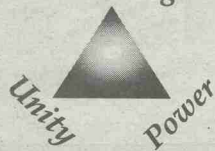


# The NUBIAN MESSAGE

The Afrikan American Voice of North Carolina State University

January 7, 1999  
Volume VI, Edition 13

Knowledge



What's Goin' On?

### MLK Volunteers

Volunteers are needed for the upcoming Martin Luther King Jr. Festival for January 24, 1999 in the McKimmon Center. For more information contact Mr. Walter K. Davis at 515-5210 or stop by Room 355 of the Witherspoon Student Center for more information.

### Tutors Needed

Tutors are need for English 111 and 112 and Math 107, 108, 111, and 141. The pay is competitive and provides an opportunity for community service. The positions are offered through the Transition Program. Contact Princess Hicks @ 513-2049 for more information.

### MLK Celebration

The 14th Annual Martin Luther King Jr. Cultural Festival will be held Saturday, January 23 at the McKimmon Center. This year's focus is "Manning the Post! Forever Vigilant for Freedom." The annual event features seminars, oratorical contests, dance, music and art. Admission is free and all activities are open to the general public, although pre-registration is required. For more information, please call 515-4516.

### SAAC

On Friday, January 6, the Society of Afrikan American Culture (SAAC) will hold the first party of the year in the Multipurpose Room of the Witherspoon Cultural Center. Admission is \$3 with college ID and \$4 without. Come out and get your party on from 10 to 2 with DJ Hindu. Don't miss it!

## Banks-Lee Named Associate Dean of Graduate School

### Staff Report

The Nubian Message

Dr. Pamela Banks-Lee, associate professor of textile and apparemanagement and technology, became associate dean of NC State's Graduate School on January 1.

Banks-Lee will have overall responsibility for graduate diversity programs and will serve as a member of the senior management team, said Dr. Debra W. Stewart, vice chancellor and dean of the Graduate School.

In her new capacity, Banks-Lee will work with faculty in NC

State's colleges to enhance graduate minority student recruitment and retention programs.

She also will assist in developing graduate fellowship support programs and will direct two National Institutes of Health-funded partnership programs. They are BRIDGE (Bioscience Research Initiative for Doctoral Graduate Education) which aims to increase the number of minority researchers in the biomedical and life sciences; and BRITE (Biotechnological Research Initiative and Transition Enhancement) which provides summer research experiences for undergraduate students from underrepresented minority groups.

presented minority groups.

Banks-Lee will continue an active research, mentoring and teaching schedule in the College of Textiles, where she has been a faculty member since 1981.

From 1992 to 1996, she was director of the graduate program in textile management and technology. An effective adviser to both graduate and undergraduate students, she was named Outstanding Teacher and Alumni Undergraduate Distinguished Professor.

She has published extensively on the acoustical properties of fabrics and is a member of the Acoustical Society of America.

Banks-Lee earned bachelor's degrees in textile technology and applied mathematics, a master of science in textile materials and marketing, and a doctorate in fiber and polymer science - all from NC State.

Before joining the NC State faculty, she was a process control engineer at Monsanto.

She succeeds Dr. Thoyd Melton, who is now associate vice chancellor and graduate dean at North Carolina Agricultural and Technical State University in Greensboro.

## Powell Speaks on Hip Hop and Politics

### By Harold Pettigrew

Staff Writer

Perhaps one of the most up and coming figures in Afrikan American culture is none other than Kevin Powell, author of "Keepin' It Real: Post-MTV Reflections on Race, Sex, and Politics."

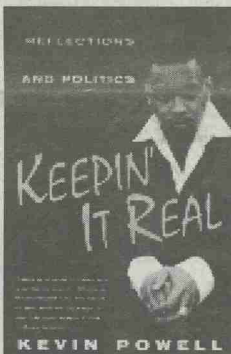
Recently, NC State was fortunate enough to have Powell on our campus with a special appearance during the Kwanzaa Week activities sponsored by the Student Mentor Association and Afrikan American Student Affairs.

The acclaimed writer and speaker was at the Campus Cinema of the Witherspoon Student Center on December 5, 1998 to discuss Civil Rights and the Hip-Hop Generation, the State of Afrikan American Youth, and Campus Racism in the 90's.

Powell's lecture and presentation was an enlightening experience and a true reflection of the wisdom and knowledge that he has attained through his involvement in various cultural arenas including television and print media.

Powell spoke on a wide array of topics ranging from sports and music to politics and the future for Afrikan Americans. He spoke on how every age of culture and music, such as the Harlem Renais-

sance and the Motown era, followed a political movement, which



gave impetus to and provided direction and guidance for the music produced at that time.

He stated that in the 70's, artists such as Marvin Gaye, who produced chart topping albums such as "What's Going On," was not only a revolutionary in the music industry, but also was an individual whose works directly reflected the controversial Vietnam War and the historical Civil Rights Movement.

Powell went on to relay how the Harlem Renaissance, a period in the history of Afrikan Americans where many cultural items in the

fields of literature, music, film, and dance were produced, was preceded by the revolutionary Marcus Garvey who coordinated the Back to Afrika Movement and all but coined the idea of Black Nationalism.

The author had much to say about today's music, or as he referred to it, the Hip-Hop generation. He felt that the music of today has not followed any particular historical political movements. Hence, he urged that there really is no sense of direction or guidance with the music or the artists themselves.

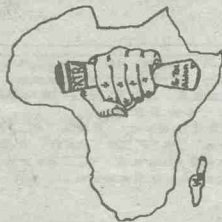
One of the most intriguing part of his lecture was his discussion of the Civil Rights movement. He felt that the movement did not have as great an effect on the North as it did on the South. Powell suggested that the people who lived in the northern states that were affected were those people who lived in the slums and ghettos that were systematically created to house Afrikan Americans.

This, as he saw it, led to the creation of RAP, which in turn gave birth to today's hip hop culture. Hip Hop, according to Powell, was established as a way to vocalize the problems and living conditions of the slums and ghettos.

As a "hip hop head," he described the origin of rap, the birth of hip hop and how it has affected the economic state of America. He went on to say how famous clothing designers, such as Tommy Hilfinger, Ralph Lauren, and Eddie Bauer, have all used Afrikan American models such as Tyson Beckford to boost the sell and their designs. Also, hip hop artists have been used to promote the selling of the designers' merchandise.

At the conclusion of his lecture, which provided much insight on the relation of Hip Hop culture and the political well being of Afrikan American youth, Powell left his audience speechless and spellbound. In a barrage of applause and praise, Powell fielded questions from eager students and faculty, many in particular about his critically acclaimed novel, "Keepin' It Real: Post MTV Reflections on Race, Sex and Politics."

Since his visit to NC State, the former "Vibe" magazine cultural critic has kept himself busy, as he is currently working on a new project. Powell, along with several others, is forming "Get Up On It," a non-profit organization geared towards the political and social uplift of young Afrikan Americans, particularly those in urban areas.

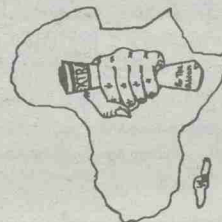


• Could a familiar face turn up the number one draft pick in this year's NFL draft? Sports Editor Trey Webster thinks so. Find out why in Sports.

See Sports, Page 3

• In this week's health section, Renee Johnson, Health Editor, writes about the diet craze and the reign of heart disease

See Health, Page 5



# Wolflink Changes Bus Routes for the Fall Semester

## Staff Report

The Nubian Message

Wolflink changed bus routes on January 4. The NC State campus will see changes to a number of Wolflink bus routes. The changes in timing and stops are aimed at improving the convenience of the routes, NC State Transportation officials said. New maps and brochures that include the changes will be available at the Transportation office (in the Administrative Services Center), the Talley Student Center information desk, the lower level of

the NC State Bookstore, the International Student Center, the College of Veterinary Medicine, the College of Textiles on the Centennial Campus and in the Student Housing office.

Anyone who wants a map or brochure can also call the Transportation office at 515-9653.

The NC State Transportation homepage is on the Web at [www2.acs.ncsu.edu/trans/](http://www2.acs.ncsu.edu/trans/).

The Wolflink Shuttle will run through the middle of Main Campus on Yarbrough Drive, between Dan Allen Drive and Pullen Road, rather

than on Hillsborough Street. There will be stops at the intersection of Yarbrough Drive and Brooks Avenue, at Stinson and Current Drive, and at Stinson and Pullen. The timing of the pre-existing stops will not be affected. The E.S. King Village route will now serve JC Raulston Arboretum and Hutton Street riders. It will run at 30-minute intervals, rather than the current 15-minute intervals. The Varsity Park and Ride route will now serve E.S. King Village every 15 minutes, however. The timing on the Blue Ridge Road route will be adjusted. The

new timing will allow the College of Veterinary Medicine and Blue Ridge Road routes together to serve the Blue Ridge Park and Ride at 10-minute intervals. Also, the Blue Ridge route will no longer stop at Hutton Street or at the Arboretum - meaning that Blue Ridge buses won't have to wait any more at the railroad tracks across Beryl Road. The Crest Road route will be extended to include service on Octavia and Brent streets.

Timing for the Avent Ferry Road route will be adjusted slightly to compensate for peak-hour delays.

The Varsity Park and Ride route will now serve E.S. King Village.

The Night Service B route will be a 30-minute round trip, rather than a 15-minute round trip. It will stop at the Varsity Park and Ride lot before the Blue Ridge Road lot, rather than after. The timing on the Night Service A route will be adjusted so that it is also a 30-minute, rather than 35-minute, round trip.

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:

Dr. Yosef ben-Yochannan, Dr. John Henrik Clarke,



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

## Co-op Career Fair

Sponsored by the Co-op Club and the Cooperative Education Program



Date: January 13, 1999

Time: 9:00 - 3:00

Location: Talley Student Center (Ballroom)



ALL MAJORS ARE ENCOURAGED TO ATTEND

Co-op provides students with valuable work experience related to their majors. At graduation, students who have completed the co-op program have one year of work experience to put on their resume.

Join us on January 13, 1999 and meet company representatives who are offering co-op positions that will give you the skills and knowledge you will need to achieve your ultimate goal after college "FINDING THE PERFECT CAREER." Please bring several copies of your resume to the Co-op Career Fair.

For more information please contact Kim Proulx at [kim\\_proulx@ncsu.edu](mailto:kim_proulx@ncsu.edu) or 515-4421.

## THE NUBIAN MESSAGE

The Afrikan American Voice of North Carolina State University

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Dock G. Winston

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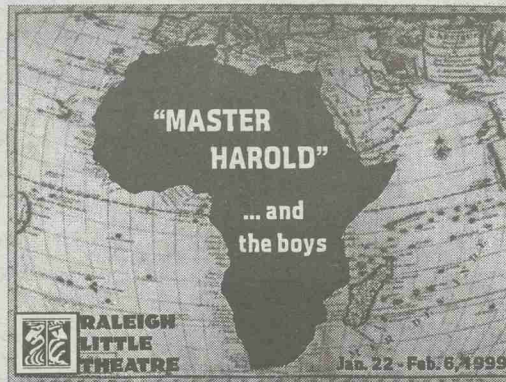
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Interested in being a sports writer for The Nubian Message, then call 515-1468 and speak with Trey Webster, Sports Editor or stop by Room 372 of the Witherspoon Student Center for an application.

Interested in being a news writer for The Nubian Message, then call 515-1468 and speak with Dock Winston, Editor in Chief or stop by Room 372 of the Witherspoon Student Center for an application.

# SPORTS

## Holt Number One Pick in NFL Draft?

**By Trey Webster**  
Sports Editor

Following a great season which ended in a disappointing loss to the Miami Hurricanes in the Micron PC Bowl, N.C. State's Torry Holt continues to be the bright star shining above the Wolfpack country.

Even though the Heisman trophy was not to be for the All-American, NFL scouts still continue to view Holt as one of the top selection in this year's upcoming NFL draft.

Along with Heisman Trophy winner Ricky Williams and fellow ACC player Peter Warrick, it will be interesting to see which player will be chosen.

Holt who may go as high as 1st, or as low as 5th, will benefit from



Courtesy photo

### Wolfpacker Torry Holt

staying one more year, a time which during which he terrorized defenses in the college football, as well as leading the Wolfpack to an upset

over Florida State, giving them their only loss of the season.

Also with the emergence of wide receiver Randy Moss of the Minnesota Viking who dropped to the 19th pick, the NFL teams have begin to look at tall, quick wide receivers, and Holt fits this description.

Many believe that he may end up with the Indianapolis Colts, were he would join last years first pick Peyton Manning, and running back Marshall Faulk, making them one of the deadliest offenses in the league.

Whenever Holt goes, one thing is for sure, opposing defense better prepare themselves for Holt who may prove to be one of the greatest receivers of all time.

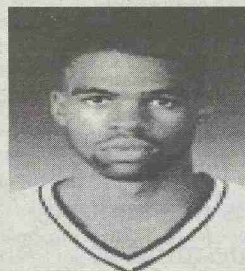
## Clemson Tigers Claw Wolfpack

**By Trey Webster**  
Sports Editor

On Tuesday night in South Carolina, the Clemson Tigers defeated the N.C. State wolfpack 80-72. The Wolfpack (10-4, 1-2) were trailed from the beginning of the contest and was unable to dig themselves out of the hole.

Clemson who is ranked #21 in the nation shot a scorching 56% from the field, and used its dominant inside game to over power the young Wolfpack.

Behind a strong showing of Harold Jamison, who had 25 points on 10 for 12 shooting from the field, the Tigers used several runs to build



Courtesy photo

### Kenny Inge

a substantial lead up to as many as 19 points.

Through junior point guard Justin Gainey, and Sophomore Kenny

Inge, N.C. State was able to keep it close.

Using a run 16 - 4 in which Gainey scored 9 of his 16 points, the Pack was able to shorten it to a 7 point deficit, but was unable to make it any closer. With the barrage of outside jumpers from Terrell McIntyre, and the inside presence of Harold Jamison, the Tigers just proved to be too much for the young Wolfpack team.

New comer Anthony Grundy provided a spark for the team with 9 points and a team leading 4 assists, while up and coming superstar Kenny Inge led the team in scoring with 17 points on 7 for 7 shooting from the field in a losing effort.

## NBA Lockout Ends.

**By Trey Webster**  
Sports Editor

52

game schedule, with teams playing almost 4 games a week.

Early Wednesday morning at about 6 am Union head Billy Hunter, and NBA commissioner David Stern finally came to an agreement, to finally put an end to the 6 month stalemate between the owners and players.

After an all-night bargaining session, the two came to a resolution with a little over a day left for the cancellation of the season.

With an agreement, the NBA will now begin their season Tuesday night, February 2., and will play a

With the lockout being in effect since July 1, players lost almost 500 million in total salaries.

Even though an agreement has been met it is now up to the players and owners to vote to make it official, but everyone expects things to go smoothly from here on out.

Now players can once again try to bring back to excitement that fans so dearly enjoy seeing. Hence, making everyone say the phrase most popular in the NBA.....

## Afrikan American History: Cheryl Miller

Cheryl Miller was born and raised in Riverside California, and is thought by many as the greatest women's basketball player in history.



Courtesy photo

### Cheryl Miller

She has occasionally been overshadowed by her brother Reggie, a guard with the Indiana Pacers. Another brother, Darrell, played

baseball professionally with the California Angels in the late 1980's.

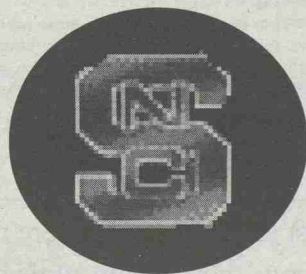
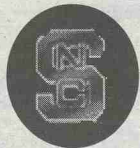
The 6'3" Cheryl Miller began raising eyebrows at an early level, having once scored 105 points in a game while at Polytechnic High School. Miller was offered nearly 250 scholarships before deciding to enroll at the University of Southern California. There she led the Trojans to won national titles, was All-American four times, and was named national player of the year three times.

Miller was a member of numerous national teams, including the U.S. Junior National Team in 1981, and the National Team the following year. She participated in the World Championships in 1983, the Pan American Games the same year, and in 1984, was an integral component of the first American Olympic women's basketball team to claim a gold medal.

In 1995 Miller was voted into the Basketball Hall of Fame.

## 1998 Remaining Men's Basketball Schedule

01/1999 at Maryland	02/10/1999 Maryland
01/14/1999 Virginia	02/14/1999 at Virginia
01/16/1999 North Carolina	02/17/1999 at North Carolina
01/20/1999 Wofford	02/21/1999 Tulane
01/23/1999 at Florida State	02/24/1999 Florida State
01/28/1999 Wake Forest	02/28/1999 at Wake Forest
01/30/1999 Duke	03/04/1999 ACCTournament
02/02/1999 at Georgia Tech	
02/06/1999 Clemson	



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# CULTURE

## Afrikan American Herstory: Charlotte Hawkins Brown

Charlotte Hawkins (1883-1961), born in Henderson, North Carolina, was a northern educated granddaughter of former slaves. She returned to her home state as a teacher in 1901, and the following year established the Alice Freeman Palmer Memorial Institute at Sedalia, near Greensboro. The Afrikan American school evolved from an agricultural and manual training facility to a fully accredited, nationally recognized preparatory school. More than 1,000 students graduated during Brown's 50-year presidency. She died in 1961. Ten years and three administrations later the school closed its doors.

Bennett College purchased the Palmer campus, but in 1980, it sold 40 acres of the main campus with major surviving buildings to the American Muslim Mission. The Muslims attempted to establish a teacher's college for a short time, but on much of the campus, the decay which began in 1971 contin-

ued unabated.

In late 1982, Mrs. Maria Cole, a niece of Dr. Brown's, visited friend and schoolmate Marie Gibbs of Greensboro. Together they returned to the campus where both had been students and expressed a joint desire for recognition of Brown's social and educational contributions. Immediately Gibbs and others began sponsoring meetings of Palmer alumni and enlisting support. They met with North Carolina's Division of Archives and History to explore ideas.

State Senator William (Bill) Martin soon joined the cause. He secured passage of a special bill in the 1983 General Assembly which allowed for planning by Archives and History of the state's first Afrikan American state historic site.

This site would be a memorial to Dr. Brown. In 1984 the legislature approved an additional \$67,000 to continue the study. Shortly after state planning and research began, citizens organized the Charlotte



Courtesy photo

**Charlotte Hawkins Brown**

Hawkins Brown Historical Foundation, Inc., a nonprofit society headed by Gibbs and later by Dr. Harold Webb.

In 1985, the foundation and others convinced the legislators to appropriate \$400,000 for land acquisition and initial restoration of the Palmer campus. After lengthy negotiations, Archives and History purchased from the American Muslim Mission 40 acres containing the

heart of the campus. The site is a memorial to Charlotte Hawkins Brown and will link her work at Palmer to the larger themes of Afrikan American education and women's history in North Carolina, the South, and the United States as a whole.

In November 1987, the memorial officially opened as a state historic site. By that time the Carrie M. Stone Teachers' Cottage had been restored as a visitor center featuring exhibits and an audiovisual program. By early 1994, the Historic Sites Section had completed exhaustive, comprehensive research on Brown and the Palmer Institute, and restored or stabilized several other structures.

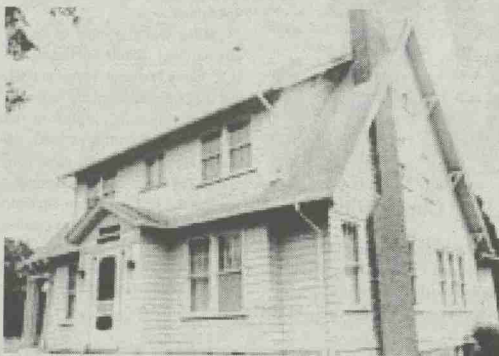
Canary Cottage (Brown's home) was restored and a furnishings plan was prepared. The building awaited funds (to be raised by the foundation) to implement the plan and create a house museum. Stabilization work was completed on the exterior of Kimball Hall. Reynolds Hall was

in use as an artifact storage area for many historic sites, although negotiations were underway with North Carolina A&T State University to convert it to a training center. The section established offices at the site for its exhibits designer and assistant curator of collections, in addition to the site's own permanent staff.

The Palmer campus contains about a dozen twentieth-century buildings, ranging from houses to dormitories built between the 1920s and 1960s. Archaeological remains of the Alice Freeman Palmer Building, the center of the campus, also survive.

Special events at the site include commemoration of Afrikan American History Month, Brown's birthday, a regional history bowl, an Afrikan American Heritage Festival, and a Christmas Open House.

### North Carolina's First State Historic Site Honoring its Afrikan American Heritage



Founded in 1902 by Dr. Charlotte Hawkins Brown, Palmer Memorial Institute transformed the lives of more than 1,000 Afrikan American students.

Today, restored campus buildings provide the setting for a unique educational experience. The memorial

links Dr. Brown and Palmer Institute to the larger themes of Afrikan American women, education, and social history, emphasizing the contributions made by Afrikan American citizens to education in North Carolina.

"I must sing my song. There may be other songs more beautiful than mine, but I must sing the song God gave me to sing, and I must sing it until death."

-Charlotte Hawkins Brown

"I sit in a Jim Crow car, but my mind keeps company with the kings and queens I have known. External constraints must not be allowed to segregate mind or soul."

-Charlotte Hawkins Brown



Interested in being a culture writer for The Nubian Message, then call 515-1468 and speak with Dock G. Winsotn, Editor-in-Chief or stop by Room 372 of The Nubian Message for an application.



Charlotte Hawkins Brown Memorial  
Sedalia, NC

# HEALTH

## New Year's Fad Diet Craze

By Renee Johnson

Health Editor

Once again a new year has rolled around and wouldn't you know it, 1999 is no different than any of the previous one thousand nine hundred and ninety eight years.

For those of you who are clueless as to what I am talking about, it is the traditional New Year's resolutions that millions of people make, but very few keep. There are a wide array of resolutions ranging from resolving to remain faithful to their significant others, or resolving to save more money.

Perhaps the most resolved more than any other is to lose weight. However important this resolution may be to some individuals, it is even more important to be cautious of dieting, particularly fad diets.

Fad diets are those popular diets we often see on television that are usually promoted by people who have little or no educational background in nutrition or either endorsed by a celebrity.

With a few exceptions, fad diets tend to be both ineffective and potentially harmful for the dieter. Most of these diets reap more harmful effects than positive rewards. Each fad diet varies in what type diet it is, depending on what it offers. So, what are some of these potentially harmful "diets?"

**1.) Type of Diet: Limited food choice diet**

**Examples:** Banana and milk diet, "The New Beverly Hills Diet"

**Pros:** Reduces the number of



## Health-Economics

### YOUR RECIPE FOR HEALTHY LIVING

food choices made by the users and limits the potential of making mistakes

**Cons:** Deficient in many nutrients, eating out and eating socially are difficult, low long-term success rates

**2.) Type of Diet: High-carbohydrate diet**

**Examples:** Pritikin Diet, Quick Weight Loss Diet, Hilton Head Metabolism Diet

**Pros:** Emphasizes, grains, fruits, and vegetables, High in bulk, low in cholesterol

**Cons:** Limits milk, meat, Nutritionally very inadequate for calcium, iron, and protein

**3.) Type of Diet: Pre-measured food plans**

**Examples:** Nutri-System, Carnation Plan

**Pros:** Provide prescribed portion sizes, Total food programs, nutritionally balanced or supplemented

**Cons:** Expensive, does not retrain dieters in acceptable eating habits, often low in bulk, low long-term success rates

**4.) Type of Diet: High-protein, low-carbohydrate diets**

**Examples:** Mastering the Zone Diet, The Carbohydrate Addict's Life Span Program

**Pros:** Rapid initial weight loss because of diuretic effect, very little hunger

**Cons:** Too low in carbohydrates, High in saturated fat, cholesterol, and total fat; weight loss which is largely water, is rapidly regained; expensive, extreme diets of this type could cause death

It is important that when choosing a diet, the focus should be on a healthy lifestyle change rather than a quick weight loss, hence eliminating the "fad diet."

When contemplating weight loss, one should include aerobic exercise, limit caloric intake, set realistic long-term goals, keep a log of what is eaten and when it is eaten, research nutrition and diets, and most importantly consult a physician.

These helpful tips encourage a healthy lifestyle change with long-term results, rather than quick short-term results that can have a harmful effect on one's health.

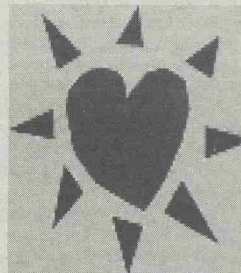
## Reign of Heart Disease

By Renee Johnson

Health Editor

2.) Cancer	544,728
3.) Stroke	155,450
4.) Chronic obstructive pulmonary disease	105,920
5.) Accidents	93,874
6.) Pneumonia	83,240
7.) Diabetes	61,160
8.) Suicide	35,320
9.) HIV/AIDS	32,655
10.) Homicide and legal intervention (males)	19,750

As we steadily approach the next millennium, heart disease or CVD (cardiovascular disease) still reigns supreme as the leading cause of death among Americans. Since 1900, CVD has been the leading cause of death in the United States each year except for one, 1918.



While heart disease has decreased during these two years, the number of cancer deaths has increased from 538,455 (1995) to 544,728 (1996). Accidental deaths has increased from 93,320 (1995) to 93,874 (1996). Fortunately, deaths from HIV/AIDS has had a decline much like heart disease from 43,115 (1995) to 32,655 (1996).

As we approach a new century, health promoters are making a conscientious effort to curb the trend of deaths of the 1900's. Many organizations are working hard to educate and better provide better health care for Americans.

And, as the new millennium approaches, we can take preventative steps in our individual lives to insure healthy living and a promising 21st century!

Surprisingly, the number of deaths by heart disease decreased in the 1996 (959,227) year to claim 1,365 less lives than in 1995 (960,592).

Heart disease still accounts for 41% of all deaths in the United States. Other causes of death in 1996 (in descending order) are as follows:

Eat to live,  
don't live to eat.

## Dietary Changes to Reduce the Risk of Diseases

Renee Johnson

Health Editor

Heart Disease

Reduce Fats-Control Calories-

Reduce Sodium-Control Alcohol

Cancer

Reduce Fats-Control Calories-

Control Alcohol-Increase Starch and Fiber

Stroke

Reduce Fats-Control Calories-

Reduce Sodium-Control Alcohol

Diabetes

Reduce Fats-Control Calories-

Increase Starch and Fiber

Gastrointestinal disease

Reduce Fats-Control Calories-

Control Alcohol-Increase Starch and Fiber

Increaseing the starch refers to

complex carbohydrates provided by

fruits, vegetables, and whole grain products. Reducing fats and controlling calories are prevalent dietary changes that can be beneficial to fight the disease. These simple tips alone, cannot ensure no risk of developing any of these diseases, but they can help reduce risk of developing severe cases of these conditions.

## This Week in Black History:

Mary Eliza Mahoney, R. N.

Birthplace:

Roxbury, Massachusetts

1845-1926

Mary Eliza Mahoney was the first Black registered nurse in the United States. She enrolled in the New England Hospital for Woman and Children on March 26, 1878. The training period and academic

training was very rigorous. Out of the 18 trainees who enrolled, nine continued the training. Mary was one of four to receive a diploma. In 1879, she graduated and opened the doors for other Black nurses.

In 1908, the National Association of Colored Graduate Nurses was founded. She delivered the welcome address at the first annual meeting and remained an active participant in the organization. As an active participant in the Woman's Suffrage movement, she was one of the first black women in Boston to register to vote. Today the Mary Mahoney Award is awarded in her honor by The American Nurse Association.

Anyone interested in being a health writer for The Nubian Message should contact Renee Johnson 515-1468 or come by Room 372 of the Witherspoon Student Center for an application.



# OPINIONS

## “Ready For Revolution”: Kwame Ture

By Carolyn Holloway  
Managing Editor

“Ready for Revolution” It is by no coincidence that you remember where you were at famous events in your life or when someone told you about a famous death. For instance my mom always remembers the day John F. Kennedy Jr. died because it was her birthday and she vividly remembers it being a very sad day across the nation.

I remember vividly three particular deaths and where I was: Betty Shabazz, John Henrik Clarke and Kwame Ture (formerly known as Stokely Carmichael). With Betty Shabazz, I was in Ghana, West Afrika in class and one of my professors told us Betty Shabazz had just died. For John Henrik Clarke's death I was in the Afrikan American Cultural Center reading The Final Call and with Kwame Ture's death I was in the car listening to the radio outside of my apartment complex. The news spokesperson had just stated that Ture had died after a battle with prostate cancer.

“Black Power”. I first met Kwame Ture over 3 years ago when he came to speak at NC State. I had always seen Ture on old Civil Rights Movement videos with SNCC (the Student Non-Violent Coordinating Committee) and later the Black Panther Party. You would always hear him say “Black Power” and it gave you a good ole feeling that somebody was glad that they were black in America. He looked frail at the time but as soon as he opened



his mouth, you knew a revolutionary was talking.

No matter how weak he was from the prostate cancer battle, he spent over an hour talking with faculty, staff and students and then he spoke to an audience for over an hour and a half, and that was only after being in Chapel Hill the night before and later to Shaw University and other area colleges.

“Ready for Revolution”. I later saw Ture at a tribute that St. Augustine's College co-sponsored with colleges in the area and had the opportunity to say what Kwame Ture meant to me. Most of the famous people of the Civil Rights Movement and the Black Panther Party either ended up dead, in jail, on drugs or couldn't talk about their experience anymore. With Ture it was much different. He ended up as

none of the above. He could readily tell you about the Civil Rights Movement, SNCC and the Black Panther Party but he could tell you what he was doing now. His involvement in the All Afrikan People's Revolutionary Party and with Pan-Afrikanism defined his purpose for living.

“Ready for Revolution” he would constantly say. In fact, most of his speeches started off that way. After that tribute, Kwame Ture became real to me. He wasn't a figure out of the 60s and the 70s who wanted to tell you about the good ole days but he was a figure of the 90s telling you how we could make our present days better. Unexpectedly, he even spoke that night.

What touched me most about Ture was his sister who resigned her job as a Registered Nurse (RN) to take care of her brother full time. “Am I my Brother's Keeper”: I know she was.

I thought that would be the last time I would see Kwame Ture. I hugged Ture that night, took some pictures with him and told him yes. To my surprise and my blessings, that was not the last time I saw Ture. I saw him about a year later in the motherland. Particularly, Ghana, West Afrika at a lecture sponsored by the Nation of Islam. I even had the opportunity to see Dhoruba Bin Wahad (former Black Panther wrongfully imprisoned, released after over 8 years and now living in Ghana).

Ture looked much better than I had seen him before. He could finally stand up by himself and it looked as if the chemotherapy he had been receiving in Cuba had did him a world of good. We listened intently because every word that Ture spoke was a special message. Of course he electrified the crowd and left them with the words “Ready for Revolution”.

I knew that would be the last time but of course not by blessings. While walking around at the Ghana airport, I saw Ture walk in. He was having trouble with his bags and no one was with him so this sister and I kindly took his bags, helped him on the plane and wished him well. He left us with the words, “Make sure you are ready for the revolution”.

It is hard putting into words what the world lost as a result of Ture's death, but words can describe the legacy he left to all Afrikan peoples. Everybody is not a leader, but most people can lead. Everybody is not a follower, but most people can follow. Everybody wants a revolution, but nobody wants to be a revolutionary.

Ture wanted it all and received it all. Ture never had a job after joining SNCC but he never went hungry, unclothed and dirty. “My people will take care of my needs” and they did. We always talk about leaders and never identify the true leaders, only bourgeoisie ones. We talk about history but never identify

the history makers or the historians, only those falsely credited as being historians. Kwame Ture was a true leader, a revolutionary. I will make sure that my kids know who Kwame Ture was and the legacy he left.

In Ture's words, “Live for the people, die for the people”

### ARE YOU READY FOR REVOLUTION.?

\*\*The following is Ture's last Press Statement

HOTEP! NC State University

**Hell Yes, We are Going to Libya! A Declaration to Afrika and the World**

From the All-Afrikan People's Revolutionary Party:

In anticipation of final preparations for his flight to Tripoli, Libya to break the U.S./Britain led economic embargo and travel ban, Kwame Ture (formerly known as Stokely Carmichael), Central Committee Member of the

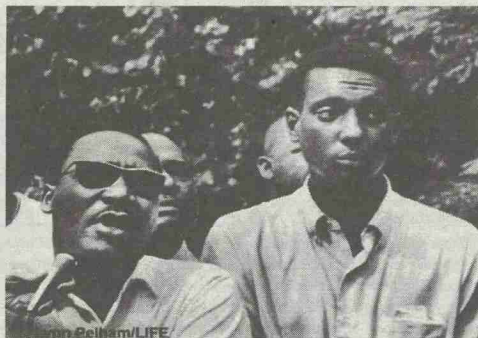
All-Afrikan Peoples Revolutionary Party (A-APRP) and the Democratic Party of Guinea (PDG) prepared the following Declaration to Afrika and the World **A Declaration to Afrika and the World: November 5, 1998**

We know that one of the greatest crimes an individual can commit is that of being ungrateful. I have made many errors, but of one thing I am certain, my ability to continue serving in the Afrikan and World Revolution is greatly attributed to a number of contributions that I have received from the masses of Afrikan and other Oppressed Peoples worldwide. We cite here, just a few examples.

In 1966, when I had just been elected Chairperson of the Student Non-violent Coordinating Committee, my first official act, was to visit the Honorable Elijah Muhammad and the Nation of Islam.

It is then that he ordered all members of the Fruit of Islam to protect me wherever I traveled, anywhere in the world. I am still under that umbrella of protection today, here in Afrika, in Guinea. I could never be ungrateful to the Nation of Islam, to the Honorable Elijah Muhammad, nor to his incarnation - Minister Louis Farrakhan.

In 1967, U.S. imperialism was seriously planning to assassinate me. It still is, this time by an FBI induced cancer, the latest in the white man's arsenal of chemical and biological warfare, as I am more determined to destroy it today than in 1967. It was Fidel Castro who before the OLAS Conference said “if imperialism touches one grain of hair on his head, we shall not let the fact pass without retaliation.” It was he, who on his own behalf, asked them all to stay in contact with me when I returned to the United States to offer me protection. I could never be ungrateful to the People of Cuba nor to Cuba's incarnation - Fidel Castro.



In 1967, Presidents Ahmed Seku Ture and Kwame Nkrumah, through the intercession of Shirley Graham DuBois, invited me to attend the 8th Congress of the Democratic Party of Guinea (RDA). They invited me to live, work, study and struggle here in Guinea, an invitation which I readily accepted, despite tremendous criticism from almost every quarter.

Thirty years later, I still live in Guinea, working, studying and struggling for the Afrikan Revolution. And I will continue to do so until the last second, of the last minute, of the last hour, of the last day. And it is my wish to sleep here in Guinea, eternally. I could never be ungrateful to the People of Guinea, nor Guinea's and Afrika's incarnations - Ahmed Seku Ture and Kwame Nkrumah.

Today, on behalf of the All-Afrikan People's Revolutionary Party (A-APRP), I am honored to accept an invitation that has been extended by Brother Muammar Al Qathafi and the People of the Libyan Jamiriyha to travel to Tripoli, which is in Afrika, so that they might assist me in my eternal fight, against an unyielding enemy. It would be ungrateful, and unAfrikan for me to refuse.

We wish to thank Brother Muammar and the People of the Libyan Jamiriyha for sending us this hospital plane which I, and members of my biological and ideological family now board. This act is just one more act of an infinite number of Brother Muammar's and the Libyan People's contributions to Afrikan and World Humanity. I am sure I will never be ungrateful to the revolutionary People of the Libyan Jamahiriyat as long as I live, as I shall remain eternally steadfast and faithful to revolutionary principles. And I know that my biological and ideological family will remain steadfast and faithful as well.

Sisters and Brother, Comrades, we know that the Cuban and Libyan Revolutions have a base of solid support among the Afrikans in United States and around the world. Imperialism also knows this. This support has been earned by Cuba and Libya, at great sacrifice. All Afrikans in the United States know anytime imperialism is hunting an Afrikan Revolutionary, if they make it to Cuba, as in baseball, they are

home safe. From Robert Williams to Assata Shakur, Cuba has paid a heavy price as a haven for Revolutionaries throughout the world. We also know, first hand, Libya's contributions to, and protection of Afrikan and other Revolutionaries worldwide. U.S. imperialism is doing everything possible to corrode Cuba's and Libya's support among the Afrikans in the United States and the world.

Today, we board a hospital plane to travel nonstop from Conakry to Tripoli, Libya, a revolutionary country, an Afrikan country. All of our Brother, Sister and Allied Organizations, worldwide, have been requested by our Party, the All-Afrikan People's Revolutionary Party, to join us in Tripoli; and on our return from Tripoli to Conakry. Travel to a revolutionary country, especially one in Afrika, must lead to concrete action to advance the Afrikan and World Revolution.

We have a heightened responsibility to help protect Cuba and Libya at this time. We must move before U.S. imperialism is strengthened and attacks, not after, by strengthening our people ideologically and practically now. We must cement Cuba and Libya to Afrika, and to Afrikan People worldwide, and vice versa.

We must make it clear, that an embargo and travel ban against Cuba and Libya, is an embargo and travel ban against Afrika and against 1 billion Afrikan People who are scattered, suffering and struggling in every corner of the world. We must make it crystal clear that if you attack Cuba and Libya, you attack all Afrikan People worldwide, and we must break U.S. imperialism's hands off Cuba and Libya.

We must end this illegal and immoral embargo and travel ban now. And with this act, by our example of boarding this hospital plane, we declare an end, once and for all, to this illegal and immoral embargo and travel ban, an end to this latest crime against Afrikan and World Humanity.

As children, we joined the Freedom Rides, to break the back of segregation and apartheid in interstate transportation in the United States. Today, we ride on the front of the bus, we charter buses to take

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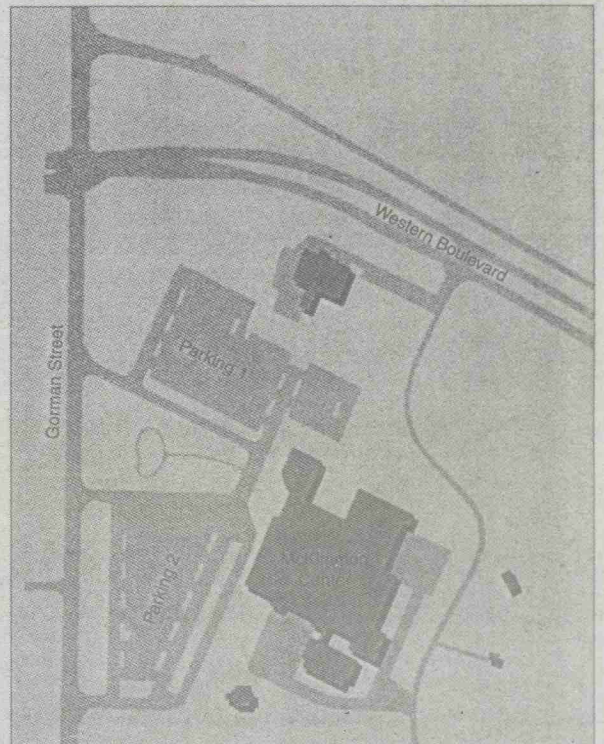
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