parties and other stuff going on, but we need a concert." -Crystal Deloatch and Stephanie Werts





# Sports & Entertainment



photo courtesy of www.gopack.com

## NC State vs. FSU football game review

Keymia Sharpe

Although they were picked to lose by as much as an 18-point margin against the Florida State Seminoles last Saturday, the Wolfpack triumphed. Defeating FSU 34-28, they made history as the only team to beat Florida State on Seminole territory, since 1998, during a battle from which the Pack also emerged victorious. "It's an amazing accomplishment, but it was also something that we knew we could do all along," commented Devonte Edwards. "Coach Amato instilled in us that we can do anything with faith and belief."

Because they were picked to lose, the Pack shocked everyone as the game approached its final seconds, even the dedicated fans that traveled with them and those that watched attentively at home. Alexis Tsionos, a freshman, declared, "I was extremely excited. I didn't think that we were going to win, but as the game approached its final seconds and FSU missed the last catch, I was happy for the team."

Excitement filled the hearts of not only the spectators, but the players as well. "When the ball hit the ground [at the end of the game], I ran out to the field. I was really happy to be a part of that," asserted Freddie Aughtry-Lindsay. Fans darted out of dorm rooms, yelling and chanting, "Go Wolfpack!" and toilet-papered the campus. Kaylah Nance described, "It looked like snow. Seeing the students do that showed me how they really supported the team in their efforts."

During the course week, the students will have festivities to hype them up for the big game against Maryland on Saturday. "We have to come ready to play [Maryland] because they are the best team in our conference so far. We're full of confidence that we can win but we're going to have to work even harder to compete with our performance against Florida State."

## The Nubian Sports Report

Adam T. Melvin

### Football:

Now that the hype over the Florida State upset is dying down, the football team is getting ready for the Maryland Terrapins. The Terrapins will come into Saturday's game 9-1 hoping to make it 10-1 after their visit to Carter Finley. The Wolfpack is planning to do all that they can to make sure that doesn't happen. Playing off the emotions from last Saturday's victory should help the Pack as they look to stop the Terrapins, and gain better bowl position and a winning conference record. In order to do that, they need great games from the defense and offense. The best linebackers in the ACC, Levar Fisher and Maryland's E.J. Henderson, will get to prove who is the best in this weekend's match-up. Kickoff will begin at 7:45 p.m. at Carter Finley Stadium.

### Men's Basketball:

The new era in Men's Basketball is now here. After the graduation of four seniors and the loss of three starters, Herb Sendek's team looks totally different. Composed of the best freshman class in the ACC, and a host of talent, this year's team has huge potential. Returning from last year's starting lineup are senior Anthony Grundy, junior Clifford Crawford and senior Archie Miller. Now that all the exhibition games are finished, the Pack now takes on the real deal. Opening up the season in the BCA tournament, the Wolfpack will get another chance to see what things they need to work on before going into conference play. The BCA tournament, which started Wednesday night, will be on until Friday night at the ESA. The young Wolfpack showed its new look in the first exhibition game against EA sports, but in

the second game against Global Sports, the Pack's actions were reminiscent of last year's team. Marcus Melvin led the Wolfpack with 26 points against EA Sports, but had a poor shooting night against Global Sports. Anthony Grundy, Julius Hodge and Scooter Sherrill had 12 points each in the 80-76 loss to the Global Sports All-Stars.

### Women's Basketball:

Get ready for another exciting season of Women's Basketball as they begin their quest for another Final Four appearance. The Wolfpack women begin the season ranked 10th nationally and 3rd in the ACC. This year's team returns four starters and plenty of talent. Senior DeDe Hutcherson is the only player remaining from the '98 Final Four team. Coming off an appearance in the sweet 16 last year the women want nothing but the best. "We want to win, and we are determined for the best," said senior Talesha Scates. The determination could be seen during the two exhibition games already played. The Wolfpack demolished their opponents by scoring over 100 points in both games. Pre-season All-ACC candidate Carisse Moody scored double digits along with five of her teammates. Kayla Chones led the Wolfpack in the first exhibition game against the Perik Jumpers with 27 points. Moody and freshman Rachel Stockdale led all scorers with 19 each in Sunday's 103-59 win over Remus Sports. The Wolfpack have already begin to suffer from injuries, with both Tera James and Ivy Gardner missing the start of the season due to knee injuries. However, Hall of Fame Coach Kay Yow has plenty of talent on her roster, to fill in the gap until they return. The women start things off Friday afternoon at 6:30 p.m. against Radford in the GlaxoSmithKline Invitational at Reynolds Coliseum.

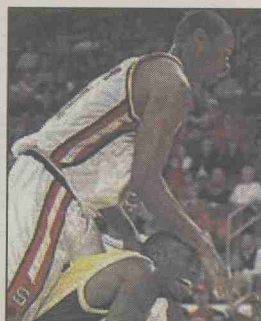


photo courtesy of www.gopack.com

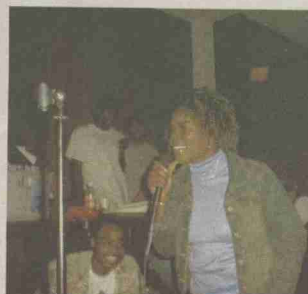
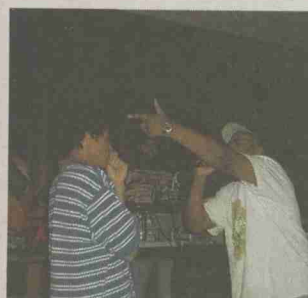


photo courtesy of www.gopack.com



# Culture & Arts

## Faces In the Crowd



More freestyle battle ensue in Talley Student Center

### THE NUBIAN MESSAGE

The African American Voice of North Carolina State University

Editor in Chief.....Adedayo A. Banwo

Managing Editor.....Demarcus Williams

#### Staff

News Editor.....Adedayo A. Banwo

Culture/ Arts Editor.....Keon Pettway

Opinions Editor.....T.J. Eatmon

Chief Photographer.....Sydney Williams

Business Manager.....Capers Johnson

#### Mailing Address

372 Witherspoon Student Center/AACC

Box 7318

Raleigh, NC 27695-7318

919-515-1468

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and spirit:  
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McIver Witherspoon, Dr. Wandra  
P. Hill, Mr. Kyran Anderson, Dr. M.  
Iyailu Moses and all those who  
walk by our side as we continue to  
make our journey to true con-  
sciousness.



## News

# **The Black Student's Board Presents the Gospel Play:**

**"I can't win...but with Jesus I can"**

December 1, 2001 2 p.m.  
Witherspoon Cinema

General Public \$5  
NCSU Student \$2  
Other College ID \$3

### **Student of the Week**



**Schanel Sherrie McMillan**

**Major: Textile Apparel Management with concentration in  
Textile Management**

**Classification: Senior, Graduating this December 2001**

**Involvement: Current President of African American Heritage Society 2001**

**-Vice President of AATS 1998-2001  
-Treasurer of Bowen Hall Council 1997 - 1998  
-RA Junior Year**

# Opinions

## Thanks Giving

By Delvis Ingram

It is Thanksgiving time again and a lot of things are on our minds. Family time, feasting, break from school, and post-Thanksgiving shopping are just a few to name. The weather is getting cooler and we can finally pull out the leather, furs and our best and favorite winter attire. This is a very exciting time of year. The winter holidays have arrived, and it has been greatly anticipated.

Along with the holidays comes a lot of running around, preparation and stress. But before we indulge in our annual holiday routines, starting with Thanksgiving, we need to sit back and observe ourselves in the most convicting ways.

Thanksgiving Day is a day that is set aside for our nation to express thanks to their respected deity, family and friends. This particular day is spiritual as well as social. We must stop and ponder on the things that we are thankful for. This is another year and a lot of events and changes have occurred within the last 365 days.

Let us not forget about the things of eternal value. Of course, money and things of vanity are not in this category. Most of us have family of some kind. Nothing of this green earth can replace family. Family is too distinctive to be compared. Be thankful.

All of us travel. Whether it is by car, airplane, bus or train, we get around some how. We are still living, regardless of whether or not the transportation failed you in a wreck or from low-quality maintenance. Be thankful.

We are still here at North Carolina State University. We still have a chance to excel and maintain our academic status. And as African Americans, we should be thankful that we are able to attend a predominately white institution. We are not blind to the fact that the status of African Americans in the United States has improved. Just reflect on the last century alone. Be forever thankful.

We know that Thanksgiving is a one-day event. On the calendar, out of 365 days, only one day is classified to be a day of thanks. However, we should make it an obligation to give thanks every day. Events and changes occurs in our lives every day so it should not be difficult to have Thanksgiving in our hearts, on our minds and in our mouths at all times. Higher authority requires this action. Just read the book of Psalms.

Notice that the title of this article is Thanks Giving. It is two separate words. This is an indication that Thanksgiving is more than a one-day event. It is an everyday obligation. Be blessed in this Thanksgiving holiday and in the days that follow. Let us all give thanks.

## Beware of Stress

The Nubian Message Weekly Editorial

For many of us the coming week will bring Thanksgiving feasts with family and friends to begin the holiday season. For others of us, the week will bring fasting in the remembrance of God. For all of us, the week will bring a much-needed break from school, but will also mark that dreaded time of year when classes wrap up and transition into final exams. This time of year is viewed by many students as the most stressful, and for African Americans stress can be a very harmful enemy.

Stress is basically any change that you have to adapt to. For some this may be a change in sleeping and eating habits. For others, it may be a change in social routine or working habits. In any case the more intense the sever-

ity of the stress is, the greater the likelihood of incurring mental and physical problems. Frequent stress can cause hyper vigilance, or overdrive functioning of the body, which can be very damaging to your cardiovascular and gastrointestinal systems.

For African Americans, the problem may not necessarily be the actual stress but the way we handle the stress. Gambling, compulsiveness, alcohol and drug use are all coping mechanisms in which some may seek comfort from stress. African American males in particular are known to keep their emotions hidden and tend to respond to stressful situations by denying the influence of the situation, which in turn causes more stress. This is a trait known by psychologists as John Henryism, after the legendary Black railroad worker who took on a steam-driven engine and then died

from exhaustion. Many Black women on the other hand handle things a little differently. They are more likely to seek support in order to cope with stressful situations.

It is important that we are able to identify potential stress and know how to deal with it. In "Health & Healing for African Americans", Joycelyn Elders, M.D., former U.S. Surgeon General, recommends support networks, mentors, exercise, taking deep breaths, and adopting pets. There are many other ways to deal with stress as well. Be sure to beware of stress this holiday season in order to make it safe for our loved ones and ourselves. Fellows, if things seem like they are getting out of control, seek comfort in "tha boyz" or that special lady. Ladies, continue to be strong. With each others help we can deal with any stress that comes our way.

