

Editorial

In Memoriam Steve Birchette

Steve Birchette was a wonderful person, a real team player. In high school, he was an outstanding student, a member of Who's Who Among Students in American High Schools two years in a row. Last year he started 16 out of 23 games. He was a prosperous student, a man with a future. As the Rev. Roland Cunningham so eloquently stated "It matters not how long you are on this earth, what matters is the quality of the time that you spend." This young man had a quality life, and his presence will always be with us.

Steve Birchette's death should make us all aware that life is too short to focus on petty things. Evaluate your goals and direction in life. Realize your purpose and work hard towards it, but never forget to take time out for the people you love.

Call your family and tell them how much you love them, and thank them for giving you the opportunity to attend college and the support and love they given to you.

Take your best friends aside and tell them what a positive influence they have on your life.

Don't assume that they know how you feel about them, because many times we don't know, or we'd just like to hear it said.

Don't wait for anniversaries and birthdays to express your feelings.

Take the opportunity to express your feelings to friends, or acquaintances. Try to meet someone new everyday, don't limit your friends to people you know now. Make peace with someone you don't get along with.

Life is so very precious, so take time today.

For tomorrow might be too late.

Shut 'Em Down? It's Your Choice

On Monday, October 5 the Student Government Association sponsored a Boycott as a result of insufficient response to it's proposed changes by the University administration. The result on the student level was a conflict of interest and unnecessary name calling.

On the way to class, some students, including a staff member of The Campus Echo, were called a sellout for attending classes.

First of all, we each pay our own tuitions, or our parents do, or we have loans. We are not sellouts we are independent thinkers. Therefore, we make our own decisions whether or not to attend classes. It is nobody's business if you attend class or not, for whatever reason.

If you choose, you can attend class, then go outside and yell Shut 'Em Down and still feel it in your heart just the same. If that is what you choose to do, but make sure you are willing to act on your conviction. It is an individual decision to be made by you. Don't participate just because your friend does, and make sure you know all the issues.

Be informed about the entirety of the situation. Don't believe every thing that is told to you. People, including the SGA are going to make themselves look good regardless, so you have to make your own choice about right and wrong.

Be mindful of the consequences of your actions as well as the positive aspects of what you chose to do. You have to be self-fulfilled and know that what you are doing you are doing for yourself, your school, and your future.

If you are going to "wear the Malcolm X hat, and shirt," stand outside and yell "Shut 'em down," and call every Tom, Dick and Harry that walks by a sellout, make sure YOU know why you are standing outside, and don't worry about others and their choices.

Weigh the pros and cons.

Make your decision.

Stand up for what you believe in.



Guest Forum

Get Ready For Flu To Pay Its Yearly Call

By Susan M.H. Todd, RN-C, ANP, MS
Adult Nurse Practitioner
NCCU Student Health Service

The flu. It is one of life's regular miseries.

It arrives so punctually at this time of the year that we speak routinely of "the flu season," as if it were a sporting event or part of the weather.

But what is it really? Its official name is respiratory influenza, and it is a viral disease of the respiratory tract that produces fever, often 102 degrees or higher, chills, headache, muscle and joint aching, runny nose, sore throat and a prolonged cough. It lasts from 2 to 7 days, occasionally in sever cases

even 2 to 3 weeks. The type A strains can produce nausea, vomiting and diarrhea in about 25 percent of young people affected.

Three influenza viruses are recognized: A, B, and C. The A virus is associated with widespread epidemics and B with more localized epidemics; C is fairly rare. In large communities usually 15-25 percent of the population will be affected, but in closed populations such as military units or college dormitories, greater than 40 percent may catch it. Winter months are prime flu months in North Carolina. Last year the Durham County Health Department noted cases as early as September, before immuni-

zation programs had even begun. At Student Health Service we have already had one case this year.

Each year estimates are calculated by the Center for Disease Control as to which strains will be most prevalent for the season. This year, according to Pam Weaver, head of the Durham County Health Department immunization clinic, A-Texas, A-Beijing and B-Panama are expected. Thus, this year's immunization will cover these strains.

The immunization will not be given at Student Health Service but will be offered at the Health Department for \$5. These "flu shots" will be administered on Monday's, Wednesday's and Friday's from 8:30 a.m. to 11 a.m. and from 1 p.m. to 4 p.m. beginning

in October. Anyone with a chronic disease, particularly of the respiratory tract (such as asthma), or with heart, kidney or metabolic disease (such as diabetes) should be immunized annually. The elderly are also particularly susceptible. Immunization should be taken before the outbreak.

The virus is transmitted by direct contact through nasal mucus and saliva droplets and through the air among people in crowded spaces. It can even be transmitted for several hours in dried mucus on handkerchiefs or hands. Symptoms will occur 24 to 72 hours after exposure.

A person is contagious the first three days after getting the symptoms. If a new strain arrives, ev-
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Letters To The Editor

School Children On Campus Source Of Annoyance

Dear Editor

Why must I sit in the campus cafeteria next to a 14-year-old child before my 9:25 class? I certainly don't appreciate eating my breakfast beside some 8th grader who is obviously cutting a class. It's enough that NCCU students have to put up with bad food, but do they also deserve bad little brats who have their own cafeteria in their own public school?

What are my parents paying taxes for? NCCU has many problems now, but if the staff continues to admit non-students into NCCU facilities, there are going to be more.

I didn't come here to eat with an 8th grader and have my computer in the library taken up for 3 1/2 hours by a Hillside or Durham High student. My purpose for going to college, was to get away from minors. How do I do so, if I am being jumped by three 8th graders

who should be in school somewhere in Durham County?

Angie Cuthbertson

Alumnus Applauds Khalid X Speech

Dear Editor,

In response to the negative comments written by you about Minister Khalid X and brother Tim Smith, here is my rebuttal. Regardless of whatever remarks that these MEN have made, negative or positive, we must give them the credit for being able to say how they felt in the presence of some of their oppressors. It takes guts to do that, and anyone that can't do as they did but chooses to talk behind closed doors without whites present is a "House Nigger." They know that in spite of

their speech, The Man will do as he wants in spite of their approach.

The problem that most black folks and leaders today have is that we have compromised our freedom for mental slavery. Why should we speak softly about anyone that has given us separate but severely unequal all of our lives? Let's call a spade a spade. The black students at UNC-Chapel Hill pay the same tuition as the white students, but they don't have equal access to resources. You are editor of a bi-weekly to monthly Campus Echo, but UNC has their Daily Tarheel. They waste more money in a month than you have on budget for the year. They and you are from the same UNC school system. Talk any way you wish, they will continue to have more than you. These men didn't say anything wrong.

In closing, I applaud Minister Khalid X and brother Smith for speaking to the needs of the oppressed. It's high time that we all as black people should start to address the causes, not the symptoms of our oppression, racism. I applaud NCCU'S SGA president for her stand against our own establishment that has strangled from us the same rights as all students in the UNC School Systems. If we can chastise our own, why can't we speak with the same outcry to those with the power to make changes in our conditions?

Don't wear the "X" if you don't have the same courage and heart as Malcolm, Martin, Farrakhan and Elijah. Stop compromising our progress for submissive leadership and knee-bending, but-kissing voices that will only result in crumbs compared to steak.

Samuel A.R. Sligh, Jr.
1986 Graduate NCCU

Our Policy On Letters

The Campus Echo welcomes letters from students, faculty, administrators and anyone else interested in the North Carolina Central University community. Letters must be no more than 300 words in length. The editors of The Campus Echo reserve the right to edit all letters for correctness and length. Address your letters to The Campus Echo, Department of English, North Carolina Central University, Durham, NC 27707.

How To Publicize Your Club Or Organization In The Echo

The Campus Echo publishes news of campus meetings and events, achievements, honors and activities of students, faculty and staff. If you want your activity or event to be written up in the Echo, just send a news release or fact sheet to The Campus Echo, c/o The Department of English, NCCU. We encourage you to send photographs when they are available. Let us hear from you.

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