



# NUBIAN MESSAGE

Sentinel of the African-American Community

September 5, 2003

Vol. 11 | Edition 1

## AACC Plots Course for New Year

**Jerry L. Blackmon II**  
STAFF WRITER

One of the first universities in the state to launch a full slate of related programming, N.C. State's African-American Cultural Center will dedicate its entire year to commemorating the fiftieth anniversary of the Brown v. Board of Education decision which ended segregation in public schools.

"Brown v. Board of Education: a Catalyst for Change" is the Cultural Center's programmatic theme, marking the first time the Center has coordinated programming around a central theme. Each program this year will touch on some aspect of the Brown decision.

"It is impossible and an injustice to think we can have 12 programs, or six, or five and think you can cover everything," Toni Thorpe, programming coordina-

tor for the Cultural Center said. "With a theme, you can take the whole pie and examine many ingredients."

"Excited about the possibilities," Thorpe has embraced the task of organizing the Cultural Center's programming calendar with vigor. Thorpe says she intends to "do the job, and do it well."

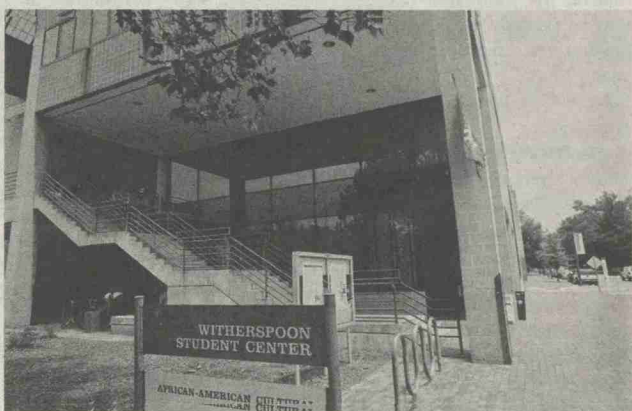
The AACC will open the year with a lecture by Cheryl Brown-Henderson, one of the Brown sisters whose father brought the original lawsuit. Brown-Henderson is CEO of the Brown Foundation, which bills itself as "a living tribute to the attorneys and plaintiffs in the landmark U.S. Supreme Court decision of 1954."

Brown v. Board is among the most famous challenges to the "separate but equal" doctrine established by Plessy v. Ferguson. The case was brought by Oliver Brown against

the school board of Topeka, Kan. in response to a white school's refusal to enroll his daughter.

The Browns lived seven

away from home through a railroad switchyard to get to school each day. The Supreme Court's unanimous Brown ruling over-



Adam Atarian • staff

The African-American Cultural Center on an otherwise normal day ...

blocks away from an all white elementary school in Topeka, but segregation laws forced his daughter to walk over a mile

turned Plessy v. Ferguson and was one of the sparks which ignited the Civil Rights movement

**NEW COURSE** see page 2

## WHAT'S GOIN' N?

### HEDLEY AUDITIONS

BRT is conducting auditions for its next production: August Wilson's "King Hedley II" Monday and Tuesday in Stewart Theatre at 7 p.m. Four males and two females will be cast, no experience required.

### AASAC MEETING

AASAC meets Friday in the African-American Cultural Center at 3 p.m.

### GET YOUR EVENT HERE

There's no charge to run a notification about your event in the What's Goin' On section. All you have to do is e-mail us. Limit submissions to 25 words or less, please.

## Cultural Center's New Direction

**Miranda Houston**  
STAFF WRITER

The African-American Cultural Center has undergone extensive changes over the summer.

With the installation of a new provost, selection of a new vice provost of diversity and African-American affairs and the coming national search for a new director, observers have been left wondering whether the Cultural Center will be able to function given the newness and relative inexperience of its new administrative overseers.

Dr. Joanne Woodard, the vice provost of equal opportunity and equity, was named interim vice provost of diversity and African-American affairs after Dr. Rupert Nacoste left the position last summer. The office of diversity is the unit of the Provost's Office that supervises the AACC.

"The recent changes are [intended] to perfect and strengthen the infrastructure of the Cultural Center," Woodard said. "Modification of the current structure of the Center will incorporate quality programming and

set up the Cultural Center as [a] showpiece for all Cultural Centers of this character."

Among these changes are many for which Dr. M. Iyailu Moses, the AACC's first director, campaigned for years.

According to Woodard, the AACC will soon have a full time librarian, a full time facilities coordinator, and will partner with other colleges and departments on campus to enhance current and new programming.

These changes were the result of recommendations made following a pair of years-long internal and external reviews of the AACC and its operations.

The review committees took a critical look at whether or not the Cultural Center has lived up to its promise, Woodard said. "I would like to see the Cultural Center come out of its comfort zone and make a difference in the lives of its students."

Woodard's vision is for the Cultural Center to become an influential source of information about the African Diaspora. "The purpose of the Cultural Center is to provide all people with the tools and infor-

mation to become active in African culture. It is not just for African-Americans, but for all who are interested in African culture and would like to learn more about it and use the facility."



African-American Cultural Center • courtesy  
Vice Provost Joanne Woodard

The Center's new focus will be to "enhance current programs, create new and innovative programs, and get students involved with the fundraising and promotion of the Center," she said.

A national search will be conducted this fall to find a replacement for Moses, Woodard said. The suc-

**WOODARD** see page 2

**WOODARD** from page 1

successful candidate must be an adept administrator, skilled at public relations, capable of winning grants, a scholar, and "know how to cultivate current donors and (solicit) new contributors to the university."

One of Moses' most frequent complaints about

the administration's treatment of the Cultural Center during her tenure was the lack of money. In this environment of slashed budgets and workforce reductions, will NCSU be willing to "pony up the cash" necessary to bring life to Woodard's vision?

"Yes," she said. "The

university is willing to put forth monies to help facilitate the vision of the Cultural Center, (though) financial aid is dependent upon the state budget. (But even) if there are no state funds, then special funds can be allocated to the AACC by permission of the provost."

**TECHNICIAN** from page 3

cle covers a lecture by Yolanda King, Martin Luther King's daughter. Ironically, King is quoted making the point that her father's dream "is one we haven't yet reached. The world is still plagued with hatred, prejudice, and ignorance."

Technician vividly demonstrates her point in the same edition. On the bottom of the front page is an article titled "Football players arrested for swiping All-Campus card."

The two students are African-American athletes. This article not only gives the names of the students, but also has two pictures of the students in the middle of the article.

This incident was a crime, but this crime was obviously not as serious as that committed by the four white males who stole computers from Jordan Hall and committed a felony.

My question is: why are there pictures of blacks in the newspaper suspected of committing crimes, but rarely pictures of whites? If a white person is suspected of a crime, his or her

face should be shown if it is Technician's practice to provide pictures of criminals when their crimes warrant coverage.

In the back section of the April 24, 2003 edition of Technician, we are presented with positive depictions of African-American students, but they are not ordinary students. They are student athletes — Terrance Holt, football player and brother of NFL's Torry Holt; and Felicia Fant, winner in ACC 100 and 200 meter sprints. It seems that we are afforded the opportunity to have positive depictions of African-Americans in Technician, but only when they are athletes or when N.C. State stands to gain from their appearance.

In the bottom right corner of the April 25 edition, there is a tiny article titled "Rose McMillan to be remembered." Rose was an African-American female who was a Dean's List student, future president of the Society of African American Culture, and a great student leader. In this article, there is only one comment by a co-worker about her positive influence. Here we have

an African-American student who has passed away and who was doing things and making big moves on our campus. A picture of Rose does not even accompany this article. The athletes and the criminals get pictures, but not a student who we will never see again? Anyone casually leafing through Technician would likely miss this tiny, nondescript article about Rose.

Routine, everyday, negative depictions still dog the African-American community in the media. Perhaps this column will persuade at least African-Americans in Technician's editors to be more careful about what they say about African-Americans without typing out the actual words. Responsible journalists should not have a problem with taking a second to consider the messages design choices send to their audience.

Technician should seek balance and unity in its reporting to ensure all students are depicted meritoriously where warranted, regardless of their ethnic background.

**NEW COURSE** from page 1

as activists throughout the South sought to use the precedent established by this case to eradicate legalized segregation.

A revamped Heritage Day in October will follow September's Brown Lecture. The program, "50/50," will honor the fiftieth anniversary of the enrollment of the first African-American students at NCSU. "The point of this program is to celebrate the African-American student presence at NCSU," Thorpe said.

The Cultural Center's annual Lawrence M. Clark Lecture will this year feature Julius Chambers, the attorney who brought Swann v. Charlotte before the Supreme Court. The court's ruling in this case hastened desegregation of schools nearly twenty years later in 1971 by requiring school districts to bus students in an effort to change individual schools' racial composition.

Between the major events of the year will come significant Heritage Lectures, presented by the Heritage Society, a student organization which works closely with the Cultural Center to bring speakers to campus. The story of Joe

Holt, an African-American who talks about the dark side of desegregation within the African-American community is first, followed by an author writing a book about the "unfinished business" of Brown v. Board, and concludes with a lecture about the desegregation of Durham, N.C.

"Our goal is to graduate culturally competent students," Thorpe said of the change in programmatic focus this year. "As the university takes care of the academic side of a student's education; we will enhance the student's cultural understanding."

The year will close with a birthday party of sorts. The Cultural Center plans to have a Brown Birthday Cake Reception on May 17, 2004 in honor of the day the Supreme Court decision was handed down in 1954.

The new theme structure is motivated by the Cultural Center's desire for students to understand that "culture is not a block of land, it's universal."

"If students frequent the Cultural Center, by graduation time, they will have had four years of African-American history," Thorpe said.



# NUBIAN MESSAGE

Sentinel of the African American Community

372 Witherspoon Street Center  
Box 7138 NCSU Raleigh, NC 27695

Jerry L. Blackmon II | **EDITOR IN CHIEF** Miranda Houston | **MANAGING EDITOR**

Mary Garrison  
Davin Van Eyken  
A. Michelle McLean  
Turqueya Williams

ARTS&ENTERTAINMENT  
CULTURE  
HEALTH&BEAUTY  
NEWS

Ursula McLean  
Adam Attarian  
Menes Kedar  
Shenaynay Jenkins

SPORTS  
CHIEF PHOTOGRAPHER  
WEBMASTER  
COPYDESK CHIEF

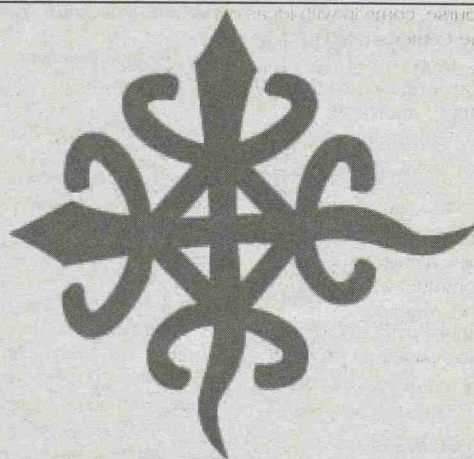
EDITORIAL/ADVERTISING 919.515.1468

INQUIRIES/FEEDBACK response@nubian.sma.ncsu.edu

WEBSITE www.nubianmessage.com

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

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



## FUNTUNFUNEFU-DENKYEMFUNEFU

Also known as the siamese crocodiles, this Adinkra symbol depicts a two-headed crocodile sharing a common stomach — a symbol of unity in diversity. It serves as a warning that infighting and tribalism are harmful to all who engage in it.

A symbol of unity in diversity, democracy, and the oneness of the human family, the symbol represents a desire for oneness despite cultural differences.

## Brown Theme Catalyst for AACC

 **Turqueya Williams**  
COLUMNIST

The African-American Cultural Center will kick off the academic year with its first programming theme: "Brown v. Board of Education: A Catalyst for Change." As one of the first Cultural Centers at any university in the country to have a published schedule of programming commemorating the Brown decision anniversary, the Cultural Center plans to make a comprehensive attempt to reach out to other campus organizations so as to mount a collaborative series of programs that will, at the very least, enlighten, educate and elevate students and the local community.

The AACC is striving to meet the expectations of those who are closely monitoring its transformation into Dr. Joanne Woodard's vision of it as an influential resource for information about the African Diaspora.

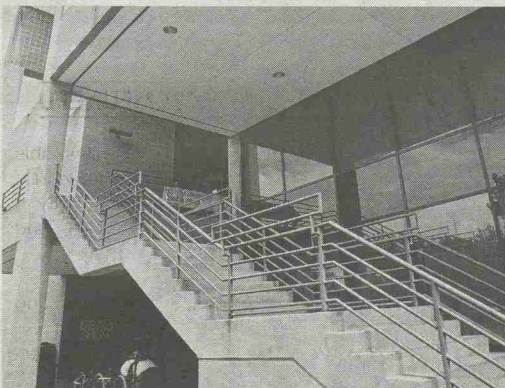
Plenty of people are doubtlessly shaking their heads wondering how all this came to pass in just three months. Well besides collaborative efforts, it is just time for change. The Cultural Center has undergone immense changes since last spring, from deviations in style to replacement in staff. Change is constant, but the dedication of those involved in the change process determines whether the outcome will be positive or negative. The Center's programs are not just intended to fill an agenda, they're designed to stimulate actions and reactions, to inform and to educate.

This is just the beginning of change in the Cultural Center. Ms. Janet Howard has been appointed interim director of the Cultural Center while a national search is conducted to find a world-class candidate to fill Dr. Moses' very large shoes. The next director will, of course, come in with ideas of his or her own about how the Center should fulfill its mission.

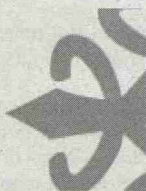
[Nubian will have much more about the search to find a replacement for Dr. Moses in coming weeks. - ed.]

We should all remember in the meantime that the Cultural Center, while it does more than create a haven for African-Americans on campus, was in fact created for the African-American community. Most of us are familiar with the now clichéd saying "it takes a village to raise a child" - we have to also remember that it takes a community to sustain the village.

With luck - and the essential support of the community - the AACC will deliver on these elevated expectations despite the abrupt and unfortunate departure of Dr. Moses.



## New Vision for New Nubian



*Views expressed in personal columns are the writer's own, and not necessarily those of the Nubian.*

*(even when it's the EIC)*

**Jerry L. Blackmon II**  
EDITOR IN CHIEF

Becoming editor in chief of a major campus medium brings with it both extraordinary influence and tremendous responsibility.

I have mixed feelings about running the Nubian Message this year. On one hand, I'm probably qualified to do this job. I'm working toward a master's degree in English after successfully earning a bachelor's in the same subject with a concentration in journalism. I've been working in journalism - taking pictures, writing articles, conducting interviews and editing copy - since 1992, my sophomore year in high school. I've done most everything involved with publishing a newspaper and have a pretty solid grasp on what it takes to run a newspaper.

On the other hand, I have a daunting job ahead of me - the Nubian Message is in serious trouble.

Nubian has been around for about 12 years or so now, and it's had its ups and downs.

Over the years, there have been factions of people organized with an express goal of ridding the world of the Nubian Message, and pervasive outright negativity at the idea of an African-American paper existing on campus at all. Nubian itself has all too often handed these factions all the ammunition they needed to further their goals in the past, unfortunately.

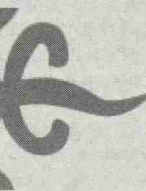
I personally believe Nubian turned into every conservative's favorite target by declaring itself "The Voice of the African-American community." That's a very bold statement. The Nubian's stated objective is to keep the African-American community at N.C. State and in the greater Triangle area advised and informed; this is a mission that covers, at the very least, 2,700 individuals - the approximate number of African-American students at NCSU alone.

One should then assume that appearing within the pages of the Nubian would be a wide spectrum of coverage which would offer readers a look at the diversity of opinion within the African-American community.

We African-Americans are not of a piece. Believe it or not, there are black Republicans - a few black people are

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## Unintended Negative Stereotyping?



*Views expressed in personal columns are the writer's own, and not necessarily those of the Nubian.*

**Jonathan Brunson**  
COLUMNIST

Why are people so uncomfortable with talking about racial issues? When African-Americans speak out about the problems of discrimination, racial profiling, or even slavery, many people roll their eyes and say we need to let it go or dismiss the person raising the issue as a whiner.

Those are the ilk who want us all to simply declare racism dead and proclaim we all live in a perfect world. Aside from the obvious naïveté here, for the best way to debunk their utopian argument is to take a look at the media - all one has to do to understand that racism remains a problem in modern society is look at Technician. Often featured on the front page, negative and sometimes racist depictions of African-Americans remain. Let's look at some examples.

Jan. 16, 2003 - a Technician article tells the story of two black football players who allegedly stole an All-Campus card and used it to purchase over \$300 worth of junk food from a campus c-store. Both their names and faces were featured prominently on the front page.

I have never seen a photo of a white athlete in Technician for any form of misconduct. Does this mean that only black athletes or black people do wrong? Absolutely not, but these images are what give Technician readers the impression that only blacks commit crimes and other behaviors of misconduct. Furthermore, these depictions might influence the easily impressionable to believe only blacks commit crimes and other behaviors of misconduct.

October 31, 2002 - a Technician article told the story of four men charged with laptop thefts. All four of these men suspected of stealing laptops from Jordan Hall and attempting to sell them over eBay were white. This article does not show a single picture of any of these men.

January 17, 2003 - a front-page article  
TECHNICIAN see page 2

## New Nubian Vision

from page 3

deeply conservative. Most blacks on the right aren't far enough out on the right-wing to fly a confederate flag perhaps, but they are conservative enough to support the policies of the current radically right-wing presidential administration — witness Colin Powell. Another example: Ward Connerly, an African-American who campaigned for the elimination of affirmative action programs in California.

But where has been this conservative viewpoint in the Nubian Message? It was there, but it was often, unfortunately, disparaged and denigrated by those with opposing viewpoints who usually dominated Nubian's editorial echelon. The job of an editor is to seek out contrarian opinions so as to present a balanced analysis of the prevailing viewpoints; but that's difficult to do when the editorial staff is not diverse enough to realize balance is an issue. It's even harder when the editors don't fully grasp the critical need for balanced coverage in the only major medium on campus targeted specifically at African-Americans.

That's why I have a problem with the Nubian Message calling itself the voice of the African-American community. To those who neither read the Nubian nor are a part of the

African-American community, it sounds — and frequently read — as if Nubian is the propaganda platform for black students on campus: saying that Nubian is the community's voice implies it is espousing the community's views rather than simply keeping the community informed.

And there's nothing wrong with that — if it's done right. A newspaper provides for the coexistence of both fact and opinion, but the balance between the two is one that must always be maintained lest the publication damage its credibility. In the past, sometimes opinion dominated news coverage; and the radical views expressed in Nubian's opinion section rendered any fact the paper attempted to divulge questionable at best. Frequently, there was no consistency in presentation, no uniformity of thought, and hardly any attempt at all of maintaining any sort of balance.

Certainly that is not what the students who created it in 1992 intended.

So I want to change the focus of the paper. Rather than laying claim to the prestigious mantle "Voice of the African-American Community" which should be reserved solely for persons the caliber of Martin Luther King, Jr., Frederick Douglass and W.E.B. Du Bois, Nubian will be the African-American community's sentinel.

This motto change signals a new mission. Yes the Nubian will continue to be of and, to some extent, speak for the African-American community. But

we're going to keep watch too, and that means we will strive to turn this newspaper into the campus and regional force it has the potential to be.

When the African-American community has a question about a policy that's being shaped in an administrative office on campus, Nubian will have a reporter knocking on the administrator's door the day we hear about it. Same goes for student government. If African-American students are doing something great on this campus that deserves to be brought to the community's attention, we're going to be there. Same goes if the aforementioned students are doing something not so great. We're going to provide a cross section of student opinion within the African-American community as well as within our community of readers — Nubian will not turn anyone away simply because they are not African-American.

Yep. We're not going to turn non-black people away from the Nubian. The Nubian Message is funded almost entirely by student fees — fees that ALL students pay, not just African-American students. And it is the very definition of racism to not welcome all students. Were a student medium to pop up that declared itself the voice of the white community and refuse to employ anyone who didn't fit within whatever definition it used to define what it meant to be a white, it and those who founded it would be burned in effigy.

Nubian should not be

held to a separate standard. Indeed, if equality is what we are truly after, then we need to lead by example. All of our institutions should be open to all people, blind to anything that makes us different so long as these institutions are able to retain their own identity. To attempt to adapt to serve all audiences equally is to embrace multiculturalism, thus diluting and diminishing the institution by "spreading it too thin."

I have always firmly believed that racism works both ways, and we are just as guilty as those who inflicted it upon us if we turn around and do it to other people. Exclusion can be a racist act if it's done for the wrong reasons, and I want to make sure the Nubian is as open to all people as possible without diluting the potency of its message.

Much of what I just said does not represent the prevailing opinion of the African-Americans who comprise Nubian's primary audience, but it's here because this is a sample of what you're going to get from my tenure as editor in chief. Minority viewpoints will come into conflict with the majority view, and hopefully dialogue will ensue. From that dialogue will arise, I hope, consensus viewpoints that will allow all who are interested to know not only where the African-American community stands on a particular issue, but also why and how it came to that consensus.

This will not be a dictatorship either. Everyone

has an opinion, but I have benefit of a bully pulpit from which to espouse mine. I expect people to disagree with me, and I hope they disagree with me vociferously enough to overflow our forums and keep the opinion section hopping. I will always listen to feedback in whatever form it is given, and I value and respect everyone's opinion — so long as my right to respond is similarly valued and respected. Being editor in chief means that usually anytime I open my mouth I'm speaking for the paper, but it does not mean I must surrender my personal opinion. One of the responsibilities of being editor in chief is learning how to balance personal opinions with professional objectivity, since it is highly unlikely that anyone who achieves this position could ever be considered timid, passive or unopinionated.

And don't forget that sentinels are supposed to protect and defend that over which they stand guard.

So that's a small taste of what you're getting in me as Nubian's newest editor in chief. My primary personal goal this year is to help Nubian fulfill its great promise. This will be a transformation that will take time, however, and undoubtedly the road ahead will be fraught with potholes and rough spots. But we can only take this path with the support of the campus community.

Please stick with me and the Nubian, and we'll make this journey together.

## HOOPS from page 7

but it didn't. Out of all these pluses, his biggest minus was experience. Many felt that Powell just needed more time to develop.

Jacob Crawford, a columnist for statefans.com, called Powell a "tweener" — not really a power forward, and not really a small forward; someone in between. Crawford said Powell needed to get stronger to be an NBA power forward, and "to be considered a small forward, he needs to improve his ball handling, shooting, passing and footwork."

Sacramento Kings scout

Keith Drum said "He just doesn't have the experience, doesn't have a true game." NBADraft.net's Editor-in-Chief Aron Smith said "Powell had a huge upside, but [he's] raw right now, and the NBA knows this." The NBA wants to see more than just potential; it wants to invest in a person and see some immediate results. Powell might have been considered a financial risk to a franchise trying to build a team to make an immediate turn around.

Powell was up against huge names in this year's draft too, and his was not on the same level as players like LeBron James or

Carmelo Anthony. He also had to contend with NBA hopefuls from overseas, all of whom had more experience than he did.

Now that Powell knows he won't be playing in the NBA next season, his options seem limited — he can't ever play college ball again. He gave up his eligibility when he signed with an agent. He could play overseas to build experience, but landing a spot on a team overseas is becoming increasingly competitive.

Staying in the States and playing for a semi-pro team is an option, but no path will be easy for Powell.

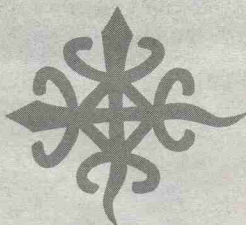
## EXPANSION from page 7

Herrera "loved the atmosphere and the excitement surrounding the football program," he said, and that directly influenced his decision to attend this university.

This scenario is probably not unique to Herrera — NCSU's strength in football may help to tip the scales in the school's favor for many recruits in non-revenue sports because everyone likes to be attached to a school that has a name.

So what about the "little people?" It seems where Wolfpack football

leads, the other varsity sports will follow. There weren't a great many objections to expansion here at State, as most seem to view the expansion as a positive competitive move for the ACC with few apparent negatives.



Nubian Reborn.

# Black Bard Retakes Stage

**Miranda Houston**  
STAFF WRITER

Next up from the only director in the country who has staged all eight of renowned African-American playwright August Wilson's plays: *King Hedley II*, opening Nov. 6 in Thompson Theatre here on campus and running through Nov. 16.

*Hedley* is set in the 1980s and focuses on the struggles of an ex-convict grappling with past relationships while trying to put his neighborhood back together.

Dr. Patricia Caple, adviser of the Black Repertory Theatre student troupe which will supply the actors, will direct *Hedley*. The play will be her eighth August Wilson production. *Hedley* is both a personal milestone for this stalwart of the African-American community and a dramatic achievement — Caple will be the first director, and Thompson the first theatre, to ever stage each of Wilson's eight plays.

Wilson set out to chronicle African-American life in modern America. He aims to write a play set in each decade of the century "to illuminate

the world of indignities and life struggles of the forefathers of the African American community," Caple said. Last year's show *Jitney*, set in the 1970s, spoke in part to the plight of a Vietnam veteran attempting to find a home in America after returning from that unpopular war.



Dr. Patricia Caple

Caple began her Wilson saga in [year] with "Ma Rainey's Black Bottom," and will "conclude" with this production of *Hedley*, which Caple says will be the first performance of this play off Broadway.

Caple says her fascination with Wilson stems from her belief that he presents the "true soul" of the African-American community. "He presents their hopes, dreams, desires, highs, lows, successes and failures and shows what makes them tick — what makes them go on in spite of an 'unaccepting' world, and he points out the causes for their triumphs and failures," she said.

The way *Hedley* deals with its main characters' daily tribulations evoke those of the Black community and should compel theatergoers to consider how they can effect change in their own lives, Caple said. "The characters are written to depict the tragic (life) lessons experienced by the black community and make you think about how to effect change within our community," Caple said.

But this is by no means a play meant to exclude viewers who aren't African-American. Caple says *Hedley* and all of Wilson's plays speak to "the universality of the experience of life. The characters' experiences transcend racial and color boundaries so others outside the [Black] racial experience can identify."

King  
Hedley  
II

- 4 males
- 2 females

no experience  
necessary

Sept 8, 9  
7 p.m.

Stewart Theater

## GYM from page 6

a workout partner who can show you how to use the equipment correctly from day one, so you'll be sure you're getting maximum benefit from your effort and you don't end up inadvertently hurting yourself.

The most important thing to remember is that all equipment and machines are there for your benefit, so don't worry! And don't be intimidated by those exercising around you. Remember, each person there is at the gym to either fix a problem or to prevent one. You are not alone. Just focus on you and what you are there for.

So, when choosing a gym to start or rediscover your fitness plan, here are a few additional tips to consider when choosing the right facility as well as ways to maintain your fitness plan:

- Find the right facility. Do your research on spe-

cific gyms by way of visits or phone calls.

- Check the staff. Root out their qualifications. Find out whether they're knowledgeable enough to be able to assist you with your needs.

- Ask about prices and time schedules. Make sure they fit your expectations. Examine the fine print of the membership agreement to make sure you are getting what you want and need.

- Pay close attention to the atmosphere. The environment must be one that you will feel comfortable and confident in.

## HEALTH from page 6

and psychiatric evaluations.

Most services at the Counseling Center are free of charge to enrolled students.

Through SHS, NCSU offers enrolled students an insurance program that pays for all SHS services.

# Stay In Touch

## Important Nubian Addresses and Phone Numbers

Editor in Chief  
Managing Editor

eic@nubian.sma.ncsu.edu  
me@nubian.sma.ncsu.edu

News  
Opinion  
Culture  
Health and Beauty  
Arts and Entertainment  
Photos

news-ed@nubian.sma.ncsu.edu  
op-ed@nubian.sma.ncsu.edu  
culture-ed@nubian.sma.ncsu.edu  
hb-ed@nubian.sma.ncsu.edu  
ae-ed@nubian.sma.ncsu.edu  
photo-chief@nubian.sma.ncsu.edu

Responses/Letters to Editor/Feedback

response@nubian.sma.ncsu.edu

Press Releases

pr@nubian.sma.ncsu.edu

Tips (anonymity maintained)

tips@nubian.sma.ncsu.edu

Events

events@nubian.sma.ncsu.edu

What's Going On (Calendar)

wgo@nubian.sma.ncsu.edu

Phone: 515-1468

Website: <http://www.nubianmessage.com>

# 6 HEALTH & BEAUTY



## Make Good Health a Top Priority

Student Health Services offers students flexible, convenient care at little to no cost.



**A. Michelle McLean**  
HEALTH&BEAUTY EDITOR

One of the most important concerns all students should address in preparing for an extended stay on campus is health care. Everyone should know what care is available, how much it costs, and what payment options they have.

A professionally staffed, full time Student Health Services division is available to N.C. State students seven days per week. SHS is an integral part of the university, and many services it provides are free of charge. SHS provides

promote women's health. The services include routine breast and pelvic exams as well as Pap Smear testing. Gynecology patients are provided diagnosis and treatment for: sexually transmitted diseases; vaginal, pelvic, or bladder infections; pregnancy testing and preliminary pre-natal care; treatment for menstrual problems; and contraceptive counseling. Gynecology also performs minor surgical procedures for the purposes of evaluation and treatment.

The SHS Pharmacy not only allows students convenient access to certified, professional pharmacists, it provides students with

stresses education about medicine, and the pharmacists take

clinic educates on safety precautions for the traveler's destination



Adam Attarian • staff

a wide array of care and support in many areas.

SHS' Gynecology Clinic offers a variety of services that treat and

easy access to their prescriptions, and gets students in and out without the insane waits typical of commercial drug stores. SHS



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time to ensure students understand their prescriptions, know what makes the work, and understand which medicines should not be mixed with certain foods, other medicines, or alcohol. The pharmacy encourages interaction between students and pharmacists, and to a person each of the pharmacists is polite, helpful and knowledgeable.

SHS Pharmacy offers a wide array of over-the-counter medication at little to no cost. Many medical supplies are available free of charge as well.

An International Travel clinic is available to those planning to travel, particularly those students who plan to study abroad. The

country, supplies travelers with first aid kits, health booklets, and prescriptions for special health care needs. To ensure proper planning and preparation, the clinic advises travelers to visit two or three months before the trip.

The Counseling Center is another significant component of Student Health. It offers professional, confidential counseling to NCSU Students who are having academic and/or personal difficulties. A full staff of trained psychologists is on hand to work with students both by appointment and walk-in. Also available are psychological assessments

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## Hit the Gym



**A. Michelle McLean**  
HEALTH&BEAUTY EDITOR

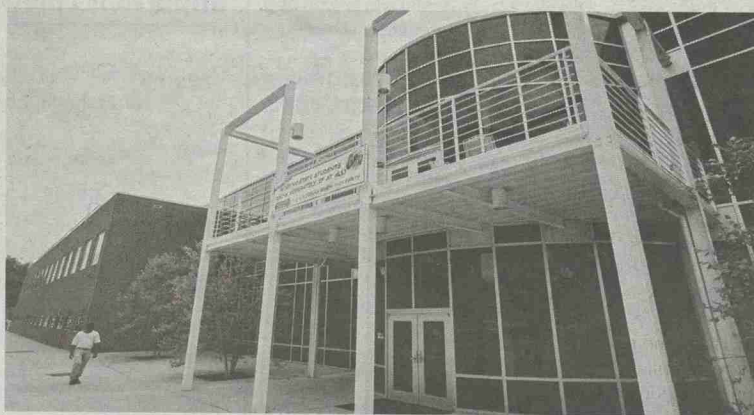
There are quite a few ladies out there starting to worry about their bodies and staying in shape now that summer is winding down.

Since we all want to fit into those tight jeans and that great dress, we want to know what we can do to keep looking our best.

For those who want to do something about those not-so-perfect tummies and thighs, finding the proper fitness plan tailored specifically to suit your needs is a must.

When exploring health or fitness plans, remember it is very important that your experience be a comfortable and positive one. To ensure that, be sure to join a gym that has the same ideas and goals about fitness that you do and that it provides a friendly, supportive environment.

It's time women realized gyms are not just for athletes and the ultra-thin, skinny gals. The gym is for anyone who wants to be healthy, regardless of their size. Skinny does not equate to good health, and when gyms acknowledge



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this and make a point to stress such in their environments, everyone feels more comfortable.

Ultimately, it's up to each of us to strive to be healthy and to adopt a

lifestyle that makes us become so. The gym is the place to start, and you should not be intimidated by the idea of going to a gym — some people actually fear the equipment,

believe it or not.

Certainly your first encounter with intimidating gym equipment can be daunting; it might be worthwhile for you to find

GYM see page 5

## Great for Football

But what about the rest of us?



**Ursula McLean**  
SPORTS EDITOR

So the drama is finally over and we now know that the ACC will have two new members in 2004: the Miami Hurricanes and the Virginia Tech Hokies, in case you were under a rock all summer. The consensus among the coaches, players and fans of N.C. State football seems to be that change is good for the ACC and great for State.

The controversy that surrounded the new additions focused almost exclusively on their impact on ACC football, but what's this expansion going to do to the "little people," the non-revenue sports? How will the expansion affect those sports?

Both the Hurricanes and Hokies are virtually synonymous with football. Thanks to coach Chuck Amato, State's football team is rising rapidly toward that elite national recognition reserved for such traditionally powerful teams as Notre Dame and Penn State as well. Hobnobbing with elite football powerhouses will help return the Wolfpack to the long-forgotten days of football glory it once enjoyed when the sport was new as Ballroom Dancing in the Olympics — given, of course, that we hold our own.

It's easy to understand why schools place so much emphasis on their football programs — football is where the money is. Big-name teams attract more attention and therefore more fans, which usually means more media coverage. More coverage equals more sponsors, and more sponsors always means the same thing: "chaching."

Sponsorship money touches a lot of bases within the athletic department. "More money generated is always good for the ACC conference and

good for all non-revenue sports," Laurie Heniess, a women's cross country/track and field coach said.

Sports such as track, volleyball, soccer, and wrestling are basically free programs. Spectators usually don't have to pay money to attend matches, so the contests do not represent a significant revenue stream for the school or athletic department. Since they're usually not self-sustaining, these sports depend on outside funds in order to maintain equipment and other provisions. Some non-revenue sports do make money when they host tournaments and championships, but most of that profit, garnered from entry fees, is spent on equipment, compensating officials, and housekeeping matters.

So we know that financial growth is a positive aspect of the expansion for non-revenue sports, but what about the dynamics of competition? Coach Heniess said the change will affect these sports in different ways — "Miami's women's track team is a big factor," she said. Officials discovered, after a point conversion from Big East standard record keeping to ACC formulae, that if Miami had competed in this year's ACC Outdoor Track and Field Championships, they would have placed second in the conference.

Incoming wrestlers seem to be unconcerned about the new schools joining the ACC. Freshman Allan Herrera who hails from Miami isn't too concerned with broadening the competition. "Miami doesn't even have a wrestling team," Herrera said. "The more competition the better."

Ironically, attending an N.C. State football game on a recruiting trip was what convinced the grappler to wrestle here.

**EXPANSION** see page 5



Women's basketball team players conducting summer camp.

Adam Attarian • staff

## A Hoop Dream Deferred



**Ursula McLean**  
SPORTS EDITOR

The draft is over, and N.C. State standout Josh Powell's dreams of playing in the NBA are temporarily on hold.

So why did the sophomore enter the draft? Why didn't he make the cut? And most importantly, what will he do now?

The Riverdale, Ga. native is a tremendous athlete, and made significant contributions to his squad team last year. Powell averaged 12.4 points and 5.3 rebounds per game playing the forward/center position.

These stats might not seem like much, but his contribution was one of the key factors in State making the NCAA tournament this year.

In the post-season, Powell elevated his game and averaged 19.4 points along with 7.5 rebounds per game. Despite his team's early elimination from the NCAA tournament, the men's basketball program was lauded for a great year, and no one could ignore Powell's outstanding performance.

After the season was over, Powell elected to place his name in the draft. "I just felt real confident about my game, and I think that I have a lot to bring to the table as far as inside and up ... more personally, I am going to follow my dreams first," Powell said.

Powell's self-confidence probably gave him the

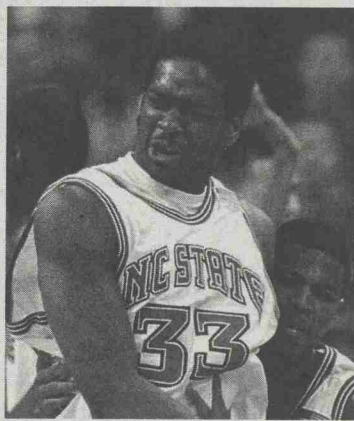
enon would transcend to the NBA arena, and his game would continue to improve proportional to the higher level of competition.

Money was probably a huge factor in Powell's entry — the league minimum is over \$300,000 per year. At worst, Powell was taking a chance to earn more money this year than two more years of college and a degree would likely ever garner.

A special invite to the NBA pre-draft camp in Chicago could have given Powell the impression that his foot was in the door. If the NBA personnel were looking at him, he could easily have figured that had to be a good sign because obviously

the NBA doesn't send out invitations to everyone who has "hoop dreams." If they did, the camp would look worse than American Idol auditions.

Powell did all the right things in his campaign for the NBA. He networked, gave interviews, got a personal trainer, worked out for different teams, and participated in the pre-draft camp. Everything should have worked out,



Josh Powell

Tim Lythienko • Technician

**DEFERRED** see page 5

# WANNA MAKE A DIFFERENCE?

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The Nubian Message is a weekly publication that presents news about and for African-American students at N.C. State. With articles ranging from news stories to editorials about issues that affect the community, the Nubian Message serves as an important information resource at N.C. State. And, it publishes every week while school is in session...

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[p] 919.515.1468  
[e]response@nubian.sca.ncsu.edu