



Nubian Message

November 23, 2004 • Volume 12 • Issue 11

SERVING N.C. STATE'S AFRICAN-AMERICAN COMMUNITY

Picart speaks at AASAC Meeting (pt.3 Budget cuts and dispersing of tuition)

Both budget issues and the phasing out of the SPACE program of the African American Cultural Center (AACC) were discussed by Vice Provost for Diversity and African American Affairs, Dr. Jose Picart, Friday, Nov. 12, at an AASAC meeting.

Many student leaders attended the meeting and expressed their concerns for the needs of the AACC as well as the student's needs for the support of the SPACE (Saturday Program for Academic and Cultural Education).

"The Council voiced a vehement concern about the sustainability of the programming of the center functioning off of disproportionate budgetary cuts," says Faith Leach, president of AASAC.

At the meeting, Picart presented a PowerPoint presentation of his projected numbers, which included his reasoning behind making certain budget cuts. Picart said that the AACC took a great amount of the budget cut because it has almost 90 percent of the OVPDAAA's operating budget. Picart showed that \$7,500 was his overall operating budget and that the budget for the AACC was more than \$70,000. Yet he was reminded by student leaders in the meeting that a budget cut must include the total budget of the office, which is over \$800,000.

"Picart stated that certain programs within his office were not given a budget cut because diversity grants for colleges, Human Rights Week and others are targeted by the administration," said Curtis Hill, a senior in Political Science. The administration allots funding for certain programs such as MLK, Picart's dialogue on diversity and other diversity programs. The target programs did not receive a budget reduction, while the AACC took on a disproportionate percentage of the cut from the OVPDAAA.

Picart did explain that his office will replace some, but not all of the budget cuts in the AACC. The amount of money to be reinstated will depend on money available from the state appropriated funds after talking with the Provost. Also, money that is left over after paying for two employment searches will help to offset budget cuts.

Picart said that his office would also "seek permanent funding for operating and maintaining the AACC library and electing a professional librarian." Developmental assistance was given to the office after obtaining funding from outside sources for the AACC's art gallery, acquisitions, programming and other necessities.

CONTINUED ON PAGE 2

Alumna Entrepreneur Speaks

MARTIA SHARPE
News Editor

Christian campus organization, OneTern Internship Program was the host for guest speaker, Michelle Barrow, the founder and CEO of Keaton-Barrow Realty Inc. on Thursday, November 18, 2004. Enthusiastic about her present career, Michelle Barrow is a successful black female realtor.

Currently, Barrow is married with two children: a son, age 12 and a daughter, 10. Her company's office is in Raleigh, NC and as many as twenty-eight agents have worked for her. She teaches real estate as well. Another factor of her success is that she owns more than her own business.

"I have purchased houses and I do have rental property," says Barrow.

Though she is enjoying what she does now, Barrow admitted that she had never originally planned to become a realtor. She graduated from N.C. State University with a degree in Chemical Engineering and she

says that the field was "alright." After graduating, she obtained a job as an Environmental Engineer, making a lot of money. Barrow says that with the job, she had her own lab office and was one of the highest paid engineers in NC. She left the job. Barrow has worked for the government too, but she left after a short while too because she had something else in mind. Before graduating, she had said within herself that she never wanted to work for anyone for more than five years. She explained that she never liked working for other people. She wanted to be her own boss all along. Barrow had happened to have a realtor's license that she received from Wake Technical Community College, stepped out on faith and started her own business.

She made it clear that she is not afraid to let her clients know who she is. She posts her picture everywhere and is proud to let people know that she is an African American realtor. She admits that after meeting potential clients in person, her skin color affected whether or not they decided to pur-



Michelle Barrow courtesy photo

chase property and homes. Still, Barrow feels that is no matter. She will continue to do what she is doing and she is letting nothing discourage her.

Not only did Barrow share about things she has done to become a successful leader. She gave wisdom and advice on habits to create and smart decisions to make while you are now

CONTINUED ON PAGE 2

Student Groups Receive Funds

DARRYL (D.J.) HARDY
Staff Writer

African American students across the campus of North Carolina State University should be rejoicing over the revised appropriations bill sponsored by the student senate appropriations committee.

On October 19, 2004 African American student organizations, as well as other student groups, were disheartened to find that they received little to no money of the \$40,000 allotted for appropriations. Ultimately, this led African American students to form and participate in a sit-in during the senate meeting. During the sit-in, Student Government officials received the opportunity to listen to the concerns and attitudes of African American students in response to the appropriations decisions. This led the senate to take the appropriations bill back to committee to be reviewed. They decided to meet on Wednesday, October 27, 2004 and once again, on Thursday, October 28, 2004.

During this time, the appropriations committee convened, allowing members from student organizations to deliver presentations concerning their

need for funds. Delta Sigma Theta Sorority, Inc., the Society of African-American Culture, and the National Society of Black Engineers were among the organizations in attendance during the appeals meetings as well as subsequent meetings during the deliberations process.

During the meeting, members of the appropriations committee attempted to gain a deeper understanding of the organization's specific need for funding so as to better allocate the available funds. Still, the committee endlessly attempted to stress that many groups (other than African American student organizations) did not receive funding and that no organizations were targeted based on ethnic affiliations.

"We had so many requests...the most we've ever had. A lot of groups didn't get what they wanted or needed," said Student Body Treasurer Mital Patel. "So many groups and not enough money."

However, some students were concerned with the overall organization of the meeting, wondering how questions were developed and whom they were targeted to.

"As a student leader, I was very concerned with the structure of the meeting. It was quite obvious that

members from the Appropriations Committee were not consistent with their questions. I have taken an active role in this process because not only does it concern me, but their actions may be detrimental to other students in the future," said Yashika Jones, a senior in Criminology and President of Peer Mentor Association.

This year, the appropriations committee's budget totaled of \$80,000. It was decided that \$40,000 would be granted to organizations per semester. However, due to the many discrepancies that arose this semester, the committee was forced to tap into \$4,000 of the monies for next semester.

Portia Overton, president of the Society of African American Culture was happy to find that SAAC received \$2,000 for a Pan-African speaker. Likewise, student leaders such as Mycah Wilson, treasurer of the African American Heritage Society, were also excited about the revision of the appropriations bill.

"The Heritage Society received \$1000 dollars, after initially receiving nothing. We are housed under the African American Cultural Center, which recently received budget cuts.

CONTINUED ON PAGE 2

Student Groups Continued from page 1

Thus, receiving no money from student government would have hindered the future the success of our organization. I am extremely both relieved that the committee realized our need for the funds, and am proud of the African American community for their unwavering support," said Wilson, a sophomore in biomedical engineering.

Groups such as SAAC, Alpha Phi Alpha Fraternity, Inc., and the Association of the concerns of African American Graduate Students, who initially received no money were pleased at the decisions of the appropriations committee. Alpha Phi Alpha Fraternity, Inc., who was originally denied funding due to an 'incomplete budget',

received \$1,375 after the committee review. The African Student Union received \$250 after initially receiving a mere \$50 and the National Society of Black Engineers received \$500.

While the revision to the appropriations bill was effective, many student leaders want to stress the importance of continued involvement with the student government to ensure that problems such as this will not occur in the future.

As AASAC Chairperson, Faith Leach stated, "Martin Luther King Jr. said, 'An injustice anywhere is a threat to justice everywhere' with that in mind I applaud the senate for making adjustments to the appropriations bill, but there is still much work to be done. The first appro-

priations bill was visibly disproportionate, flawed and biased, not just against African American students but ethnic minorities on this campus in general. We must work with senate to insure that they fix the appropriations process; it is a long road ahead to change. As students on this campus we must remember not to be easily satisfied but to work to make long-term changes and leave our impact on the university and the broader community! Thank you to all of the people who participated in the sit-in and with subsequent meetings. Your support is appreciated. Let us continue to work towards change, together as a community!"

AASAC Meeting Continued from page 1

Concerning the SPACE program, Picart says that is scheduled to be "phased out next year," and that the program was planned to be executed by the 2004-2005 school year if outside funding was not secured. Picart also said that NC State already has several pre-college programs that are in place. According to the provost, little evidence shows that SPACE is meeting its goals effectively. Still, students talked about how to make the SPACE program better as opposed to removing it completely.

Students discussed conducting research to prove the program's effects on campus and its benefits. According to students such as Hamilton Brown and Curtis Hill, there exists a major disconnect among the vice provost, his office and the students.

"I think that Dr. Picart understood the passion that the students had about these issues. It is clear that as a senior level administrator, he should advocate to the chancellor and the provost for all necessary funding to maintain programs currently existing and to progress his office for the betterment of diversity on our campus," says Hill.

Leach said, "AASAC hopes that the Vice Provost understands the importance of students, their needs and concerns. In the future, we hope to see the vice provost working with students and actually advocating on behalf of the AACC, a place many students call home."

EVENTS

Talent Show- Commercial Break will be having a Talent show on Tuesday, November 30 at 7:30 p.m. in the Witherspoon Student Cinema.

AACC Library Book Club- The AACC Library Book Club's next selection will be *There Eyes Were Watching God* by Zora Neale Hurston. The next book club will be on Dec. 1, 2004 from 12:00pm -1:30pm in Room 375 Witherspoon. Drink and Dessert are provided. For more information call 919-515-1397.

World AIDS Day events

In recognition of World AIDS Day on December 1, 2004, there will be several events on campus to educate the student body about HIV/AIDS.

World AIDS Day Events:

--November 28th

What: Red Ribbon Remembrance Hanging

We will be hanging red ribbons on trees across campus to help promote HIV/AIDS awareness.

Where: Meet in front of Talley Student Center

When: 8:00 p.m.

Who: Anyone that would like to help participate in supporting those in the fight against HIV/AIDS and raise awareness to help break the silence.

--November 29th

What: Women's Sexual Empowerment Party

Where: NCSU, Witherspoon Multi-Purpose Room

When: 7:00-9:00 p.m.

Who: The theme for World AIDS Day this year is Women and AIDS. Any and every woman is invited to attend a night of fun, games, free food, free gifts, and discussion about empowering women to take control of their sexuality.

--November 30th

What: Nkosi's Story followed by a discussion led by Dr. James Kiwanuka- Tondo

Where: Poe 216

When: 7:00-9:00 PM

Who: Anyone who would like to see the beautiful story of Nkosi Johnson and learn firsthand about the battle Africa is fighting against HIV/AIDS. Dr. Tondo is a great speaker who was at the forefront in developing the ABC model (Abstinence, Be faithful, use Condoms) in Uganda. This model has since been adopted by the US presidential administration.

--December 1st

What: Candlelight vigil

Where: Brickyard

When: 5:30-6:30 PM

Who: Everyone who wants to take time out to remember those around the world who have died of AIDS. Even if you have not been touched by this disease personally, millions have lost their lives. Please come to show your respects.

Entrepreneur continued from page 1

a young adult. Also she mentioned important truths that some just may not know and believes that "If you obtain a position where you can help somebody, be sure that you reach out and help somebody."

When speaking about purchasing a home, Barrow says that you only have to be eighteen to buy a house and that it is best to do so before buying a car because the criterion is different. Use your credit as an advantage to buy a house before a car because a house's value always appreciates, while a car's value depreciates. Too, many programs exist that help people obtain a home after college and a lot of the programs look at the four to five years students spend in college as a job.

To be a successful individual, "Do have a plan and sit down and know what you are going to do. It is important to consistently do things that you are uncomfortable with," says Barrow. One reason many people do not look into starting a business is the fear of success or failure. Be diverse. Also, pick out the one thing that you like to do and read at least one book a month on it. It will help to develop your strengths relating to that business field. Barrow believes that inspiration sells. Authors who write relating to spiritual or positive matters do very well in society.

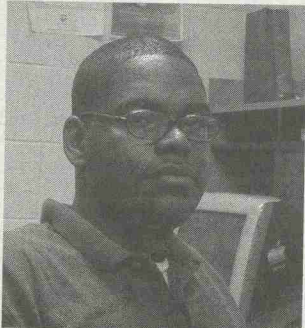
Michelle Barrow has experience and has achieved her goals. She is a positive example for young aspiring entrepreneurs and her life is a sign of anyone that anything can happen if you work hard toward your goals and truly believe in

Have Something
to Say About the
Nubian?

Send your comment to
the Editor-in-Chief at:

eic@nubian.sma.ncsu.edu

It's so Hard to say Goodbye



Robert White by Jarred Legrand

ROBERT WHITE
Editor-In-Chief

As I think of my impending graduation I think of the theme song from the movie "Cooley High" "It's so hard to say goodbye to Yesterday," by G.C. Cameron.

It has been an interesting four and a half years here at N.C. State. I feel that during my tenure here at N.C. State I have grown into the man I always wanted to be.

Out of all of the activities and interests I have worked on while here at State one of the most important to me has been the Nubian Message. When I first decided to change my major to Communications, I immediately wanted to work here at the Nubian Message. I felt that the Nubian was perfect to learn the skills necessary for me to go into journalism. Also my love of African-American publications such as Jet and Ebony inspired me to work for this publication.

Throughout my tenure at the Nubian as a staff writer in Spring 2002; managing editor in 2003-2004 and as editor-in-Chief, I strived to build consistency and improve the Nubian Message I wanted

to help the Nubian to stand on its own as voice for the African American Community. The stories of the Nubian's Editor-In-Chief late Tony K. Williamson's hard work and dedication inspired me to put the amount of time and energy to ensure the newspaper's success. Though we have made many mistakes and have suffered setbacks. We have progressed in spite of those things.

My advice to all of the students who will graduate me after is to utilize all the resources available at this institution. (After all you pay for them). Utilize the Nubian as voice for your concerns and as means of expression for your ideas. I would say to get the most of their collegiate experience while you are here at N.C. State.

I would like to thank all of those who made the success of the Nubian Message possible this semester. I would like to thank my staff for their work and energy. Without them I would not have achieved anything. I would like to thank the entire N.C. State Community particularly the English Department, The School of Design, the College of Humanities and Social Sciences, Student Media Authority (staff and media) the staff at the African American Cultural Center, our advertisers and readers.

I would also like to congratulate the incoming Co Editors-In-Chief Johnathan Brunson and Aniesha Felton. I wish them the best.

I would like to thank all of my family, friends, colleagues, organizations, professors and staff here at N.C. State who made my success here possible. I would like to thank a person who I never did get to thank, my friend Rose McMillan who passed away in April of 2003. Thank you all for your support.

It's so hard to say goodbye to yesterday.

Sincerely,
Robert White

New Feature Beginning Spring 2005

Looking forward to new and interesting features in the Nubian? Well you're in luck because starting January 2005, The Nubian Message will feature an advice column. Ask advice on anything from your academics and social life, to your love life, and career aspirations! We on the Nubian staff are here to help. You may even address your questions and concerns. All responses will be kept confidential at the request of the respondent and may be labeled as anonymous. So gather your questions! We look forward to hearing from you!

More information concerning the new advice column will be provided in future issues of the Nubian Message.

- Keitris Weathersbe, Opinions Editor

The Benefits of Going Greek

TONY MOSES
Columnist

As many of you may know by now, I am now a member of the Infamous Xi Zeta Chapter of Phi Beta Sigma Fraternity, Incorporated. Upon joining such a prestigious organization, I have learned a lot about my brothers, my sisters, and myself but also learned a lot about life in general. I have realized that, despite popular belief, there are many benefits to going Greek rather than just being able to wear a line jacket, party hop, step, and go to parties.

First and foremost, I must say the best benefit of going Greek is the relationship I have established with those I call my brothers and those I call my sisters. As far as Phi Beta Sigma, I must say I have seen no stronger sense of brotherhood in any of the other 4 fraternities. The brotherhood we show each other is one of a genuine nature and is one that should not be tampered with. Don't get me wrong, I am not saying the members of Alpha Phi Alpha Fraternity, Inc., Omega Psi Phi Fraternity, Inc., Kappa Alpha Psi Fraternity, Inc. or Iota Phi Theta Fraternity, Inc. do not have brotherhood, I just believe that Phi Beta Sigma Fraternity, Inc. displays this aspect a lot better. One thing people must realize, however, is that brotherhood is not something that is established because you become members of the organization at the same time. This relationship is something that extends deeper than that, something that lets you know that anytime you may need something, be it big or small, they will go through any lengths to get it. The relationship I have established with my line brother (known as LB in the Greek world) is one that is just as strong as the bond I have established with my biological brothers.

I must not only speak of the bond that I have with my brothers, but I must comment on the relationship I have with my sisters, the lovely ladies of Zeta Phi Beta Sorority, Incorporated. The bond established with them is one of a true brother and sister relationship.

Another benefit of going Greek is the relationship you have with members of your organization from all around the state, nation, or globe. I have already seen the effects of this first hand as I have contacted Sigmas and Zetas alike from different schools all around the nation. This lets me know that no matter where I go in the nation, someone is going to be there to welcome me with open arms.

One of the strongest benefits I have seen about going Greek is the aspect of scholarship. Scholarship is a key principle of all nine Greek organizations and it is one that is stressed the most. I must say that since going Greek, I have become more focused on my schoolwork and more conscious about education in the future, making sure that I take classes that will both challenge me while allowing me to obtain as much knowledge as possible. Maintaining an exemplary GPA is something that should not only be done because one is part of an organization, but is something one should do as your GPA is what will get you a job in the future.

Service is a benefit of going Greek as well. Helping those in the community in which you come from is good as it does give you a feeling of giving back. It allows one to get their name out in the community and to make a good impression not only for yourself but also for the organization in which you are a member. Performing service is also a good resume builder and

CONTINUED ON PAGE 7

Nubian Message

Robert White..... Editor-In-Chief
Johnathan Brunson..... Managing Editor
Ivory Harris..... Copy Editor
Jarred Legrand..... Visual Editor
Keon Pettway..... Webmaster
Martia Sharpe..... News Editor
Xavier King..... Culture Editor
Keitris Weathersbe..... Opinions Editor
Jacqueline Indula..... Arts/Ent. Editor
Shameica Gardner..... MBS Editor
Tahnia Davis..... Business Manager

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. Tracey Ray • Dokta Janet Howard • Dokta Toni Thorpe and all those who walk by our side as we continue to make our journey to true consciousness.

Telephone..... 919.515.1468
E-mail..... response@nubian.ncsu.edu
Web..... www.nubianmessage.com



GYE NYAME
"except for God"
A symbol of the supremacy of God. This unique and beautiful symbol is ubiquitous in Ghana. It is by far the most popular for use in decoration, a reflection on the deeply religious character of the Ghanaian people

Thankful?

Dedicated to Lauren Elizabeth Johnson

JOY JOHNSON

Columnist

And we really think that life is hard...

So many times I hear my collegiate peers complaining about how hard life is: the studying, racist professors, budget cuts, tuition increases, the list goes on. Personally, I try to shy away from complaining, but I know I have done my share as well. On this past week I realized that this bubble that we tend to live in at NC State is no hard plight compared to what is going on in the lives of the majority of the world's citizens.

I recently researched the effects of colonialism on East African politics observing in particular the nation of Rwanda which most of us know from the genocides of 1994 by the Hutu (the majority race) on the Tutsi people, the minority race. In just one hundred days almost one million Tutsi people were killed by their fellow countrymen, political leaders, missionaries, and even their husbands and relatives. I found horrifying parallels from Nazi Germany to Hutu controlled Rwanda. Prior to colonial involvement in Rwanda, there was no cultural or ethnic difference between the Hutu and Tutsi people, but after the racial assimilation and indoctrination by the Germans, who were "given" Rwanda after WWI, Rwanda went from a culture of fraternity to one of fear. It was the colonial transfer of "racial superiority" and discrimination on the basis of culture and creed, which destroyed the "land of one thousand hills". I was taken back as I noticed the similarities of Nazi Germany just 30 years before to the Hutu controlled nation of Rwanda from the 1970s to the 1990s. Just as Hitler implemented pogroms discriminatory practices against the Jews, the Hutus would impose the same pogroms of "ethnic cleansing" and racial division against the Tutsi people. The two groups at one point could not tell the difference between themselves. From ethnic identity cards, intrahamwaye (killing militias), the banning of Tutsis from public education, military and political office, and even eventual genocide of almost 75% of the Tutsi people one can easily see the horrible

transfer of racism and genocide from Germany to Rwanda. Although the genocide in Rwanda has come to an end, there are still genocidal atrocities taking place in places like Darfur, Sudan. And we are busy complaining about the Wolf Line being late or web mail being down...

We complain about how hard life is, but again on this past week I had the unfortunate experience of hearing a mother and father grieve after the death of their two week old daughter. I saw a loving and comical family attempting to cope with the death of a child that many of us never had the opportunity to hold. My family experienced one of the most difficult weeks of our lives as we lost our precious Lauren tragically after having her in our presence for only sixteen days. You never know the pain until you know the pain of losing an infant as quickly and mysteriously as Lauren came and went. But, again we complain about it being too cold to go to class, or Maple, or not getting enough vacation days....

We complain, but tragedy is not a 70 on a test or a missed bus or a bad date. To be definitive we must be conscious socially and understand that what goes on within the walls of this institution is not the end of the world or life. To truly survive and succeed, we must understand that there is more to life than what goes on here in Raleigh, but there is a world that we are fortunate to be the privileged of. We are the "rich" considering we are in an institution of higher education, in a country where we have the right to vote in free elections, the right of free speech, religion, and public education. We are of the very small percentage in the world that is above the poverty line, meaning we have somewhat consistent shelter and food. We are of the even smaller percentage of people who are literate and have more than a 12th grade education. Wake up students, NC State is not the world, you have got to give thanks, because what you have is more than almost 75% of world citizens can even dream of having. What are you truly thankful for?

I am thankful for Lauren..

Giving "Thanks in our Culture"

XAVIER R. KING

Culture Editor

On Saturday, the Society of Afrikan American Culture (SAAC) held a Thanksgiving Feast for women who were in the program, Women Overcoming Obstacles (WOO). The program featured many different parts including: inspirational dance, spoken word, singing and fellowship. All these events made this event in Witherspoon one of thanks.

In the black culture, Thanksgiving has often been equated with the pilgrimage of white settlers. However, now many African Americans believe that it is equated with giving thanks for the things that they have in life and giving thanks to those who are somehow special to them.

There was a speaker by the name of Takenya who participated in the program and spoke to those who were currently in the program. Takenya spoke about having courage and doing what it takes to get out of their present predicaments.

The Service Chair for SAAC, Ticora Jones said, "I'm glad that this service event turned out to be a success. I've had it in my heart for a while and I'm glad that I was able to actually execute it this year."

Most black organizations here on campus are focusing more on service beyond these campus bricks, realizing that giving is the reason for the season all year long. African American culture has turned to community service because many know that not everyone is as fortunate as others are, so helping others is just something that has to be done in this society.

This event has shown that many members of SAAC are willing to make a difference both in the community and in leadership positions in school. Although this was the first annual Thanksgiving Feast, many are sure that it will not be NC State's last.

New Books in the African American Cultural Center

(919) 515-1397

Room 218 Witherspoon Student Center

9:00 a.m. - 9:00 p.m.

9:00 a.m. - 5:00 p.m.

1:00 p.m. - 5:00 p.m.

Monday-Thursday

Friday

Sunday

New Books In the AACC Library

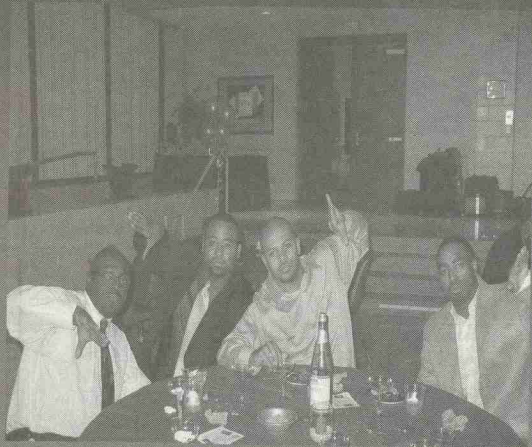
Fiction

Darkest Child by Delores Phillips
Dew Breaker by Edwidge Danticat
Family Affair by Marcus Major
Man in my Basement by Walter Mosley

Nonfiction

Blood Done Sign My Name by Timothy Tyson
Brothers in Arms by Kareem Abdul-Jabbar
Is Seperate Unequal? by Albert Samuels
Working While Black by Michelle Johnson

JAZZ BY CANDLELIGHT



Jazz by Candlelight took place on Thursday, November 18 in the Multipurpose Room of Witherspoon Student Center. The program is Omega Psi Phi Fraternity, Inc.'s annual fundraiser for the African American Cultural Center. Since 1985 the N.C. State Community has come to this event to enjoy food and jazz music. This year's event featured music by jazz band, "A Touch of Jazz" from Shaw University.

Hamilton Brown, President of Omega Psi Phi Fraternity, Inc. said the event was a success.

Brown invites everyone to "Come out and have fun with the Brothers of Omega Psi Phi Fraternity, Inc." at next year's Jazz by Candlelight.

-Robert White
Editor-In-Chief



ALL PHOTOS COURTESY OF THE AFRICAN AMERICAN CULTURAL CENTER

Obesity proves heavy burden

ANNA MOLIN

Spartan Daily (San Jose State U.)

(U-WIRE) SAN JOSE, Calif. -- With the majority of the U.S. population classified as overweight or obese, some San Jose State University students have witnessed firsthand as friends and family members struggle with excess pounds and the health dangers that ensue from this second-leading cause of death in the United States.

Devi Johnson-Evans, an undeclared sophomore, said she had a high school friend who suffered from chronic obesity, a disease that ran in her family.

"She was actually so big that if she wanted to get a tummy tuck, they told her she would have to lose 50 pounds by herself before they could even do

the procedure," Johnson-Evans said, adding that her friend is 5-foot-1 and weighs about 400-plus pounds.

"It affected everything -- her social life, her business life -- she would even get turned down (for) job opportunities because she couldn't fit in the chair," Johnson-Evans said.

Obesity affects nearly 30 percent of the population, or 60 million people, in the United States, where about 65 percent, or 127 million people, are considered overweight, according to the National Center for Health Statistics.

Although the rate of overweight and obese people tends to increase with age, nearly 55 percent of 20- to 34-year-olds are overweight, out of which about 25 percent rank as obese.

In addition, overweight children and teenagers currently represent about 16 percent of America's youth, an increase of more than 265 percent since 1980.

Oscar Battle Jr., coordinator for health education at San Jose State University, said although the campus does not collect statistics on how many

students are overweight, one could extrapolate the general U.S. statistics to any diverse population, including SJSU, and reach a rough estimate.

"You would be taking about 8,000 to 9,000 people who are obese at San Jose State," Battle said.

He said obesity has encroached upon smoking as the leading health problem in the United States.

According to the American Obesity Association, obesity kills more than 300,000 people each year.

Battle said to his knowledge, the Student Health Center has not dealt with any obesity-related deaths.

However, obese and overweight people struggle with numerous other health threats, such as coronary heart disease and cardiac and respiratory problems, Battle said.

Jim Costas, a junior biology major, said his father died at the age of 48 because of an enlarged heart, a condition exacerbated in part because of his lifelong battle with obesity.

"My dad was very unhealthy," he said. "It is sad because he died early and missed out on a lot of things in life. It has made me want to be more healthy."

Cecilia Manibo, a staff physician at the Student Health Center, said some other long-term problems obese and overweight people might face include high

blood pressure, high cholesterol and the risk of diabetes.

"Because the majority of the students who are overweight that we see are young, the long-term effects of obesity may not be evident yet," Manibo said.

"Our main concern is that later in life it will manifest itself."

Nonetheless, some people develop high blood pressures in their 20s as a result of excess bodyweight, she said.

"I have had a few students who have been able to lose the weight and their blood pressures improved,"

Manibo said.

In addition, excess body weight tends to affect self-esteem and energy levels, Manibo said.

"Also, the extra weight probably compresses the organs in the body, including the lungs, so it decreases their lung capacity, too," Manibo said.

Furthermore, some obese and overweight people suffer from obstructive sleep apnea, a condition that causes them to stop breathing at

times when they sleep.

"They may have episodes where they stop breathing because they have all that extra weight," Manibo said. "The extra tissue in the neck may block their airways."

Obesity is determined using a mathematical calculation called body mass index (BMI). Persons who have a score of 25 or more are considered overweight, while those with a score of 30 or more are considered obese.

Johnson-Evans said although she might clinically be considered obese, she does not think of herself as overweight.

"I have had a meeting with a nutritionist just to learn how to eat better,"

she said. "It is kind of difficult being in college and always being on the run. You don't always have time to cook your food or be 100 percent aware of what is going into your food."

Manibo said in addition to busy schedules, some students might have limited access to healthy foods.

Shauna Yelnick, a graduate television, radio, film and theatre major, said she tries to seek out healthy foods, but sometimes has trouble finding what she wants on campus.

"It seems like on campus there aren't too many options for healthy eating,"

she said. "It seems like the places to get something to eat on campus are pretty far away."

In addition, some students feel they are too busy with other responsibilities to fit exercise into their daily schedules.

"I feel it is a luxury (to exercise) just because I am so busy with school and just reading and doing papers," Yelnick said. "It's like I have to write a paper but I don't have to exercise, and if I take time away from school, I feel guilty."

Yelnick said in addition to being a graduate student, she also works part-time and commutes twice a week.

Manibo said long commutes tend to make people more inactive, as does ease of transportation.

Battle said modern technology has enabled people

to become sedentary.

"We want to get to things quickly and we don't want to walk anywhere,"

Battle said. "People will drive around five times in the shopping center to find a place up close, when they could have walked and saved some gas."

Battle listed multiple reasons as to why obesity has become an epidemic problem in the United States.

For example, he said people's perceptions of what constitutes a serving size have changed, as people tend to eat because they "like the food" rather than to satisfy hunger.

In addition, people have become obsessed with the "quick fix" for any problem, an attitude switch that places the responsibility on anything but the individual.

"We have an attitude that it is not my fault -- I am just too busy," Battle said.

Costas said although he is currently taking 21 units, he still finds time to exercise at least three times a week.

"Maybe I am more motivated (to exercise) because of my experience with my dad," he said. "I think students who say they are too busy are fooling themselves, because they are just going to suffer the consequences later

on." Battle said students who are under a tight schedule could still find ways to exercise on a daily basis as they walk around campus.

"Exercise as you walk to and from class," he said.

"Park your car at a distance away that allows you to at least walk sometimes. Rather than taking the elevator to class, walk up the stairs, and don't rely on all the technological gadgets."

Battle said childhood obesity is an especially troublesome trend for the future of America.

"We need to make sure that our children don't get obese while they are very young, because if you get obese when you are very young, you develop excess fat cells," Battle said, adding that

it is harder to change a behavior that has been with somebody since his or her upbringing. "America as a nation needs to go back to making sure that its students are physically fit coming into elementary school and throughout high school, so that everyone is prepared to see that physical fitness is something that we all aspire to and

not just people who are athletically inclined," Battle said.

"It affected everything -- her social life, her business life -- she would even get turned down (for) job opportunities because she couldn't fit in the chair,"

Devi Johnson-Evans, sophomore

"It seems like on campus there aren't too many options for healthy eating,"

*Shauna Yelnick
Graduate Student in television,
radio, film and theatre*

NUBIAN FUN FACT # 25

**THE NEW CO-EDITORS -IN-CHIEF
OF THE NUBIAN MESSAGE
ARE
JOHNATHAN BRUNSON
AND
ANIESHA FELTON**

Horoscopes

What your Sign says about you

SHAMEICA GARDNER
Mind, Body & Soul

As the end of the semester nears, here are some tips for success during exam time.

Scorpio October 24- November 22

All of that studying is going to pay off. Too bad you weren't studying for your classes. Although you will know the list of injured players for every college team in the nation, that's not going to help on your engineering final.

Sagittarius November 23- December 22

Cliff Notes will not get you through every class. While your room looks like a police crime scene with so much yellow and black lying around, Professors won't be impressed when all you can tell them about Macbeth was that there was a king in a castle.

Capricorn December 23- January 20

Your late night library trips are going to pay off, if you ever get around to studying. Naps are for cats. Wake up and stop using your books as headrests.

Aquarius January 21- February 19

You are hurling to a caffeine overdose. Quick, drink some water or some juice. There, there don't you feel human again. Layoff the mocha lattes and espressos or you may not be in any condition to catch the Wolfline to class.

Pisces February 20- March 20

There was a really good invention a couple of hundred years ago. It's called a clock. I know you've never seen one, but they do come in handy. Set it for class, or your many group sessions will come to naught.

Aries March 21- April 20

You have been fast at work burning the midnight oil. Too bad you weren't studying while setting those fires. Stay away from the bars and clubs and get to know your local study lounge or library.

Taurus April 21- May 21

Oh my gosh, I love your benches. Oh wait a second, those are your books. You would think after having to sell your soul to the devil to pay for them, you could find better uses for them aside from propping up furniture or creating places for your friends to sit. Dust them off and get cracking.

Gemini May 22- June 21

Pray... you'll need it.

Cancer June 22- July 22

It's too late to visit your professors' during office hours now. Stop calling their houses and camping out beside their doors. It will not get you extra points on the exam, but it may get you a restraining order.

Leo July 23- August 21

Join a prayer group with your Twin friends.

Virgo August 22-September 23

You have answered the most pressing philosophical questions. You have the cure for the cruellest diseases. Now if only you could figure out where your 9:10 class is. While you've been searching for world peace, you have been absent more than a negligent parent. Find your class and introduce yourself to the professor.

Libra September 24-October 23

You have preserved throughout the semester and your work will pay off. It's just a shame that you spent all your time doing your significant other's work while you neglected your own. Cram for the exam and hope you don't get put on Academic Probation.

RICE, GONZALES, SPELLINGS STEP-UP AS CABINET EXODUS CONTINUES

LUCY KAFANOV
U-WIRE (DC BUREAU)

(U-WIRE) WASHINGTON -- As cool winter winds sweep away the last of the fall leaves, the political landscape finds that it, too, changes with the season -- the Bush cabinet of the last four years has been drastically altered as six of its 15 members resign, with more to expected to follow.

History provides few parallels to such a massive cabinet shake-up, as Attorney General John Ashcroft, Secretary of State Colin Powell, Agriculture Secretary Ann Veneman, Energy Secretary Spencer Abraham, Commerce Secretary Don Evans and Education Secretary Rod Paige all resigned within the past two weeks.

The first was Ashcroft, the controversial figure who was both praised and assailed for his promotion of the USA Patriot Act, his denial of legal rights to Guantanamo Bay detainees, and his decision to subpoena private hospital records of abortion patients as a way to enforce the late-term abortion ban.

"The objective of securing the safety of Americans from crime and terror has been achieved," said Ashcroft in a five-page handwritten letter to Bush, dated Nov. 2. "Yet I believe that the Department of Justice would be well served by new leadership and fresh inspiration."

President Bush nominated current White House counsel Alberto Gonzales to Ashcroft's post. With a Republican majority in Congress, Gonzales, 49, is likely to be confirmed, which would make him the first Hispanic attorney general in U.S. history.

On national security and civil liberty issues, Gonzales's views are similar to Ashcroft's -- he advocates expanding the power of the executive branch and helped write parts of the Patriot Act. In a 2002 memo to Bush, he suggested that Geneva Conventions were not applicable to the interrogation of terrorists, a memo that was the cause for much outrage after the Abu Ghraib abuse scandal. Yet social issues Gonzales holds moderate stances on abortion and affirmative action, which has unsettled some conservatives.

The next major change was Monday's resignation of Powell and the appointment of National Security Adviser Condoleezza Rice to his post. Unlike Powell, Rice is not expected to challenge the administration on foreign policy issues as she shares a close relationship and a near identical policy views with Bush. Rice's deputy Stephen J. Hadley is likely to be named as her successor. If confirmed, Rice would be the first African American woman to fill the post.

"With Powell, there was a sense that he acted at least somewhat independently from Bush, and I don't think that this is going to be true of Rice," said Nikole Yinger, junior at the George Washington University. "But she is clearly very intelligent and quick on her feet, so I don't think that his resignation is going to pose a significant problem."

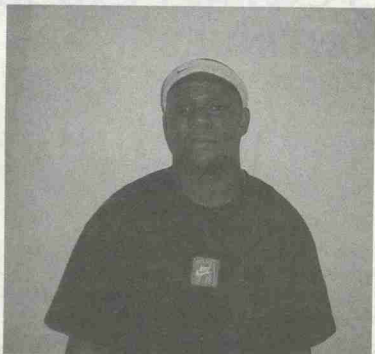
Powell, whose long history of public service is admired by many, spent most of his efforts on maintaining allied friendships, many of which were tremendously strained by the war on Iraq and undermined by unilateralist ambitions within the administration. According to friends, Powell was "worn down" and "tired of his battles with Defense Secretary Donald H. Rumsfeld" reports the New York Times.

Wednesday Bush announced his choice of Domestic Policy Adviser Margaret Spellings to replace Paige. Her relationship with Bush dates back to 1994, when she served as political director for his campaign for governor. She played a key role in creating the No Child Left Behind Act, and has the support of the National School Boards Association -- a group that Paige repeatedly clashed with, having referred to them recently as a "terrorist organization."

BENEFITS CONTINUED FROM PAGE 2

There are some social benefits also, such as being able to go to parties, stepping, and such, but even those have purpose and meaning behind them. Going Greek is a privilege and is something that should not be looked down upon. Before I end this article though, I would like to give a special BLU PHI to my LB James Anderson II (Primetime) and to the Brothers on the yard from the Fall 2003 line of League of Extraordinary Gentlemen and from the Fall 2002 line of Downtime. I would also like to give a BLU PHI to the Oh So Fly! Mu Xi Chapter of Zeta Phi Beta Sorority, Incorporated.

It's Not Just a Game



MARCUS GIBBS
Staff Writer

Everybody has his or her own opinion about a sport and every athlete around the country. We identify with an athlete by the way he/she plays, how he conducts himself in a post-game interview and how he acts at press conferences. For college athletes, being known to that caliber, would not be possible if they were not recruited by universities that give them publicity and display them on the national scene. That's where recruiting comes in to play. The top prospects coming out of high school each year are being watched by scouts who study the athlete's development through

the years and look to recruit them to play for their team. These athletes that are being studied are looked at on many aspects, but the most important is how well the scouts and coaches think they fit in with the team. If the player fits interested teams will recruit him. There is a lot of competition going on between schools to get this player that they think will help their sports program, and that can be a problem. With different schools going after the same athlete, he/she has to make the decision where they want to go, and it depends of how they like the education the school offers, the environment and the play style of the team. One problem is that sometimes when the athlete can't make up his mind, some schools tend to persuade him in ways that are immoral and against the rules of college recruiting.

There are rules that come with recruiting a college athlete. All these rules are made to give every university a fair chance of getting the player that will help their program. As far as phone calls to the athlete is concerned, a coach may only call an athlete after July 1st following the junior year. Five days prior to the athlete's visit to the university, the coach has unlimited calls to the athlete in which he can use to try to persuade them. In a very important part of the recruiting process, there is the coach's personal visit to the house of the athlete which is during the National Letter of Intent, signing day and two days after that.

With the rules of visiting an athlete there are also other rules that are frequently broken. When there are problems or violations with recruiting, it is often pertaining to boosters and extra benefits. Boosters are representatives of a university that help recruit an ath-

lete. According to the NCAA rules of recruiting, these representatives cannot call or write an athlete, nor can they provide an athlete or his family with things like money, clothes, cars, gifts or loans. If accepted, the athlete will lose his eligibility to play college athletics.

As far as N.C. State goes, there have not been any accusations of the Wolfpack athletic programs using illegal practices to recruit athletes. There have been other athletic programs that have been models of what not to do when recruiting athletes. In the year 2000, University of Alabama was found to be in violation of recruiting rules in giving prep-football stars five figure payments to ensure that the two would commit to their university. The irony in this is that, the team at the time was not at fault; it was the team in the mid 1990's that was the blame. The 2000 team had to be penalized for what a previous team had done. The University of Colorado was alleged by two women for using sex and alcohol for attracting athletes to the university. There is also the ACC's own University of Miami's recruiting violations. The top football linebacker prospect, Willie Williams has claimed that Miami supplied him a ride in a private jet and a hotel room with a jacuzzi. Special treatment like this is not allowed in recruiting athletes. New regulations are being made to change these immoral practices in order to give every school a fair chance at recruiting their athlete of choice. When America watches an athlete at the game or on television, their performance on the team and their playing for your school is only half the story.

O.D.B. PASSES AWAY

DAISY BUITRAGO
Staff Writer

Saturday, Nov. 13, marked a major tragedy for Wu-Tang fans everywhere as Ol' Dirty Bastard's collapsed and died while recording in the studio. Two days short of his 36 birthday, which would have been the 15 of November, Russell Tyrone Jones aka ODB aka Big Baby Jesus aka Dirt McGirt collapsed at a Roc-A-Fella recording studio after complaining about chest pains a few days prior.

By the time paramedics arrived at the scene, it was apparent there was nothing left to do except determine the cause of death. However, this information will not be public knowledge for at least ten days because it will take at least this long for toxicology and tissue test results to come back.

Many have speculated that ODB was smoking crack for two days straight before his death, which may be a contributing factor. Even though he has been in and out of rehab throughout his life, Wu-Tang's manager has reportedly stated that ODB had been clean for a good stretch of time up to his death. A private funeral was

held this past Thursday at the Christian Cultural Center in Brooklyn, NY, ODB's hometown, followed by a ceremony in Harlem for the fans and followers of ODB.

Recently signed to Roc-A-Fella Records in May of 2003, many fans anxiously awaited his come back album after hearing cameos on various Roc-A-Fella tracks containing Dirt McGirt. According to a Roc-A-Fella spokesperson, McGirt had been working on his album for over a year and was nearing completion before his untimely death. The posthumous album is now slated for release sometime in January, but ODB also has a mixtape, completed a month ago, called Osirus, which will be released December 21 of this year.

His short career at Roc-A-Fella is not what made this man famous, or rather infamous. His status as a cofounder of the Wu-Tang Clan is what put him on the charts for people across the board.

Known for his insane yet sometimes insightful lyrics and his antics in and around the limelight, ODB rose to popularity quickly within the Clan and released a few solo albums along the way. N*gga Please, his last solo release dropped in 1999, was quoted by many as being a comic relief for Wu-Tang while it was not as popular as the first solo album by ODB.

Several celebrities have spoken publicly express their grief over the death of Dirt McGirt. The Neptunes'

Pharrell Williams said that ODB's death was a "shame." Outkast's Big Boi gave a shoutout at the American Music Awards stating, "Rest in peace Ol' Dirty Bastard. We love you."

Yet, not everyone is as concerned with mourning the Wu-Tang's member's death as they are with his finances. Icelene Jones, ODB's estranged wife, has come out in the public denying that ODB fathered any other kids besides the three the couple conceived. ODB's mother and sisters are reportedly upset over Icelene's statements denying his other children because they foresee that this issue will be boiling over in the days to come. To complicate matters, Dirt McGirt had not composed a will of any sort, so Icelene is prepared to be taken to court by several women claiming to have children by ODB that need financial assistance. All in all, everyone should remember that a great artist is dead and deserves to rest in peace and be mourned by loved ones.

HAPPY HOLIDAYS

FROM THE NUBIAN MESSAGE