

the Nubian Message

Sentinel of NC State's African American Community Since 1992.

October 22, 2003 [2002]

www.nubianmessage.com

Vol. X Edition 5

inside

Candidates To Debate At State

Robert White

staff writer

The Voter Solidarity Coalition will be having a Judicial Candidates Forum on Wednesday, Oct. 23 in Poe Hall from 7 p.m. to 9 p.m. Organizers hope the two-hour event will provide NC State and other Triangle Area college students the opportunity to talk with judicial candidates about issues relevant to them and the community at large. Candidates for N.C. Supreme Court Justice G.K. Butterfield, and N.C. Court of Appeals such as Judge Hugh Campbell, Judge Wanda G. Bryant, and Martha Greer have confirmed that they will be coming to the event. The purpose of this event is for student leadership to get involved in the dialogue with them to get students a chance to take to candidates prior to the elections on Tuesday, Nov.

5.

The judicial candidate forum is only the first of a two-part series of candidate forums. The Legislative Candidates Forum will take place on October 29 in the Multipurpose Room of the Witherspoon Student Center also from 7 p.m. to 9 p.m. For the October 29 forum, the Coalition has talked to U.S. Congressional Representatives Brad Miller and David Price. Coalition members are also talking to U.S. Senate Candidates Erskine Bowles and Elizabeth Dole about participating in the October 29 forum.

The Voter Solidarity Coalition is the voter education wing of the Global Center for Dynamic Initiative. The Global Center for Dynamic Initiative's goal is the uplifting of humanity through programs like the Voter Solidarity Coalition. Global Center creates a voter solidarity coalition

whenever issues and events that require voter awareness and education arise. The Coalition is a partnership between voter awareness group Common Cause, the African American Cultural Center, and a range of student organizations such as Society of Afrikan American Culture and Student Government.

The Chairman of the Coalition and the liaison between the university and the politicians is Annette Exum, a 1972 graduate of NC State. Mrs. Exum has been involved in the university over the years and also in the Raleigh community through various organizations. She stressed the importance of African American students but all students to be involved in the political process. She also wants to students to bring questions to candidates. Organizers expect a large turnout.

Culture & Arts

Heritage Day is coming up this Saturday. You should be there; find out why inside.

Entertainment

Looks like the Football team is well on its way to bringing home national accolades. Get a teaser inside.

Health & Beauty

Breast Cancer Awareness month. Get checked today.

WGO

What's Goin' On?

Heritage Day

Heritage Day, Heritage Day, Heritage Day. You should be there. It's one of the Cultural Center's biggest yearly events, and there's no better way to show your support for the AACC, its programs, and its staff than by showing up.

New Ho's Goodies

New Horizons Choir is having a bake sell all day on the brickyard Oct. 24. Get something to eat.

Pan-Afrikan ideas

BSB is looking for input about this year's Pan-Afrikan festival. Submit your thoughts to: Chad Minter, chair of UAB's BSB committee via e-mail at: ccminter@unity.ncsu.edu

Take Back the Night

Students will march to take back the night this Thursday.

Final Item

This is the last item on this list. Just to let you know.

Still At Large: Sniper Terrorizing D.C.

Mary Garrison

staff writer

Over 200,000 students have been kept home from school. Customers are crouching behind their cars as they pump their gas. Numerous outdoor sports practices and games have been cancelled. People are racing to and from their cars whenever they're out. The 'Beltway Sniper' has ignited fear in people all over the country.

Monday police took two men into custody for questioning after police surrounded their white van at an Exxon gas station in Virginia. They have refused to call the men suspects, but dragged at least one of the men out of the van.

Police found a note with a phone number on it after Saturday's shooting. They then issued a public plea for the sniper to telephone them using that number. The van found on Monday was parked next to a public pay phone.

Since October 2, an unknown yet notorious sniper has been plaguing Maryland, Virginia, and Washington, D.C. The most recent attack was on Saturday at a Ponderosa steakhouse in Ashland, Va. A 37-year old man was hit by a single shot. He underwent sur-

gery immediately and the bullet was removed.

To date, the sniper attacks have claimed 9 lives and left 3 wounded. On

October 2, a 55-year-old man was killed in a grocery store parking lot in Wheaton, Md.; on October 3, five innocent lives were taken: a 39-year-old man killed while cutting grass in Flint, Md.; a 54-year-old man in Olney, Md., while pumping gas; a 34-year-old woman slain outside a post office in Silver Spring, Md.; a 25-year-old woman was killed as she vacuumed her van at a gas station in Silver Spring; and a 72-year-old man left dead after being shot by the sniper in Washington, D.C.

On October 4, a 43-year-old woman was injured in a craft store parking lot in Spotsylvania, Va. She survived the shooting and was released. October 7, a 13-year-old boy was shot outside his middle school. He is currently in the hospital recovering in stable condition. October 9, a 53-year-old man was murdered while pumping his gas in Manassas, Va. Another 53-year-old man was shot at a gas station while pumping gas in Fredericksburg, Va. on October 11. A 47-year-old woman was

At Large

Dance Visions

ORGANIZATION SPOTLIGHT

Rose McMillan

staff writer

Dance Visions
Organizational Spotlight
By Rose McMillan

In February 1978, three students had the vision to form an organization that would give young men and women the opportunity to express themselves creatively through dance.

Over the years, the faces of Dance Visions's members have changed, but the philosophy has remained the same. The students realize that even though they are at a technical-based university, they can still continue their dance experience and not lose their artistic desire. Since its inception, Dance Visions has had a varied number of members, often including



Dance Visions

Staff Photo

In March 1978, Dance Visions was formed. It consisted of 7 women and 1 man. Their first advisor was Dr. Wandra Hill, the current Director of African American Affairs for the NC State Physical and Mathematical Sciences College.

males. They have had two males and two professional dancers function as artistic director. It is important to realize that Dance Visions is an artistic group, covering the entire genre of

Dance Visions

page 2

page 2

Black Association Honors Xerox Exec.

NEWS STAFF REPORT

staffreport

NEWS STAFF REPORT

Rochester, N.Y. — Xerox Corporation executive Emerson Fullwood has received the National Black Employee Association's A. Barry Rand Award of Excellence.

Fullwood, executive chief staff officer of Xerox's Developing Markets Operations group, was the sole recipient of the annual award. This award was established in 2000 to honor a Xerox leader who has demonstrated tireless support for African-American men and women.

Barry Rand, for whom the award was named, joined Xerox in 1970 and held a variety of sales and marketing positions with the company. When he left Xerox in 1998, he was executive vice president of Xerox — at that time, the highest level attained by an African-American in the company's history.

"Barry Rand was an African-American executive at Xerox who blazed many, many trails, not only for African-Americans," said Fullwood. "He was probably among the top Fortune 500 executives in his time. It's a real honor to be associated with him."

The National Black Employees Association is one of six caucus groups at Xerox. It serves as a platform for employee advocacy, self development and communications, and acts as a catalyst for positive change for black employees at Xerox. NBEA was formed in the early 1970s by seven

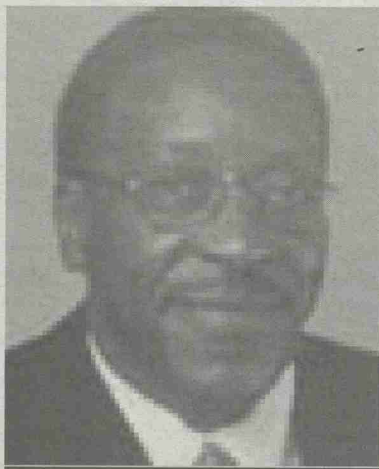
African Americans; today the organization has grown nationally to include over 7,000 black employees.

Fullwood was selected to receive this honor due to his superior performance record at Xerox and his role as a mentor and teacher. "Emerson's efforts and dedication have created and expanded opportunities for African-Americans at Xerox. He is a leader for all Xerox people, regardless of race, creed or color," said Michael Richards, president of the NBEA.

Fullwood has received numerous awards and honors including the Harlem YMCA Black Achiever in Industry Award, Dollar and Sense Magazine's 2001 Achievement Award, the Xerox Chairman's Senior Manager's Award, and diversity awards for Hispanic, women and African-American Xerox organizations. He also co-sponsors the Fullwood-Johnson Scholarship for high school students in the North Carolina community where he grew up. Fullwood is a member of several boards of

directors including the SPX Corporation, the United Way of Greater Rochester, Rochester Urban league, Rochester Area Community Foundation, and Rochester Boy Scouts of America Otetiana Council.

Fullwood began his career at Xerox as an account representative in 1972 and assumed his current position in Developing Markets Operations in September 2001. DMO markets and supports Xerox document products, solutions and services in Latin America, as well as the Eurasian countries, Russia, the Middle East, India and Africa. He and his wife, Vernita, reside in Pittsford, N.Y.



Emerson Fulwood

courtesy • Xerox

U.S. News Briefs

Items you might not see on the local news.

• Colin Powell Compared to House Slave

Actor Harry Belafonte recently said and stood behind derogatory remarks about Secretary of State Colin Powell. He said the remarks weren't a personal attack on Powell, but continued to repeat them.

He commented, "...there were those slaves who lived on the plantation and there were those slaves that lived in the house," Belafonte said in the interview. "You got the privilege of living in the house if you served the master exactly the way the master intended to have you serve him. Colin Powell's committed to come into the house of the master."

Powell's response was that the remarks were a "throwback to another time and another place that I wish Harry had thought twice about using."

• Cartoon Spongebob Squarepants Allegedly Gay

Spongebob Squarepants, Nickelodeon's newest cartoon star, is allegedly gay or gay-friendly. Gays have adopted Spongebob as an icon, according to the Wall Street Journal. Nickelodeon and the show's creator deny the allegations. Apparently shops with high amounts of gay customers can't keep Spongebob paraphernalia in stock.

People think he's popular with gays and may be gay himself because among other things, he listens to classical music, takes bubble baths and has feminine traits (although none of these activities explicitly indicate one's sexual preference). "There is this innocence," 37-year-old Alex Fung, a clothing designer in New York, told the Journal. "He's not very masculine for a male character. And he's soft."

Other cartoon and puppets that have been rumored to be gay are the PowerPuff girls, Bert and Ernie, Velma from Scooby Doo, Peppermint Patty, and Tinky Winky, the Teletubby.

correction

In Jerry Blackmon's article "History of New Building" from the Sept. 26 edition, the writer implied that Dr. M.I. Moses was not the first director of the African American Cultural Center.

In fact, Dr. Moses is the first and has been the only director of the African American Cultural Center. Nubian regrets the error.

At Large

from page 1
shot in the head on October 15 as she loaded packages into her car in front of a Home Depot in Falls Church, Va.

Mixtures of fear and defiance were common among areas where the shootings occurred. Local schools in Montgomery County, Md. spent last Thursday and Friday under a "code blue" in which children were not allowed outside during the day. Nearby resident Mary Lynne Arthur states "It's a shame that you feel you have to run to your car to keep from being shot at," she said. "We can either live in fear or we can choose not to live in fear." Mary Lynne Arthur said she will not live in fear, hoping the killer will soon be caught.

The FBI, the Bureau of Alcohol, Tobacco, and Firearms, the Montgomery Police Department, the Metropolitan Police Department, the Prince Georges County Police Department, and other law enforcement agencies have teamed together to create a task force in search of the individual(s) responsible for the sniper shootings. Anyone who may have information about the sniper is encouraged to contact the sniper's murder tip line at 1-888-324-9800, or write to P.O. Box 7875, Gaithersburg, MD, 20898-7875.

the Nubian Message

Sentinel of NC State's African American Community Since 1992.

Keon Pettway
Robert White

Editor in Chief
Managing Editor

Telvis Lewis
Chasda D. Clendinen
Tiffany Wilder
Latoya Eaves
Kaymia Sharpe
Angelena Thomas
Jennifer Chamberlain
Cassandra Battle
Crystal Stallings
Jerry L. Blackmon II
Menes Kedar

Business Manager
Chief Photographer
Copydesk Chief
Culture and Arts Editor
Entertainment Editor
Health and Beauty Editor
News Editor
Office Manager
Opinion Editor
Production Manager
Webmaster

372 Witherspoon Student Ctr. • Box 7138 • NCSU • Raleigh, NC 27695-3718

Editorial • Advertising
919.515.1468

Inquiries: nubianinbox@hotmail.com
Feedback: nubianinbox@hotmail.com
Website: www.nubianmessage.com

Only with the permission of our elders do we proudly produce each edition of The Nubian Message.

Dr. Yosef ben-Yochanan • Dr. John Henrik Clark • Dr. Leonard Jeffries • The Black Panther Party • Mumia A. Jamal • Geronimo Pratt • Tony Williamson • Dr. Lawrence Clark • Dr. Augustus Melver Witherspoon • Dr. Wandura P. Hill • Mr. Kyran Anderson • Dr. Lathan Turner • Dr. M. Iyaid Moses • Dokta Toni Thorpe and all those who walk by our side as we continue to make our journey to true consciousness.

Dance Visions

from page 1
dancing styles. As in the past, the group will be bringing in guest choreographers from across the United States throughout the year.

"In order to build our community, we as one of the African American organizations on campus must support each other regardless of our specific interest," said President Mosunmoluwa Hamilton-Samuel. Dance Visions hopes to become more visible on campus by supporting other groups' functions, whether this is through performance or attendance. On November 16, the group will be hosting a silent auction community service project. Local youth artwork will be auctioned with all proceeds being given back to the youth program.

This year promises to be an active year for Dance Visions. The year kicked off in August with two days of rigorous auditions consisting of learning and performing individual as well as improvisational dances. Only 25 members were chosen to be a part of this talented group.

On the weekend of September 20, the group hosted the NCSU Dance Xplosion, a two-day dance intensive celebration for the organization's 25th anniversary. Dance Visions will be also attending the 16th Annual International Association of Blacks in Dance Conference to be held in Washington, D.C. This conference consists of seminars, classes and opportunities for the group members to audition for many well-known dance companies. Dance Visions will also be performing in many events on campus including Heritage Day on October 25.

As always, we can expect another great Dance Vision's Spring Concert. It will be held on April 3, 2003 at 8 p.m. in Stewart Theatre. Prior to the concert, Dance Visions will be having an art contest on campus. The winning artwork will appear on the cover of the Dance Visions concert program. Dance Visions is looking for male and female volunteers to help with their spring concert. If you are interested, you can contact Mosunmoluwa at mahamilt@unity.ncsu.edu.

Confederate Redux

Portia Overton
staff writer

"Symbol: an archetypal written or printed sign or character that represents something in a particular context," explains Encarta World English Dictionary. Symbols are subjective and can be interpreted differently by various people. That is the nature of symbols. Today, to those who have embraced the Confederate battle flag, see it as a conveyance of honor, duty, and sacrifice. To those who choose to dissociate themselves from the flag entirely, it symbolizes hate, chaos, and indifference. The controversy intertwined in the flag has been ongoing and has reached new heights since the NAACP passed a resolve, in 1991, calling for the removal of the Confederate battle flag "from all public properties," including flags, seals and logos.

What's the big uproar? From where do these strong sentiments derive? Why are so many people, especially African-Americans, so enraged at the thought of the Confederate flag and its legacy? The answers lie only in the past. History, after all, is only the present account of what probably occurred; an account that may be entangled, altered, and distorted.

I think back to my 11th grade American History course. For me, it was the first time that I had been forced to openly speak about slavery, and had even touched on the African-American experience during the Civil War era. As clear as day, I remember learning the three platforms of the Civil War, it seemed so simple at the time: states' rights, taxation, and SLAVERY. I didn't think much of it then, but now, as I walk across campus, even at the fair this weekend, I'm constantly disenchanted by huge, wall-sized flags on display, flags on the back of T-shirts, flags on belt buckles, none of which are owned by anyone who remotely

looks like me, if you know what I mean. Then the question arises, why would anyone want to allow themselves to be associated with any symbol that venerates the horrific institution of slavery?

A heritage group who seeks to commemorate those who fought in the Confederacy, the Sons of Confederate Veterans, beg to differ. In fact they claim that, "It was not developed as a symbol to perpetuate slavery; it was adopted for use during war time as a visual reference that would not become confused with the United States flag in combat situations. This flag is a source of pride, not prejudice." I honestly do not know how true this is, but if the "symbols" of racism are to be suppressed, what is to be done about the causes? Let's not forget that the African slaves were brought here under the Union, and kept in bondage under the United States flag. Slavery itself from its early American beginnings has been encrypted into the Constitution. Slaves were forced to experience horrible conditions in the factories of the industrialized North.

Let's face it, no one has ever been there to fight 100% for our ancestors, and the American flag should not necessarily be relied upon as a means of comfort. So often do I see this flag being waved in accordance with that of the Ku Klux Klan's, and of other hate groups, that I can not help but feel some sort of resentment to the "noble" cause. I do agree to the need to commemorate the lives that were lost in the Confederacy, including the many blacks that fought and died in their name as well. But somewhere along the way, this flag has gained a very bad reputation, of insensitivity and prejudice. I think that the sight of the flag will always strike a hurtful note in my heart, but just enough to further attempt to make sense out of the seemingly senseless.

Relationships 101

Crystal Stallings
opinion editor

Ahh the very word that sparks fear, anxiety, joy, and excitement at the same time into the hearts of us all. Some say a relationship is only with your beloved significant other. Other would define their most precious relationship is with God. Other relationships include our friends, family, and any others that we interact with on a personal basis.

The relationships we have with self affects the way we react to our fellow man. The things that we have gone through from past relationships will always affect the way we move into another. Sometimes the pain of relationships forgotten creep ill will and negativity into some of the best relationships. The power of interaction goes a long way in our self-perception and our ability to cope with various situations. The love of family sustains us for a lifetime. On the opposite note, deep pain from lack of family love and acceptance can reciprocate itself into our friendships and our deeper relationships of dating and marriage. Issues that go unresolved take the toll on us mentally, emotionally, spiritually, and even physically. The way a relationship will end usually will dictate the way the next relationships will develop and grow or if they will not grow at all.

The strength of our relationships is found in trust. That is the bonding glue to the sharing of souls. Trust and acceptance must first begin with definition of self, of the experiences you've faced, and the lessons you've learned

through previous relationships. With definition of self comes self-love and identity, magnification of the good and the bad. Trust and acceptance are necessary to get through the countless time of mistakes and miscommunication. Our relationship toward our own people speaks about our character more than anything else. Remember that all our actions reflect on us as a whole. Our relationships should enlighten us and leave us with something more than what we started whether it is joy or a life lesson learned.

Relationships are the building blocks of having a fulfilled life and that is what will carry us through our life. In our community it's been proven more than once that the relationship between fathers and their children is important to their overall life development socially, emotionally, and mentally. Our life started with a relationship with our mother through birth. Some may not even have known their mother but the bond will always remain through to your death. Without relationships the links of our life story remain unlinked causing chaos, disruption, and limits to what we can do.

Remember that the relationships you form for the most part will define the way you develop as a person positively or negatively. Some relationships should never have been formed in the first place. We all know the signs: abusive boyfriends and husbands, friends that mean you harm either directly or indirectly, and persons that wish to be you to the point of hurting you physically. Just be smart about it and learn a lesson for future references.

GPA: Make You Or Break You

Segun
staff writer

My GPA-will-make-you-or-break-you thinking session has just kicked in. These are times in during undergraduate years that I reflect on my academic performances. Am I still eligible for my scholarships? Will my GPA land me a spot in graduate or professional school? Do I still think I'm qualified to be in college? Yes, these thoughts periodically lay siege on my psyche. Thoughts that prod and demand that I account for the efforts of my professors' lecture hours, the sweat and prayers of supportive families and friends, the adoring look the "college boy" receives when home on holidays. Yes, "GPA-mania" hits me like recurring bouts of the widespread epidemic, and know I'm not alone in experiencing its symptoms.

Alas! I'm cured now. I'm cured after discovering that college GPAs have their role to play just like high school GPAs, and after that the world lies in wait to see the stuff I'm made of. It is a pretty simple matter, the number of African Americans who attend colleges is small and dismal compared to

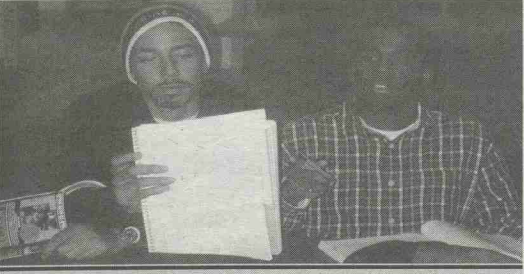
the actual numbers who can, and ought to attend college. For those of us, who attend college, the dream of just graduating college, getting that high powered job accompanied by the dream homes featured frequently in Ebony magazine (I have problems with Ebony - another article, readers), with the sleek cars dotting our driveways is one huge motivation to survive this experience called tertiary education (at least for me). We are a little different brothers and sisters, because despite that success our community calls out to us loudly, challenging us that the greater success is helping the less fortunate realize their own dreams and aspirations. Our community spells it out, just like the words of Nobel laureate Wole Soyinka, "A tree does not make a forest."

So I'm taking y'all down that GPA territory again. GPA is not the evil here, it is the role and image we have given the evaluation system that blurs our true vision of the future. The world is truly becoming a global village, where we have to make our stories, plights and experiences known to other regions of the world. We

need to affect our communities, but also we need to prepare ourselves for imparting the lives of people of different culture and beliefs.

The 21st century christens you as powerful, when your audience is the global arena. When you can fly into Accra, make a short stop in Amsterdam and on your way back to Chicago you attend a friends' conference workshop in Istanbul, then you begin to step into the role long reserved but inadequately occupied for Blacks in world affairs. GPA is not the evil here, we only have to learn and adapt quickly to what one of my mad-cool professors calls "reversing the intellectual sabotage."

College experience affords us Black students to identify and exploit our resources to the utmost possibility. Widening our knowledge is one rich avenue that enabled the DuBois' and Frank Fanons' of generations past to influence the path of Black history today. Regular visits to the African American reading room here at NC State, and a semester of studying abroad would help lay a foundation



Antoine Mack and David Cox work to improve their GPA.

GPA

NC STATE UNIVERSITY African American Heritage Society

Heritage Day

Special day of events in celebration of African American heritage, music, dance, song, story-telling, rap sessions, dance and creative workshops.

Keynote speaker @ 3:30 pm
Dr. Karla Holloway, Duke University
Author of *Codes of Conduct*, *Passed On: African American Mourning Stories* and others

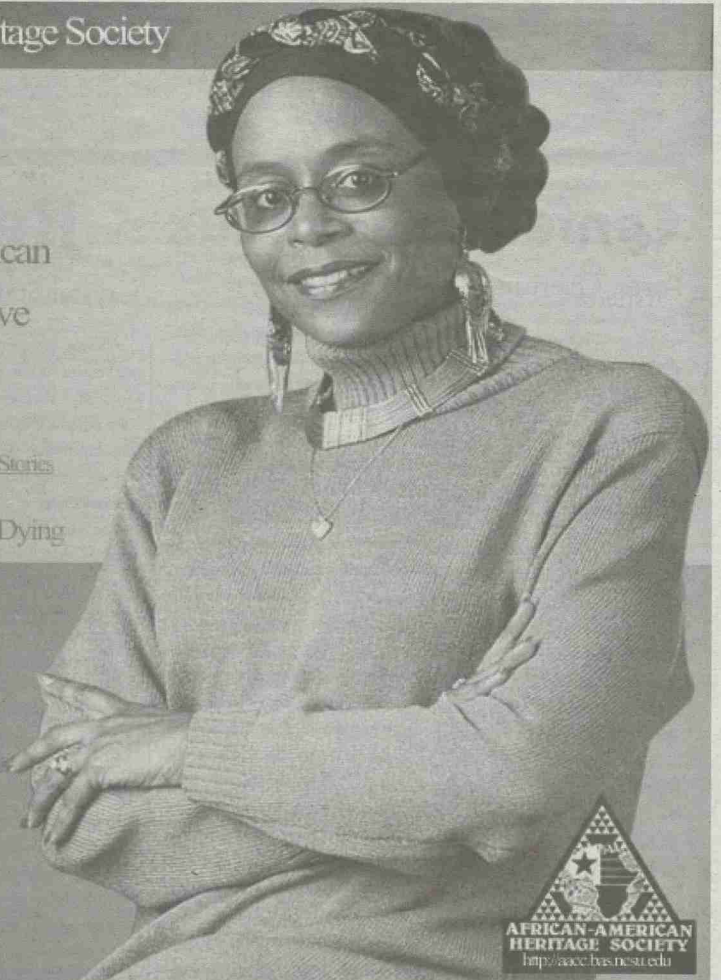
Topic: Performing the Ends of Days: Black Death and Dying

Saturday, October 26th
11am - 5 pm

NC State University
African American Cultural Center

Free and open to the public
For more information call
(919) 515-5210

Food provided by Alfie's Caribbean Soul Food



Iota Phi Theta Fraternity, Inc. Blood Drive



American Red Cross

Together, we can save a life

When: October 29th, 2002

Time: 2:30 p.m. - 7 p.m.

Where: Bragaw Activity Room

Why: To support the American Red Cross in assisting individuals in need of Blood.

Contact Keon Pettiway at 512 9264 or keon_pettiway@yahoo.com
Sign up in the Brickyard this Wednesday or Friday from 12pm-2pm

Heritage Day This Saturday

Marsheda Barnette

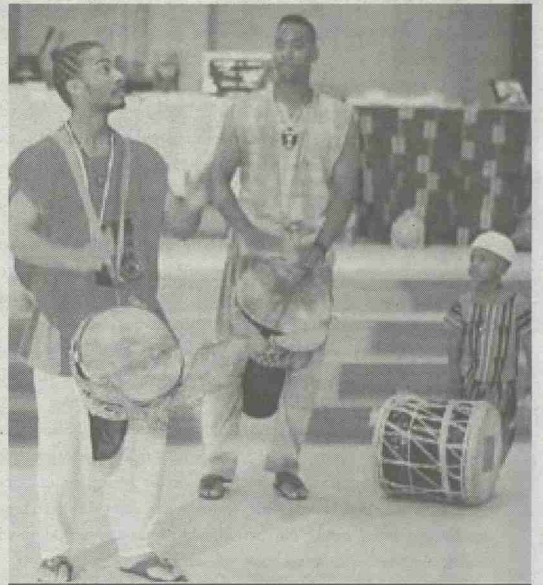
staff writer

Celebrating our past and realizing where we came from is what makes us who we are. Our ancestors accomplished many great things and have provided a path of success for us to follow. In October of 1988, Heritage Day was initiated in order to inaugurate a new organization, which was named the African American Heritage Society. The initial purpose of the society was to develop awareness of the historical development of African people throughout the world's history. On October 26, the African American Heritage Society will sponsor its 14th Heritage Day.

Heritage Day is an event that was established for the NC State campus and community to come together to learn about our culture and share ideas. This event starts in the morning where there will be activities put on by various student organizations in order to enhance knowledge of our culture. There will be wrap sessions that will put us on the right path for expressing our ideas and ourselves. If anyone has a yearning to express himself or her-

self physically, then dance workshops are available. Dance Visions will provide a base for individuals to learn how to express themselves through African dance. Other creative workshops will be available to the public throughout the morning hours. In the early afternoon, Dr. Karla Holloway will be the guest speaker. Holloway, renowned author and Dean of Humanities and Social Sciences at Duke University, will inspire us to discover and rediscover our culture. She is enthused about bringing us the message.

Heritage Day is bound to touch the minds of many that are searching for identity and a place in society. NC State is a very large campus with a very small African American/non-European descent population. The African American Heritage Society is here to provide an arena in which African American students may recognize and utilize the legacy of prior contributions of our ancestors. Nothing is more important than discovering yourself and where you came from, so allow your mind to be stimulated and participate in the activities that will be available to you this Saturday morning.



African Drumming workshop at Heritage Day

File Photo

Redman Plays Bricks

Anthony Exum

staff writer

Certain musicians can define jazz music in their respective eras. Joshua Redman defines jazz in the 90s and beyond.

On October 18 Redman performed for the second time at NC State. The first of these performances was in 1996. Redman was brought to NC State by the Center Stage Performance Series. This performance series sponsors different cultural event throughout the year and is in its 30th year.

Redman was born on Feb. 1, 1969 in Berkeley, Calif., to a saxophonist and a Russian-Jewish dancer. By the age of 10, Redman had learned to play the piano, guitar and saxophone.

After graduating from Berkeley High School in 1986, Redman went on to Harvard University for studies in social sciences. He graduated summa cum laude from Harvard in 1990. After graduation, he was accepted into Yale Law School, but decided to take a year off before attending.

In the meantime, Redman entered and won the Thelonious Monk International Jazz Saxophone Competition. The prize was a recording contract with Warner Bros. Records. His first album, entitled Joshua Redman, was released in 1993.

Since that first album, Redman has released eight other albums: *Wish* (1994), *Moodswing* (1994), *Spirit of the Moment* (1995), *Freedom in the Groove* (1996), *Timeless Tales* (1998), *Beyond* (2000), and *Passage of Time* (2001).

Redman has released 5 number one Billboard albums, been nominated for a Grammy Award, been awarded DownBeat Artist of the Year in 1994, been named Rolling Stone's "Hot Jazz Artist of 1993," and called by *Jazz Times* "Best New Artist" in 1992.

Redman's album contains elements of all of his numerous influences, which include Weather Report, James Brown, Stevie Wonder, Prince, Led Zeppelin, Aretha Franklin, Radiohead, and Bjork.

Redman's performance at NC State was in part to promote his new album *Elastic*, which is basically a jam session with Redman and two other musicians, Brian Blade and Sam Yahel.

The performance itself brought a packed house of Redman fans and jazz fans in general. Despite initial technical problems, the show started off with Redman performing a composition written by the three to showcase each other's talents. Then, the group performed selections from their album.

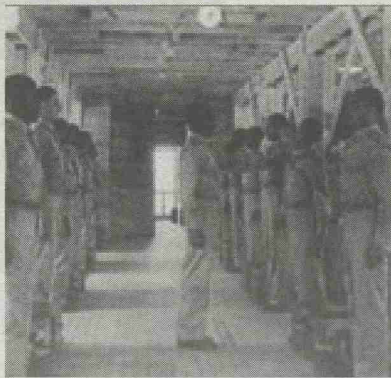
Saga of the Tuskegee Airmen

LaToya Eaves

c&a editor

In July 1941, an aviation cadet class began at an Army Air Field in Alabama. Nine months later in April 1942, five of the 13 young men who entered the training program successfully completed it. These men, who were initially trained as pilots, became the first of the Tuskegee Airmen. From 1942 to 1946, more training was completed at the Tuskegee Army Air Field, ending with around 992 African-American male volunteers that went through the aviation cadet classes. At the end of the training, they received commissions and pilot's wings.

Out of those trained at Tuskegee, 450 pilots fought with either the 99th Pursuit (later Fighter) Squadron or the 332nd Fighter Group. Members of the 99th Fighter Squadron flew in P-40 Warhawks and fought in airspace over Italy, Northern Africa, and Sicily from



Barracks Inspection at Tuskegee
Randolph AFB photo collection

April 1943 to mid-1994. The 99th Squadron was then combined with the 332nd Fighter Group, but not before they were recognized for their efforts by receiv-

ing two Presidential Unit Citations. The combined 99th Fighter Squadron and the 332nd Fighter Group were the only four-squadron fighter group to perform bomber escort. The group also held an impressive record for performing the most missions without losing any aircraft to enemy force-200 missions from June 1944 to April 1945. The Group also received a Presidential Unit Citation and commanded great respect for their efforts in discovering a German destroyer.

The men who volunteered to be trained demonstrated the mental and physical capacities to perform their duties before they were even allowed into the aviation classes. Most of the men were college graduates or were working on their undergraduate degrees at the time of the war. Others were given competency examinations before being entered into the training regiment. These Airmen were put on the same level as whites-no standards were lowered. These young men accepted the challenge of volunteering to fight for a country even though there were still those who considered blacks to be of lower intelligence than whites and who assumed that they held a sense of apathy toward patriotism and loyalty to America. There were not only black men who became aviation experts but also those who took on training for positions such as meteorologists, engineering officers, intelligence officers, and other positions that were needed to effectively run an air squadron or a ground unit.

Because of segregation, many white units became frustrated while watching the skills and competence of the black airmen grow. Many of the units subsequently began initiating plans to integrate. In 1948, President Truman passed Executive Order Number 9811, which commanded equal opportunity and treatment in the U.S. Armed Forces. This order became the first step toward racial desegregation in America.

Be Aware Of Your Cancer Risk

October is Breast Cancer Awareness Month. Breast Cancer is a subject that can be scary, but we are hoping to make you aware and provide you with the ability to gather information and obtain further knowledge on this subject. It is important that you understand that "Early Detection is your Best Protection."

Breast Cancer is the most common cancer among women, accounting for one out of three cancer diagnoses in the United States. Unfortunately, every woman is at risk, as over 70 percent of women diagnosed have no family history of breast cancer. Currently, there is no way to prevent breast cancer. Therefore, finding breast cancer early is key. Early detection improves the chances that breast cancer can be located, diagnosed and treated successfully. Survival rates are as high as 97 percent when found early. Therefore the importance of early detection through breast self-examination, regular clinical breast exams and periodic mammograms cannot be overemphasized. The National Cancer Institute's fact sheets recommend the following procedures to help women keep abreast of breast cancer.

Why do a breast self-examination?

When breast cancer is found early, a woman has more treatment choices and a good chance of a complete recovery. Regular self-examination familiarizes a woman to her breasts. Women learn what looks and feels normal for their breasts, and they are more likely to notice a change. Any changes should be reported to your doctor. Most breast lumps are not cancerous, but only a doctor can make the diagnosis.

What am I looking for when I do a breast self-exam?

You are looking for a lump or change that stands out as different from the rest of your breast tissue. If you discover a lump or other change in your breast, either during breast self-examination or by chance, you should examine the other breast. If both breasts feel the same, the lumpi-

ness is probably normal. As you become familiar with your breasts by doing breast self-examinations, you should be able to tell the difference between your normal lumpiness and what may be a change. Ask your doctor or health professional to teach you how to do a breast self-exam to make sure you are doing it correctly and thoroughly.

Is there a right way to examine my breasts?

Yes. There are several proper ways to examine your breasts. The

American Cancer Society provides a document that shows the proper way to examine your breasts. Although there are some features of a tissue mass that suggest whether it is likely to be benign or cancerous, women examining their own breasts should discuss any new lump with their doctor.

How often should I do a self-exam?

A breast self-exam is recommended every month a few days after your period ends. During this time, your breasts are less tender or swollen. It is important to do your breast self-exam at the same time each month. Doing so creates a baseline from which to judge abnormalities, and it helps you form a regular habit of examining your breasts.

For more information...

You can find out more about cancer in women by contacting the following organizations:

National Women's Health Information Center
1-800-994-9662

National Cancer Institute's Cancer Information Service
1-800-422-6237

<<http://www.nci.nih.gov/>>

American Cancer Society
(202) 4-CANCER
<<http://www.cancer.org/>>

The National Center for Human Genome Research, NIH
(301) 402-0911
<<http://www.nhgri.nih.gov/>>

Be Her Personal Trainer

Chika Nwanko

staff writer

Looking for something else to do with your girlfriend besides the movies, eating out, or chilling in the room? How about letting her tag along the next time you head out to the gym for your workout? Working out as a couple can be very beneficial to your relationship. Not only will you have a workout partner, but it's a great way to bond and hang out with your girl.

If being her personal trainer might slow down your normal routines, how about having her come out after you are finished getting your "swole on" for the day. You'll know you don't see us sisters in the weight room too much, so we probably won't know what's going on. So take the time to teach your girl what machines will work for her and how many reps she needs to do to achieve her fitness goals.

Working out together can create strong connections

within couples simply because anything you do together and that you both enjoy is bonding, and the more you have in common, the better it is for your relationship. Also, witnessing your mate's strength, self discipline and athletic prowess can boost your admiration for her. And after the weight room, you'll be able to move on to other activities like running together or playing tennis.

But not all couples are meant to be workout partners. If there's too much of a difference in your attitudes toward working out, or if you simply don't exercise well together, don't push it. And fellas, don't push your girl too hard in the beginning and expect too much of her.

You know that working out and lifting weights only gets better and easier with time. And please be prepared to rub her aching muscles when the time comes. Fitness experts say that the couple that plays together, stays together, so with your girl by your side, run and lift your relationship to a healthier, happier level.

Depression

from page 7

sports or promiscuity, to deal with depression.

Depression for either sex, if not diagnosed and treated could cause many problems both internally and externally. Acknowledging the presence of depression instead of suppressing it increases one's chances of getting relief. If you are a male suffering from depression, it is imperative that you be diagnosed so that you can receive proper treatment. The most common treatments for depression include antidepressant medication, counseling, or a combination of both. Whatever the treatment, the outlook for those who seek help is very promising.

GPA

from page 3

for Black students to understand the intricacies and dynamics of catholic experiences we face as human beings.

The GPA system is accomplishing its own purpose, I refuse to believe it has been engineered work against me, or that my life hinges on the outcome. Yet, as the world watches and grades us on our potentials and usefulness after college, we have to horn our thought process into tackling the challenges of the new century. Besides, shouldn't we be cool with our GPA if we intend to touch lives and triumph tomorrow?

Sense

from page 7

Overall, whatever the style, boots are very convenient footwear. They can be worn with so many things! They are sleek and stylish. Boots in a plethora of styles can make a look sophisticated and professional or glamorous and sexy. Depending on the look that you are going for, boots can create several styles that can be worn according to your lifestyle, personality or mood. So what are you waiting for ladies? Go make your booty calls to a mall near you. Trust me. It's worth it.

We're looking for

writers
editors (no copy)
business folk
photographers
cartoonists
designers
people. 919.515.5478



Iota Phi Theta Fraternity, Inc.
Blood Drive



American Red Cross

Together, we can save a life

When: October 29th, 2002

Time: 2:30 p.m. - 7 p.m.

Where: Bragaw Activity Room

Why: To support the American Red Cross in assisting individuals in need of Blood.

Contact Keon Pettiway at 512-9264 or keon_pettiway@yahoo.com
Sign up in the Brickyard this Wednesday or Friday from 12pm-2pm

The Nubian Message
Supports Breast
Cancer Awareness
Month

Please wear the pink ribbons that
will be passed around during the
Take Back the Night march.

7 Health & Beauty

Breakfast: Eat It. It's A Good Thing

Delvis Ingram

h&b editor

Did you eat breakfast this morning? If not then you are just one of millions of Americans who routinely skip breakfast. Breakfast is a good thing that comes at a time when many people do not like to be bothered with anything and anyone. For many, morning time can be the most frustrating part of their day. Getting out of bed, starting the day and preparing to tackle the day's agenda are enough to convince someone to skip breakfast.

Dr. Russell Robertson, the Associate Dean for Faculty Affairs and an Associate Professor of Family and Community Medicine at the Medical College of Wisconsin, wrote that a healthy breakfast is the most important meal of the day and is a requirement for anyone in the process of achieving and maintaining an appropriate weight. If you skip breakfast, you are more likely to seek out a quick high calorie snack as the morning goes on. Toast and jam is much better for you than a cinnamon bun and a soft drink.

Studies have shown that eating breakfast is associated with improved strength and endurance in the late morning, along with a better attitude toward school or work. Breakfast helps to replenish blood glucose levels, which is important since the brain itself has no reserves of glucose, its main energy source, and constantly must be replenished. Studies also show that sustained mental work requires large turnover of brain glucose and its metabolic components.

"When you consider it's been eight or nine hours since you've had a meal, it's obvious that refueling at breakfast will make you feel and perform better during the day," said Diane Odland, nutritionist at the U.S. Department of Agriculture Human Nutrition Information Service. Dinner and breakfast has a big gap between them. The body needs the energy.

When many think of breakfast, they think of a sit-down affair with foods like sausage, bacon, grits, and different prepared breakfast dishes. However, if you do not have the time in the morning to sit down, foods like a leftover slice of pizza will do

just fine. Yes, a slice of pizza!

Here are some breakfast tips from the United States Department of Agriculture's Human Nutrition Information Service:

- If you do not have any time, build a breakfast around foods that are ready to eat or take little preparation time. There are plenty that qualify: fresh and canned fruits, milk, yogurt, cheese, cottage cheese, ready-to-eat cold cereals and instant breakfast mixes.
- Take it to go. Try celery stuffed with peanut butter or meat or cheese spread, dried fruits or vegetable juices. Top cereals with fruit or stir chopped nuts such as peanuts, pecans and walnuts into cooked cereal.
- If you are not hungry in the morning drink juice. Something is better than nothing. Have some bread or crackers later in the morning, then drink some milk and eat some cheese, an egg or peanut butter.

Got Fashion Sense?

A. Michelle McLean

staff writer

Ladies, it's that time again! Fall has finally stumbled upon us. With eager anticipation, we all are probably in the stages of contemplating what to wear for the changing season. Deciding on what to wear with what as well as keeping up with and knowing the ever-changing trends can cause some potential dilemmas in the midst of our closets. Knowing, however, what essential clothing and footwear should be in your closets at all times is having great fashion sense. Having and accumulating items that withstand both trends and times are definitely the way to go.

Among the essentials for the fall wardrobe are boots, of course. No matter what, when the chill in the air arrives, we gladly bring them from beneath the beds and from the backs of closets. Varying in styles, including design, texture, calf height, and heel type and style, boots and other footwear often complete or compliment a certain look. When purchasing them, much thought should be put into deciding what will satisfy you.

Like jeans, finding the perfect boot is like an orgasmic experience...Well, no, I wouldn't go that far. When we find the right ones, though, it's pretty rewarding. It's especially important that you know the difference between the styles so that you get exactly what you want.

Testing them prior to purchasing is also important so that you know what to expect from them as far as look and comfort. For instance, a really high heel takes special walking skills and experience that not everyone has, not to mention strong legs. Remember, those boots won't look as cute and sexy while lying on the ground after a fall. Other styling avoidances would include white boots and those that slouch too much. As many of you can attest, a pair of medium-heeled, black leather boots is always a winner. For those of you looking for an assortment in your wardrobe, a mixture of style descriptions and advice follows for finding boots that would fit both your needs and personality.

When choosing your length of choice, the length of the heel as well as length from ankle to thigh is critical in dic-

tation your level of comfort. It is best to pick boots that suit your lifestyle, your wardrobe, and your leg shape and length. Remember ladies, a proper fit is key.

Thigh boots are an ideal look for long legs. Knee boots fit the calf and narrow at the ankle. This style is very sexy and pretty much suits all leg shapes and sizes. The mid-calf boot, its length being obvious, is a great fall look because they still show a little leg and it compliments various coat styles including overcoats and trenches. Lastly, but not least, the ankle boot is very trendy this season when paired with fitted jeans or fishnet stockings.

The type of heel on a boot could enhance your look or style, but could also affect your comfort and safety. Stacked heels, distinguished by a chunky heel, pair best with flared jeans and long skirts. When shopping for boots with such a heel, look for those with trudges for those snowy or icy days of winter. Then there are the stilettos. This heel is extremely popular among both males and the females. Ladies feel sexy wearing them and the men love every minute of watching them. These diva heels are to be worn with slim fitted pants and skirts. May I add that mud does not wear well so watch those heels and your step. Flat heels, furthermore, look best with a rounded toe.

As far as texture goes, versatility is popular among those who take pride in style and also prefer uniqueness. A variety of velvet, embroidery, patchwork, and other interesting designs definitely have their place in fashion this fall. More familiar than the others mentioned, patent leather should be chosen for an evening look. In addition to that, matte leather is the best thing since sliced bread. It can easily be cleaned and polished. This texture, especially in black, transcends fashion and trend. Now, suede needs special care and consideration. They are nice in the beginning, but when they start looking dusty or worn, it time to let them go...to the trash. Lastly among the array of textures are stretch boots, which are also a big hit this fall. No matter the leg size, this type of boot accommodates. Another advantage to the stretchy material is that there's no need for breaking them in.

Sense

Depression: Not Just A Female Problem

A. Michelle McLean

staff writer

Each year, depression affects more than 11 million Americans. Of those suffering from depression, men account for only one in 10 diagnosed cases. Because of this, depression has been looked upon as a "woman's disease." This is simply because of depression's links to hormones and premenstrual syndrome. The stereotype of depression being a female condition, however, may cause some men to ignore its symptoms and not to seek appropriate treatment.

In reality, depression affects both sexes. In disrupting relationships and interfering with work and daily activities, the symptoms are similar for both sexes, but they tend to be expressed and dealt with differently. The most common symptoms of depression include low self-esteem, loss of interests in usually pleasurable activities, fatigue, change in appetite, sleep disturbance, apathy, and sexual problems, including reduced sex drive.

In understanding the difference between depression in men in women is to understand the cultural roles and expectations that our society places on men. The way in which men are brought up to behave is particularly important in identifying and treating their depression. That being said, it should be mentioned that in our culture, men are expected to be successful beings. They are disciplined in a way that encourages

restraint of their emotions while simultaneously leading a healthy life. Because of this, the true symptoms of depression in men are often hidden and impossible to identify properly. This forces men to express themselves through anger and aggression instead.

Furthermore, there are several other reasons why the symptoms in male depression go unrecognized. Men tend to have problems because they are supposed to be strong not only physically, but also mentally and emotionally. According to American culture, the expression of emotion is synonymous with being feminine. As a result of that, men who suffer from depression are inclined to talk about the physical symptoms of their depression such as feeling tired as opposed to the emotions connected to the illness. Men are also unwilling to reveal any problems affecting their sexual desire or performance fearing that their manhood may be questioned.

The symptoms of male depression that are observable are not as well understood as those in women. Men are less likely to show the paramount signs of depression such as sadness, crying, loss of interest in pleasurable activities, or verbal communication of feelings and thoughts. Instead, they lean towards aggression, anger, alcohol abuse, and other risk-taking behaviors, like dangerous

Depression

page 6

page 6

Brown Sugar, Formula 51

NUBIAN MESSAGE MOVIE REVIEW

Keymia Sharpe
s&e editor

"When did you first fall in love with hip hop?" was the main line that was used in the film "Brown Sugar." It not only referred to the music, but also to love. The metaphor was a hot way to tie the two together, considering that both of these things seem to be going downhill lately. And the two main characters, Sanaa Lathan and Taye Diggs, did a great job of bringing the love back to hip hop.

Throughout the movie, Lathan and Diggs grow to love hip hop and each other more and more. As they mature, their lives are dominated by music and both end up with jobs in the music industry. Things begin to heat up when Dre, played by Diggs, begins to realize that Sidney (played by Lathan) is his Brown Sugar. The only thing that holds the two from

getting together is that they are both in "love" with someone else. When the two finally realize that they have lost touch with hip-hop as they have matured, they work harder to get back their love for it and each other. The movie has currently made \$11.1 million.

Samuel L. Jackson is also back on the big screen with his most recent movie, Formula 51. In the movie, Jackson plays Elmo McElroy, a former chemistry graduate that was busted for illegal drug use. He later creates POS 51, a drug made of illegal substances and partners up with Felix to look for the best deal possible. The movie is full of sharp one-liners by Jackson and racial comments about the American and UK culture. It is somewhat of a mixture of the films we've all seen before (Pulp Fiction), but what movie isn't?

Leading The Rest of the Pack

Keymia Sharpe
s&e editor

N.C. State is striving for nothing less than success this season and it shows. The Wolfpack is currently ranked 8th in the AP writer's poll and 10th in the coaches poll. This is the school's best start record since 1967. Ranked among the biggest and the best: Miami, Oklahoma, and Virginia State, just to name a few. Brandon Moore states, "We keep seeing our name in that category and feels like it's not supposed to be there. However, it's a great feeling." With players such as Phillip Rivers, who leads the nation in passing with a total yardage of 1,651 yards, and TA McLendon, the phenomenal freshman who has already collected three rookie honors this season, the team will go far. In the game against N.C. State's biggest rival, UNC, McLendon gained 164 yards, two touchdowns, and 22 carries.

"We also have Jericho [Cotchery], Bryan [Peterson] and Sterling [Hicks], the whole offensive and defensive lines.

But overall, everyone is a key player and the team is much more like a family now we trust each other," comments Moore.

In State's game against Duke this weekend, the team came through with yet another win, scoring 24-22. With the crowd sitting on pins and needles, the team struggled through it and came out on top. Devonte Edwards recalls the very last play. "Duke had a chance to win the game with an extremely long field goal. It lets you know that any team can be beat on any given game. Whether we win by two or 40 it is still a win." The team agreed that the most memorable part of the game was when the clock struck zero and they were 8-0.

The group has high expectations for their upcoming games, but they are exceptionally excited about their match-up against Florida State.

Antoine Culvin protests, "We feel very confident about the Florida State game. Chuck Amato has started something special here at N.C. State, starting a national championship."



NC STATE UNIVERSITY African American Heritage Society

Heritage Day

Special day of events in celebration of African American heritage, music, dance, song, story-telling, rap sessions, dance and creative workshops.

Keynote speaker @ 3:30 pm
Dr. Karla Holloway, Duke University

Author of Codes of Conduct, Passed On: African American Mourning Stories and others

Topic: Performing the Ends of Days: Black Death and Dying

Saturday, October 26th
11am - 5 pm

NC State University
African American Cultural Center

Free and open to the public
For more information call
(919) 515-5210

Food provided by Allie's Caribbean Soul Food



The frog does not run in the daytime for nothing. • Igbo Proverb