



# NUBIAN MESSAGE

Sentinel of the African-American Community

October 16, 2003

Vol. 11 | Edition 6

## Colonel takes charge of AACC, diversity

**Aniesha Felton**  
NEWS EDITOR

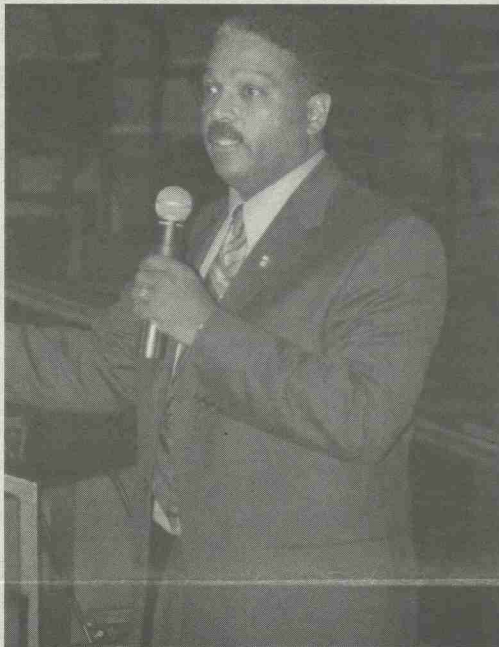
**• New Vice Provost of Diversity and African-American Affairs — the administrator to whom the Cultural Center reports — gets to know campus at diversity dialogue.**

"It's not about me, it's about us," said Jose Picart, vice provost for diversity and African-American affairs. "It's about where we're going and us coming together in the name of diversity," he said.

On Monday, Picart hosted a "Campus Dialogue on Diversity" in what he said was "an opportunity to get acquainted with me and for me to get acquainted with you."

Picart, who officially became vice provost of diversity and African-American affairs Oct. 1, shared what he could bring to the table, his approach to diversity and his vision for N.C. State.

He said he was attracted to NCSU because it was a



Greg Mulholland • Technician

Col. José Picart takes command of diversity issues at NCSU.

"world-class institution" and that with his background and experiences he could help it become a model for others to look up to.

"I hope that in five to ten

years other institutions will point to us and say they got it right," he said.

Picart emphasized both trust and the future during his introduction.

"In order to make this thing happen we need to trust and believe in each other or we're not going to get a lot done; with this trust we can move toward the future," he said. "It's not about the past—we know the legacy of the Jim Crow laws, but it's not about that, it's about the future and making us better and each other better," Picart said.

After his 10-minute introduction, Picart opened the floor for questions from students and faculty, the latter making up most of who were in attendance.

Comments and concerns ranged from NCSU declaring itself a diverse university to staff not feeling respected as far as diversity issues were concerned. Some in the audience said "we need to stop preaching to the choir" and bring in those who don't know what diversity is, who don't feel there is a diversity problem, or those who believe diversity is not relevant to them.

"The main ones who attend these forums are the

ones who sometimes need it least," said Andrea Cherry, a junior in Communications. "What we need to do is tell people that diversity pertains to them no matter what ethnic background they are from, what religion they are, or their sexual preferences—diversity touches all us some way," she said.

A major issue that was raised was whether to make diversity classes mandatory for faculty and for students. Some echoed each other saying if the campus wants students to understand and embrace diversity then there should be a certain number of programs that students must attend in order to graduate. As for faculty, Andrea Hernandez, a junior in mathematics, suggested seminars for both professors who are starting their careers and for "old" faculty members who need to be caught up with the changing times and ideas.

Discussion on losing one's identity and building up

PICART see page 2

## Study circles calm campus strife

**Aniesha Felton**  
NEWS EDITOR

**• "Study Circles" aim to bring campus together through conversation.**

With questions such as why does racism still exist, how does your personal behavior affect institutionalized racism, and what are your perceptions of other races, "Study Circles" fosters dialogue on race issues in hopes that people will leave changed.

"We don't really talk about diversity—that's not our premier concern, but we talk about race and ethnic issues on campus," said Beverly Williams, coordinator of Outreach and Education. "We hope that our discussions on race issues will lead to possible strategies for understanding it," she said.

Study Circles, in its third semester at N.C. State, has a vision to increase the understanding, appreciation, and celebration of different races throughout

campus and to provide the campus with practical recommendations for actions that will encourage equality.

This course, which started Oct. 1, is a five-week, two-hour program that consists of 8-10 faculty, students, and staff who freely share personal stories on their racial experiences and perceptions through a facilitated discussion. Williams maintained that this is not a debate.

"By no means is this anything similar to a debate—it is purely discussion," she said. "We emphasize thoroughly that we are to listen to one another and respect one another's thoughts," Williams said.

Williams also added that not only are the individuals to listen, but they are to listen without forming opinions or forming a rebuttal before the person has finished speaking. "It is an intimate circle—everyone who speaks will be comfortable sharing their views with no fear of being criticized or attacked," she said.

Although this semester has ten fac-

ulty and staff, Williams desires more students.

"I love to see faculty becoming interested in our program, but I desire more student participation," she said. "It would be mind-blowing to see the type of dialogue that would emerge from racially diverse students in discussion with racially diverse faculty," said Williams.

Williams said that with a mixture of people, "sometimes it is surprising to see different views on campus."

A goal of Study Circles, which began in Raleigh at the YWCA in 2000 and then made its way to campus, is for individuals to begin to understand why they, as well as others, hold the views they have.

"People are deeper than what you see," said Williams. "Their perspectives on race issues are due to so many factors and experiences. We try to listen to their story, to understand why they believe what they believe, and to learn

CIRCLES see page 2

## WHAT'S GOIN' N?

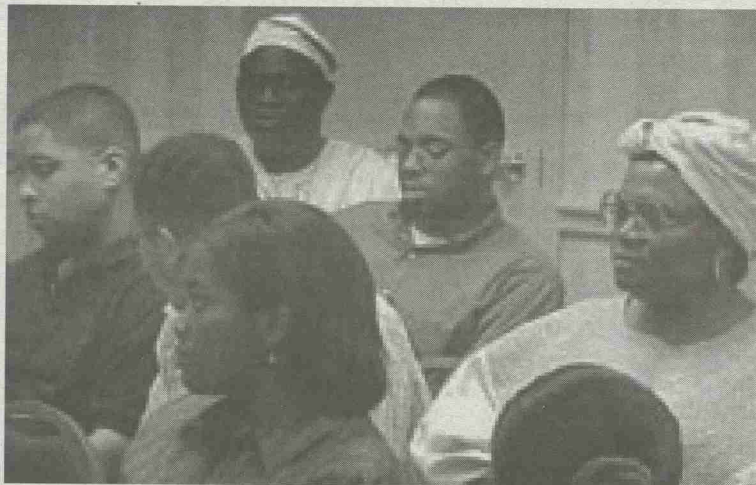
wgo@nubian.ncsu.edu

### HERITAGE DAY

Heritage Day is happening this weekend in the Cultural Center, running all day Saturday. This year is not the year to opt out. Use it or lose it.

### SAAC CLOTHES DRIVE

SAAC Clothes Drive from Oct. 19 – Nov. 1. All donations benefit Raleigh Rescue Mission. Drop boxes located on the first and third floors of the Cultural Center and throughout various dorms.



Students enjoying a lecture in the Cultural Center at some point in the past.

file photo

### CIRCLES from page 1

from them," said Williams.

Some African-Americans feel they are the only ones who have a perspective that people can learn from, Williams said. She noted that everyone, no matter what race they are or the trials their ancestors had endured, can learn from other races.

"I want through discus-

sions for people to say, I never knew that or I never thought about it that way," said Williams. "We aim to provide understanding; we want you to leave more educated, more aware, and more motivated to change or improve race relations," she said.

Williams said that this program is for those who want to make difference, those who constantly say

that "this campus aint right," those who don't think racism exists, and those who want to make a change.

"This is an opportunity for individuals to share their voice, for the group to unite their voice, and then for the community to hear our voice so that we can formulate practical recommendations for actions that will encourage equality," Williams said.

father was killed by guerillas who cultivate cocaine.

"The Colombian government uses its foreign aid to fortify its army, while murdering its own citizens," she said. "Corporations take advantage of this broken state of affairs by coming in and taking land from these disenfranchised citizens." Becarra contends that most of Colombia's strife is due to trade with and the well-being of the United States. "Americans' appetite for drugs and Coca-Cola fuels the corruption of the

Columbian government," she said.

Tysha Shaw, a junior in Criminology, said that after attending the lecture, she will no longer patronize Coca-Cola products. "I have a greater understanding of the problems faced by others of African descent around the world."

"It was a true eye-opener to the problems faced by Afro-Columbians," Elisha Pope, a senior majoring in information design and multi-disciplinary studies said.

## Picart takes charge

from page 1

groups at the expense of others were also addressed.

"I believe we should have a multicultural event which celebrates all cultures, but at the same time I am not advocating losing your identity," he said. Celebrating our heritage is just as important as celebrating or embracing others," Picart said.

Picart, who is a native of Puerto Rico and grew up speaking Spanish, has lived in Europe for nine years, was involved in the Native American culture for 10 years, is married to a Jewish woman, and has experience in leading a diverse group of people because of his 28 years in the army, defines diversity as an inclusive community of people who are different and use the differences to make each other and the community better. The parts of this community include: religion, gender, ethnicity, sexual-orientation, and single-parent homes, according to Picart.

"He is a very unique man," said Thomas Conway, interim vice-provost for enrollment, management, and services. "His experience, his temperament, and his knack to listen well made him best fit for the job," he said.

Conway felt that because there was no motivating crisis, a potential explanation for the low turnout, he said that those who came were involved in something necessary.

"This discussion was necessary because it allowed him to feel us out, while we did the same for him," he said. "I believe that this is an exciting time to have this discussion because of what is going on [Hispanics population growing and gays finding their voice, according to Conway], but the key is whether these discussions will continue outside this theater-this is how things can really get started," he said.

Chery said she attended because she wanted to take this information back to her campus organizations. She noted that these types of discussions are what NCSU, faculty, and students need.

Picart closed by saying "I am here; I want you all to come to me and believe that I will listen, will discuss, and will try to improve the various circumstances that affect diversity," he said.

Questions? Comments?  
news-ed@nubian.ncsu.edu

### COKE from page 1

supports efforts to dismantle the drug trade in Columbia as a means of ending the war. "We believe that another way to solve the problem is to have dialogue between the warring factions," said Becarra. She said she travels the United States asking Americans to persuade Congress to vote against military aid for Columbia. She believes Columbia's president is more concerned with vengeance than equity - his



## NUBIAN MESSAGE

Sentinel of the African-American Community

372 Witherspoon Student Center  
Box 7138 NCSU Raleigh, NC 27695

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

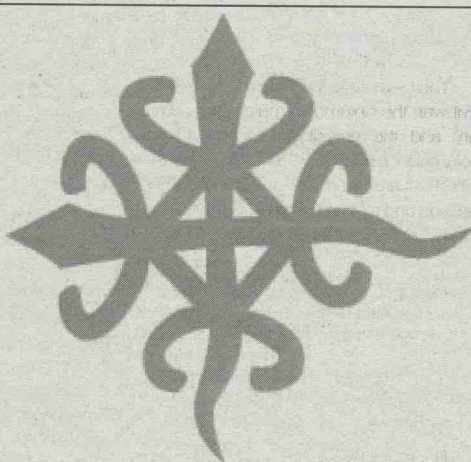
Mary Garrison	ARTS&ENTERTAINMENT	Ursula McLean	SPORTS
Davin Van Eyken	CULTURE	Adam Attarian	CHIEF PHOTOGRAPHER
A. Michelle McLean	MIND,BODY&SOUL	Menes Kedar	WEBMASTER
Aniesha Felton	NEWS	Johnathan Brunson	OPINION

EDITORIAL/ADVERTISING 919.515.1468

INQUIRIES/FEEDBACK response@nubian.ncsu.edu  
WEBSITE www.nubianmessage.com

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

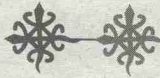
Dr. Yosef ben-Yochannan • Dr. John Henrik Clark • Dr. Leonard Jeffries • The Black Panther Party • Mumia A. Jamal • Geronimo Pratt • Tony Williamson • Dr. Lawrence Clark • Dr. Augustus McIver Witherspoon • Dr. Wandra P. Hill • Mr. Kyran Anderson • Dr. Lathan Turner • Dr. M. Iyailu Moses • Dokta Toni 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.



October 16, 2003 • Nubian Message

## Coke, coca drive Colombian war

**Davin Van Eyken**  
CULTURE EDITOR

• The people of Colombia are suffering at the hands of corporate greed and personal vendettas, according to speaker.

Faceless victims to an apathetic and avaricious government, civilians are murdered on a regular basis if they do not participate in the cocaine business.

Luz Marina Becerra, an Afro-Colombian woman from the Colombian province of Chocó who was forced from her home and subsequently fled the country, spoke to students in the Cultural Center last week about her experiences with her country's government.

Becerra said most of the world does not know that the United States has been supporting a civil war in Colombia. "Eighty-five percent of U.S. funding going to Colombia is going toward the military," Becerra said, while the rest is allocated towards social aid. She said both the Colombian military and the paramilitary bomb Colombian civilian communities.

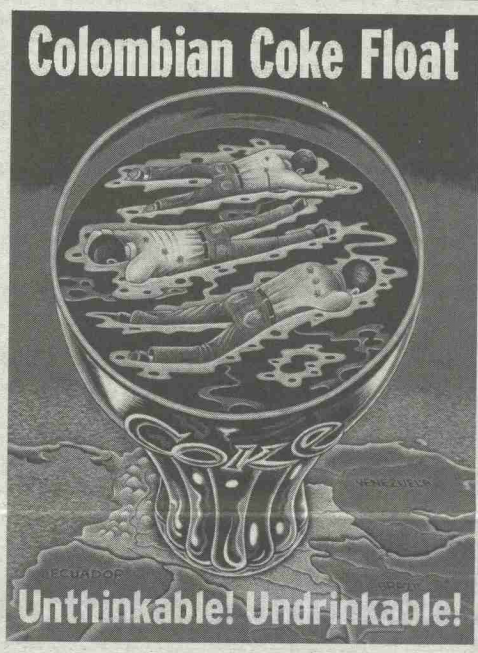
There are three factions in the Colombian civil war: the Colombian military, the paramilitary and the guerrillas. Becerra said the Colombian military and the paramilitary are linked. All are vying for power and control of the land and resources. Becerra said the president of her country calls "pioneers for human rights" in her country terrorists.

The United States is providing the Colombian government two billion dollars per year to help fight the "war on drugs," but Becerra said when the United States gives Colombia this money, "it is inadvertently supporting the exploitation and displacement of citizens."

Her brother was killed because he would not let the guerrillas enlist his children.

Becerra said that part of what her country needs is social investment. Young people join the various factions in the war looking for a steady income. She said she hopes that by educating people about the plight of Afro-Colombians, the world will come to better understand the complexities of their situation.

"We struggled for many years to get a law wherein people could get their own land titles," Becerra said, but as soon as they got the land, the displacement began. Producers of cocaine who work closely with the government force people to leave their land so it can



be used to produce cocaine, she said.

Multinational corporations also benefit from the seizure of inhabitants' land, Becerra said. "Corporations like Coca-Cola come in and reap off of the cheap labor and lax restrictions on pollution in the area. The Coca-Cola Company hired the paramilitary to kill union leaders who demanded workers' rights," she said.

The United States sprays the coca crops with "Ultra Roundup" in an effort to destroy the plant. Coca leaves are the base material used in cocaine production. Becerra said these herbicides destroy subsistence level farms, kill animals, and in severe cases, people - women sprayed with the herbicide give birth to deformed children.

Becerra said she would solve the problem by introducing some cash crop into Colombia to supplant cocaine. "Cocaine reproduces rapidly and some land that was used for subsistence level farming is now used for cocaine crops," she said.

Over two million Colombians have been displaced by the war, but the Afro-Colombians have tried to create mechanisms of resistance. "We have been working through grassroots, with some help from NGO (non-governmental organizations)" Becerra said. "We certainly want to return to our homelands with safety and dignity - neither of which is currently provided"

The Congressional Black Congress

COKE see page 2

## Kappas help students get resumes in order

**Davin Van Eyken**  
CULTURE EDITOR

There's a myth circulating that if a resume is on a special type of paper, it gets more attention. A human resources representative from the second largest company in the world says it's not true. "Employers always seek content over aesthetic quality," Latisha Hamilton said.

It's not the paper that counts.

Kappa Alpha Psi Fraternity conducted a series of workshops last week, focusing on getting college students ready for "the real world," life after college.

"You've got to do something to make yourself stand out," Latisha Hamilton, the guest speaker from General Electric said. "Employers want a quick view of what a person is about."

Hamilton works for GES Human Resources department and is a certified public accountant.

Employers always look for education, she said, and suggested that students always include their GPA. "The absence of a GPA indicates to the employer that it might be low," Hamilton said, and a low GPA should be explained to a prospective employer.

The career objective is important, she said. An employer needs to know how someone can fulfill the needs of the company. "What are you looking to do" is the question a student should ask themselves," Hamilton said.

Work experience can be worth more to a potential employer than GPA, Hamilton said, because leadership skills are essential to obtaining employment. "One of the most critical skills to have is leadership," she said. Employers are looking for job experiences that helped a candidate evolve in their major.

She suggested ways to improve a resume's work experience section. This por-

tion of a resume gives an employer insight into the life of a candidate, she said. Employers need to see that the candidate can balance social activities and maintain consistent grades.

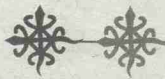
Hamilton told students to make sure that references are available. "Employers have to make sure a person has character and is dependable," she said.

There are many ways to format a resume, but Hamilton suggested students keep theirs one page long. "An employer needs to be able to flip through it quickly due to high volumes of prospective candidates," she said. Students should make sure all sentences are in the same tense for each job description. Always list the most current job first, and follow that with other occupations that express well-roundedness.

Cultivation of a savvy cover letter should be a top priority for students. It gives an employer a brief overview of who a candidate is and what they want out of a career. Hamilton said she remembered the students who sent their resumes to her several times via email. "If you have a connection within the company, work it and as many avenues as you can, be persistent as possible."

Selection for an interview is half the battle. "You want to know as much as possible about a company before the interview," she said. Hamilton suggested students brainstorm about their own critical accomplishments and even failures in preparation for answering questions at the interview.

Though most interview questions are open-ended, Hamilton said some companies focus on special characteristics and that students should know about the company and what the company may be looking for in a successful applicant to best deal with the circumstance. skills," she said.



# 4

# MIND, BODY & SOUL

October 16, 2003 • Nubian Message

## Confronting depression in the black community



**Miranda Houston**  
STAFF WRITER

Thirty-four million people identify themselves as depressed, according to a study published in the scientific journal *Psychology Today*, and six percent of those are African-American.

African-Americans seek treatment at a rate only half that of whites. In particular, only seven percent of black women who suffer from depression get help compared to 20 percent of women in the overall population.

So what does it mean to be depressed? Depression is a mood disorder and medical condition said to run in families.

It is usually triggered by stressful situations or lack of social support, and has the propensity to recur. Women tend to be diagnosed more often than men, but men have a tendency to choose suicide as a means of overcoming depression, according to the study.

Depression is classified according to severity and duration. For example, a person might be diagnosed as having mild, moderate, or severe depression with an acute (sudden) onset or experience chronic (on-going or long lasting) episodes of depression.

Depression usually lasts two weeks and includes five or more of these symptoms:

- Impaired concentration, memory, or decision making.
- Change in eating and sleeping habits
- Loss of interest in things one once enjoyed
- Difficulty going to work or taking care of daily responsibilities
- Feelings of guilt and hopelessness (wonder whether life is worth living)
- Slowed thoughts and speech, or no speech
- Preoccupation with thoughts of death or suicide.

Why do blacks in particular suffer from depression? It could be that our

community is inundated with trauma, stress, poverty, and violence. The black community suffers depression because we see and are involved with more aggressive atmospheres than any other group. We live in constant poverty, which leads to pervasive and continual stress. This type of stress can lead to physical manifestations in the body, such as headaches, hypertension, and lower back pain.

In African-Americans, these manifestations can be symptoms of a greater problem, and that problem is depression. For the most part, we don't admit to having feelings of despair or even entertain the idea of possibly having a mental illness. Why? We've come to believe that it's our responsibility to, without complaint, deal with the daily trials life sends our way. Many may also believe that a mental illness diagnosis can be used as yet another way to negatively stigmatize and degrade us.

Is there a remedy? First and foremost, seek help! We as a people

need to understand our limitations. We can't bear the weight of the world on our shoulders and it's not our responsibility to! We need to establish what is right and beneficial for our betterment in a society that makes it a policy to marginalize the black community.

Second, we need to start taking care of each other. Formulate support groups for areas of need in our community. We need to teach and encourage respect among each other. For example: stop hating others' success and achievements. We need to look for mentors and role models in all areas of life within our community.

Third, we need to encourage and support entrepreneurship in our society. We need to circulate money in our own neighborhoods so that we may lift ourselves out of poverty. We need to teach effective life skills so that we can learn and know how to cope with adversity in life. We need to be taught technical, vocational, and

DEPRESSION see page 7

## Breast Cancer: A Leading Killer of Blacks



**A. Michelle McLean**  
MBS EDITOR

Cancer is "a malignant tumor of potentially unlimited growth that expands locally by invasion and systematically by metastasis," the American Cancer Society says. It occurs when cells in a particular area of the body begin to grow and divide uncontrollably. When this happens, a tumor, or mass of tissue, forms. If the cells that are growing fail to function like normal body cells and are considered abnormal, the tumor formed is called malignant or cancerous.

Because cancers are named after the area of the body from which they originate, breast cancer begins in breast tissue. Not limited to this particular area, breast cancer, like other cancers, can spread to and form in other parts of the body by a process called metastasis.

Researchers have not yet discovered a specific cause of breast cancer. Certain risk factors exist, however, that may increase one's chances of developing the disease. Genetic factors, health history, age, and diet are possible contributors to this risk.

The American Cancer Society says

socioeconomic status and obesity play major roles in this risk as well. Researchers believe lower survival rates and higher mortality affect those of lower socioeconomic status due to lack of education, income, health insurance coverage, and limited access to health care, the Cancer Society says.

Obesity, a major risk factor, is linked not only to an increased risk for breast cancer, but also several other medical conditions such as diabetes, heart disease, and cancers of the kidney, colon, gallbladder, uterus, and esophagus. In 2000, 77 percent of African-American women and 59 percent of African-American men were overweight, including 50 percent of women and 29 percent of men who were considered obese.

Breast cancer is the most common cancer diagnosed in American women, and specifically among African-American women. It is the second leading cause of death by cancer among both, after lung cancer. An estimated 20,000-31 percent of African-American cancer cases will be diagnosed as breast cancer in 2003. 5,700 of those diagnosed will die from the disease. This type of cancer is also the leading cause of cancer deaths in women age 35 to 54. Researchers estimate the mortality rate for this particular group could decline

by 30 percent if all women age 50 and older received a mammogram.

Knowing the warning signs of breast cancer is critical to catching the disease early and receiving proper treatment. Performing monthly self-breast exams and paying close attention to any changes in the breasts are key in noticing warning signs whether obvious or not. These warning signs include changes in the size, shape, or consistency of the breasts, leakage of bloody or clear discharge from either nipple, changes in texture or appearance of the skin of the breast or nipple, lumping in or near the breast or underarm area that continues past the menstrual cycle, the formation of a mass or lump that feels about the size of a pea, redness of the skin on the breast or nipple, and a noticeable difference in an area of the breast that contrasts from the rest of the breast. Self-breast exams performed regularly and consistently should aid in detecting any or a combination of these warning signs. These exams are crucial to keeping women aware of normal changes in addition to any abnormalities that may occur in the breasts.

There are four distinct types of breast cancer. "Invasive ductal carcinoma," accounting for 80 percent of breast cancers, is the most common

# Breast Cancer Awareness Month

# Tips for controlling rush hour road rage

**Melissa R. McLean**  
STAFF WRITER

The heart is pounding. Breathing almost halts. Muscles spasm. The stomach, neck, and back cramp. Vision begins to fade. Feelings of anger, violence, revenge, fear, and paranoia arise. These are just a few examples of the negative reactions triggered when driving in traffic.

Driving involves events and incidents. Events are normal maneuvers such as stopping at a red light or changing lanes, while incidents are unpredictable like missing a turn or being insulted by another driver. Such events and incidents create psychological triggers that may produce powerful feelings and/or irrational thoughts. Predictability, unpredictability, and a driver's social factors, such as personality, gender, education, and age, conflict with each other to create emotional stressors that may cause hostility when driving.

How can hostile behavior be reduced while driving? According to the study "Dealing with Stress and Pressure in the Vehicle: Taxonomy of Driving Behavior: Affective, Cognitive, Sensorimotor," measures have been taken over the years that have made significant improvements, reducing

deaths and serious injuries from accidents.

Although there has been a reduction, two opposing forces seem to operate: external environmental measures for greater safety and internal individual factors that maintain high risk.

More and better roads, design of better and safer cars, better medical emergency services and law enforcement, mandated driver education, more sophisticated transportation systems, and reduced rates for safe drivers have all aided in the reduction of deaths and injuries due to traffic accidents.

But at the same time, the competitiveness to get ahead, pressure and mismanagement of time, inadequate training in emotional self-control, and drivers' attitudes in balancing risk and safety contribute to the rate of deaths and injuries remaining high in spite of the introduction of safety improvements.

There are 15 known "conflictual" aspects of driving that act as stressors, the study said.

- Regulation - Driving is regulated by laws that must be followed, such as a speed limit. Drivers are responsible for knowing and obeying these laws, and the imposition of tickets and

finer may arouse rebellion in some drivers causing them to disregard what seems wrong to them.

- Diversity - There are hundreds of millions of drivers in North America who vary in experience, knowledge, ability, style, and purpose for being on the road. These social differences decrease predictability when drivers don't behave according to the expected norms. Diversity increases stress because it creates more unpredictability when driving.

- Multitasking - Activities such as eating and talking on the phone affect the alertness and focus of the driver. Multitasking increases stress by dividing the attention of the driver between his activities and the road.

- Denying Mistakes - Driving habits are created over time and become automatic. Drivers tend to overlook their mistakes and exaggerate their skills. Complaints from passengers or other drivers are seen as unwarranted. This denial allows drivers to feel self-righteous or indignant at others, sometimes enough to want to retaliate, adding to stress levels.

- Lack of Training in Emotional Intelligence - Traditionally, driver education consists of acquainting students with general safety and then supervised hands-on experience

behind the wheel or on a simulator. Sound judgment and emotional self-control is not trained. This means that most drivers are untrained or under-trained in good habits of thinking and judgment as well as in attitude and motivation. Drivers thus lack the necessary coping abilities such as how to cool off when angered or how to cooperate with traffic and not hinder it.

Ways in which drivers might overcome such stress and rage on the road should be greatly considered. One might try avoiding aggression, becoming more supportive of themselves and other drivers.

Care about the feelings of passengers and other drivers. Realize and predict the consequences of actions taken while driving.

Enjoy the drive and scenery, and find the good things in driving like comfort and convenience. Be fair to other drivers by taking their perspective. Be calm, remain patient, and recover quickly if angered by another driver. Observe mistakes and consider the mood when it was made. Pay attention and be alert.

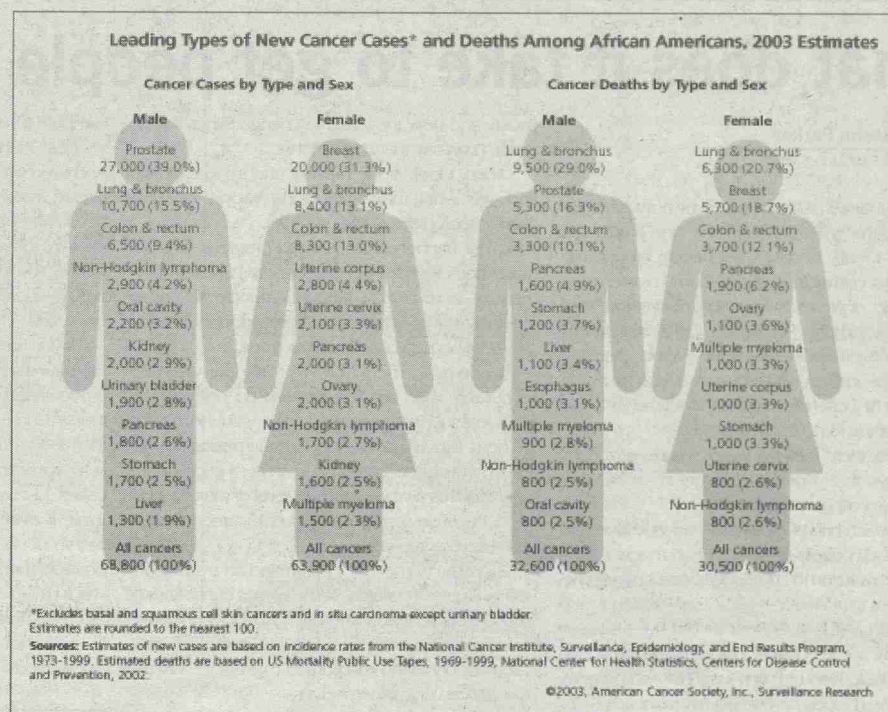
Overall, risk and self-assessment while driving will greatly reduce stress and the likelihood of accidents and injuries.

form. This cancer begins in the milk ducts and attacks the breast's fatty tissue.

The most curable breast cancer is "ductal carcinoma in situ." This type of cancer is the earliest stage and is limited to the milk ducts, its point of origin. "Infiltrating lobular carcinoma" begins in the lobules of the breast where milk is produced and spreads to nearby tissues or even other parts of the body. This type of cancer accounts for 10-15 percent of breast cancers. The last type of breast cancer is "lobular carcinoma in situ." Its location is limited to the lobules, but it indicates an increased risk of developing breast cancer later. Persons diagnosed with this type should have regular breast exams and mammograms.

Within the various types of cancer are stages or levels of severity. In the early stage, stage zero, of ductal and lobular cancers, the cancer is restricted to the breast and lymph

nodes and other areas of the body. Stage one breast cancer, the tumor measures an inch or less and is limited to a specific area. Stage two involves a situated tumor larger than two centimeters across, or one that is less than or equal to five centimeters in diameter that includes lymph nodes in the underarm area testing positive for cancer. Advanced cancer entails definite metastasis to surrounding lymph



nodes and other areas of the body. Stage three is divided further into two separate stages. Stage three-A is when the tumor has grown to five centimeters or larger and has spread to nearby lymph nodes and surrounding tissue. Stage three-B is a tumor of any size

that has not only spread to nearby tissue, but the skin and chest wall as well. Stage four is when a tumor has spread to areas such as bones and lungs.

Because cancer is such a serious matter, it is essential that we learn as much as we possibly can

about it. For women especially, breast cancer is an issue that must be thoroughly understood and about which we must remain informed. Armed with this knowledge, we will all have an advantage in maintaining a sound body and lifestyle.



# Yo Bush, did you forget about Liberia?



**Johnathan Brunson**  
OPINION EDITOR

"Unequal Diplomacy" in October's issue of Source magazine began with the comment, "It's no secret that the United States practices two kinds of foreign policy-one for African nations and another for European and oil-rich countries."

Mr. George W. Bush took his five-nation, five-day trip to Africa promising \$15 billion for an AIDS campaign in unstable countries such as Zimbabwe and Liberia. So where is this money he promised? The \$45 billion Bush recently requested from Congress - the first time around - to aid in the reconstruction of Iraq makes \$15 billion look like chump change for Africa.

New York University professor Manthia Diawara said in the article "The (Bush Administration) wants to get kudos for giving money for AIDS, but they are not really serious about doing anything in Africa."

I agree with this statement due to the fact I have not seen the United States do anything for any country from which it did not stand to profit. The United States has yet to prove to me that it can go into a country, provide aid, and leave without taking any of that country's resources from which it might garner some economic gain.

Bush is out to help no other country but the United States - the goal of the United States as a capitalist society is to gain what it can, while the country it's supposedly helping will lose what it has.

During Bush's five-day trip to Africa, he visited slave castles and called slavery a "sin." He did not mention his own sin of promising 15 billion desperately needed dollars toward halting the AIDS epidemic in Liberia and Zimbabwe and not delivering, at the cost of a generation of lives.

Thousands of people have already died in Liberia, and the United States has expressed no concern about the loss of so many lives. If

Bush really cared about Liberia and the death toll there, he would have sent that "liberating" invasion force to Liberia rather than Iraq.

The article also said "The U.S. position should show a higher moral authority by saying: this situation is horrible, what can we do to help?" Salih Booker, executive director of Africa Action in Washington D.C. said "Young people raising their voices would demonstrate they are paying attention to what the U.S. government is and is not doing in the world."

As a person concerned about what is going on with Liberia, Iraq, and other countries around the world, I will raise my voice to speak out and be heard about the many international issues going on.

Bush went to Africa and mugged in front of the cameras while shaking African students' hands and making empty promises why? To strengthen his hopefully precarious position in the 2004 presidential elections.

The fact that everything he

claimed to do so much of for Iraq and Liberia has not been backed by proactive action tells me that we African-Americans need to be proactive in response to his empty promises when he's up for getting himself legitimately elected next November.

My challenge to African-Americans reading this column is to speak out, vote, and make your voice heard. It is important that we all as African-American people read as much as we can and become more aware of local and national issues.

Too many of our ancestors' and elders' lives were lost in the fight to read and the right to cast a vote for us all to sit around and not read a book or turn in our ballot.

Vote. Make a difference.

As a people, let us read and vote, because those are the only tools we have to achieve the objective our forefathers, lead by Martin Luther King, stated so clearly: "We shall overcome!"

An axe to grind with the "president"?  
op-ed@nubian.ncsu.edu

# What does it take to get people involved?



**Lakesha Parker**  
BLAST FROM THE PAST

I hope that we all have learned by now that there is more to the college experience than studying. I know that I really do not want people around me who always complain that they don't have enough things to do. If we must have that discussion, then I would say simply, "Something just is not right." I know for myself that there is plenty to do. And if all else fails, this individual could always look for a part-time job to fill those vast hours in which he feels that he has nothing to do but loaf around.

Oh yes, there is plenty to do. There are a number of ways that a person can get involved, right here on this college campus.

Which brings me back to my question: Do we, the black people at NCSU, need a new movement or a revolution to come together and get something meaningful done? Has it really gotten to the point that I can't look at your face if I am not surrounded by some collards, chicken, and the ghetto fabulous drink, Kool-aid? (I'm just using some common southern foods here to get my point across.)

I think we do.

We need a movement, a revolution or something to wake us up. The one thing that I find startling in our community (although it is present in other communities as well), is that when it is time for business, only a few of our people show up.

But when it's party time, everybody tries to make their presence known. Maybe, I'm just stuck in the past, but when I notice the patterns in the past, and how people used to work together for a common

cause, and how they tried to change things for the better, I can say that I admire that.

Then, I look at the present and try to examine and see what may have gone wrong, or what change took place to get us so lax.

What happened to stall the progress that we made back then? Is it necessary to have a movement or a revolution for black people to gather together? Is it possible to lure black people to a good cause without involving food or music?

It seems to me that if we think that we have something, then we feel that we do not need to work together with others, or deal with those who we don't like. Whatever happened to putting our disagreements aside, so that we can get the job done? (That requires a whole different level of maturity right there, because some of us haven't learned how to agree to disagree yet.)

It seems to me that if I can't find an event that's uplifting a pot of collards, some pieces of chicken, or a couple of pitchers of Kool-aid, that black people are nowhere to be found. I speak not about the dedicated minority who rush out to make sure that the majority can enjoy themselves.

Maybe I should stop being so general, and bring it down to earth so that you can understand. When I attend lectures in the Cultural Center, I have to ask myself time and time again, "Where are all of the black people?" When I see the small number of people on the Black Students Board, I ask myself that same question.

I don't know about you guys, but when I look around, I see the same 60 or 70 black students trying to prepare events for about 6,900 students on

campus. (If you want to include the sororities and fraternities, then you'd see slightly higher numbers.) And even with the fact that these same 60 or 70 people are working to prepare fun activities while some of you are sitting on your arse, some of you are just too lazy to attend the events, which makes it even worse. You know the only way to truly feel like you belong somewhere, is if you get involved in what's going on.

If you haven't learned that fact by now, then you have lived a pretty miserable life. If you would like to prove that black folks can work together even though there is no movement taking place now, then look at the "What's Goin' On?" column to see how you can take part in helping out, or in some cases, just by showing up would be good too. Just think, if everyone attended at least one lecture a month or volunteered for one event, or ran for one position, then at some point, all of the black people would meet each other. Shocking, isn't it?

"The person who says that it cannot be done, should not interrupt the person doing it." Anonymous

Lakesha wrote for us back in 1999, but it doesn't look like things have changed much, huh.  
op-ed@nubian.ncsu.edu

**Heritage Day. Saturday.**  
**Cultural Center.**



NUBIAN MUSIC REVIEW

## SPEAKERBOXXX/THE LOVE BELOW

The hot Atlanta duo is at it again with their latest release, "Speakerboxxx/The Love Below." Disc 1: "Speakerboxx" is Big Boi's collection of hot beats and clever lyrics. Disc 2, "The Love Below" is Andre's set of soulful melodies and thought-provoking rhymes. Released last Tuesday, the double-album features potentially-classic tracks.

Since "Southeplayalistic Cadillacmuzik," OutKast has been constantly evolving and changing into one of hip hop's greatest groups. Though Big Boi and Andre 3000 are quite different, they nonetheless hold the same bond of making great music-together or separate.

The double CD is a reflection of their differences as artists. Each CD is a personal expression and extension of each artist. "The Love Below" is something of a love story narrating Dre's inner thoughts; his sentiments and his ups and downs with love. Opening with the track "Love Hater," Dre proclaims "Everybody needs someone to rub their shoulder/ Scratch their dandruff/ And everybody needs to quit actin' hard and shit/Before you get your ass whooped."

The story continues with love melodies such as "Prototype" and "She Lives in My Lap," which show admiration to his love interest or significant other, figurative or authentic. The tale gets tricky in "Roses," when Dre exposes some of the pathologies of

women.

Andre 3000 sings, in "Roses": "Caroline, she's the reason for the word bitch/she needs a golden calculator to divide/ the time it takes to look inside/ And realize real guys go for / Real down to Mars girls."

"The Love Below" is Andre's testimony to the world of his talent as an artist. Unlike most artists, 3000 gets very personal in songs like "She's Alive," which is an ode to his mother paying homage and addressing her struggles as a single mother raising a son. The CD ends on "A Day in the Life of Andre Benjamin," which summarizes the story of his career as an artist. The tale speaks of major events from his music career, to his personal life.

On the front cover, Antwan Patton, known as Big Boi, sits in a high-backed straw chair, clothed in fresh Timberland boots, jeans, white T-shirt, and "pimped out" fur coat. On the inside cover, Big Boi seems to be staring right at you, blunt in mouth, smoke spreading out of and around his face. The photography of "Speakerboxx" seems to capture his expression as an artist. Speakerboxx, Big Boi's creation, is a reaffirmation of his lyrical talent.

The double CD features: Speakerboxx - exclusively songs by Big Boi, and The Love Below - Andre's collection of music. — Mary Garrison, A&E Editor

**DEPRESSION** from page 4  
professional skills so that we can have comparable skills to function in an ever-changing society.

Finally, we need to rebuild our culture. We need to celebrate the accomplishments of our community. We to redefine and redevelop our sense of self so that others will know who we are and what we represent. We need to accept our differences from others and embrace those differences, for they are what make us

special.

Our quest for integration and the process of assimilation into the majority culture has lead us to a world where we dominate in the rates of this disease or that disease. And through it all we have yet to achieve respect, understanding, and acceptance. Therefore, we must learn to accept and appreciate what we have been created to be, and then we will no longer be just black and depressed in America.

## Cabaret enjoys successful run

The second production of the University Theatre season, "Cabaret," recently had its final curtain call in Stewart Theatre after running for six performances, which included a preview night that was free of charge to all audience members.

Cabaret, a musical production, is a well known Broadway show, and has picked up many Tony Awards, including one for Best Musical.

Set in Berlin, Germany, during the 1930s and the Nazis' rise to power, the show is a highly political interpretation of the times, confronting several controversial social issues - Nazism, anti-Semitism, sexual preference and abortion, to name a few.

"Cabaret" plays out during the "calm before the storm" of World War II, with Hitler and his Nazis providing a backdrop to the play and its characters. But in spite of that growing menace, the Master of Ceremonies, played in this production by Dan Seda, urges the people to come to the "Kit Kat Klub" where "life is beautiful."

The play primarily revolves around an American, Clifford Bradshaw, and his relationship with an English woman who headlines in the famed Kit Kat Klub, Sally Bowles (played by Katie Flaherty).

John McIlwee, Director of University Theatre, and his assistants cast and produced a high quality show. There was a variety of talent to be shown off during Cabaret and McIlwee made it appealing to all. With veterans such as Katie Flaherty and Kate Isley



returning along with a host of new talent, McIlwee was able to craft a high energy, professional production.

Cabaret can be very difficult to perform due to requirements for scantily clad actors and its somewhat raunchy content. However, everything from the lighting to the acting and the orchestra meshed into a cohesive, enjoyable whole. The actors' abundant energy kept the show from dragging and kept the house packed - Cabaret was able to pack the house each night and even sold out of the 800+ seat Stewart Theatre on a couple of occasions.

## Stay In Touch

### Important Nubian Addresses and Phone Number

Editor in Chief  
Managing Editor

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

News  
Opinion  
Culture  
Health and Beauty  
Arts and Ent.  
Photos

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

Response/Letters to Editor/Feedback  
Press Releases

response@nubian.ncsu.edu  
pr@nubian.ncsu.edu

Tips (anonymity maintained)

tips@nubian.ncsu.edu

Events

events@nubian.ncsu.edu

What's Going On (Calendar)

wgo@nubian.ncsu.edu

Phone: 515-1468

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

# WANNA MAKE A DIFFERENCE?

*We're looking for you!*

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...

That's **28** times throughout the school year!

*Hence,*

We are looking for eager

*photographers,*

*writers,*

*copy editors,*

*reporters,*

*and salesmen,*

on both a  
volunteer and paid basis.

## CALL FOR APPLICANTS [TO JOIN THE SENTINEL OF THE AFRICAN-AMERICAN COMMUNITY]

Get in touch with us now! What are you waiting for??

### publication schedule:

September 5, 11, 18, 25  
October 2, 16, 23, 30  
November 6, 13, 20  
December 4  
January 15, 22, 29  
February 5, 12, 19, 26  
March 4, 18, 25  
April 1, 15, 22, 29

[p] 919.515.1468

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