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# THE A&T REGISTER

VOLUME 70 NO. 7

NORTH CAROLINA AGRICULTURAL AND TECHNICAL STATE UNIVERSITY

APRIL 10, 1996

## New Miss A&T distinguishes herself from others

By SYLVIA TABRON  
STAFF WRITER

"I campaign with integrity and everything I have."

A twenty-two year old senior, electrical engineering major and native of Greensboro, N.C., Joeletta Patrick is now the new Miss North Carolina A&T State University. She is the daughter of Marlyn and Joel Patrick and is the daughter of another woman who she acknowledges of giving her the same inspiration as her natural birth parents, step-mother Marva Patrick.

Patrick said that she is excited about holding the position of Miss A&T. After asking Joeletta how does she feel about gaining the crown, she said that a lot of people have asked her that question. But, she said: "Basically, I feel the same." She said that hav-

ing this position does not make or break her in any way, and holding this position has not made and will not make her change her personality.

Her plans as far as being Miss A&T are to work on voter registration, community outreach and campus beautification. She said that with the idea of voter registration and community out-

reached with an environment that makes him or her feel comfortable.

Patrick also mentioned campus beautification. She said that she has spoken with the former Miss A&T State University, Taiwan Barksdale, who is also interested in the idea for campus beautification. In conjunction with Barksdale's ideas, Patrick wants to begin with the student body presi-

Patrick is pretty much a determined young woman, but she feels that if help is available, why go solo.

She mentioned Rasheed-Ali Cromwell, who is the Student Government Association president for the 1996-1997 school year. She said that his building block ideas can incorporate a lot of the things that she wants to see and make

happen. She said that she stands in support of him, and it would not make sense to be in opposition of him and do it on her own.

Patrick said that the love of the university and of the students makes her feel that she is the right person to represent North Carolina A&T State University.

See Patrick, page 2

*"I'm not like everybody, I am somebody...  
I am Joeletta, treat me that way."*

--Joeletta Patrick,  
Miss A&T 1996-1997

reach, she wants everyone to take his or her part in voting. She strongly emphasized that regardless of race or creed, all should be acknowledged and should be pro-

vided with an environment that makes him or her feel comfortable. This will not only be for the student body presidents, but other students who are concerned with their campus beauty.

## Warmer weather brings weight loss worries, woes

By MICHAEL J. ROCHON  
STAFF WRITER

By now, most college students are fully aware of the dreaded "college ten," the ten or more pounds gained by students when they leave home and go to college. Now that we are acquainted with the unwelcome weight gain, many students are wondering how they can lose the pounds they have packed on since the warm weather months are upon us.

The most effective ways to lose weight seem to be the most simple ones, but may be the most difficult.

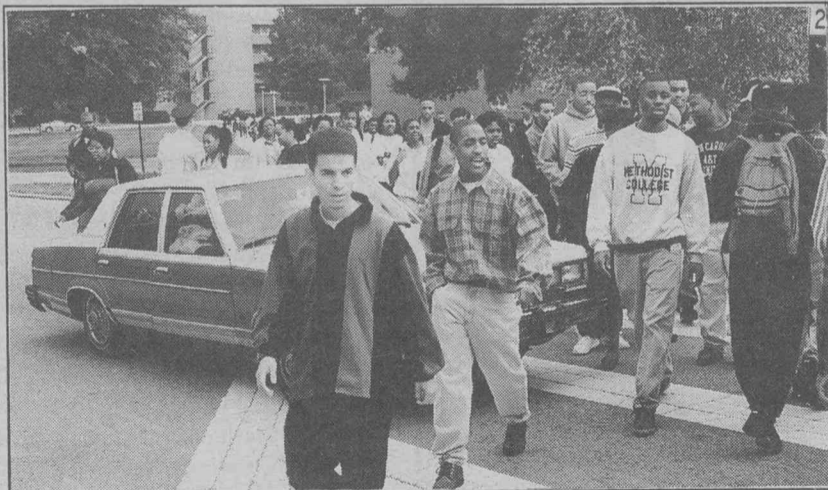
First, if you are serious about losing weight, you must cut down on intake of fatty foods and high caloric meals. Since the fat that is found in food is what essentially makes us "fat," an excess of this will be stored in our bodies

and fat becomes the "love handles" and the "spare tires." This fat, once it has settled, is very hard to lose. Experts say that the average person should not consume more than 65 grams of fat in one day.

Experts also say that even though the reduction of fatty foods and caloric intakes is good, that by itself is not enough. Some type of aerobic exercise must be incorporated into your daily routine to achieve

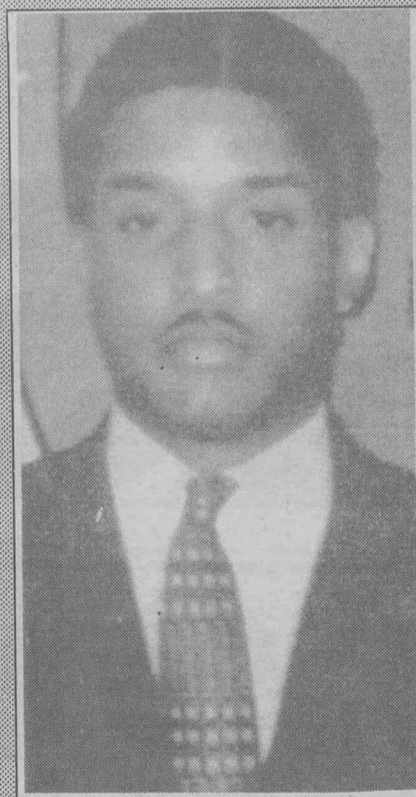
and proportionately distributed. The human body needs a certain amount of fat for one to be healthy, but once the recommended amount has been consumed, any additional

weight loss. The aerobic activity, in simple terms, causes the body to "spend" the fat and calories that have been consumed during the day and starts to "burn" stored fat.



Students enjoy fellowship during warm days. "The strip" is packed and everyone wants to look their best.

### "Excuse me..., Mr. President?"



A&T's newly elected Student Government President, Rasheed-Ali Cromwell, as well as the other officers, look forward to serving the student body. Look for an election update in the next issue of The A&T Register.

Try to eliminate eating at fast food restaurants. The cuisine served usually contains more fat than if you cook it yourself. At home, you can regulate what ingredients are added so you can know exactly how much fat is being consumed.

Even though chicken is widely regarded as a healthy dish, some fried chicken dinners bought at local fast food chains may have almost a whole day's worth of fat. Try to substitute the Super-Burgers with turkey sandwiches and replace french fries with salads, without cream dressings or croutons. Put down the five lb. bad of pork

chop flavored potato chips and pick up the fat-free crackers. Substitute water for high calorie sodas as your beverage.

With your exercise regimen, make like the sneaker company and "just do it." Acts as simple as walking to and from class, instead of driving, will be beneficial. Start off with simple exercises such as this and gradually increase your activity. Many people are joining various gyms and health spas, but you can get a solid workout by running around the track or inventing your own track running around

See Weight loss, page 3

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## University programs designed, strive to keep freshman

By PURITY BLAKE  
STAFF WRITER

Campus tours, orientation sessions and peer advisors help in introducing freshmen to the college campus. Not only is it North Carolina A&T's goal to make the transition from high school to college easier for freshmen but to retain them also. The number of freshman enrolled is 2223. Out of that number, only 75 percent return to become sophomores the following year. There are two programs in place that assist freshmen in the unfamiliar collegiate atmosphere.

The Office of Freshman Advisement and Learning Assistance Center provides help for undecided students and has special programs to guide students through the first year of college work. The major function of the advisors is to monitor closely the progress of their students while stressing to them the importance of accepting responsibility. The center provides:

- Tutoring through the Supplemental Instruction program in the high risk courses of chemistry and mathematics.

- The peer advising leadership pro-

gram which recruits upper level students to serve as peer advisors for incoming freshmen.

- An academic intervention program which is designed to help students who encounter academic difficulty early in their college experience.

- A University Survival course which is required of all freshmen who are undecided about a major. It is designed to help students develop academic skills, acquire knowledge of academic policy and procedure and campus awareness. A special feature of this course is the Positive Images Lecture Series which provides motivational speakers and exceptional students to speak to freshmen about various careers and majors.

- A student academic assessment center that helps students stay on track at the freshmen level.

Another program offered to freshmen and all students is Counseling Services. During the fall and spring semesters, the counseling services periodically host seminars essential for academic and career advisement. Robert Wilson, Director of Coun-

seling Services, elaborated on some programs they have during the year. "We have a series of personal growth programs we sponsor throughout the year. The most beneficial to freshmen students are the "Skills for Career Success," "Campus Stress" and "Relationships" seminars. These programs help to achieve skills that are necessary for university survival."

The reason freshmen drop out is a problem that has long concerned school administrators. Harold Martin, Vice Chancellor for Academic Affairs, gives some reasons why freshmen leave during their first year. "The most significant reason fresh-

men drop out is because they came here because their parents or guardians wanted them to come to college. They weren't serious about college. Another reason has to do with finances. They don't know where their tuition will come from the next semester. A lack of focus is a third reason. They don't manage their time wisely and get caught up in the social activities."

With the aid of the freshmen Advisement Center, Counseling Services and tutorial programs, A&T believes it is on the right path to retaining a larger percentage of first-year students.

### Miss A&T

Not only that, but she said: "bringing back the 'Aggie Pride' qualifies any female as being Miss A&T."

After describing herself in one word and explaining why, she said she is "unique". She said that that is what she strives to

### from front

be...different and that she does not want anyone to stereotype her.

"I am not like everybody, I am somebody, I am not just anybody, I am Joeletta, treat me that way."

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## Science discovers breakthroughs in flu treatment

Staff Reports

HOUSTON--Flu vaccinations of the future could be more effective and last longer, and they could be administered not by a shot but through nose drops or sprays.

These possibilities are all part of the mix as scientists work to create influenza vaccines that, like the successful polio vaccine, are made from weakened live virus.

"The hope is that live attenuated, or weakened, flu vaccines will provide immunity to a wider variety of flu strains," said Dr. Wendy Keitel of the Vaccine and Treatment Evaluation Unit at Houston's Baylor College of Medicine. "There is also the possibility that such vaccines might also provide protection that lasts longer than one season."

Tests with live attenuated vaccines at Baylor and other sites point to their being at least as effective as the currently used killed-virus vaccines, and there is reason to believe they will be even more effective, particularly in young children.

Keitel and colleagues are also testing ways to deliver flu vaccine into the body through nose drops or sprays.

A major advantage of the nose-delivered vaccine, Keitel said, could be that it stimulates an immune response in the respiratory system, the actual site of influenza infection. Because of that, such a vaccine might be more effective in the reducing transmission of the infection, especially if administered to children, often the primary transmitters of influenza.

This research is being conducted in cooperation with the National Institutes of Health and the pharmaceutical company Aviron. Efficacy trials of the live attenuated vaccine are planned for the fall of 1996.

Also, the Baylor Influenza Research Center's Dr. W. Paul Glezen is planning to investigate the possibility that better control of the disease in the young children can be a significant step in dampening the annual epidemic spread of influenza.

# Prep test evaluates, not determines, achievement

By PURITY BLAKE  
STAFF WRITER

Remember waking up on Saturday morning or some other day to take the Scholastic Aptitude Test, better known as the SAT? All the time before and during the test, little thoughts coming to your mind reminding you of the importance of a good score, especially when a lot of teachers and prep sessions kept reinforcing the need for a good score in order to be accepted into the school of your choice.

According to the College Board, the purpose of the SAT is to assist admissions officers in evaluating applications for admission to college.

Studies have shown that the use of the high school record combined with SAT scores is more accurate in forecasting college freshman grades than the use of the high school record of test alone.

The SAT is designed to measure developed verbal and mathematical reasoning abilities important for academic performance in college. Obviously, the test is not designed to measure motivation, creativity or other abilities or characteristics that may contribute to successful performance.

Sahnia Hobson, a freshman at A&T agreed with this blind side to the SAT. "I guess it should be important, but it doesn't tell you how much you've accomplished."

In taking these things into consideration, how much emphasis is placed on the SAT scores

when determining admission into a college?

Admissions officers from local colleges and universities generally look closely at the score, but do not rely totally on it as an indicator of a student's ability. "Three of four years in high school should prove to be a better record than some test that was taken on a Saturday morning," says John Bau, Assistant Director of Admissions at UNCG.

look to see of Algebra I and II and three sciences were taken along with the usual college prep course. Without one of those that would knock them out."

Last year SAT scores were the highest in nearly a decade. The credit for the hikes should go to the 1995 test's user-friendly makeover.

The test now has fewer questions, yet students get 15 minutes for each math and verbal sec-

**"The SAT is a strong measuring stick, but it is not the total package."**

*--Alan Hooker, associate director of admissions at A&T*

Josefa Bethea, admissions officer at Bennett College, says that the SAT is equally weighed with the high school transcript. "It's equal. It's not like it's more important, but high school performance is looked at."

Alan Hooker, associate director of admissions at A&T, says the test is used, but it isn't the total package. "The SAT is a strong measuring stick, but it is not the total package. GPA weighs just as heavy as the SAT. The most important things that we look at is high school course selection. We

tion. For the first time, calculators are allowed in the testing room and the feared antonym section has been replaced with a new and improved critical-reading section, which tests vocabulary in context rather than in isolation.

Secretary of Education, Richard Riley said, "Kids are taking harder courses, and it's showing up in their scores."

The SAT may be considered in admissions decisions, but the consensus from area universities proves that it is not the only factor.

## ON THE YARD

**Congratulations to the Spring '96 edition of the Zeta Alpha chapter of Zeta Phi Beta Sorority, Incorporated!**

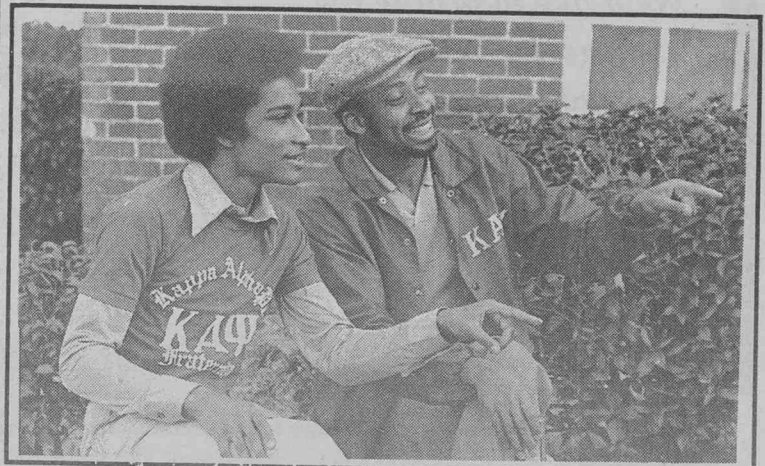
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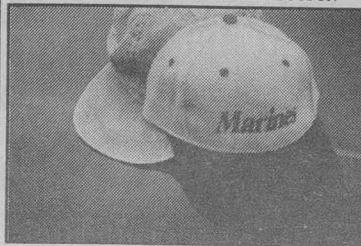
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**Weight loss from front**

A&T's campus.

Weight lifting is also helpful. By lifting a lot of weights, you can induce muscle mass gain, and lifting less weight and doing more reps (times the weight is lifted) will tone the muscles more than making them larger.

Losing weight may not necessarily be easy, but if you are serious about shedding excessive baggage, it can be done. Just remember to start off slow and gradually increase your exercise routine. As a matter of fact, if you start right now, you can be looking and feeling great by the beginning of summertime.

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# Coach Hayes likes calling A&T home

By KEN GRIFFIN  
STAFF WRITER

"I have a good place at A&T, and I am looking forward to new challenges," said William Hayes, coach of the North Carolina A&T State University football team. Challenges are important to coach William "Bill" Hayes. The 1965 graduate of North Carolina Central said he can recruit with the best of Division I schools, and many feel that is his strongest point.

"I have a great product to sell in A&T, and the academic program makes it easy to sell," said the neatly dressed Hayes. He always emphasizes to recruits that "A&T was built for you, and it is your mother. We do not have to do anything special to accommodate you."

Before coming to A&T, Hayes spent 12 years coaching the Winston-Salem Rams where he won seven Southern Division championships. Hayes' first college signee was Kermit Blount, coach of Winston-Salem State. Blount led Winston-Salem to their first play-off appearance.

Hayes was the first black college coach to win a Division II playoff game. One of the biggest rivalries is between A&T and Winston-Salem. Hayes looks forward to the matchup between the two schools because it gives him an opportunity to coach against his prodigy.

"It is a funny feeling to coach against him. I want to see him succeed, and it is never any fun to beat him and see a negative expression," said Hayes.

Many players and coaches develop a close bond with Coach Hayes. Blount said: "I would not trade the feeling that I have received being around Coach Hayes. He has been instrumental in everything I've done as far as my family and football career."

Coach Joe Godette, A&T assistant, said: "Coach Hayes gives me a lot of freedom to work and expects an honest

day's work."

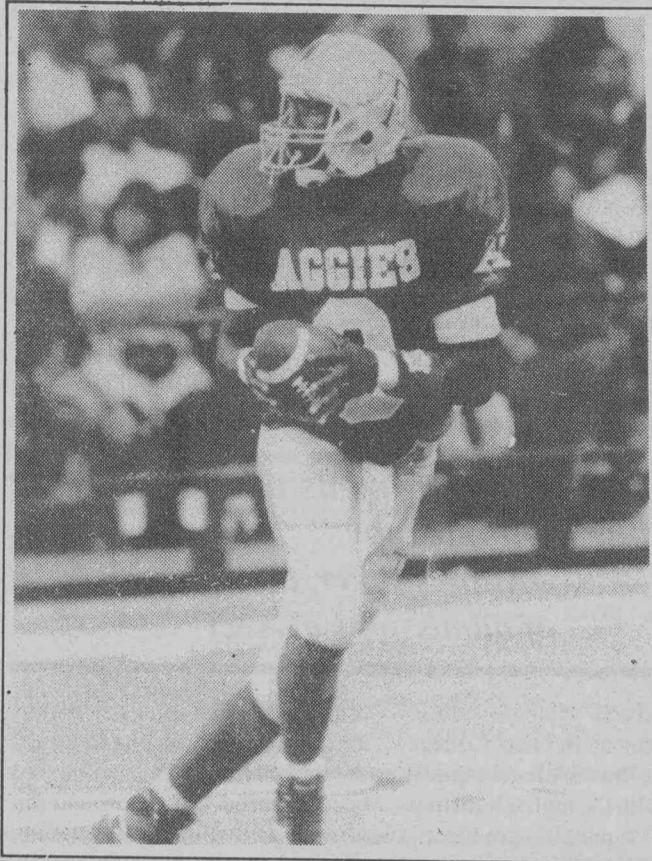
Equipment manager Theron Thomas added, "Coach Hayes is a great speaker and motivator. He knows how to get the kids ready to play."

Coach Hayes has all the skills to become a politician with his smooth flowing anecdotes that he readily gives to the press. He walks with his head up and shoulders back as if he were a general in the army. With his deep articulate voice and warm demeanor, Hayes can win over any recruit. Confidence, not arrogance, describes Hayes. Even in the most heated press conferences, he seems to always outshine most opposing coaches.

Hayes' office has many pictures of professional athletes he has coached like Donald Evans and Reggie White. Many trophies and awards line Hayes' office. The most noticeable is the Circle City Classic trophy still displayed in the center of his table as if he had won the trophy yesterday.

As Hayes reclined in his chair, his eyes began to get larger as he began to reminisce on the highlight of his career. "The Classic was first class! It was amazing to hear and see thousands of black people roaring as we came out onto the field!" said Hayes laughing. The win at the Circle City Classic in the RCA Dome was indeed his largest win.

Hayes has also had many low points



We all remember this scene from the A&T victory at the Circle City Classic, but Coach Hayes probably relishes it the most.

in his career. "The loss at Homecoming to Howard in 1993 was one of the lowest

points in my career," said Hayes. He never takes losing very well. When he talked about the loss to Howard, he said, "It was like I died a thousand deaths, if somehow I could have submitted to God, I would have."

Hayes admits he cannot eat or sleep or go to the bathroom when he loses. "With losing comes criticism more than anything," said Hayes. "I see how people's expressions change. I feel how the fans react in the stands. The criticism affects my family more than it affects me."

Hayes said with a wide smile, "I have the most devoted wife and family a coach could ever ask for. My wife molded my children. If we lose a game, dinner would be there, and my family would leave me alone."

Hayes never realized how much coaching affected his kids' lives until he heard his them arguing with a man in the stands because they did not like what the man was saying about him. Hayes told his two children "Don't ever try to defend me." Hayes realizes that there are always going to be critics. "Coaching has its highs and lows, but what I try to do is remain on an even plane," said Hayes laughing, but not joking.

In the off-season, one might find Hayes working in his flower beds or playing golf. Hayes said, "When I relax, I get nervous because I am so used to being nervous."

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**THE REGISTER**

Established 1894

Volume 70, NO. 7

NORTH CAROLINA A&T STATE UNIVERSITY

April 10, 1996

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## LETTERS TO THE EDITOR

## Merger of two prestigious universities found 'disparaging and inflammatory'

Dear Members of the UNC-Greensboro Board of Trustees,

The rumors of proposed merger between UNC-Greensboro and our North Carolina A&T State University are disparaging and inflammatory. I have heard the rumors for two years now, and it is time that a message be sent.

To all of those who seek the merger, to the infidels at UNC-Greensboro who see to rob the children of the Civil Rights movement of their blood stained history, I urge you to avoid the "proposed" merger. Do not rob the African American of the history which lives within A&T. Do not erase the priceless accomplishments made at the hands of those who were given less than their white counterparts and accomplished so very much.

Every time a minority has united with the so-called "majority," the minority loses its identity. I know it's hard to accept such words, but I'll be damned if I'll lie to you. This is one black university you cannot have. I will work day and night to preserve the history of A&T. The Alumni will never allow such a travesty of justice to occur. Neither will today's student allow their legacy to be erased from existence. You have never seen hell break loose. But if these majority powerhouses seek to destroy this house of history and excellence, it will take God to remove us from your throats.

We will not physically attack you. We are men and women of peace. We will decapitate you with the truth. The spirit of our ancestors is with us today. The

incomparable drive and determination which allowed our forefathers and foremothers to subdue beatings, fire hoses, vicious dogs and murders will allow us to overcome the economic juggernauts who seek to buy our university as though we are slaves, ripe for the slaughter.

We of NCA&TSU are not slaves to currency and social prowess. Never will we bow our knees to this wicked one, who seeks to destroy a vital piece of history. I was not taught to be an insignificant follower. I just wasn't made that way. I will not allow you to put anything on me and not check you. For you do not have the power over me. No one has power over us except He who created us.

I will give UNC-Greensboro the respect that they deserve, but I will bow to no one but God. We are not in a deep sleep at A&T. We are wide awake to the plan of destruction aimed at Historically Black Colleges and Universities. The destruction plan is a result of the greatness achieved at our HBCUs. Now, the economic power seeks to erase the HBCU history by taking its unique aura for himself. He has taken our school colors. He has taken our phone lines. He has even taken some of our administration, but he will not take the history of North Carolina Agricultural and Technical State University.

Sincerely,  
Reggie A. White

## Abdul-Rauf's method of protest a burning issue

Dear Archie Clark,

In the spirit of constructive debate, I would like to rebut your editorial of March 27, "Is America land of the free or home of the slaves?"

Protest during the national anthem, in truth, is nothing new. It's not the act of protest itself but the manner and context which many Americans, black and white, object to. Recall the fistful Black Power salute of the Olympic athletes in Mexico City in the summer of 1968.

*(Mahmoud) Abdul-Rauf freely gave his word as a man, with his new Muslim signature, to abide by the rules of the NBA in exchange for a \$34 million contract. He broke his word, and the NBA called on him.*

**--Joe Mitchell,  
computer science major**

The black-gloved Olympic heroes were incredibly dignified! There they STOOD, heads bowed, fists in the air, a strong and silent protest before the assembled press of the world. The actions were not meant to divorce the protesters from their country; rather, they were sending a distress signal, a message that America needed help. That proud protest led to vast changes that, unfortunately, today's students are too young to appreciate. Things ARE better.

Mahmoud Abdul-Rauf, whom his PARENTS named Chris Jackson, chose another route. He would sit and scratch his crotch (privates?), yawn, read, stare fiercely at the cameras, anything to provoke anger. Nothing noble, nothing constructive, nothing creative. In comparison, a narcissistic poseur.

Abdul-Rauf freely gave his word as a man, with his new Muslim signature, to abide by the rules of the NBA in exchange for a \$34 million contract. He broke his word, and the NBA called him on it. If his principles were so almighty high, he would have walked away from the money.

As for the teaching of nationalism and forced thinking that you fear, consider the Nation of Islam. The most horrible example of these tactics imaginable is the image of the eight-year-old son of Khalid Muhammed, NOI chief racist/nationalist, cheering his

father's assertion that Colin Furgason was the greatest hero in black history!

Yes, a few white Americans have burnt flags, and sadly, crosses and people, but I reject your high-handed assertion that burning is a uniquely white form of protest. In very recent history, blacks have burned thousands of acres of city in Los Angeles, Chicago, Atlanta, Detroit, New York, Newark, Washington, Philadelphia... Refrained from burning, Mr. Clark?

I am a mixed-race older student. Most would call me white; I didn't come with a pedigree. But I'm not an apologist. I chose A&T to learn about computers, to learn about you, to learn about myself, I believe, as the Panthers were fond of saying, that you cannot enslave a man; the very worst you can do is kill him. And that no man can be free save he free himself.

I also came to explore racism in myself and in others. We all have a lot of work to do to overcome years of bad teaching, but I have come to believe that there are beautiful things ahead if the races can come together. Who can listen to, who can look at, Mariah Carey, and doubt it?

Please print my email address, for flames and comments.

Joe Mitchell  
josephm@garfield.ncat.edu

## Americans were deceived, taught to hate communism

Dear Editor,

In current mythology, the Cold War was a titanic struggle of good versus evil, of democracy and freedom against godless communism.

Reality is quite different. How can the United States support of brutal right-wing dictators like Somoza, the Shah, Mobutu, Marcos, Trujillo, Pinochet, Suharto and others be equated with democracy and freedom? How can the massacre of over one-half million members of the Indonesian Communist Party and their families (men, women and children) be called anything but one of the greatest human rights violations of the twentieth century? The same is true of the slaughters in Guatemala, Angola, Mozambique and East Timor.

I have a different theory. The Cold War was a struggle of the corporations to retain control of the cheap labor and natural resources of the world and to prevent socialism from succeeding anywhere because it is a threat to their tremendous wealth and power. Since the dissolution of the Soviet Union and the passage of NAFTA and GATT, these corporations are more powerful than ever.

How were the American people so easily deceived? Simple- the corporations own the media and can promulgate the fairy tales of the ruling elite 24 hours a day, if necessary. The greatest propaganda achievement of human history was convincing the American people that believers in a utopian ideology like communism were evil devils.

What did the Cold War accomplish? It bankrupted the Soviet Union and put this country \$4 trillion in debt. This folly occurred while millions of people starved to death and the environment was polluted and destroyed.

An objective observer from another planet would have to conclude that there is no intelligent life on earth. Beam me up, Scotty!

Sincerely,  
Gary Sudborough

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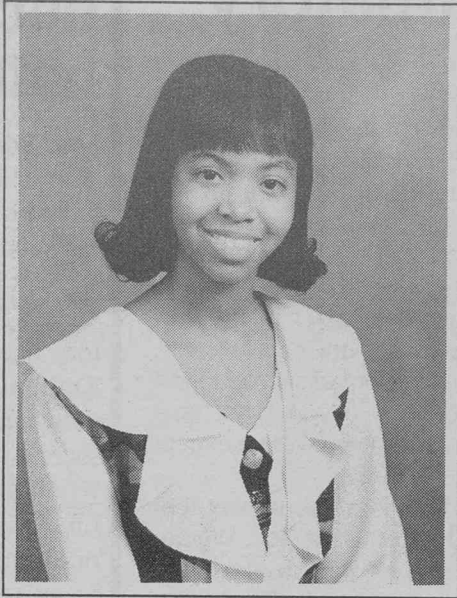
# Love for self must exist before love for anyone else

*Families and friends are sometimes neglected when blindly in search of that potential significant other*

Why do we sometimes push the loved one or potential loved one we have been searching so hard for away from us? The answer is quite simple- overkill. It happens often, but with a little will power, we can avoid or correct the damage we inadvertently cause to some of our best relationships.

During the time we are waiting for that special someone to come along, we are holding so many emotions inside. We are yearning to give love. Hoping someone will come so we can share what we have to offer. At the same time, we are also yearning to receive love as well. We are hoping someone will think enough of us to take time out for us even if just for a moment. It is just the pleasure of knowing someone thought enough to care. That is where our happiness lies: the place where love is a two way street, rather than a dead end.

When that great opening in an otherwise closed gateway is suddenly unveiled, a bundle of emotions is instantly released. We do not mean to let it all out at one time. It just happens. Finally, we have a chance to give love, to experience love, and to receive love. That feeling creates such a euphoria, we sometimes get caught up in it. We bom-



## TOY'S ADVICE COLUMN

bard our mate with gifts, calls and other caring sentiments of love. Somehow, without realizing it, we smother our special mate

and do not give them a chance to reciprocate the love or feeling they probably want to return. We are so busy trying to let our potential mate know how we feel, we do not take the time to listen or absorb the actual feelings we have yearned for. We need to be careful not to do so much that we push them away.

This is especially hard in the beginning because we tend to want to give so much of ourselves to reassure our potential mate not to look any further for love. It is okay and quite natural to feel this way. After all, we want to keep this person all to ourselves before someone else comes along and tries to move in on our territory.

However, this should be done in moderation. We should not allow our insecurities to become a bulldozer on the highway of love. Other times, we just want to make sure they know how much we care. Believe me, they know. Now give them a chance to show you. Here is a five point plan to revamp your love distribution system and still keep that relationship or potential relationship alive.

**1. Stop and give yourself some love.** On an occasion where you are about to call that person for the third time this week although they have not even returned your first phone call, channel that energy in a good book you have not taken the time to read or a movie you always wanted to see. Pamper yourself. Sometimes we are so engulfed in giving love to others that we forget about ourselves.

**2. Talk to your special someone.** If you even suspect that you are giving too much, chances are you are doing just that. Tell your mate how you feel. Apologize and ask what you can do (or not do so much) that may cause that person to distance themselves away from you. Communication is important. If that person really cares about you and wants to care for you so much as you want to care for them, they'll be honest. They will also try to work it out. If you do not get a positive response after talking about this problem or any problem, you do not need to be with that person.

**3. Spend some time with family.** Do not forget there are other people in our lives who deserve just as much of our love as we are giving that special someone. We need to keep healthy relations with our families, also. Write mom and dad. Call your grandparents or your favorite aunt and uncle. Tell them how much you care. Surprise your brothers, sisters or cousins with a visit. They need our love, too.

**4. Write your feelings down on paper.** Sometimes we just want to give our mate things just to tell them how we feel.

Since they know this information already, start a journal. Devote your writing time strictly to that special someone. During the time you feel the urge to bombard them, take out a pen and paper and write your feelings down. Spell out every emotion. Let it all go. Not only will you feel better afterwards, but you have not pushed your mate or potential mate away. This also gives you a chance to be honest with yourself and evaluate your emotions. You will be surprised at what you have written in your journal months, or even years later whenever you decide to reread it.

**5. Get involved and refocused.** Sometimes we just have too much time on our hands. Channel that energy into an organization you might be interested in. Invest in your favorite hobbies and talents. Other times we are thinking about that person too much when we need to be focused on our work. Snap out of it. Ask your Creator to help you work more diligently in your endeavors. It takes will power. You can do it so put your mind to it.

So the next time you get the urge to smother that loved one, stop and give yourself time to receive some love. Also take the time to give others your love. You would be surprised how much more love you could receive from your mate or potential mate. In this way, everyone stays happy and in love. You get the love you have been yearning for and your mate gets a chance to share their love with you, something they have probably been trying to do for a while. Yes, it is actually possible, but only if you allow it to

happen.

## Poetry Corner

vine  
drip,  
drop,  
the rain just won't stop falling...  
i feel naked.  
glaikit.  
my heart keeps calling...  
"where is my sunshine?"  
"where is that lady of mine?"  
i can feel a sadness crawling all over  
me,  
like i'm a little tree,  
engulfed in this crushing vine.  
my life rushing out my body,  
leaving me gasping for air.  
trying to grasp onto reality,  
escaping the grips of despair.  
sometimes, i'm so lonely,  
that vine squeezing my heart too tight,  
feeling like i'm about to explode,  
like i'm carrying a load of dynamite.  
using all my energy to believe there's  
hope,  
hoping i'll grow bigger and stronger  
to break free  
before the dynamite ignites and  
blows,  
trying to outgrow this vine around  
me.  
can i do it?  
can i escape the vine?  
where is my sunshine?  
at least,  
give me a sign.

surelock.

## Y tu?

I wish to be one with you.

I desire to be one with you;  
not in you; for you are  
too delicate and precious  
a creature to be entered;  
unless entered into bliss  
amongst and beyond.

My heart only wants to extract  
the golden drops of happiness  
from your eyes;  
those looks of pure human  
satisfaction.

I request your soft touch;  
your arms- the shield  
from loneliness- the swords  
against flirtation

I offer the protection of closeness of body,  
the sincerity of closeness of mind,  
the serenity of closeness of soul.

My hope is that you accept.

-David L. Mallette, III

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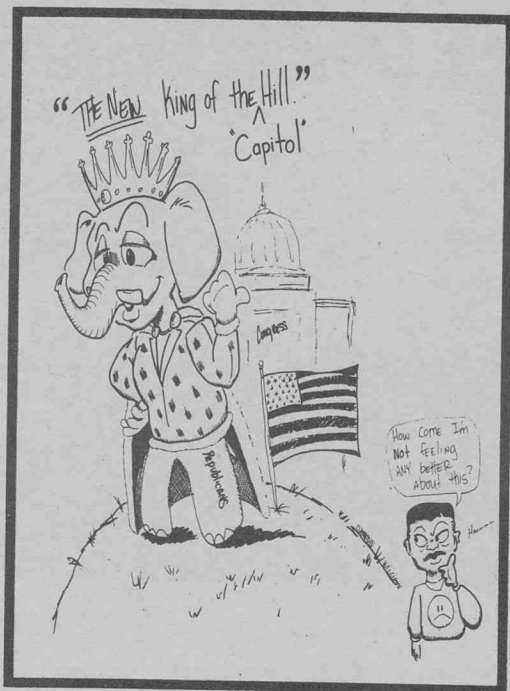
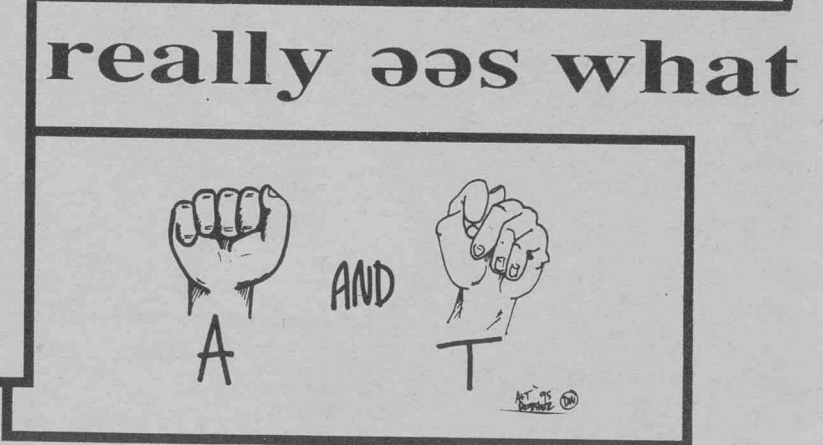
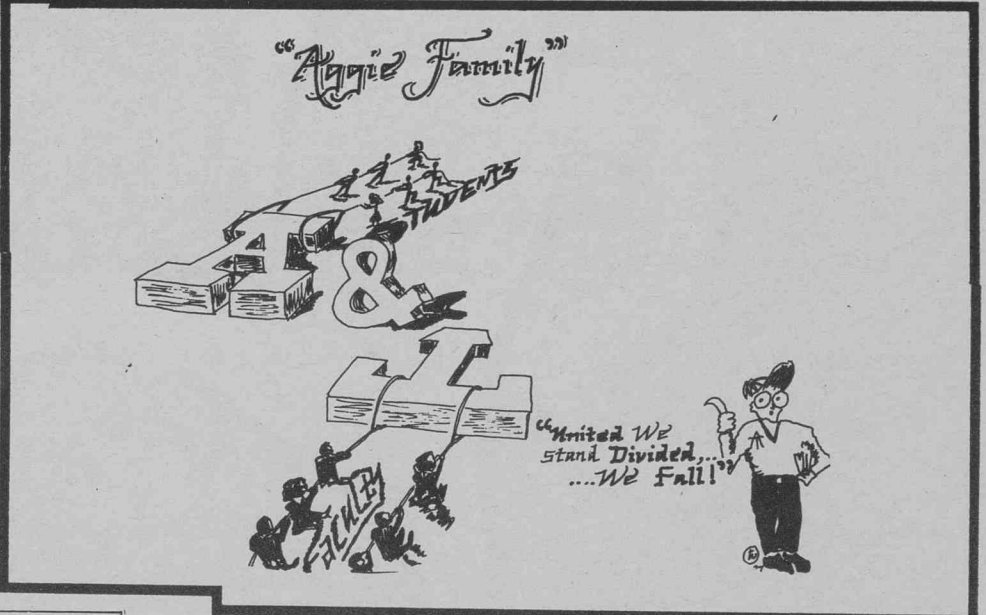
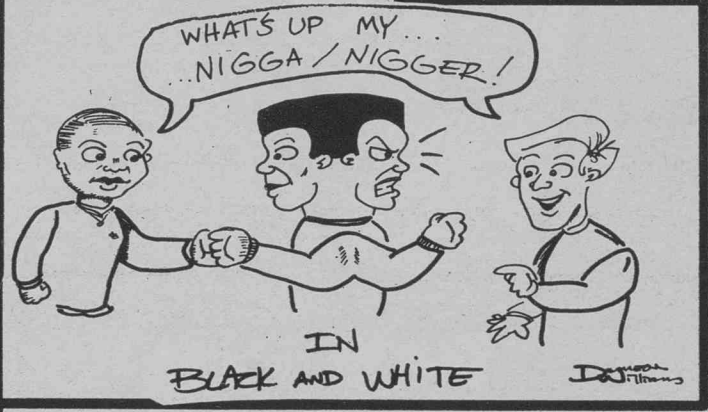
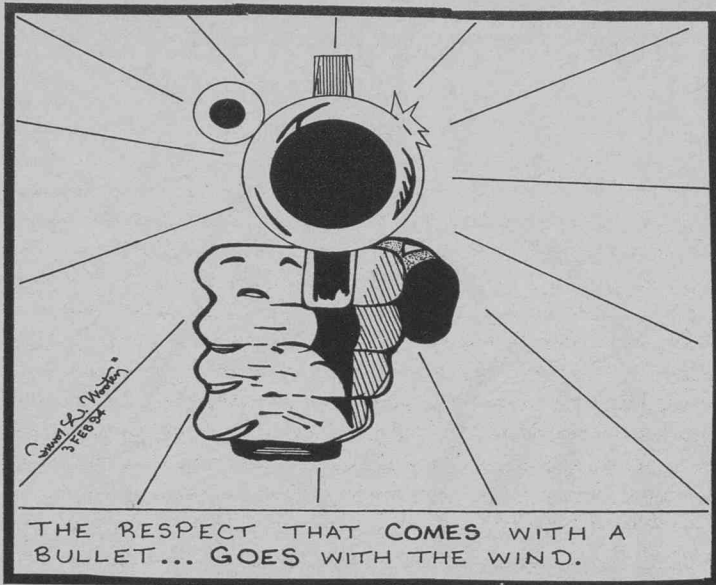
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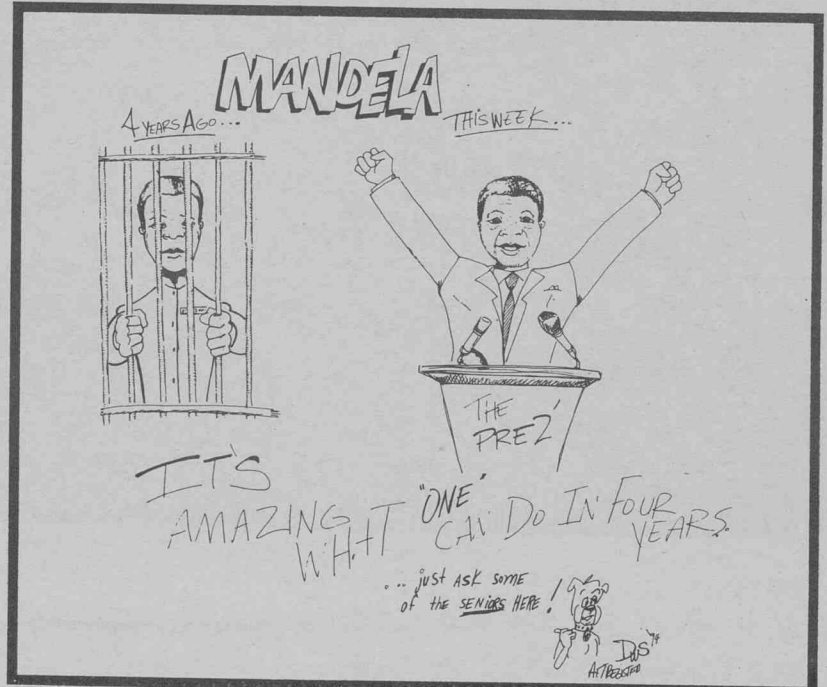
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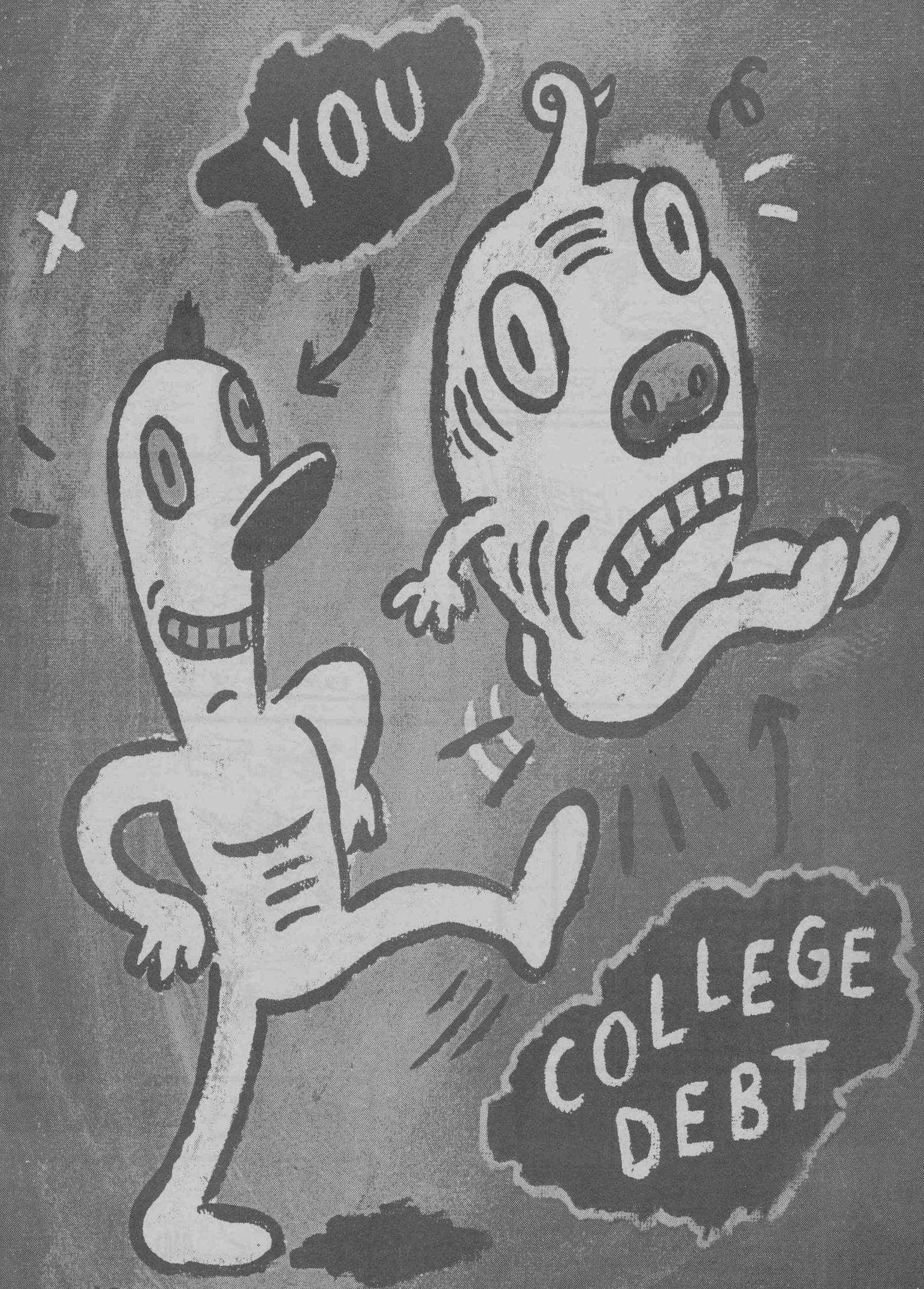
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