



NUBIAN MESSAGE

Sentinel of the African-American Community

September 25, 2003

Vol. 11 | Edition 4

MDS no more in 2004



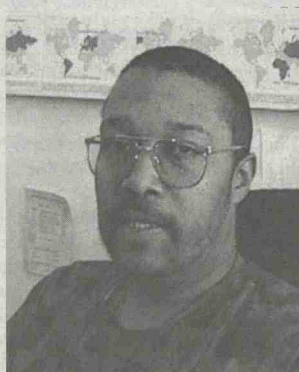
**Johnathan Brunson
Aniesha Felton**
STAFF WRITERS

AS of July 2004, Multi Disciplinary Studies, the department that houses both Africana Studies and the MDS 101-D freshman advancement seminars, will no longer exist.

The dean of the College of Humanities and Social Sciences Linda Brady will abolish MDS and create a new program that she said "will strengthen the interdisciplinary programs by tying them more closely with all the college's departments."

"Yes MDS will cease to exist, but taking its place will be a new unit that is part of the dean's office in CHASS," said David Greene, current head of the MDS department.

"The Division of Interdisciplinary Studies will make the college more flexible and capable of



Dr. Craig Brookins, director Africana Studies. Dr. Linda Brady, CHASS dean.

responding to the students' interests and needs," he said.

Craig Brookins, director of the Africana Studies program, said that in August of 2002 Brady said she was not convinced that MDS was the best way to conduct interdisciplinary activity within the college.



file photos

Brookins said the faculty of Africana Studies along with some in the MDS department have at minimum concerns with, and in other ways are strongly opposed to the current effort to transform MDS from a departmental unit into an "office" under CHASS' dean.

"Reducing the status of the

one unit historically and currently engaged in interdisciplinary work is a bad first step and one that we in MDS believe will make the goal of enhancing interdisciplinary activity more difficult, if not impossible, to achieve," Brookins said. "We do not see how the promotion of interdisciplinary activity could be most effectively accomplished through the abolishment of the only department dedicated to such activity both within the college and throughout the university."

Hope Ziglar, a former graduate program administrator for MDS, left the department when her administrative position was eliminated. She transferred to the Sociology and Anthropology department as a student service assistant.

"My main concern is who will help the students when I leave," she said. "I do not understand the

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WHAT'S GOIN' N?

PAN AFRIKAN

The Pan-Afrikan logo contest deadline is Oct. 23, 2003. If you plan to submit a design, please e-mail ashley Washington at: <avwashin@ncsu.edu>.

DIVERSITY DIALOGUE

"Campus Dialogue won Diversity with Dr. José Picart" will take place Oct. 13, at 3 p.m. in Stewart Theatre.

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.

send to: wgo@nubian.sma.ncsu.edu

Corps court minorities in Coliseum



Aniesha Felton
NEWS EDITOR

"And then he smartly said that it will be harder to get a job as an English major, than being an engineer. I was like 'excuse me, but there are more engineers working at McDonalds than those with English degrees.'" Shameka Gardner, publicity coordinator for the Minority Career Fair said.

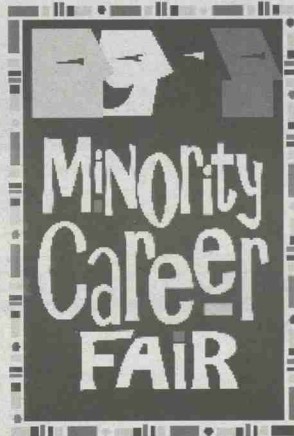
Gardner, a junior in World Literature, said a visit to the career fair will be beneficial to all students in all majors from all racial backgrounds.

"Although it says the 'Minority Career Fair', it is really for everybody to participate in," she said. "This career fair is not only for engineers and computer programmers, there are companies looking for people in other colleges as well."

The Minority Career Fair, which was originally intended to encourage minorities about their job prospects, presents students with a rare opportunity, Gardner said.

Ninety seven companies will be at this year's event.

"With a bad and struggling econo-



my, it is encouraging to have something like the Minority Career Fair because it lets students know that there are companies who are actively seeking employees to work or intern for them," Gardner said.

This is one of the benefits Gardner said the career fair provides.

"It provides a unique opportunity for students and companies to actually come in contact with one another and try to see if (the student) could

possibly be a new employee at their company," she said. "With companies right there looking for employees, it makes looking for a job easier. It allows for enormous fields to become more narrowed down and structured for the person seeking employment - jobs are at your fingertips. It relieves the (anxiety) of (wondering) whether the company you (just visited) is (actually) hiring - if they weren't they wouldn't be here. It's just easier to find a career and not just a job," Gardner said.

Coordinators set a goal to diversify the companies represented at this year's fair so that no major would be neglected.

"I contacted the top 100 public companies in North Carolina and the top 50 private companies in North Carolina to try to bring a diverse group of companies to this year's event," Kimberly Harrill, a coordinator for the fair said. "I wanted the career fair to be able to serve more students."

Last year, according to Harrill and Gardner, more than 3,000 students came to the career fair; this year they hope to see even more participation.

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purpose of changing MDS to IDS. I feel we should build on what we have currently in MDS."

Along with Ziglar, 13 faculty members will be moved from their MDS administrative positions and dispersed into different departments and disciplines.

Ziglar, along with Brookins, Betty Swayne, Chuck Korte, and Bob Patterson said they are skeptical of Brady's plans.

"We as a unit are doing the job, but Dean Brady wants it done in another way," Swayne, an administrative assistant for MDS said.

Brookins said doing away with MDS affects the university.

"These changes affect the entire university, not just CHASS. This is particularly true given that MDS was created as a university-wide effort to promote interdisciplinary activity. The current change process has all but ignored this fact and is therefore an issue of interest to the entire university community," he said.

Chuck Korte, a member of Brady's task force, said he believes that without MDS as a home for programs, they could pos-

sibly become extinct. "Some individual programs aren't going to flourish without a department behind them."

One such program could possibly be MDS 101-D, a freshman course that according to Janet Howard, interim director of the African-American Cultural Center and coordinator of MDS 101-D, can help African-American students thrive and be successful at N.C. State.

"There's a study that shows those who take MDS 101-D in the fall have a .2 higher GPA than those who don't ever take the class, and those who take both the fall and the spring have a .5 higher GPA. These students are also more likely to succeed at State," she said. "With this course we provide information, techniques, and suggestions that will help enhance black students' educational growth and experience," Howard said.

MDS 101-D teaches African-American freshmen when, where, how, and how long to study, where tutoring resources are, how to handle stressful situations that most college students will sooner or later encounter, conflict resolution techniques, and so on. It also provides stu-

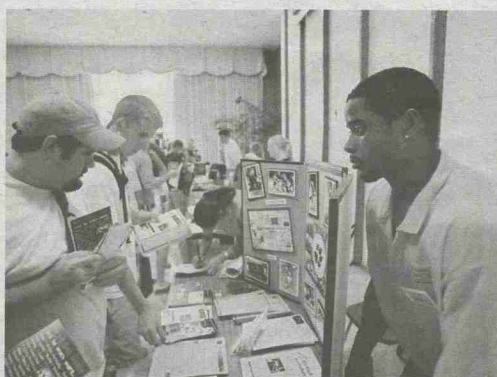
dents with a historical sense of who they are in hopes that they will be comfortable and proud of being who they are, according to Howard.

Howard said she believes that those students who adhere to the recommendations given in this course will be better off.

"We're not so naïve as to think that taking MDS 101-D is the only factor that contributes to the success of black students, or naïve enough to think that those who don't take this course are sure to be less productive. But those who do practice what we teach them usually are more successful academically and socially. That is one of the benefits of this course, and we'll find a way to keep it alive," she said.

Howard said that if Africana Studies successfully becomes its own department, MDS 101-D could become part of that curriculum.

"Somehow, some way, we are going to find a home for these courses," Howard said. "They are too vital to the African-American community and we will stop at nothing to try to save them."



Students browse booths at freshman orientation. Adam Attarian • staff

MINORITIES from page 1

"Students shouldn't pass up an opportunity to become acquainted with employee-seeking businesses," Gardner said. "It allows students to know what jobs are out there, what are options or other outlets for students, and what companies are looking for in an employee," she said.

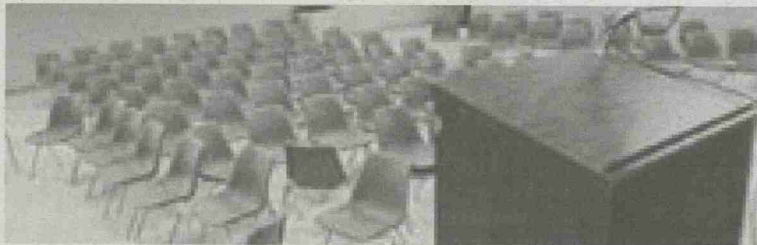
Sam Edwards, treasurer of the Union Activities Board, believes students should come for one basic reason - they're paying for it.

"I don't understand why a student wouldn't want to participate in an event that their tuition is paying for and that allows a wonderful and very rare opportunity to network with very good and quality companies," he

said. "It wouldn't make too much sense not to come," Edwards said.

Although it is called "minority," the career fair is geared mostly toward juniors and upperclassmen. Most of the corporate headhunters are from tech companies, but every student should come anyway, Edwards said.

"You might be surprised. There might be an engineering firm looking for a person in communications or business to fill a position at their company," he said. "The Minority Career Fair is a well structured and well put together annual event that everyone can benefit from. It is both a brilliant and unbeatable opportunity, one that students cannot afford to give up."



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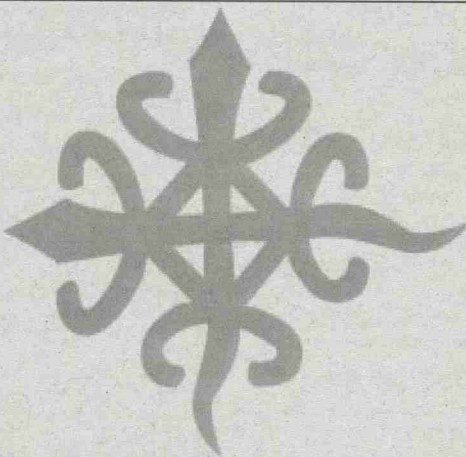
Sentinel of the African American Community

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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.



With MDS gone, whither Africana Studies, 101-D?



Johnathan Brunson
OPINION EDITOR

I don't understand Dean Brady's rationale behind changing Multidisciplinary Studies into Interdisciplinary Studies. But of greater concern to me is the question of why students are just now hearing about this change. Why was there no student input into this change when students are going to be among those most affected by it?

Brady told the News and Observer Sept. 1 that "MDS will be abolished by the beginning of July" 2004. I'm an Africana Studies major, and I am extremely concerned about what's going to happen to my major after MDS is gone.

Brady did not clarify where MDS courses will be moved after the department has been eliminated. With its mother department gone, Africana Studies will no longer have a home of its own.

Dr. Craig Brookins, director of Africana Studies, along with some MDS faculty are opposed to this change as well. Brookins perhaps summarized our concern best when he called the move a plan to downsize MDS from a full departmental into an tiny office under the dean.

And what of MDS101-D? These are courses just about every African-American student takes during their freshman year. As Janet Howard, the coordinator of the program said, these programs offer a clear advantage to students who take them. Half a GPA point is very significant. What's going to happen to these classes when MDS goes away? Africana

Studies is at least a formal major, what's going to stop an administrator from viewing these classes as just another section of English 101 and eliminating it?

I thought students' voices really were important on this campus, but I guess not. If Brady were really concerned about students' concerns — particularly those of us who are in the MDS department — she would have addressed this idea of change to students from the beginning.

Brady should have convened a student panel to discuss her plans to change MDS into IDS. We students should have been allowed an opportunity to speak and ask questions about the this change and how we will be affected by MDS' elimination.

As a student majoring in Africana Studies, I will be directly affected by these changes. Betty Swayne, an administrative assistant with MDS, told me that students majoring or minoring in MDS will have to do more work themselves on the internet. She said it will become harder for students to get the one-on-one advising they used to receive after MDS is gone.

Advising ... over the internet. This is supposed to be more convenient than talking to an actual professor? I don't think advising in the new CHASS office that will support MDS courses will be convenient for students in Africana Studies at all. Students in CHASS understand how hard it is to get time with a dean now; how much easier will it get with two programs in this one tiny office?

Hope Ziglar was MDS' Graduate Program administrator assisting graduate students majoring or minoring in MDS, and now

she is a student services assistant in Sociology and Anthropology. Taking away Hope, who was there to help assist students, was a step backward for Brady's aim to "better respond to students' interests and needs."

My challenge to African-American students reading this column is: what are you all going to do who, like myself, may be majoring or minoring in Africana Studies? How important was MDS 101-D to any upperclassmen as freshman? We should come together and request a student panel discussion with Brady so we can ask questions and she can address our concerns about what's going to happen to MDS.

Oh, to be a woman



Miranda N. Houston
STAFF WRITER

According to tradition a girl reaches womanhood by a certain age. In today's society a girl is a woman by age eighteen. The age of womanhood has changed over the course of time. In times past, a young girl reached womanhood at the onset of her menstruation. Soon after she married, had children, and governed or managed a home of her own. Men look at a girl and say she is a woman by the development of her body. The transition from being a girl to a woman involves physical, mental, emotional, and spiritual changes and sometimes hardships.

The physical side deals with the hormonal and out-

ward manifestations of changes in the body. These changes prepare the girl for the physical aspects of procreation and continuation of the human race. The mental side examines how a girl handles the changes within her body and the expectations of society caused by these changes. It also looks at her ability to learn and process information that will either help or hinder her in her development. The emotional side focuses on her feelings concerning self-image, self and societal expectations, and acceptance or denial of societal norms. The spiritual side delves into the development of her belief system and the search for God and herself and the defining of her goals and

WOMANHOOD see page 6

New Student Orientation Recruiting Students for 2004 Orientation Counselors

Interested students must have a minimum GPA of 2.5 and should plan to attend an informational session.

Thursday, September 18th 2:30-3:00 p.m.
529 Poe Hall

Wednesday, September 24th 10:00-10:30 a.m.
12 Winston Hall

Thursday, October 2nd 3:30-4:00 p.m.
724 Poe Hall

Tuesday, October 7th 10:30-11:00 a.m.
172 Harrelson Hall

Wednesday, October 15th 10:00-10:30 a.m.
12 Winston Hall

Apply Online: www.ncsu.edu/undergrad_affairs/nso/



Southend Brewery

NUBIAN RESTAURANT REVIEW (#2)

Bon Appétit
CULINARY CRITIC

In the mood for three sumptuous rounds of culinary bliss in a lavish, smoke-free environment that could easily rival any of the most expensive restaurants in town? Then run — don't walk — downtown to 505 W. Jones Street and rush into the Southend Brewery and Smokehouse.

If you can call a restaurant that's nearly impossible to get into after 7 p.m. a secret, this is one of Raleigh's best kept.

Don't be surprised to find that this smokehouse is true to every part of its name.

The moment you step into the parking lot, you'll be seduced by the titillating aroma of something burning somewhere, though you'll never be sure what.

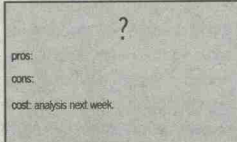
For me, it was a sweet scent; a scent that wouldn't be unfamiliar to anyone who has spent some time in a pipe-tobacco store. There seemed to be a hint of cherry in it with a whiff of something just a bit stronger — burning oak leaves, maybe, but not quite as pungent.

The most striking thing you'll see when you walk in the door are the hops, and then you'll notice the building itself. I'm told that back in the olden days it was a tobacco warehouse, and you can easily see why the rumors, substantiated or no, abound. With a roof about as high as Tompkins Hall's, without the intervening floors to hamper the sheer size of it, the building is positively cavernous. About half the height of the building itself, inside a huge glass box lie the silver and gold hops that put the brew in Brewery.

I went to the restaurant with three other guests, and we all had a dish from different parts of the menu, beginning with 'starters,' Southend's term for appetizers.

Southend

REPORT CARD



It's easy to see that some of the dishes are designed with large groups in mind, while others are intended for one or two people to share. One person in my party ordered a nacho plate which turned out to be a foot and a half wide by half a foot high piled with mounds of sour cream, guacamole, and jalapeño peppers. Contrast that to my oven-roasted portabella mushroom with Charleston grits and fontina cheese. This dish pushed to the brink of being too much for one person to handle, but ended up just enough to leave me satisfied without being too filling.

I've had grits before in many places, but none could compare to these. With the consistency of ice cream that's just soft enough to scoop but not yet ready to melt, these "Charleston" grits seemed to melt in my mouth after delivering an intense melange of sweet, creamy butter and sharp, tangy cheese to every taste bud.

The portabella mushroom, on the other hand, was a mixture of good and bad. It was meaty enough to give you something to chew on, but it was cooked in some sort of vinaigrette that made it taste and look both slimy and greasy. The vinaigrette leant the mushroom a slight, but very palpable vinegar flavor that barely counterbalanced the oil it and the mushroom had apparently been cooked in, but it wasn't enough to make the portabella an entrée unto itself.

Taken together however, the grainy grits meshed with the slimy mushroom, and the two worked with

their vinaigrette and delectable dairy counterparts to create a symphony of flavor that's unlike anything I've ever tasted before.

We conversed about ten minutes or so before the main courses arrived. Despite the slowly swelling crowd, service was surprisingly snappy. I had selected the Grilled Blackened Chicken with Cajun Aioli from the sandwich portion of the menu not knowing what to expect, and was surprised to find that the sandwich came with fries rather than the salad I had expected.

There were two pieces of what looked like processed breast meat on a croissant-like bun with what an aioli sauce spread on top. The chicken was

TO BE CONCLUDED next edition

NUBIAN BOOK REVIEW

THE RECKONING

Author: Randall Robinson

Harvard Law School graduate, author, and educator Randall Robinson empowers and uplifts readers through his latest novel, "The Reckoning."

"The Reckoning" analyzes the struggles of young people on their journey from childhood into adulthood by examining the lessons learned and struggles faced by three self-motivated boys making the transition into manhood.

"The Reckoning" is the semi-auto biographical story of three real individuals: Robinson himself; Peewee Kirkland, a former drug dealer, athlete, and entrepreneur; and a friend of Kirkland who goes unnamed. The three main characters lead three different lifestyles and have three different perspectives, but they share a common goal: to succeed. Though their definitions of success differ, they all work constantly to attain that goal and to pursue their dreams.

Robinson's goal is to become a successful professional like his father. Kirkland and his comrade share the same goal of becoming wealthy through either street hustling or dealing drugs.

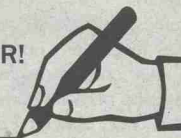
Robinson addresses the struggle to overcome poverty, the American drug trade, and the need for African-Americans to empower themselves through education, unity, and support for each other and their businesses. "The Reckoning" clearly illustrates what happens when youths embrace distorted notions of success, and shows the true worth of education. Robinson offers simple directions and keys to successful and prosperous lives for those with potential and drive. — Mary Garrison, *a&e* editor

2003 ESSAY CONTEST "FAMILY OF THE YEAR"

[RELAX! IT ONLY HAS TO BE 800 WORDS]

HERE IS YOUR CHANCE... TO REALLY THANK YOUR PARENTS FOR ALL THEIR LOVE AND SUPPORT...

NOMINATE THEM AS THE NC STATE 2003 FAMILY OF THE YEAR!



RECIPIENTS WILL BE AWARDED WITH:

- A \$300 gift certificate for books at the NCSU Bookstores for the spring semester.
- Tickets to Parents & Families Weekend, including invitations to attend "1964" The Tribute, "The #1 Beatles Show in the World" on October 31st and tickets to the NC State v. UVA football game and pre-game party, Saturday, November 1. (Up to 4 tickets will be awarded.)
- Hotel accommodation for Parents & Families Weekend (Up to 2 rooms), October 31-November 1.
- A commemorative plaque presented to you and your family Saturday, November 1st during the NC State v. University of Virginia football game.

Applications are available in the Parents & Families Services Office, 3114 Talley Student Center, and on-line at www.ncsu.edu/for_parents.

Applications are due Friday, October 10th.

For more information about the award, contact Parents & Families Services, 515-2441. More information about Parents & Families Weekend is available at www.ncsu.edu/for_parents

Sponsored by the NC State Parents & Families Association.





Do right by your do

 **Jonica Rowland**
STAFF WRITER

You wake up to get ready for class and decide you want to wear a knockout hairdo. Forty-five minutes of frustration later, you figure out you're going to have a bad hair day.

What went wrong?

Used that curling iron for too many days in a row over too many months? Put in too many of those do it yourself perms? If this scenario seems all too familiar, you may have hair and scalp damage. It only takes one time to cause chemical damage to either your hair and scalp or both. Hair rescue is what you need, and here are some tips for restoring the look and strength of your hair.

Eating a certain way could alleviate hair problems. Using the right products and finding a great stylist could also improve hair mishaps - it doesn't cost much to accomplish these goals.

Proper diet is an absolute must. Eating five to seven fruits and vegetables per day and drinking eight to ten glasses of water daily are a good place to start, but you should consult with a dietician to ensure that your diet is nutritionally balanced.

How about snacking on some broccoli, carrots and celery? If you still don't have time or the desire for healthy food, you can take vitamin supplements. The proper vitamins will not only give you healthy hair, but a healthy body and longer life. Go to a professional like a pharmacist, vitamin repre-

sentative or a doctor for advice on vitamin consumption.

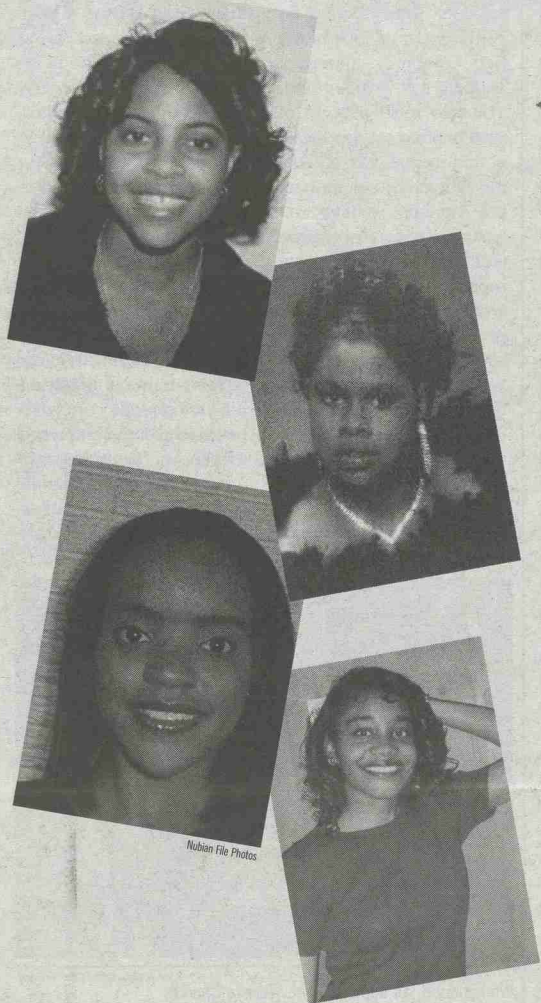
For picking a great hair stylist, ask around and investigate. Get a referral from a friend. If you cannot afford a licensed hair stylist, go natural or find one who gives student discounts. It is better to be safe than sorry. You do not want to end up at the bum center from a chemical burn. Make the decision that is best for you.

Proper hair maintenance is a priority in life not just for image but to prevent future hair loss. Wigs may be the style now, but it may not be in style later.

Getting a weaved hairdo may be nice, but it should be a choice not a cover up to damaged hair.

Jean, a licensed cosmetologist at Betsys Hair Gallery, Raleigh, NC, recommends that you wash your hair daily with a hydrating shampoo. She also advise that you condition it a moisturizing conditioner. Use a light oil regularly, but only when it is need. For dry hair, use a hydrating, moisturizing shampoo and a reconstructive conditioning shampoo. For chemical advice, you will need to contact a professional hair-stylist for information based on your hair texture.

I know we want to have a quick, nice hair look by adding gels and spritz, but take the time to invest in proper hair care maintenance by getting chemical treatments from a licensed cosmetologist, eating nutritionally sound foods and researching to find the vitamins that you need.



Cramming could be life threatening

 **Jonica Rowland**
STAFF WRITER

I remember times in the afternoon or evening when I would put my car in park at red lights just in case I fell asleep.

That was the result of working a twelve-hour night shift.

I couldn't drink coffee, because when the caffeine wore off I became a walking zombie.

Sounds familiar doesn't it? Now that I'm a student, I have to make sure I don't create a study regimen resembling a night shift. It may seem a good tradeoff to spend one or two fewer hours sleeping in exchange for a couple extra points on the next test, but have you ever thought about what the long-term effects of sleep deprivation might be?

Sleep deprivation is any act depriving oneself of sleep. Deprivation is not insomnia, which

is a condition that involves an inability to sleep or remain asleep over an extended period of time.

Sleep may seem little more than an inconvenience to college students looking to make the grade. Indeed, it seems to be an inconvenience to all of America. We must, however, have the proper amount of sleep each night to live long, healthy lives. Of course we want to enjoy all the money we plan to make from our hard-earned college degrees, but no one wants to put a halt to their career because of an illness. No one wants to spend all their money on medical care — especially before reaching 60 years old.

Staying up all night to cram for exams to make an A may not be the best decision. Studies have shown that not only do we forget a significant amount of what we have studied, people who are sleep deprived tend to function at only

seventy percent of their potential.

Proper sleep habits are also vital in maintaining a healthy life.

Studies have shown that in the early 1900s, most people had nine hours of sleep per night. But in 1975, the total average number of hours of sleep per person had dropped to 7.5 hours. A "Sleep in America" poll conducted by the National Survey Foundation in 2002 found the average adult in America gets six hours of sleep per night — despite research that shows people aged 16-64 years old actually need six to nine hours of sleep per night.

Sleep deprivation may lead to poor health and could ultimately be deadly.

Studies published in the Journal of National Cancer Institutes suggest that breast cancer rates may be higher in women who work nights. Exposure to bright light during the night causes the body to

produce less of the hormone melatonin. Insufficient melatonin causes a rise in estrogen production and high levels of estrogen have been linked to breast cancer.

A study in Europe found that people who drive after having been awake for 17 to 19 hours function worse than people with a blood alcohol level of .05, the legal limit for drunk driving in most western European countries. The research showed that 16 to 60 percent of all road accidents in Europe involve sleep deprivation.

Sleep deprivation can have a negative effect on memory, energy levels, mental abilities, and emotional moods. Some common sleep deprivation symptoms are: extreme exhaustion, fatigue, and lack of physical and mental energy.

So instead of cutting back on sleep to get that extra hour of study-

Inside UAB, Sponsor of the Minority Career Fair

Davin VanEyken
CULTURE EDITOR

The Union Activities Board operates as students' central programming body for. Students come together at UAB meetings to devise and plan for programs throughout the semester.

"We are primarily responsible for social and cultural programming," James D. Reed, president of the board said. The president of the UAB is elected each year in the general election. Reed is responsible for the day-to-day operations of the board.

"In the past, UAB was combined with Student Government, but that was a conflict of interests," he said. UAB now runs autonomously, with only a few advisors from NCSU administration.

Reed said that each year UAB gets a budget of \$250,000-\$260,000 to use for funding events from a \$10.80 fee charged to all students. The challenge in using these funds, he said, is to formulate new pro-

gramming that tantalizes the imagination of students.

"Innovation and the novelty of it [the program] is what gets attention!" he said.

Student organizations can request money from the UAB, with one simple stipulation.

The programs "have to be balanced programs that all N.C. State students can participate in," he said. Organizations fill out a simple application and the request goes before the full board for consideration.

The executive board of the UAB consists of 10 elected students. Reed said any student is more than welcome to come to general body meetings, emphasizing that concerns should be addressed properly within these meetings.

The board's charge is to use that money to produce programs and pay for the facilitation of those programs.

Reed said UAB is responsible for every student activity that takes place in the Talley Student Center in addition to some

activities in Witherspoon, such as the Cinema's weekend movies. UAB is responsible for Price Music Center and Thompson Theatre, "outside administrative gatherings," he said.

Throughout the '90s, the Black Students Board existed as an entity independent of UAB. When BSB became a committee of UAB, UAB inherited BSB's flagship programs the Minority Career Fair and the Pan-African Festival. The committees of the UAB include, the BSB, Diversity, International Activities Council, Films, Issues and Ideas, Leisure and Entertainment, and Publicity.

Reed said UAB's main goal on campus is the education and involvement of students in creative, innovative programming on campus. "Our focus is on diversity, promoting the incorporation of every student on campus in an effort to create a more relaxed atmosphere."

UAB gets quite a bit of money.
culture-ed@hb@ncsu.edu

Laughter really is best medicine

A. Michelle McLean
HB EDITOR

Laughter can be highly beneficial in coping with both stress and major illnesses, according to a study conducted by Robert R. Provine, a psychologist at the University of Maryland.

Not only does it aid in improving the immune system, laughter also lowers blood pressure, increases blood flow throughout the body, and helps one to develop better emotional well-being.

Laughter reduces the levels of the body's stress hormones. When this happens, laughter interrupts the flow of stress hormones that are released when we experience anger, stress, or hostility. It is then that these hormones agitate and stifle the immune system, making it harder to function properly while increasing the amount of blood platelets and causing blood pressure to rise.

When we laugh, the cells that help in fighting viruses and tumors increase in addition to T-cells, a major component of immune response, and B-cells, which create disease-fighting antibodies.

Laughter can also cause hiccupping and coughing which help to clear the res-

piratory tract by loosening mucus buildup.

Besides giving the immune system a boost, laughing can also serve as a low-impact exercise. Various researchers have estimated that laughing 100 times equates to 10 minutes on a rowing machine or 15 minutes on a stationary bike.

This is where the lower blood pressure and improved blood flow comes in, which also speeds up the healing process. Laughter works the diaphragm as well as the facial, respiratory, abdominal, back, and leg muscles.

Psychologists say laughter works amazingly at helping people release and cope with negative emotions. According to the American Association for Therapeutic Humor, people often stifle negative emotions rather than releasing them.

Laughter is a way of expressing emotion without causing harm. This is why professionals in the mental health field are now encouraging laughter therapy. It is cathartic and it teaches people how to cope through difficulty by laughing.

Yeah, go ahead and laugh. Ha, ha, ha.
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Womanhood

from page 5

aspirations according to her spiritual understanding.

Now that we have looked at the different aspects that define a woman. Let us look at the two more important aspects of womanhood. The two main aspects of womanhood are the spiritual and mental. It is not that the others are unimportant but that the spiritual can and does regulate the physical and emotional. The mental shapes how women carry themselves physically and handle stressful situations. Being a woman is more than big breasts and shapely hips but it is a state of mind. A woman is defined by her relationship with God and understanding of herself. She should be able to provide for yourself financially,

know who she is and be able to respect herself, taking care of her body that you may live a long and fruitful life. Having a positive self-image and loving what God made you to be whether or not it is acceptable to others and having compassion for all people and especially those who don't believe as you do is the foundation for a passionate and strong black woman.

So being a woman is more than societal expectations, bodily developments, and having the right fashion sense. It is having the knowledge of what makes a woman and using that knowledge to become a viable and reliable participant within society without being defined by society.



African-American Cultural Center • courtesy

Womanhood, as depicted by L. Teresa Church

Cramming: not good

from page 5

ing in, perhaps you should think about cutting back on things that interfere with normal sleeping patterns. Any type of emotional excitement, medications, food additives, caffeine, and some illnesses might stop you from falling asleep; some studies have shown that even alcohol can keep you from sleeping through the night.

Don't engage in late night cram sessions. Instead of trying to cram the night before an exam, get your calendar out and schedule an extra hour or two for additional studying a week or two before the exam.

It would also be wise to plan for other assignments

in advance. Planning ahead would help you handle unexpected events as well. If the event is not an emergency, learn to say no. It is better to feel rested in class than to feel fatigued and frustrated. In the future, after it's all over with and you're doctor so and so, you can look back and say it was money well spent.

And don't forget about those large salaries you'll be making because you have proven that you have mastered your courses in school by not only making great grades, but because you perform excellently on the job because you learned how to budget your time and not cram for exams.



Students learn strategies to be more proactive

Davin VanEyken
CULTURE EDITOR

Being proactive implies that one knows about something before it happens — students need to stay in the loop. That is the difference between reactionary and proactive acts according to Kim McNair, former president of the Society of African-American Culture (SAAC).

Delta Sigma Theta sorority and SAAC hosted an educational forum titled "Fight The Power," a dialogue on campus activism. Students have a lot to say but don't know how or where to vent, organizers said. This program was designed to give students an idea about how to do that constructively.

"If we can begin to act and know what we should stand up for, we will be proactive," said Diane Becton, an alumna who is writing a book about the history of integration at N.C. State.

The program began with a video presentation from "The Eyes on The Prize." The excerpt from the video showed civil rights crusaders going through drills to prepare for performing protest. A panel of several current NCSU students and three alumni fielded questions from the attendees.

The first question posed to the panel was whether the panelists felt they could have endured such intense protests. This was followed by a question

about individuals' personal definition of activism.

"People have the strength to move mountains, Becton said. "Activism is what someone feels and transforms into a movement. It was my burning desire that drove me to be active."

Brian Proffit, a masters student in civil engineering, said it's more practical to be pro-active from the beginning, instead of taking what's left.

McNair recalled situations where she faced racism in her hometown.

"My family has always been rocking the boat; my race and sex drive me," she said. She is disturbed by the fact that people believe that there is only one dominant standpoint to adhere to.

"Only a handful of people have power and this is disheartening," said Alena Everett, a senior. "We have the ability to take it back."

Becton urged students to make sure they are wholeheartedly committed to whatever cause they choose to fight for.

"Don't let us get divided by anything, be it fraternities, sororities or other organizations," she pleaded.

"The intention of the program was to let students voice grievances and concerns," facilitator Natalya Rice, a political science and sociology major, said.

An informational packet was distributed at the event delineating NCSU's administrative hierarchy. The pack-

et also contained information about the integration of African-American students. There was also a timeline of hallmarks including the creation of the African-American Cultural Center. The endnote advised students to define a fight for themselves and fight the power by staying abreast of campus issues.

"Students must pass the baton and leave the world better than they found it," Curtis Hill, chairman of the African-American Student Advisory Council told the audience.

Jontesca Debroux, a sophomore in political science, said many obstacles and situations need to be conquered by various ethnic groups through acts of solidarity.

"If we don't solicit the assistance of other groups of people, we are limiting ourselves," she said.

ORGANIZATION SPOTLIGHT

UNITING STUDENTS OF CARRIB. ANCESTRY

Uniting Students of Caribbean Ancestry is a Caribbean student organization founded in 2003.

Caribbean students at NCSU created USCA to unite students from diverse Caribbean backgrounds in order to enhance their social, academic, and personal development.

Additionally, USOCA aims to expose non-Caribbean students to Caribbean culture and traditions.

"USOCA was created because we recognized a need for Caribbean students, as a minority population on campus, to celebrate their culture and interact with each other in a social atmosphere," Ngozi Motilewa president of the organization said.

During the spring 2003 semester, USOCA conducted a Caribbean

cultural showcase in North Hall where they did a Caribbean dance performance, had cultural drinks, and spoke about Caribbean food, music, and dance. The group also participated in the annual international dance party held in Talley Student Center where they taught attendees how to dance Caribbean style.

USOCA membership is open to all students who are interested in learning about Caribbean culture or are of Caribbean lineage. USOCA meets on Thursdays biweekly in the Cultural Center at 6 p.m.

ORGANIZATION SNAPSHOT

president: Ngozi Motilewa
vice pres.: Erick Andrew
meets: Thursdays, biweekly

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Stay In Touch

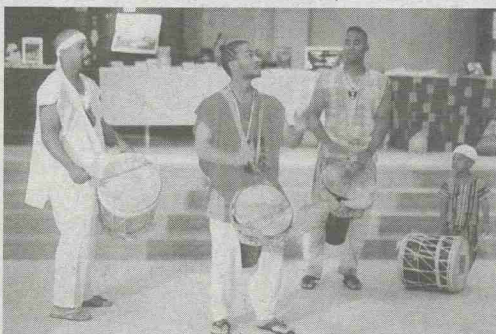
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