

# The NUBIAN MESSAGE

September 9, 1999  
Volume VII, Edition 1

Knowledge



## What's Goin' On?

### College Democrats Meeting

The College Democrats meeting will have their next meeting today at 6:30pm in the Caldwell lounge. They will be forming plans for a voter registration drive and also some possibilities for working on various democratic campaigns.

### SAAC Meeting

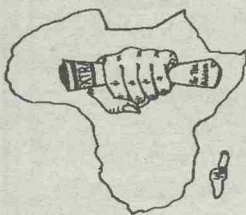
The Society of Afrikan American Culture will have a general body meeting tonight at 7:30pm in Room 356A of the Witherspoon Student Center. All students are encouraged to attend. Come participate in the organization that represents the voice of Afrikan American students on the campus of NC State University. Forever in the struggle for change.

### Carwash Fundraiser

Come out and help the Afrikan American Heritage Society in raising money to attend this year's Association of Black Cultural Centers Conference to be held in Tennessee at Vanderbilt University. We need your help! It Saturday, September 11 at Miami Subs on Western Blvd. at 11am until things slow down. A \$3 dollar donation is asked.

### Freshman/Mentor Cookout

The Freshmen/Mentor Cookout will take place today from 4-7pm in Harris Field. You must have meal tickets for you and your mentees in order to eat for free. Pick them up at the Afrikan American Student Affairs ASAP. This day will count as a visitation day. Visitation forms are due on Friday. For more information, call 515-3835.



The Afrikan American Voice of North Carolina State University

## Million Youth March quietly held in Harlem

By Michelle Reed

Staff Writer

Despite outspoken protests from New York City officials, the second Million Youth March was held in Harlem this past Labor Day Weekend. U.S. District Judge Denny Chin ruled that the Million Youth March could go forward over the Labor Day Weekend despite the city's objections because the First Amendment protects even the most opposed speech. Chin, in a 32-page ruling, acknowledged that many statements made by the events organizers, including Khalid Abdull Muhammad, were "bigoted, hateful, violent and frightening." But Chin admitted that was not a justification in denying a permit for the rally.

Before Chin ruled on the march, the city said it would appeal any ruling that allowed the rally to take place. The events organizers threatened to hold the march with or without the permit. Yet, the city could not overrule the judge. Despite New York's opposition, the Million Youth March took place on September 4, 1999. The gathering of nearly 2,000 was made up of mostly adults, but teens and small children were also present with their parents. The crowd turnout was much lower than expected, mainly due to the negative attention cast on the event and its leader, Khalid Muhammad. Muhammad, a former Nation of Islam spokesman, has been criticized for his anti-Semitic comments and other racial comments in the past. His anti-Semitic comments lead to him being fired as the spokesman for the Nation of Islam, and had many Harlem politicians encouraging a boycott of the march.

The four hour event started off with a march down Malcolm X Boulevard. An opening prayer

was given, and the first speaker of the day was Shaunette Daniels, chair of the New York Black Power Organizing Committee. The organizers addressed different issues that need to be improved within the Afrikan-American communities. Some speakers demanded the end of police brutality and harassment, economic development, better education for Afrikan-American children, self-determination, and compensation for injustices. But the overall themes for many of the speakers included justice, unity, equality, and power.

Muhammad urged young black men to using degrading terms to name themselves. "Stop calling yourself niggers, stop calling yourselves dogs. You can never act like a man, if you think like a dog." He addressed the Afrikan-American and

Latino listeners to give up alcohol and drugs. "Your mind is the most powerful weapon, don't dull it. Wake up, clean up, and stand up," said Muhammad.

Last year the rally ended in violence with 28 people injured, including 16 police officers in a confrontation between police and participants. To make sure there was no violence, approximately 1500 police officers were at the rally, some even stationed on rooftops throughout the Harlem neighborhood.

This is not the first unifying march aimed at the Afrikan American community. In 1995, the Million Man March was held in Washington, DC with a Million Women March taking place two years later in Philadelphia.

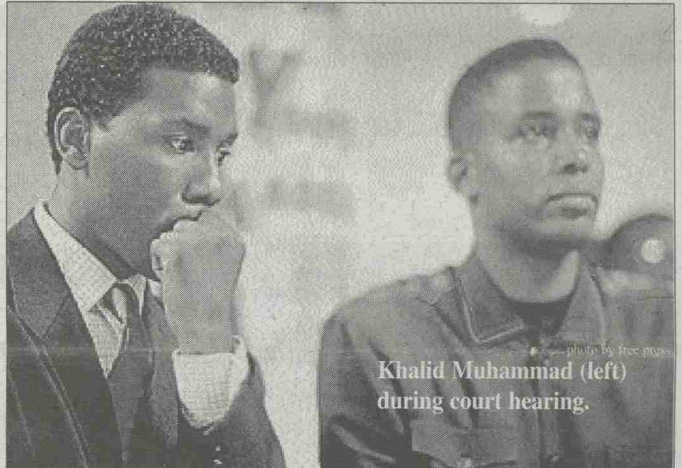


photo by free press  
Khalid Muhammad (left) during court hearing.

## CDC: AIDS deaths are in decline since 1995

By Russ Bynum

Associated Press

A sharp decline in AIDS deaths since 1995 has only widened the gap between how the disease affects blacks - who now make up nearly half those killed by AIDS - and other racial groups.

New figures released by the Centers For Disease Control and Prevention show that AIDS killed 17,047 people in the United States last year - a 20 percent decline from 1997.

But the more deaths have dropped, the more blacks with AIDS move toward becoming the majority of those who die, the CDC said Monday during the first National HIV Prevention Conference.

A total of 8,316 blacks died from AIDS last year. That means 49 percent of total AIDS deaths came from a group that makes up only 13 percent of the U.S. population. Health officials say they fear the ramifications if AIDS - once misunderstood as a gay disease - now becomes viewed as an illness that affects mostly blacks.

"That's real disturbing," said Dr. Helene Gayle, director of HIV prevention at the CDC. "We know that often times, if a disease becomes higher in populations that are more marginalized in our society, we forget about those problems. We can't afford to forget about HIV."

Thirty-two percent of AIDS deaths in 1998 were among whites, for a total of 5,436. Among

Hispanics there were 3,114 deaths, or 18 percent.

Health officials have long blamed poverty and a lack of access to health care for higher rates of disease among blacks.

But many blacks also have failed to realize that they are at risk as much as other groups, Gayle said.

"The fact that this was portrayed as a white, gay disease lulled the African-American community into a false state of security," she said.

After peaking at 49,351 in 1995, AIDS deaths dropped 65 percent through 1998. Deaths among Hispanics dropped at the same rate. But for whites the decline was much greater - 75 percent. For blacks it was much less, at 55 percent.

The numbers released Monday also showed that, although total AIDS deaths continue to drop, the rate of decline has been cut by more than half.

This raises concerns that powerful new drugs may have reached their limit in controlling the disease.

Last year, researchers were stunned by reports that AIDS deaths nationwide dropped 42 percent from 1996 to 1997, results that were credited to powerful drug cocktails that dramatically increase the life expectancy of AIDS patients.

But the decline in deaths slowed to 20 percent from 1997 to 1998.

CDC officials said it's too early to tell if the current treatments have pushed AIDS deaths as low as they can go. One worrisome sign is that the de-

cline in deaths last year occurred mostly in the first three months of 1998. After that, deaths leveled off for the rest of the year.

"We might continue to see that decline," Gayle said. "But it is at least a concern that most ... declines were in the first quarter of 1998 and not in the last quarter."

Some advocates pointed to the CDC's numbers as proof that the drugs aren't as effective as once hoped.

"Our worst fears have become a tragic reality," said Steven Fisher of the advocacy group AIDS Action. "AIDS drugs don't work for everyone and aren't a cure for anyone."

The CDC blamed the slowdown on three factors:

- Some people still aren't getting tested and treated for AIDS.

- Some are finding it difficult to stick to the complicated regimen of pills, which must be taken at certain times of the day, sometimes with food, sometimes without.

- Drug-resistant strains of the virus are emerging as patients fail to keep on schedule with their medicine.

The CDC estimates there are as many as 900,000 people infected with HIV in the United States, with new infections holding steady at roughly 40,000 a year for the last decade.



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

## Virginia Slave Re-Enactors Complain

### Associated Press

Black actors who portray slaves at Colonial Williamsburg complain that they are being typecast, underpaid and denied advancement.

Colonial Williamsburg is a reconstructed colonial capital of houses, shops and cobblestone streets where employees in period costume portray 18th-century figures

and teach visitors about life back then.

Many of the black employees take part in an acclaimed program in which they play slaves, runaways and preachers. White employees sometimes portray slave masters who berate and intimidate their slaves in public.

Earlier this year, a group of black employees wrote a letter of com-

plaint. "It seems as though with each restructuring, only one black at a time is promoted," the letter read. "This leads us to believe that those in charge of programming are afraid if they promote too many of us, they won't have any 'slaves' to make their programs successful."

Steve Elliott, Colonial Williamsburg's vice president of education, said the organization has been meeting with the staff about the complaints and has created a forum, led by four employees who work on black history programs, that will look at such issues as hiring, staffing and sensitivity.

"We don't have enough people to do the ambitious programming that we've set out for ourselves and it takes a toll on folks," he said.

Several black employees told

Wednesday's Daily Press of Newport News that there has been increasing unhappiness among blacks since Colonial Williamsburg dissolved its

Department of African American Interpretations and Presentations in 1997. The department was made up mostly of black employees.

Christy Matthews, who was director of the department, left Colonial Williamsburg last week, three months after a reorganization put her in charge of overseeing development

of programs throughout the historic area.

"Morale, for a lot of interpreters, is the lowest I've ever seen," she told the Daily Press.

Anyone interested in working for The Nubian Message should contact Dock G. Winston, Editor-in-Chief, at 515-1468 or come by Room 372 of the Witherspoon Student Center.

## THE NUBIAN MESSAGE

The Afrikan American Voice of North Carolina State University

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Business Manager Trey Webster

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READ MORE  
NUBIAN



North Carolina State University  
Cooperative Education Program

### ORIENTATION SCHEDULE

Students who would like information about NCSU's Co-op Program are asked to attend one of the orientation meetings listed below. Those who would like to co-op beginning the 2000 Spring semester are urged to attend an orientation as soon as possible.

|                  |        |               |
|------------------|--------|---------------|
| <b>AUGUST</b>    |        |               |
| 24 Tuesday       | 4:00pm | CALDWELL G110 |
| <b>SEPTEMBER</b> |        |               |
| 1 Wednesday      | 4:00pm | WINSTON 110   |
| 9 Thursday       | 5:30pm | WINSTON 129   |
| 15 Wednesday     | 4:00pm | WINSTON 129   |
| 21 Tuesday       | 5:30pm | WINSTON 001   |
| 23 Thursday      | 5:30pm | WINSTON 129   |
| 29 Wednesday     | 4:00pm | WINSTON 129   |
| <b>OCTOBER</b>   |        |               |
| 5 Tuesday        | 5:30pm | WINSTON 001   |
| 13 Wednesday     | 5:30pm | WINSTON 129   |
| 19 Tuesday       | 4:00pm | CALDWELL G110 |
| 28 Thursday      | 5:30pm | WINSTON 129   |
| <b>NOVEMBER</b>  |        |               |
| 2 Tuesday        | 4:00pm | CALDWELL G110 |
| 10 Wednesday     | 5:30pm | WINSTON 129   |
| 16 Tuesday       | 4:00pm | CALDWELL G110 |
| 18 Thursday      | 5:30pm | WINSTON 129   |
| <b>DECEMBER</b>  |        |               |
| 2 Thursday       | 4:00pm | CALDWELL G110 |

# SPORTS

## NCSU vs. W&M on Saturday

By **Trey Webster**  
Sports Editor

Lately on milk carton's across the nation there has been a picture displaying the N.C. State offense. Last year, they showed the college football nation their unlimited offensive capabilities by beating up such ranked opponents as Florida State and Syracuse. Yet, the Wolfpack have not begin to show fans even a glimmer of the offensive talent located within their team. Hopefully this weekend against William & Mary, N.C. State, will be able to resurrect their cohesive passing game. N.C. State is hoping to continue it's winning ways on Saturday, @ Carter Finley stadium. For this to become a reality, not only must the talented offense severely improve, but the special team's and the wolfpack's tenacious defense must continue to strike fear in the hearts of opposing teams.

Special teams, which was an Achilles heel last year for the Wolfpack has grown in strides this year from the previous season. One reason for this increased play is the punting of Scott Earwood, who had trouble getting punts off last year, had his kicking steps decreased to a step and a half, which in turn has resulted in an average of 42.8 yards per punt up from 37.0 yards from last year. Along with Scott, the special teams punt blocking team has blocked 4 punts resulting in 23 points. To go along with the special teams, the 'packs defense has been outstanding. Allowing opponents only 10pts per game, while producing 9 quarterback sacks, as well as giving up only 98 rushing yards in the 1st two games.

The N.C. State offense which is averaging a mere 134 yards in two games must improve on several things. First the 'pack must improve on converting third down plays (3-26, for 12%). Also it is vital that Biletnikoff Award candidate, Chris Coleman, get the ball. Coleman who in previous year's was one of

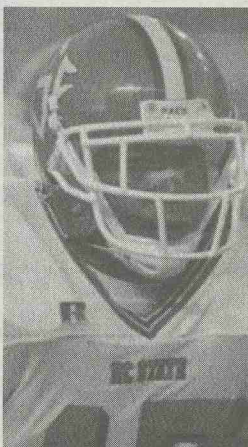


photo by gopack.com  
**One of the boys in Red and White.**

the wolfpack's deadliest wide receiver's along with Torry Holt, has caught only 4 passes this season for a total of 21 yards. On the defensive side of the ball sophomore linebacker Levar Fisher and Lloyd Harrison have been great leaders. Fisher had a great performance last week, recording 10 tackles against a great South Carolina offensive line. While defensive back Lloyd Harrison has 2 interceptions so far this season, leaving him only 7 interceptions away from tying a school record of 16. William and Marry should not present much of a problem for the Wolfpack. The Tribe who is (0-1) after a loss to Delaware in their season debut, will be short handed against N.C. State this week after losing one of their best defensive players in Raheem Walker to injury. The 'Pack has not lost to William & Mary since the 1958 season, more than 4 decades ago. A win will give N.C. State a 3-0 start, which has produced a 9 win season each of the following years when this has occurred. Hopefully the Wolfpack will continue it's winning tradition against William & Mary into the next millennium.

## Video Football goes to another level with Madden 2000 and NFL 2K

By **Trey B. Webster**  
Sports Editor

As we begin to travel into the next millennium, software for computers is becoming more hi-tech and realistic. Two new video games Madden 2000 by EA Sports, and NFL 2K by Sega, are surpassing such old games as Tecmo Bowl and First Yard Down and are leading their way into a new, more realistic approach of sports video games.

For anyone who has been a lover of Madden video games, you will defiantly fall for this update, available for N64, playstation, and PSX consoles. For those who thought the game couldn't get more realistic, think again! EA sports has continued its great tradition for producing sports games by taking Madden 2000 to the another level. In this new game, moves from Atlanta Falcons running back Jamal Anderson and San Francisco 49er wide receiver Terrell Owens were studied. The game makers took into effect every aspect almost humanly possible, ranging from the sideline cameras, to players hot and cold streak, to even the size and arm length of the players. This careful detail has given a big fullback the advantage to completely punish an undersized secondary. EA Sports also went as far as giving players increased speed, more fluid movement, route based passing and even nets behind the goal posts for that

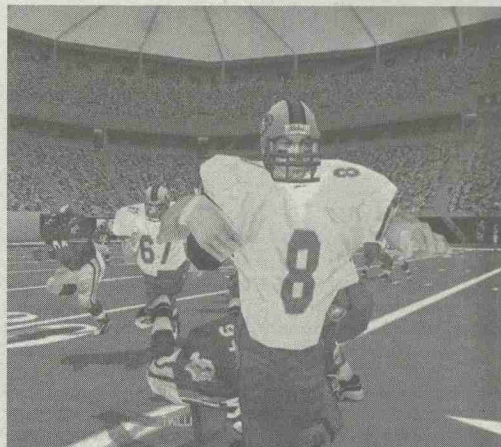


photo by madden.com  
**Scene from Madden 2000**

more realistic feel. One thing is for sure, this is not one game that you will be able to put down easily.

As you sit down to watch, you notice that the Cowboys are beating the 49ers, you know that this is no surprise until you come to the realization that football season has been over for several months. That is the realistic feel you gain from NFL 2K on the new Sega DreamCast. Many are predicting this to be the most realistic sports game every to hit the market. With the a 128-bit system, Sega is able to bring graphics that the home gamer has never experienced. For anyone who loves

football, this is the game for you. Many games have graphics that are phenomenal, but have no game control. This is not so in NFL 2K, by taping the controller a linebacker, will slowly move forward, and by holding the controller he bursts through with the speed and accuracy of a Ken Norton rushing an unsuspecting Quarterback.

All in all, which ever game you decide to go with, you will not be disappointed. If these game wizards keep improving gaming at this alarming rate, will athletes become obsolete??

## Hank Aaron, greatest baseball player alive

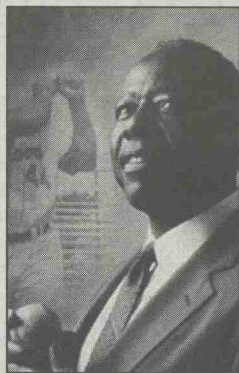
### The Nubian Message

Staff Report

Born in Mobile, Alabama on February 5, 1934, Hank Aaron first played sandlot ball as a teenager. He later played for a team called the Black Bears, but soon thereafter signed a \$200-per-month contract with the Indianapolis Clowns of the Negro American League.

In June of 1952, Aaron's contract was purchased by the Boston Braves. The following season, playing for their minor league team in Jacksonville, his .362 average led the South Atlantic League. This led, in 1954, to a promotion to the major league Braves, then based in Milwaukee, and the beginning of his brilliant career.

Aaron enjoyed perhaps his finest season in 1957, when he was named Most valuable Player and led his team to a world championship. His stats that year included



www.bravosweb.com  
**Hank Aaron**

a .322 average, 44 homers, 132, and 118 runs scored.

Aaron hit more home runs than anyone lese in the history of major league baseball. He attained this plateau with his second home run of the 1974 season, a shot which

marked his 715 career round-tripper and thus broke the previous record of 714 which had been held by Babe Ruth. Aaron finished that season with 20 homers and brought his career mark to a total of 733. He completed his career with a total of 755 home runs.

During his career, Aaron won a pair of batting titles and hit over .300 in 12 seasons. He won the home run and RBI crowns 4 times apiece, hit 40 or more homers 8 times, and hit at least 20 home runs for 20 consecutive years, a National League record. In addition, he was named to 20 consecutive all-star teams.

In January 1982, Aaron received 406 of 415 votes from the Baseball Writers Association, thereby being elected into the Baseball Hall of Fame. In the mid-1990s, he served as vice president/assistant to the president for the Braves

**Anyone interested in reporting on sports for the Nubian Message should contact Trey Webster at 515-1468 or come by Room 372 of the Witherspoon Student Center.**

### Today in Sports History....

Today in 1991, Boxer Mike Tyson was indicted in Indianapolis on a charge of raping a beauty pageant contestant, Desiree Washington, in Indiana. Tyson would later be convicted

# CULTURE

## Afrikan Country Spotlight

### Mauritania



**Official name:** Islamic Republic of Mauritania

**Independence:** November 28, 1960

**Capital:** Nouakchott

**Currency:** Ouguiya

**Income:** (per capita US\$) 500 (1990)

**Area:** 419,229 sq. mi.

**Population:** (1991 estimate) 1.9 million

**Illiteracy:** 72% (1991)

**Ethnic divisions:** Arab-Berber, Arab-Berber-Negroid, Negroid

**Religious groups:** Moslem

**Languages spoken:** Hassaniya Arabic (national), French (official), Pular, Wolof, and Soninke

**International relations:** EC, OAU, UN

**Form of Government:** Military

**Exports:** Fish, gypsum, iron ore

Archeological evidence suggests that Berber and Negroid Mauritians lived beside one another before the spread of the desert drove them southward. Migration of these people increased during the third and fourth centuries AD, when Berber groups arrived seeking pasture for their herds and safety from political unrest and war in the north. The Berbers established a loose confederation, called the Sanhadja. Trading towns were established to facilitate the trade of gold, ivory, and slaves.

In the tenth century, conquests by warriors of the Soudanese Kingdom of Ghana broke up the Berber confederation. In the eleventh century, the conquest of the Western Sahara regions by the Berber tribe, decimated the Ghanain kingdom and firmly established Islam throughout Mauritania. However, Arab invaders defeated these people in the sixteenth century.

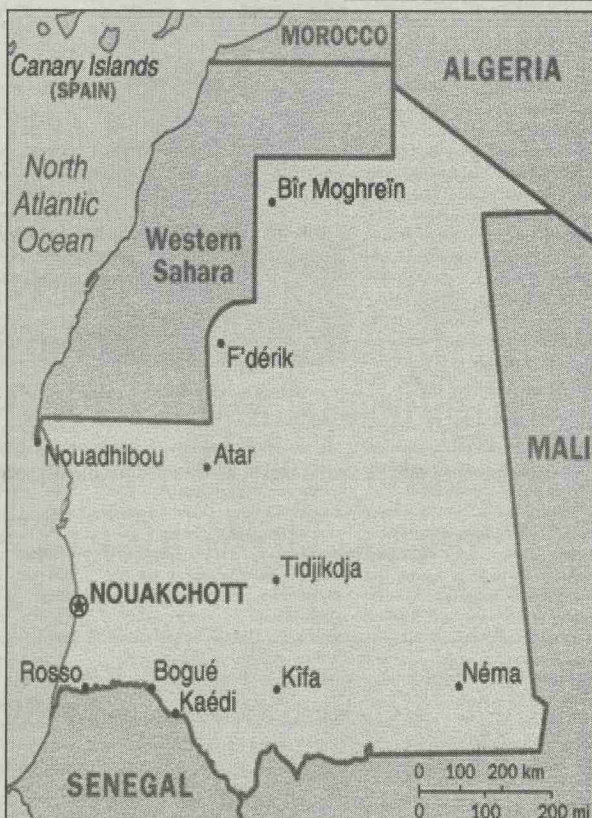
French military penetration of Mauritania began early in the twentieth century. However, the area came under French control until

about 1934. Until independence, the French governed the country largely by relying on the authority of the tribal chiefs, some of whom, such as the Emirs of Trarza and Adrar, had considerable authority. Under French occupation, slavery was legally abolished.

Mauritania became a French colony in 1920. The Islamic Republic of Mauritania was proclaimed in November 1958. Mauritania became independent on November 28, 1960 and withdrew from the French Community in 1966.

Mokhtar Ould Daddah, leader of the Mauritanian People's Party was the first head of state, but a series of coups took place: the first, in 1978, replaced Daddah with col. Moustapha Ould Mohammed Salek, who was then replaced by Prime Minister Mohammed Khouma Ould Haidalla. In 1934, another coup, this one led by Maawiya Ould Sid'Ahmed Taya took place.

Moors, heterogeneous groups of Arab-Berber people who speak Hassaniya dialects, make up an estimated three-quarter of the population and are traditionally nomadic pastoralists. The country's black population -- the Toucouleur, Soninke, Bambara, and Wolof -- is mainly cultivators and are concentrated along the Senegal River.



Mauritania

#### WHO WAS THE FIRST TO POPULARIZE THE SLOGAN "BLACK POWER"?

In the 1960s, civil rights activist Stokely Carmichael adopted the term "black power" as a rallying cry for African Americans who were fighting injustice. Carmichael was born in the British West Indies in 1941 and moved to New York City's Harlem when he was eleven years old. He graduated from the prestigious Bronx High School of Science and entered Howard University. While majoring in philosophy there he became involved in the civil rights movement as a Freedom Rider in Mississippi.

In 1964 Carmichael went to work full time for the Student Nonviolent Coordinating Committee (SNCC), an organization that focussed on voter registration and other civil rights issues in the South, and became chairman two years later. He left SNCC in 1967 to join the Black Panther Party, and in 1969 moved to West Africa, where he changed his name to Kwame Toure and lived in self-imposed exile.

In the 1967 book that Carmichael wrote with African American political scientist Charles V. Hamilton, *Black Power: The Politics of Liberation in America*, they said: "Black Power is a call for the black people of this country to unite, to recognize their heritage, to build a sense of community."

Whether you have a Ph.D., or a D.D.,  
or no D, we're in this together.  
Whether you're from Morehouse or No  
house, we're in this bag together.

~Fannie Lou Hamer, civil rights activist



Anyone  
interested in  
writing about Culture for  
The Nubian Message  
should  
contact Michelle Reed at  
515-1468 or stop by 372  
Witherspoon for an  
application.

September 9, 1999

# HEALTH

## Facts and Myths About Afrikan Americans and AIDS

**FACT:** AIDS is the leading cause of death for Afrikan Americans aged 25 to 44, greater than homicide, heart disease, and accidents combined.

**MYTH:** AIDS is the "gay" man's disease

**FACT:** It is estimated that 300,000 to 500,000 Afrikan Americans are already infected with HIV; and, in less than four years, Afrikan Americans will account for the majority of all people with AIDS in the United States.

**MYTH:** You can contract the HIV virus by kissing, drinking after a person, or sharing toilets.

**FACT:** Afrikan Americans account for over half of all children with AIDS, over half of all women with AIDS, and one-third of all men with AIDS.

**MYTH:** The majority of Afrikan Americans affected are gay/lesbian/bisexual

**FACT:** HIV/AIDS has a direct and devastating economic, social, and emotional impact on our communities and families and is inextricably linked to other socioeconomic maladies.

**MYTH:** If it is known that you are infected, you will be viewed as an outcast by your peers and community.

**FACT:** Death in Afrikan American women due to AIDS infection ranks 3rd in ages 25-44 years

**MYTH:** You can tell if a person has AIDS by the way he or she looks.

**FACT:** There are now many different drugs known as "cocktails" that are used to suppress the HIV virus. Giving many victims the opportunity to live healthy lives

**MYTH:** The HIV virus is a death sentence.

**FACT:** AIDS is destroying our black people and is fast rising among black females. It's better to be SAFE than SORRY.

**The N.C. State Student Health Center conducts anonymous HIV tests daily. Take a test today and be "in the know".**

## Afrikan American History: Jocelyn Elders

### Staff Report

The Nubian Message

Jocelyn Elders (1933-) received dubious honors as the first Afrikan American and the first woman to serve in the position of US Surgeon General.

Born in Arkansas to a sharecropping family, Elders attended Philander Smith College and then had a stint in the US Army from 1953-1956. In 1960, she graduated from the University of Arkansas Medical School (the only Afrikan American female), with a specialty in pediatrics. She then returned to the University of Arkansas Medical School as a professor.

In 1987, Bill Clinton, then governor of Arkansas, appointed Elders to the office of Director of the Arkansas Department of Health (again she was the first Afrikan American and the first female to hold this office). During her service

as director, Elders worked for increased medical care for school children and the elderly. She also began advocating the distribution of condoms to teenagers in an effort to reduce their risks of pregnancy and becoming infected with AIDS. Combined with her strong pro-choice views on abortion and adamant support of the medical use of marijuana, Elders' programs and philosophies sparked considerable controversy in Arkansas.

Nonetheless, after a fairly lengthy debate in her confirmation hearing because of her support of condoms, sex education and her position on abortion, Elders succeeded to the office of US Surgeon General, after being nominated by President Clinton in 1993.

Eventually, her outspokenness and her radical views began to erode support from those who had previously stood behind her. These issues included legalizing drugs as a possi-

ble solution to drug violence, continual support of broad sex education in schools, and issued various controversial statements about guns, homosexuality, and other issues.

In 1994, during the World AIDS Day at the United Nations, the controversy over Elders reached its apex when Elders suggested that masturbation should be encouraged as a way to prevent teenagers from engaging in other sexual activities. The next day, Bill Clinton demanded and received Elders' resignation. Elders stated that she did not regret anything she said.

Since her departure from the office of Surgeon General, Elders returned to her post as professor at the University of Arkansas Medical School and continues to openly express her views on the issues that she feels concerns the youth of our nation.

## Diabetes:

## What You Don't Know

By Bene Dupree

Staff Writer

Many Afrikan Americans love to eat a variety of foods that we often find very appealing in taste. We all look forward to Sunday dinner at grandma's, filled with all of the family favorites such as fried chicken, collard greens, homemade buttermilk biscuits, and the list goes on. Besides their favorable taste and the occasional indigestion, these foods give us more than we actually realize, and for some Afrikan Americans, something to think about the next time you sit down for a meal.

Usually, when we think of a good meal, we think of anything that tastes good and fills us up. The truth remains that the many of the foods we enjoy are detrimental to our health. Many of these foods can lead to illnesses, including the infamous diabetes. Diabetes is still a growing problem in the Afrikan American community and has tripled in the past thirty years with over 3 million diabetics. Type II diabetes which is the most common form, is the body's inability to use the insulin produced properly. Over 80 percent of Afrikan American mothers who are expecting will develop gestational diabetes before giving birth.

It has been observed that Afrikan Americans' experience the more serious effects of diabetes such as amputation, blindness, and kidney failure. Diabetes contributes to 25 percent of cardiovascular disease seen in men and 60 percent seen in women.

Although diabetes occurs in adults over 45, youth are not exempt from this disease. Diabetes is neither a middle aged or obese person's disease. Although prime targets of diabetes are overweight and inactive persons, diabetes is greatly hereditary. Any linkage of diabetes in a family can pose a possible inheritance of the disease.

Just because a person is diagnosed with diabetes does not mean the worst has come. Their life by no means was ended with the right the diagnosis. Many people are diagnosed borderline diabetic everyday. Diabetes can be controlled simply by the way you eat and the amount of exercise incorporated daily. Granted 10k runs are not for everyone, but we all could benefit greatly from daily exercise in some way. Of course, any change in your lifestyle will not take place overnight. Change is a gradual process that begins with a commitment. It takes a commitment to a healthier lifestyle.

There are several ways to begin gradually. You can first start by minimizing the amount of high fat foods eaten each week. These food include french fries, burgers, fried chicken, any fried foods, and basically anything in grandma's kitchen. You could also cut back on carbonated drinks, fruit juices and other drinks that are high in sugar and calories. Water can be substituted for any drink, with a healthy diet of at least eight 8 ounce glasses of water per day. And, instead of sleeping after eating, that time can be used more constructively by taking a brisk walk or a light jog. Even a light walk up and down a flight of stairs can get the heart pumping.

There is a saying that reads "Nothing worth having comes easy in life." Good health is one of those things. Sacrifices have to be made, and changes have to occur. These are but only small prices to pay for a long, healthy life.

## Health Writers

Needed. Contact The  
Nubian Message at  
515-1468 for more  
details.

# OPINIONS

## The high cost of buying Black

By Wiley A. Hall, III  
Baltimore Sun

I'm sure you've heard it said that Black America generates enough wealth to make it one of the most prosperous nations in the world. Yet most of that wealth is squandered, we are told, because our dollars rarely circulate within our own community more than once.

This little nugget is repeated so often and with such passionate conviction that it has become accepted as fact. Usually, it is used to support the contention that African Americans must learn to Buy Black. More often than not, the speaker is an African American who is trying to sell us something.

I suspect this supposed fact is bogus.

First of all, where did it come from? Was it the result of research? Well, who conducted this research? And when did they conduct it? How did the researchers, if they exist, define "Black community?" How did they decide when a dollar circulates within that community and when it is lost?

It doesn't take much examination to detect all sorts of potential problems. For example, suppose Blacks shop at a grocery store that is White-owned but located in a Black neighborhood and staffed by Black clerks. Are those dollars "lost?"

Or suppose Blacks do business with a company that is publicly trad-

ed. Did the researchers allow for the possibility that Blacks may own stock in that company? either directly or through their union or government pension plans? Finally, how did our intrepid researchers treat a Black-owned company that employs relatively few Blacks and that does most of its business outside of the Black community? Are dollars generated by such a company counted as lost or recirculated?

We also are told frequently and with great relish that Black consumers are freaks. Supposedly, members of every other ethnic group make a much greater effort to do business with each other than Blacks, so that their dollars circulate within their communities several times to our once.

Oh yeah? Sounds like a load of hogwash to me.

Even a troubled nation such as Bosnia has clearly defined borders, a distinct currency, a national treasury that keeps count as money flows in and out. The borderline that separates the economy of Black America from the rest of the country isn't nearly as clear-cut, if it exists at all. Can one economy even be untangled from the other?

Nobody has been able to answer those questions to my satisfaction.



Nobody even knows where this supposed study came from - for all we know, the Ku Klux Klan or the Republican National Committee could have conducted it. You may recall that Ronald Reagan quoted this fact to justify his attack on affirmative action and minority set-aside programs. If the Black community squanders so much of its wealth, Reagan reasoned, why should society give a damn? Any study embraced by Ronald Reagan ought to be examined very carefully.

This avalanche of questions was unleashed in Washington, D.C. last week, as a group of African-

American retailers and manufacturers launched a nationwide campaign to persuade Black consumers to Buy Black. The International Black Buyers and Manufacturers Expo and Conference is encouraging the use of a new logo certifying that a business or product is Black owned, Black operated. The campaign is in response to what they see as the steady encroachment of powerful, White-owned conglomerates on the Afrocentric market that Black retailers once called their own.

"We call it the browning of America? suddenly there is this tremendous hunger for Afrocentric products and major retailers are rushing in to fill the need," says Tonyia Rawls, owner of a Washington-based marketing firm, and one of the founders of the annual conference.

Rawls notes that much of the Afrocentric arts and crafts offered by

majority firms are manufactured in the Far East. Black retailers and manufacturers usually offer products produced from within the Black community. In other words, buying Black keeps that proverbial dollar circulating within our own borders.

But I suspect those borders are illusory. And I suspect that if Black consumers surrender their dollars to Black businesses, they will find themselves powerless to hold those businesses accountable; as powerless as when we surrender our votes to specific Black politicians.

The browning of America ultimately works to our advantage. We want mainstream businesses to become responsive to our needs, just as we fought to make the political system responsive. And it works to our advantage when Black-owned firms are forced to become competitive.

We speak a lot about economic empowerment, but almost entirely from the point of view of the entrepreneur. True empowerment is when consumers have choices; when they possess the leverage to force firms to respond to their needs, regardless of the ethnicity of the owner.

Buy Black? OK, I'll make a deal with you. I'll buy Black wherever and whenever you Sell Quality. That's the cost of doing business with an informed, empowered consumer.

Questions, comments, concerns, and suggestions about the Nubian Message can

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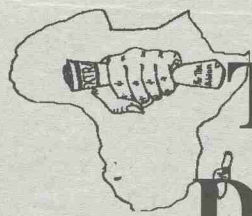
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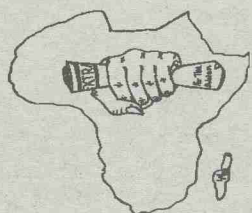


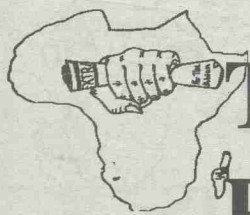
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