

# The NUBIAN MESSAGE

5<sup>th</sup> Anniversary  
January 22, 1998  
Edition 18

Knowledge



## What's Goin' On?

### AACCCion Volunteers

Volunteers Needed! The Afrikan American Cultural Center needs volunteers to help during the Martin Luther King, Jr., Cultural Festival on January 24, 1998, beginning at 10:00 a.m. - 5:30 p.m. Volunteers must sign-up in advance at the Afrikan American Cultural Center in the Wither-spoon Student Center, Room #355.

### Bennu Cultural Center

Blacknificent Bookstore's Bennu Cultural Center will host Dr. John Hope Franklin, Saturday, January 24, 1998 at 4:00. For more information, contact Dr. Mawiyah or Kamau Kambon at 919-250-9093.

### Heritage Lecture

The Afrikan American Heritage Society will host a "reportback" from students and faculty who attended the Association for Black Culture Center Conference in College Park, Md. last semester. This, and all other Heritage Society meetings/lectures are open to the public. No admission will be charged.

### Delta Sigma Theta

The ladies of Delta Sigma Theta Sorority, Incorporated will sponsor a program about entrepreneurial leadership this Thursday, Jan. 22 at 7:00 p.m. in the Multipurpose Room of the Afrikan American Cultural Center.

### Race and Ethnicity Forum

The Student Government Executive Board will sponsor a race and ethnicity forum this Tuesday, Jan. 27 at 6:00 p.m. in the Campus Cinema. This forum will deal with issues such as interracial relationships, race/ethnicity, and affirmative action.

The Afrikan American Voice of North Carolina State University

## Acclaimed Author John Raye to Keynote Martin Luther King Jr. Cultural Festival

### Staff Report

The Nubian Message

More than 1,000 participants are expected to attend the 13th annual Martin Luther King Jr. Cultural Festival at N.C. State on Saturday, Jan. 24. The event will feature local and state guest speakers, as well as an evening performance by a national theater touring company.

The festival commemorates the birthday of Dr. Martin Luther King Jr. and provides an array of educational activities of interest to the community. Festival activities that are free and open to the public will take place from noon to 5:30 p.m. at the Jane S. McKimmon Center.

Businessman-author John Raye will be the guest speaker during the optional 5:30 p.m. dinner at the McKimmon Center. His speech will focus on the festival theme, "Living the Dream: Investing in Our Communities." Raye is the national spokesman and senior sales manager for Greensboro-based Dudley Products, Inc., one of the nation's largest manufacturers of black hair and skin care products.

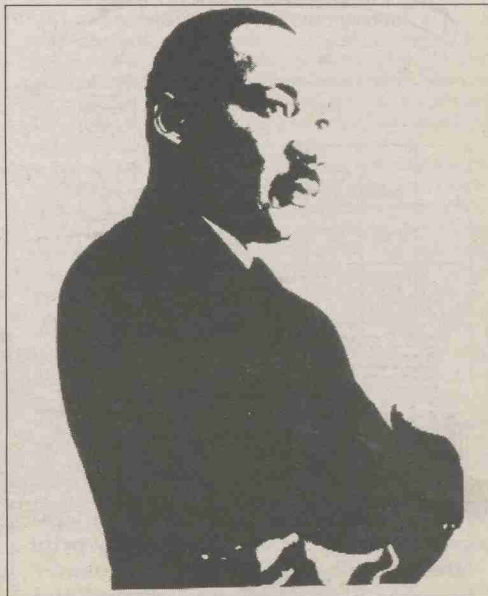
A powerful motivational speaker, Raye is known for his efforts to save from destruction the Carter G. Woodson Center in Washington, D.C., a major repository of black history and culture. Dinner tickets are \$10.25 per person, or \$5.25 for those 12 and under.

An after-dinner performance of "I Have a Dream" will be presented at 7:30 p.m. in Stewart Theatre by the critically acclaimed National Black Touring Circuit Inc. The cast, which includes NCSU alumnus Herman LeVern Jones and Wilmington's Nick Searcy, will be joined by the Monument of Love Fellowship Church Choir of Raleigh.

Dr. M. Iyailu Moses, festival coordinator and director of the NCSU Afrikan American Cultural Center, said, "I Have a Dream" is a presentation of King's life in drama and music. She said, "The performance is a powerful and significant portrayal of the lifework of the slain civil rights leader." Tickets are \$12 for general admission, \$8 for students with identification, and \$5 for seniors and children age 12 and under. For tickets call Ticket Central at (919) 515-1100.

The annual Martin Luther King Jr. Cultural Festival is sponsored by NCSU's Afrikan American Cultural Center in cooperation with St. Augustine's College and Shaw University.

Activities will include various age-appropriate workshops and creative activities for adults, teens, preteens and elementary school children. Ora-



torical contests also will be held for high school and college students. Workshop presenters include Afrikan American leaders from the university and surrounding community.

This year's Festival Cultural Hour, which begins at 4 p.m., will include guest performances by local poet Sadiqa Malik; NCSU's Dance Visions; the Bouncing Bulldogs, the East Cary Middle School Drill Team; and the Martin Luther King Jr. All Children's Choir. The cultural hour is one of the activities that is free and open to the public.

Registration is required for all festival activities. For a complete program of activities call (919) 515-4516.

## Northwest Journalist of Color Fellowship Available

By DeShelia A. Spann

News Editor

The Northwest Journalists of Color Fellowship is designed to develop motivated Asian-American, Afrikan American, Native-American and Latino journalism students into top-rate professional journalists. The program connects high school seniors and college undergraduates with a professional journalist who will serve as his/her mentor. Students receive a financial grant, up to \$1,000, for successful completion of the program.

Students accepted into this program will have the opportunity to consult with his/her mentor at least once a month. The role of the mentor will vary, depending on the student. The mentor may arrange for the student to shadow a television producer for an afternoon, encourage the student to apply for summer internships, give practice job interviews and look over a resume, critique clips, or meet for lunch and a pep talk.

Four times a year, students, professional journalists and community members will meet to learn about issues impacting ethnic communities. The financial grant will be awarded quarterly, based upon the student's successful completion of the program. Students must participate in at least three of the four field trips, which will be located in the Seattle area.

For more information, interested parties should contact his/her career counselor for an application or write:

Paula Bock  
The Seattle Times  
P.O. Box 70  
Seattle, WA 98111

Applications and materials must be submitted by April 30, 1998. Awards will be announced in June.



• It's Williams vs. Williams in a battle to the death down under. Sports has the gory blow-by-blow details.

See Sports, Page 3

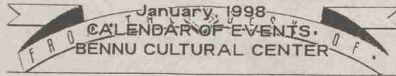
• Get your tickets now for the "I Have a Dream" performance this Saturday in Stewart Theatre at 7:30 p.m. Call 515-5210 for pricing information. Mention the Nubian, N.C. State students, for special discounts.



## Majors in Demand By Ranking for College Graduates

By DeShelia A. Spann  
News Editor

So you spend four to five years of your life in college digging in the books with the hopes of one day graduating and entering the working world. Well, for some students a good education may not lead to a good job if the kind of education you pursued is not in demand. The Black Collegian Career and Development organization did some research and here's what they came up with. Out of 100+ majors here is what they found.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 MANIFESTO IN OUR POSITIVE MESSAGES & LOGOS	2 SOUND BY COME WITH US TO THE BENCHES PERSONALLY FOR US	
4	5	6	7	8	9	10 MIRAL "SPECIALTY" KEYS IT "SOOP"
11	12 ADVERTISING FOR THE BENCHES	13	14	15 OFFICIAL MESSAGE TO THE BENCHES	16 MIRAL AGENT FOR THE BENCHES	17 COMMITTEE FOR THE BENCHES
18 BENCHES FOR THE BENCHES	19	20	21	22 MESSAGE TO THE BENCHES	23	24 MIRAL AGENT FOR THE BENCHES
25	26	27	28	29	30	31 MIRAL AGENT FOR THE BENCHES

**MANAGING DIRECTORS**  
MAWIYAH & KAMAU KAMBON  
919-250-9093

With only the permission of our ancestors and our elders do we proudly print this and all editions of The Nubian Message. Always keeping in mind and spirit...

**5th Anniversary**

Dr. Yosef ben Yochanan, Dr. John Henrik Clarke, Dr. Leonard Jefferies, The Black Panther Party, Mumia A. Jamal, Geronimo Pratt, Dr. Lawrence Clark, Dr. Augustus M. Overton, Dr. Wandra P. Hill, Mr. Kyran Anderson, "Dr" Hughes Suffren, Mr. Lathan Turner, Dr. Iyailu Moses and all those who walk by our side as we continue to make our journey to true consciousness.

## Demand for Majors in Workforce

Major in Demand	Bachelors	Masters	Total
Accounting	5010	654	5664
Education	4003	1026	5029
Liberal Arts	2713	49	2762
Criminal Justice	2513	1	2514
Business Management	2315	140	2455
Computer Science	2018	431	2449
Electrical/Electronic Engineering	1758	563	2321
Marketing & Distribution	1861	199	2060
Business Administration	1535	368	1839
Mechanical Engineering	1347	301	1648
Computer Engineering	907	152	1059
Chemical Engineering	738	292	1030
Management Information Systems	745	227	972
Finance/Banking	545	380	925
Foreign Language	880	0	880
Hospitality/Hotel/Rest. Mgt.	573	0	573
Industrial Engineering	406	80	486
Systems Engineering	311	72	383
Agribusiness	376	0	376
Technology	350	0	350
Math/Actuarial Science	257	78	335
Civil Engineering	288	17	305
Chemistry	217	68	285
Health Admin. Management	267	13	280
Nutrition	200	14	214
Manufacturing Management	113	82	195
Environmental Engineering	135	58	193
Nursing & Related Services	184	1	185
Psychology	130	51	181
Engineering (Other)	139	16	155
Law	281	13	141
Aerospace Engineering	121	17	138
Public Health	124	10	134
Social Work	111	10	121
Communications	108	2	120
Taxation	4	110	114
General Studies	100	0	100
Biology/Biological Sciences	86	4	90
Geology/Geophysics	29	50	79
Pharmacology/Pharmaceutical Sciences	69	5	74
Statistics	57	12	69
Urban Planning	37	12	49
Human Resources	18	23	41
Medical Technology	39	0	39
Transportation	37	1	38

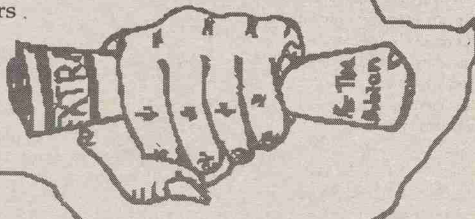
So if you thought the world of law or engineering would guarantee you millions, think again. You might want to change your major. Have you thought about accounting lately?

## Students, take note!!

Your people need you.

The Nubian Message is in need of

- Copyeditors
- News Writers
- Culture Writers
- Opinion Writers
- Sports Writers
- Photographers



Is there any money involved? Depends on your qualifications. What can you get from it? Experience, Flexible Hours, Great Resumé items, Computer Access and training, Connections.

Life here at N.C. State can be difficult. You can make things much easier on yourself by knowing the right people and what better place to establish connections than *The Nubian Message*? Based in the Afrikan American Cultural Center, through the Nubian you have access to some of the most powerful, influential Afrikan American movers and shakers on campus. Be a part of history in the-making. Come help the Nubian Message become the pre-eminent Afrikan American Voice of North Carolina. Call 515-1468 or e-mail [admiral@sma.sca.ncsu.edu](mailto:admiral@sma.sca.ncsu.edu). You'll be glad you did.

## THE NUBIAN MESSAGE

The Afrikan American Voice of North Carolina State University

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## The Afrikan American Engineer in the 21st Century: A Burden, Challenge and Opportunity

By DeShelia A. Spann  
News Editor

Existing as an Afrikan American engineer in the next century will present many burdens, challenges and opportunities for the eager souls willing to accept them. In the 21st century, Afrikan American engineers should play a demonstrative role in defining the future and creating a legacy for the social and technological agenda in America.

As the information super highways are continue to be designed and constructed, Afrikan American engineers must ensure that there are on-ramps in the Black community.

Presently, as in the past, lawyers, politicians and ministers lead the many battles Afrikan Americans continue to fight in this country. In the future, the greatest problem for Afrikan Americans will be the lack of access to information, for the "next revolution will not be televised," it will occur via the Internet. Therefore, Afrikan American scientists and engineers must play a more integral role in the discussion and determination of any national agenda for Black America.

More so than ever, engineers must be well versed in subjects beyond their area of expertise and enter non-traditional jobs and posts where understanding and employing technology will transform the world. Engineers must take leadership roles in the community, for we have seen and created the future, and it is NOW!

Whether one recognizes it or not, there is a "cultural tax" for being a Black professional. This tax may manifest itself as heavy committee work on the job, as excess work to destroy "affirmative action" stereotypes, or as substantial community service in an effort to remain attached to or give something back to the community. Regardless, there is a tax borne by Black professionals that does more harm psychologically than it does monetarily.

The Black professional has always struggled with the dualities that race introduces to his daily life.

However, the duality cannot be escaped, for America - most especially Corporate America - is not blind. When one strips himself of race and ethnicity, racism flourishes and grows. Great minds are denied access to resources necessary to make the discoveries of tomorrow.

How many Imhoteps or Einsteins work menial jobs because access to quality education was not an option in their community? How many senior level executive managers would there be in Corporate America if there were no glass ceiling? W.E.B. Dubois prophesied when he wrote about the "problem of the color line" that would preoccupy America in the 21st century.

Even with such a high tax to pay, many in the Black community have achieved, and their accomplishments are the headlights for the engineer to enter the foggy atmosphere of the 21st century. Reginald Lewis purchased Bearice Foods.

Robert Johnson brought the Black Entertainment Network (BET) to Wall Street. Dr. Ronald McNair took the National Society of Engineers to space. Now, someone must boldly lead us into cyberspace. The burden is that the mainstream is polluted, and it is the responsibility of Black engineers to not only swim in it, but to decontaminate it for all those who may follow.

Regardless of the nurturing and edification one may receive in life, the decision to challenge the status quo is ultimately that of a person. Socioeconomic and cultural factors influence such decisions, but individual responsibility must outweigh all extenuations that may be derived from the harsh conditions of living in poverty, growing up "disadvantaged."

For the practicing engineer, there exists the possibility of social and cultural isolation on the job. In an attempt to explain the challenge faced by Black engineers, consider the stress and burdens of work as the heat experienced on any humid summer day. Every day for the Black engineer, the heat is on. The question is, how are you going to respond?

Practically, one cannot readily define heat, but it is present in all dynamic systems. In the dynamic system of life, heat is related to a certain numerical scale called temperature. At home, a thermometer is used to measure the temperature of the surroundings, a thermostat is used to set the temperature of the surroundings. In the next century, Afrikan American engineers will have to decide to be thermostats rather than thermometers.

A thermometer is a passive device designed to measure the temperature of the surrounding environment. It cannot change or adjust any of the attributes of the environment, which may be harmful to the occupants. A "thermometer" is one who chooses to just accept faith as he or she sees it.

It is the engineers and business persons accepting racism and sexism for a promotion or because of fear of losing their job, which is inevitable anyway in this culture of corporate downsizing. It is the kid on the street selling drugs because he wants nice things now, without seeing the circle of violence that will eventually kill him. Many people are pursuing engineering degrees with the hope and aspiration of becoming a "thermometer."

One may be studying to be an engineer, doctor, or lawyer who just wants to become part of the status quo. The ultimate goal of the "thermometer" is to adjust to the environment and determine the best way to assimilate into the culture of a new career. John F. Kennedy was speaking of the "thermometer" when he stated that conformity is the killer of freedom and the enemy of growth.

A thermostat is a proactive device which determines and prescribes the temperature of the environment around it. To be a "thermostat" requires energy unnecessary to be a thermometer, because the thermostat is the gage which turns on the engine and pumps to make the necessary changes in the surroundings. The thermostat has a responsibility to the environment to maintain it in a state where all occupants

are comfortable.

If it fails, the results may be catastrophic for some, while others may be unharmed. In an environment of racism and sexism, with no thermostat to measure them, some people will actually thrive, while women and minorities are literally choked to death by the toxic temperature of the environment enclosed by the "glass ceiling."

The challenge for Black engineers in the next century is to design and implement programs that not only confront the ills of society that affect our daily lives, but to be at the forefront challenging their businesses and institutions in an effort to lead this new generation. The methodology is personal, but just accepting such as life's fate is unacceptable. Malcolm X stated, "As long as we agree on the objective, we should not argue over the methodology."

The objective must be to make our daily surroundings civil and livable by being agents of change ("thermostats") and not just reporters ("thermometers"). Many leaders of today are just "thermometers," reporting on the temperature of the day without the power or knowledge to change anything.

Martin Luther King Jr. was not killed because he had a dream of changing America. The leadership and effort to bring about change led to his untimely death. Workers at Texaco chose to be "thermostats," and again, America is claiming to be shocked. Being reasonable and smiling never have and never will solve our problems. George Bernard Shaw said, "The reasonable man adapts himself to the world; the unreasonable man continuously forces the world to adapt to him. Therefore, all measurable progress comes via the unreasonable man." The "thermometer" is reasonable. The "thermostat" is unreasonable. Remember, Rosa Parks was unreasonable. She set the tone for the day.

The opportunity is that the present leadership in the Black community lacks the necessary vision and broad training to build the bridges and infrastructure needed in the

future. The time has come for the engineer trained as a doctor, lawyer or businessman to answer the call of the leadership and to develop technological and economical infrastructures that will serve as foundations for institutions in the next millennium.

There is an adage that states, "In the land of the blind, a one-eye man is king." As a matter of fact, a one-eye man does not thank God until he meets a blind man. Many have eyesight but are blind in the sense that they do not possess the vision or foresight necessary to prepare for the obstacles yet to be created. As engineers in the 21st century, no longer can Afrikan Americans afford to be blind or myopic.

Technology is changing more rapidly than ever, and the silent marauders of racism and sexism have been transformed and still flourish. Engineers with vision and determination are necessary if destruction of such ramparts are to ever be destroyed. Without visionary leaders coming from the ranks of the engineering community, the Black community may find itself as homeless sign-carrying hobos on the super information highway in the 21st century!

Often one does not realize the price that has been paid for him or her to participate in society as a functional citizen. Many men sacrificed their lives and futures so that the generation of today may pursue great heights and achievements, and there is a price to be paid!

The adage, "From him or her to whom much is given, much is expected," should weigh heavily on the hearts of this generation. In the face of death and annihilation, ancestors fought for full citizenry. With lesser burdens and fewer challenges, Afrikan American engineers must stand on the shoulders of their ancestors and seize the opportunity to make this a better world for life is an education in and of its and the world the classroom. Afrikan American engineers must teach the world a better way in 21st century!

### Quote of the Week

Those who will to work for justice and who understand that work as their conscious responsibility will be found in all places in all walks of life, at all levels of formal education and at all income levels. There are no class divisions nor language barriers for those who do this cosmic work. It is time to solve this problem once and for all. It is time for justice on the planet Earth.

— Frances Cress Welsing



## Anna Julia Cooper: A Voice From the Past

By Charmita Hobson

Staff writer

(1858-1964)

We all are familiar with the effortless work of W.E.B. DuBois, Frederick Douglass and Martin Luther King, Jr., but how much do we know about their predecessors. We constantly send up praises for the heroics of the men, but what about the women who fought for the cause.

Women played a tremendous role in the fight to secure equal rights and justices for Afrikan American women as a whole. One of the most prominent women who helped to better educate women, was Anna Julia Cooper.

Anna Julia Cooper, known to many as the mother of Black Feminism, devoted her life to the fight for the equal treatments of Black Women.

A native of Raleigh, North Carolina, she was born into the institution of slavery. Cooper received an education from the then, St. Augustine Normal School and Collegiate Institute in 1868. It was here that she laid the groundwork for the role she would later play in securing equal opportunities for Afrikan American women.

Cooper used education as the avenue through which she would enlighten the world on women's issues. As a direct result of these actions she became a renowned educator on the plight of the Afrikan American women. She firmly believed that liberation for Afrikan American women and men were best achieved through education.

After solidifying her role as an educator, Cooper went on to write a book titled "A Voice from the South: By a Black Woman of the South." In it she wrote, "The

world needed the education of women to unlock the feminine side of truth, as valid as the masculine side and of equal importance."

Cooper viewed the Afrikan American community as an extended family and each member had a responsibility to all members. Cooper also took part in the suffrage movement and later became one of the most prominent members of the Black Women's Clubs.

Anna Julia Cooper spent her life espousing the importance of education for Afrikan American women, and the significance of using the characteristics of female enslaved ancestors in bringing Afrikan American consciousness to the forefront of American Society.

Anna Julia Cooper, died in Washington D.C. in 1964, after an illustrious career in the field of education.

## Afrika Spotlight: Benin

**Official name:** People's Republic of Benin

**Independence:** August 1, 1960

**Capital:** Cotonou

**Currency:** CFA franc

**Income:** (per capita US\$) 421 (1990)

**Area:** 43,483 sq. mi.

**Population:** (1991 estimate) 4.8 million

**Illiteracy:** 73% (1991)

**Ethnic divisions:** Fon, Adja, Bariba, Yoruba

**Religious groups:** traditional belief 61%, Christian 17%, Muslim 12%

**Languages spoken:** French (official)

**International Relations:** UN, OAU, EC

**Form of government:** Multi-party

**Exports:** Coffee, cocoa beans, cotton, palm products

During the pre colonial era, Benin was a collection of small principalities, the most powerful of which was the Fon Kingdom of Dahomey. By the seventeenth and eighteenth centuries, first the Portuguese and later other Europeans established trading posts along the coast. From there thousands of slaves were shipped to the New World, primarily to Brazil and the Caribbean-this part of West Africa became known as the Slave Coast.

In 1892, the King of Dahomey was subjugated and the country organized as the French protectorate of Dahomey. It remained a French colony until independence in 1960, when the name was changed to the Republic of Dahomey, and Hubert Maga became president. Three years later, he was overthrown by military commanders. Mathieu Ke're'kou took over the military regime in 1972. In 1975, the name was finally changed to the People's Republic of Benin. When the government reverted to civilian control in 1980, Ke're'kou was re-elected president of the republic.

The population of Benin comprises about 20 socio-cultural groups. Four groups-the Fon, Aja (who are related), Bariba, and Yoruba-account for more than half of the population.

## Mastery of that look inside time touching on some type of note so musical Biblical am I such as riddle for thy wisdom The sun touching myself on top of my emotion in love of vacation. That emotion of the freedom that you could exist inside of anything. NOT that you created it, but it created you then you of it created you of it, itself inside such a persona. Also You created it in mind in the beginning any way, so it exists in your heart. But never a personality; a reality of an ego untouched and enflamed. Your truth voyaged and conscious of it's own curiosity. The sweet scents of the air and skin reflected the essence of the light masking its own light in such a way to begin anew That art form of pure energy that we look upon for faith so feminine yet balanced with the masculine power of the unknown perfection of such to be what we exist to be that is just to be.

## Existence

Silent Sky

### The Color Syndrome

Should it matter if I'm light?

Does that make me any less Black to the White?

Should it matter if I'm dark?

Does that make me less likely to get raped while walking in the park?

Should complexion matter within a race?

Should I be judged by my brown face?

Are we taught to hate the white—

But also taught to hate that light is right?

Shouldn't we be united as a race

Before we put our finger in their face?



Aneshia



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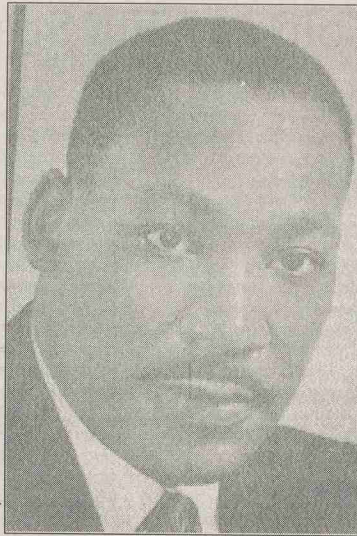
LES: The Start of the Pride

### Four Reasons for Using "K" in Afrika

- Most vernacular or traditional languages on the continent spell Afrika with a K; therefore the use of K is germane to us.
- Europeans, particularly the Portuguese and British, polluted our languages by substituting C whenever they saw K or heard the K sound—as in Kongo and Congo, Akkra and Accra, Konakri and Conakry—and by substituting Q wherever they saw KW. No European language outside of Dutch and German have the hard C sound. Thus we see the Dutch in Azania calling and spelling themselves Afrikaaners. We are not certain of the origin of the name Afrika, but we are sure the name spelled with the C came into use when Afrikans were dispersed over the world. Therefore the K symbolizes our coming back together again.
- The K symbolizes us to a kind of Lingua Afrikana, coming into use along with such words and phrases as Habari Gani, Osagyfo, Uhuru, Asante, together constituting one political language, although coming from more than one Afrikan language.
- As long as Afrikan languages are translated (written) into English, etc., the European alphabet will be used. This is the problem. The letter K as with the letter C, is part of that alphabet, and at some point must be totally discontinued and the original name of Afrika be used. The fact that Boers (peasants) in Azania also use the K, as in Afrikaan (to represent the hard C sound) demonstrates one of the confinements of the alphabet.

Source: *From Plan to Planet* by Haki R. Madhubuti, February 1992. Reprinted with the author's permission.

THE WORDS  
OF  
DR. MARTIN LUTHER KING JR.



"THE ULTIMATE MEASURE OF A MAN IS NOT WHERE HE STANDS IN MOMENTS OF COMFORT AND CONVENIENCE, BUT WHERE HE STANDS AT TIMES OF CHALLENGE AND CONTROVERSY."

We must use time creatively...and forever realize that the time is always ripe to do right.

If a man is called to be a street sweeper, he should sweep streets even as Michelangelo painted or Beethoven composed music or Shakespeare wrote poetry.

Nothing pains some people more than having to think.

We shall overcome.

I've been to the mountain top.

I have a dream.

Free at last, free at last...

We must somehow learn that unearned suffering is redemptive.

Melow Drama

My interpretations allow me to create the permanent cessation of my self. Fulfillment of the suicide must proceed in surroundings less stealth.

Luring death to possess my past allows my indigo mentality to envision the path of righteousness.

Black prophets lash out from eternity into time,

The wounds of no depth they caress.

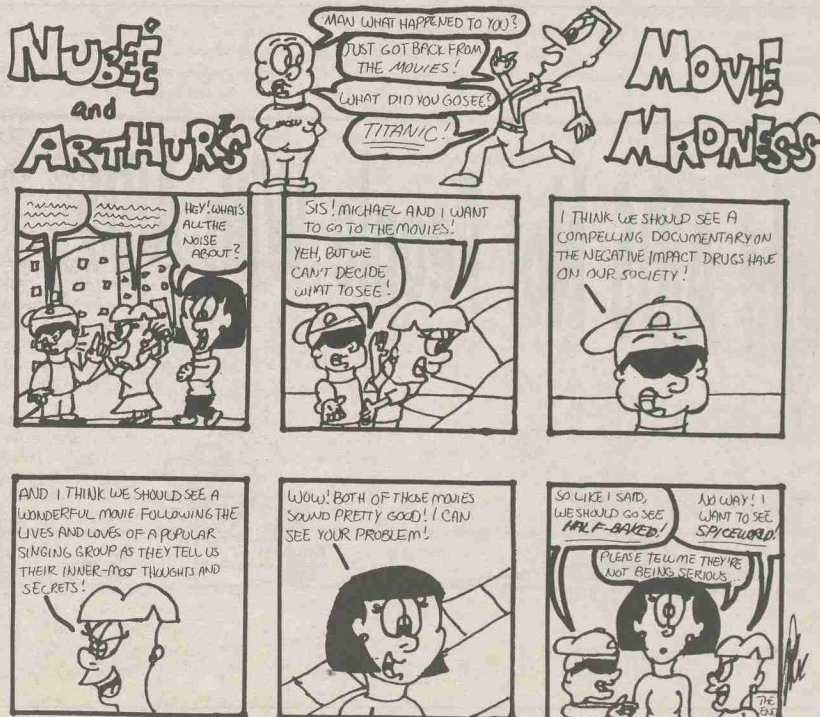
Inspiration of divine entities exhale the science of spirituality leaving men pleading in the name of brutality.

Lyrical ballads on high, locked into the mouths of man encouraging us to stand-through the night.

Untitled

The penetration of reasoned thoughts ingrain the brain  
O! elders of darkness arise to dance before our silken clothed minds.  
Grant us the power to invoke our spirituality,  
Forcing a way to produce new profound insight on life.  
Arise;  
O earthen bound tyrants, dimly illumine us to partake the sacred past.

Robert Eskridge, III



## Fighting Back During Cold and Flu Season

By **Michael D. Newkirk**

Health Editor

"AAAHCHOO!, Bless You!, Thank You," is a common dialogue you may hear in the course of a day. This time of year it is very likely that, inevitably, this may happen or already has, to you. One night as you lay down to sleep, you get that itchy feeling in your throat and when you awaken you can hardly breathe through your nose.

After you have washed your face you can breathe easier for a little while, but within a few minutes you are sneezing and your nose is runny. You make that trek over to the dining hall only to find that now you can't smell or taste how wonderful your bowl of Fruit Rings tastes.

By the time you get completely bundled up to meet your friends and walk to class your itchy throat has become sore and is now hoarse, making communication difficult. The first thing you say to them is, "I think I must be coming down with the flu." Actually the symptoms described were those of the common cold.

The flu and the common cold are two well known infections which share many of the same features, which causes them to be used interchangeably. Both are caused by viruses, both are highly contagious, both of them affect the respiratory tract, and both have fairly predictable seasonal patterns.

Of the differences distinguishing the two, the main ones include

the type of virus that causes the infection, some of the symptoms involved, how exactly the virus is spread, ways to prevent the effect of the virus and to a lesser extent how to treat each infection.

The flu is caused by the influenza virus and usually causes large scale epidemics in the winter months. Flu symptoms tend to be much more severe than the cold symptoms mentioned earlier. Symptoms of the flu usually are headache, fever, chills, muscle aches, and extreme fatigue in addition to the coughing and sore throat associated with a cold.

People catch it mainly through the spread of airborne particles when someone coughs or sneezes. This is the major difference between colds and the flu. Colds can be passed through direct contact. Cold viruses can also be transmitted by touching the surface of some object with a cold virus like a public phone for example.

Prevention of colds and flu take on vastly different paths. Since there are three known types of influenza viruses, type A, B, and C, and they tend to "recycle" themselves, it is possible to receive a vaccine that will lessen your chances of getting the flu. The problem with flu vaccines is the unpredictability of which virus will come in the forthcoming flu season. You may get the influenza C vaccine in November, but if the influenza A virus hits, in late December you may still be susceptible.

Contrary to what you may hear, see or actually believe, you cannot

get the flu from a flu vaccine. The vaccination is made from an inactivated virus so it can't cause you to react by getting the flu.

However, the site where you get the shot may be sore and you may develop a mild fever, some fatigue, and minor aches. This can last 2-3 days which, all things considered, is better than being out of commission for a week or more.

Unlike the flu, there are five different families of virus that cause colds. The Rhinovirus family is the cause of more than half of all colds and there are hundreds of different varieties that have been discovered. Due to the large scale variety of cold viruses there is no vaccine to prevent a cold.

Research shows that "putting on a coat or you'll catch a cold" is not necessarily true. Exposure to extreme cold can cause pneumonia not proven for colds or flu. Take that chance if you want but as far as I'm concerned "Mama knows best."

The best way to prevent a cold is to avoid contact with infected people or objects. Remember the statement "cleanliness is next to Godliness," it can't hurt to wash your hands as frequently as necessary to prevent spread. Try to keep your hands away from your nose and eyes if its too difficult to avoid contact.

Some more similarities come back into play when it comes to treating cold or flu symptoms. There is not a cure for influenza or the common cold but there are, it seems, thousands of over-the-counter medications that will help

speed the process of the infection by relief of symptoms.

One main medication is something to eliminate any fever. Usually the choice drug is acetaminophen (Tylenol). The list of medicines for the other symptoms can relieve the coughing, aching, sneezing, stuffy head.....

"Starve a cold and feed a fever," is NOT a good approach to getting well soon. Your body can't possibly mount an effective defense if it is not getting the nutrients it needs to do so. You don't have to pig out but you should satisfy your appetite. The most important part of getting what your body needs is getting enough fluids.

Large doses of vitamin C has not proven to get rid of colds faster so don't overload on orange juice. Besides the acid in orange juice usually promotes mucus production. Stay well hydrated with water and fruit juices like cranberry and grape juice.

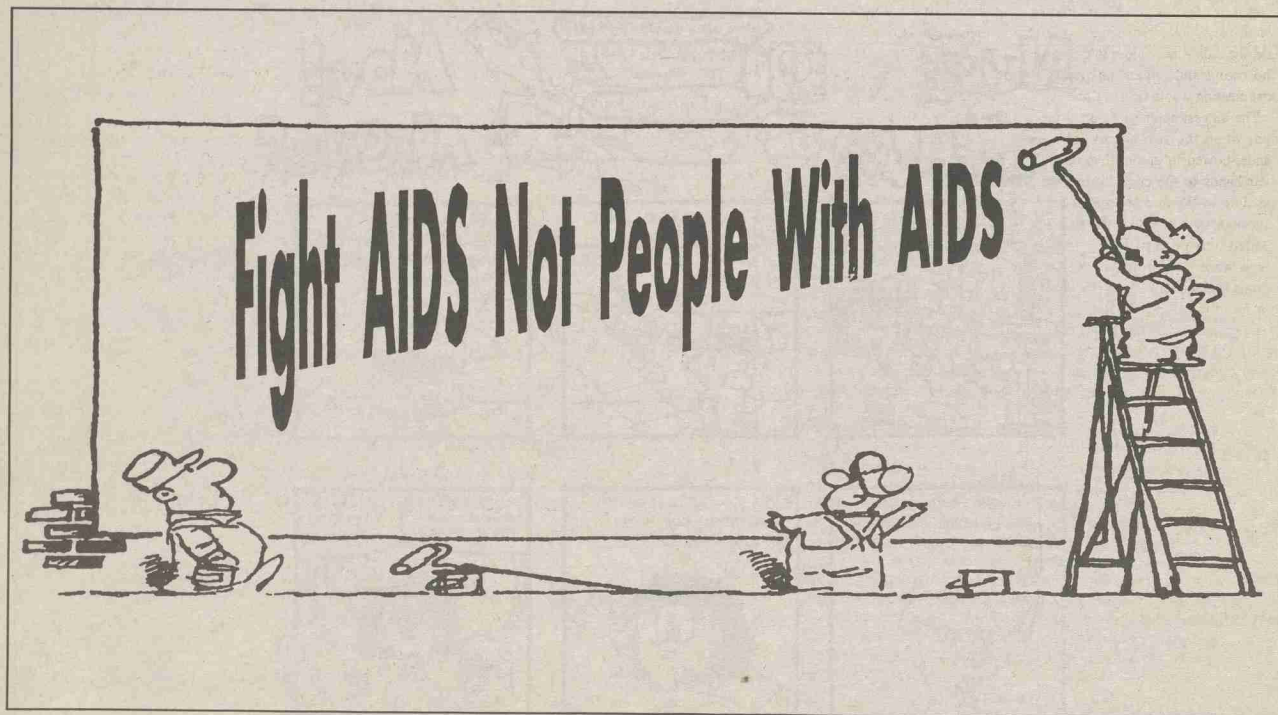
Unfortunately moms chicken soup nor chicken flavored Ramen noodles has been proven to get rid of colds or flu. However, the warm liquid can bring some relief to a sore throat.

As with most sicknesses and diseases, prevention is the key. If you can avoid the situation, without skipping class or work, don't be some place where someone else is suffering from a cold or the flu. If you do 'catch' a cold or 'come down' with the flu start treating it in as early a stage as possible so you can minimize the days you are not where you are supposed to be.

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## Sophomore Tim Wells Suffers Dislocated Shoulder

### Staff Report

The Nubian Message

N.C. State sophomore Tim Wells became the latest in a lengthy list of State players who have missed time this season with injuries. Wells suffered a dislocated left shoulder on Monday and, according to NCSU Director of Sports Medicine Charlie Rozanski, will be out indefinitely.

Wells, a 6'7 forward from Winston-Salem, N.C., had moved into the starting lineup in the absence of 6'10 freshman center Ron Kelley, who suffered a mid-ankle sprain last week. Wells had steadily seen more action this season, averaging 29.3 minutes, 10 points and 6.3 rebounds in the Wolfpack's last three games. He has played in 13 games this season,

averaging 6.3 points and 4.0 rebounds per contest. Kelley's status will be re-evaluated later this week.

"We certainly must continue to rely on a collective, competitive effort," Head Basketball Coach Herb Sendek said. "We must focus on the things that we can control and remain intent on improving."

Wells' injury leaves the Pack with just eight healthy players. In addition to the injuries to Wells and Kelley, sophomore Damon Thornton, junior Luke Buffum and freshman Ron Anderson have all suffered injuries this season. Thornton and Buffum were both injured in unrelated incidents during the team's practice Nov. 23. Thornton, a member of the ACC's All-Rookie team last year, was still recovering from a hip injury that forced him to miss the final three

regular season games of the 1996-97 season and the Pack's entire postseason run through the ACC Tournament and NIT.

Buffum returned to the Wolfpack lineup Dec. 31, after missing nearly five weeks of action. Anderson was injured in the second half of the Pack's 89-60 win over Sam Houston State Dec. 18. X-rays revealed that he had broken the fifth metatarsal of his right foot, requiring season-ending surgery to insert a screw in the bone.

Sendek will be available for further comment during his weekly press conference, scheduled for Tuesday at 1:30 p.m. in Room 130 of Reynolds Coliseum. Senior guard C.C. Harrison will also be available immediately afterward.

## Jamison Leads UNC to Victory Over Wolfpack

By Dock G. Winston

Sports Editor

Whenever NC State and archrival North Carolina meet on Tobacco Road, one thing is certain: the game will be close. This notion continued to hold true last night when the Tarheels and Wolfpack met in ACC action at Reynolds Coliseum. With All-American Antawn Jamison matching a career-high with 36 points, No. 2 UNC handed a 74-60 defeat to a depleted Wolfpack team who fell short despite an outstanding effort.

NC State (10-7, 1-5) closed the UNC lead to four points, 60-56 with 2:12 left in the game, but the Tar Heels went on a quick 8-0 run over the next minute.

Senior Ishua Benjamin led four Wolfpack players who finished in double figures, matching a season-high with 18 points. The only player besides Jamison scoring double digits for Carolina was Ed Cota who left the game with 10 points.

The Tarheels (19-1, 5-1) shot 57.4 percent from the field, nearly 15 percent better than NC State. The Wolfpack continued to have luck at the free throw line, ending last night with 76.9 percent.

NC State will be in action this Sunday against ACC opponent Georgia Tech. Tip-off is set for 1:00pm at Reynolds Coliseum.

## Williams Sisters Face Off in Australian Open

By Dock G. Winston

Sports Editor

Before a strangely silent crowd that refused to take sides in the keenly anticipated family battle, Serena Williams couldn't quite manage to strike a blow for little sisters.

The 16-year-old took a 3-1 lead against 17-year-old sister Venus in the first-set tiebreak and then led 4-3 on serve before hitting one of her eight double faults of the day. She never recovered, and Venus raced to a 7-6 (7-4), 6-1 victory in 1 hour, 27 minutes in a second-round Australian Open match in Melbourne, Australia Wednesday.

"What you guys saw today is definitely something in the future to watch for," promised Serena, who said she didn't like to lose in the second round and hoped the sisters' next meeting would be in a final.

The biggest applause came at the end, when the two sisters joined hands, bowed in union, then raised their hands to the crowd. Much of the time in Wednesday's match, it was quiet enough to hear the sisters' beaded hair-do rattling, although there were occasional shouts of "Come on, Serena," especially when she faced match point. Late in the first set, one of the 10,000 spectators shouted simply, "Go Williams."

"I think they just did that to give us both respect, just to make sure



neither of us felt pretty bad," Serena said of the quiet spectators.

neither of us felt pretty bad," Serena said of the quiet spectators.

Venus suggested: "Serena and I are kind of like the same person, so how can you cheer against someone who is the same as the other person on the other side of the court?"

Their mother, Oracene, saw differently. "Serena is a little meaner than Venus," she said. "I remind Serena about technical things and Venus about the mental side. I didn't have any idea who was going to win. I do hope that they will leave it on the court."

Venus's word for Serena after the match was, "I'm sorry to take you out, ... but I had to. Let's make sure we just meet in the finals now."

Venus was just following tradi-

tion. In Grand Slam tournaments, sisters - mostly the Maleevas - have met seven times, and the older sister has always won.

But, she noted, "Serena hates to lose, and her reputation is she doesn't lose to anyone twice. So I'm definitely going to be practicing secretly if I want to win the next one."

Avoiding future early-round meetings requires advancing high enough in the rankings to be seeded. Venus has reached 16th in the WTA Tour rankings, but too late to be seeded here. She reached the final of the U.S. Open last September and the Sydney International last week.

Serena, making her Grand Slam debut, has moved from 304th last year to 53rd now.

"Neither Serena nor I played our best," said Venus, who had five double faults. Serena had 42 unforced errors, Venus 34. "That wasn't me at all," Serena said of her serving troubles.

But both sisters said they were not nervous. "When I was going to play the first-round match against (Irina) Spirlea, I was more nervous. ... When I was playing Venus, either way it was a no-lose situation for us both," said Serena, whose victory over the Romanian sixth seed was her fourth against a top 10 player.

## Lady Wolfpack Burned By Blue Devils, 75-61

By Dock G. Winston

Sports Editor

Payton Black scored 20 points and Hilary Howard and Nicole Erickson each added 13 as 23rd-ranked Duke handed seventh-ranked N.C. State its first loss in ACC play, 75-61. It was the first time in four years that the Blue Devils had defeated the Wolfpack at Reynolds Coliseum.

Peppi Browne, Georgia Schweitzer and Michele Van Gorp each had eight points for Duke (12-5, 5-2 ACC), which shot 48 percent (26-for-54) from the field and 91 percent (19-for-21) from the foul line.

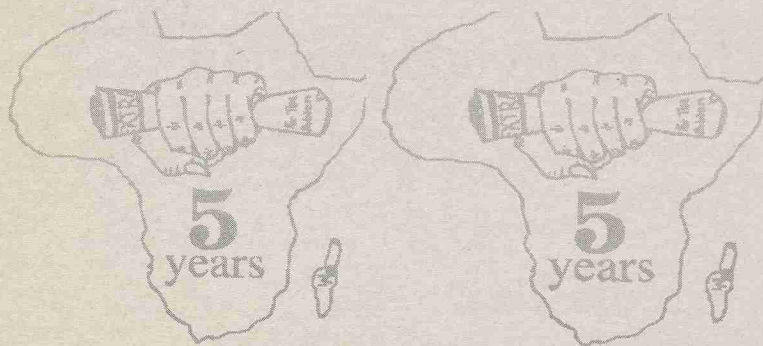
The Blue Devils held a 48-41 lead before a three-pointer by Naz Medhanic and two foul shots by Erickson gave Duke a 53-41 advantage with 8:53 to play. Peace Shephard's tip-in pulled State within ten, but Howard converted a layup and added a pair of free throws for a 57-43 lead with 7:46 to go.

The Wolfpack got no closer than 12 the rest of the way. The closest NCSU came to having a lead was when LySchale Jones tied the game at 22 midway through the first half.

Tynesha Lewis had 13 points and Chasity Melvin added 12 and 11 rebounds for State (15-2, 6-1), which shot 37 percent (25-for-68) from the field.

Interested in being a sports writer for  
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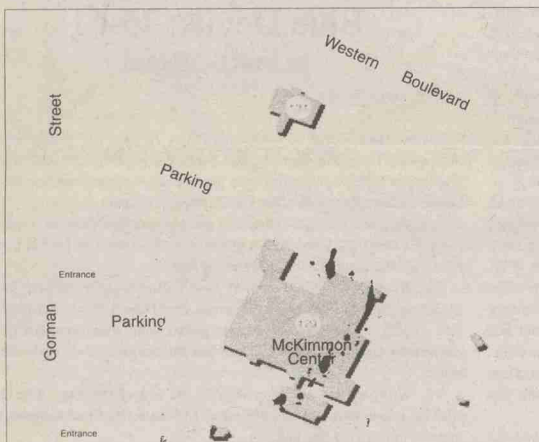
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