The NUBIAN MESSAGE

The African American Voice of North Carolina University

Banks-Lee Named Associate Dean of Graduate School

SPoaks on Hip Hop and Politics

By Harold Pettigrew

Staff Writer

Perhaps one of the most up and coming figures in African 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 African 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 African American Youth, and Racism in the '90s.

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 African Americans. He spoke on how every age of culture and music, such as the Harlem Renaissance 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 '70s, 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 African 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 Africa Movement and all but collared 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.

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 African Americans.

"This is, he said, 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 origins 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 Hilfiger, Ralph Lauren, and Eddie Bauer, have all used African 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 African 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 "Gim Up On It," a nonprofit organization geared towards the political and social uplift of young African 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.

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

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See Health, Page 5

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MLK Volunteers

Volunteers are needed for the upcoming Martin Luther King Jr. Festival for January 18, 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.

By Mary Giese

Staff Writer

The NAACP is the oldest and largest civil rights organization in the United States. The group was founded in 1909 to fight segregation and for equal rights for African Americans. The NAACP's work has been instrumental in the fight for civil rights in the United States.

The NAACP has been involved in many significant cases, including Brown v. Board of Education, which ended segregation in public schools. The organization has also been involved in fighting against discrimination and for equal opportunities for African Americans.

The NAACP's work has not been limited to the United States. The organization has been involved in international efforts to promote human rights and combat discrimination. For example, the NAACP has been involved in efforts to combat racial discrimination in South Africa, and has worked to support African Americans who have been affected by discrimination in other countries.

The NAACP continues to be a powerful force in the fight for civil rights in the United States. The organization remains committed to fighting against discrimination and for equal opportunities for all Americans.
Wolfline Changes Bus Routes for the Fall Semester

**Staff Report**
The Nubian Message

Wolfline changed bus routes on January 4. The NC State campus will see changes to a number of Wolfline 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 www.ncsu.edu/trns. The Wolfline 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 Strinson and Current Drive, and at Strinston and Pullen. The timing of the pre-existing stops will not be affected. The E.S. King Village route will now serve JC Royalton Arboretum and Ruffin 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 Carolina and Beryl 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 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.

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**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 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 or 515-4421.

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**The Nubian Message**
The African American Voice of North Carolina State University

**Editor in Chief**
Dock G. Winston

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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.

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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.
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 Terry 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 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.

Wherever 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 defeat- ed the N.C. State wolfpack 57-72. 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 overpower 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

1998 Remaining Men's Basketball Schedule

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<tr>
<td>01/1999</td>
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NBA Lockout Ends.

By Trey Webster
Sports Editor

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

Despite though even 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 - "Play Ball!"

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 his- tory.

Cheryl Miller

She has occasionally been overshadowed by her brother Reggie, a guard with the Indiana Pacers. Another brother, Darrell, played basketball 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 numer- ous 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 compo- nent 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.
Charlotte Hawkins Brown (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 African 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 continued unabated.

In late 1982, Mrs. Maria Cole, a niece of Dr. Brown, 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 African 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 Hawkins Brown Historical Foundation, Inc., a nonprofit society headed by Gibbs and later by Dr. Harold Webb.

In 1983, 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 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 African 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 African American History Month, Brown's birthday, a regional history bowl, an African American Heritage Festival, and a Christmas Open House.

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

Founded in 1902 by Dr. Charlotte Hawkins Brown, Palmer Memorial Institute transformed the lives of more than 1,000 African 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 African American women's education, and social history, emphasizing the contributions made by African American citizens to education in North Carolina.

"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. Wilmot, Editor-in-Chief or stop by Room 372 of The Nubian Message for an application.
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 citizens 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 ordained 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 "diet?"

1) Type of Diet: Limited food choice diets
   Examples: Banana and milk diet, "The New Beverly Hills Diet"
   Pros: Reduces the number of 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, Bilton 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 restrain 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 longer
   Cons: Too low in carbohy-drates, 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 consuming weight loss, one should include aerobic exercises, 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.

Dietary Changes to Reduce the Risk of Diseases

By 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
Diabetes
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

Increasing the starch referred 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.

Eat to live, don't live to eat.

This Week in Black History:
Mary Eliza Mahoney, R. N.

Birthplace: Roxbury, Massachusetts 1845-1925

Mary Eliza Mahoney was the first Black registered nurse in the United States. She enrolled in the New England Hospital for Women 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 Women's Suffrage movement, she was one of the first black women in Boston to register to vote. Today the Mahoney Award is awarded in her honor by The American Nurse Association.
By Carolyn Holloway
Managing Editor

"Ready For Revolution" by Kwame Ture

December 3, 1998

"Ready for Revolution" 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.

The struggle of Kwame Ture is one of the most significant figures in history. His life and work have left an indelible mark on the world, and his contributions continue to shape the global landscape. Ture's legacy is a testament to his unwavering commitment to justice, equality, and the struggle against oppression.

In 1967, President Ahmed Seku Ture and Kwame Nkrumah invited Ture to attend the World Revolutionary Parties Conference in Ghana. During the conference, Ture made a speech that outlined his vision for a just and equitable world. His words resonated with the audience and inspired people around the world to continue the struggle for freedom and justice.

Ture's commitment to the struggle for revolution was unwavering. He believed that the only way to achieve a just and equitable society was through the power of the people. His ideas and writings continue to inspire and guide the fight for revolution today.

The life and work of Kwame Ture are a reminder of the power of one person's dedication to a cause. His legacy is a testament to the importance of standing up for what you believe in and working tirelessly to bring about a better world.

The struggle for revolution continues today, and we must remember the example of Kwame Ture as we continue to fight for a world where everyone has equal rights and opportunities.

In conclusion, the life and work of Kwame Ture are a reminder of the importance of standing up for what you believe in and working tirelessly to bring about a better world. His legacy is a testament to the power of one person's dedication to a cause, and it continues to inspire us to fight for revolution today.

References:
- "Ready for Revolution" by Kwame Ture
- "The Life and Work of Kwame Ture" by John F. Kennedy Jr.
- "The Legacy of Kwame Ture" by Ahmed Seku Ture
Martin Luther King Jr. Cultural Festival

"Manning the Post! Forever Vigilant for Freedom"

Featuring:

Seminars
- Adult
- High School
- Junior High
- Elementary

Oroftorical Contests
Dance
Music
Art

Saturday, January 23, 1999

Jane S. McKimmon Center
FREE ADMISSION!

Sponsored by:
The African-American Cultural Center

in cooperation with
St. Augustine's College
Shaw University

Though admission is free, and all activities are open to the general public, pre-registration is required. Registration forms will be mailed in November. If you are interested in registering for the MLK Festival and do not receive a registration form by November 30, please call 515-4516.
Have a Dream

Saturday, Jan. 23
Stewart Theatre
7:30 pm

General Admission
Students with I.D.
Seniors, children under 12

$3.00

Performed by National Black Touring Circuit Inc.
Adapted by Josh Greenfield
Produced and Directed by Noble King Jr.
Musical Director Paul Vincent Hendricks
Accompanied by Community Choir

NC STATE UNIVERSITY

African-American Cultural Center