

# The NUBIAN MESSAGE

December 2, 1999  
Volume 7, Edition 10

**Knowledge**



**What's Goin' On?**

#### Final SAAC meeting

The Last SAAC meeting of the year will be held today at 7:30 in the Afrikan American Cultural Center. All are welcomed to attend.

#### Meeting with the Chancellor

ASSAC will be hosting a meeting with Chancellor Fox at 3:30pm on Friday, December 3, 1999 in Room 375 of the Afrikan American Cultural Center.

#### Kwanzaa Celebration

The Annual Kwanzaa celebration will be held on Friday, December 3, 1999 in the Cultural Center. For more information please contact AASA at 515 - 3125, the program will begin promptly at 6pm. Food will be served.

#### Afrikan-American Marketplace

The NCSU Afrikan American Cultural Center will be hosting its annual Holiday Afrikan Marketplace at the center on Saturday, December 4, from 11am to 7pm. There will be an opportunity to shop for handcrafts, books, art, clothing, jewelry, cards and etc. For additional information call (919) 515 - 5210.

#### New Horizons Kwanzaa Celebration

New Horizons Choir and United Student Fellowship will be hosting a celebration in honor of Kwanzaa week. They will be presenting the principle of Imani (Faith). The program will be held in the Multipurpose Room in the Cultural Center.

#### Poetry Club Meeting

The first poetry/writer club meeting will be on today in the Bragaw Activity Room at 7pm. If you are interested in joining or becoming an officer, please attend. For more information contact Lakesah Parker at 512-3084 parke2@unity.ncsu.edu.

The Afrikan American Voice of North Carolina State University

## Gore Seeks Black Vote

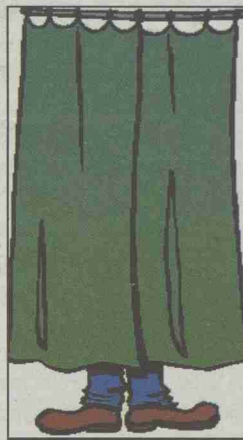
By **Michelle Reed**  
News Editor

To win an election, a candidate seeks votes. Therefore, a candidate campaigns to get these votes and may say things to get votes from people. The question is once elected, will the candidate live up to promises and words said?

Vice President Al Gore, campaigning to become President, is in search of votes from the Black community. Gore, a member of the Democratic Party, told a group of Black legislators that to keep Black America's "good" economic times

means electing him as president. President Clinton has had strong support from Blacks, the group that is most dedicated and loyal to Democratic candidates. Since 1984, the percentage of Blacks voting for Democrats has not dropped below 83%.

In his campaigning, Gore reflects from national reports that even while there are millions in poverty, it is the best of times for Black America in different economic areas. Gore sees that Blacks are finding work, earning more money, buying homes, and that by electing him as president the progress that Blacks are



White house hopeful Al Gore wish to get more Afrikan Americans behind the curtain supporting him.

making will continue.

Gore supports hate

crime legislation, the enforcement of civil rights laws, the improvement of schools, and the use of affirmative action to prevent racial and sexual discrimination like that happened in the past.

In an Associated Press Poll, Black Democrats favor Gore 57%, while 24% favor Bradley. Among all the voters, 43% of people favor Gore, and 32% favor Bradley. Bradley has received no endorsements from the Congressional Black Caucus, while Gore has won endorsements from 20 of 38 of the members.

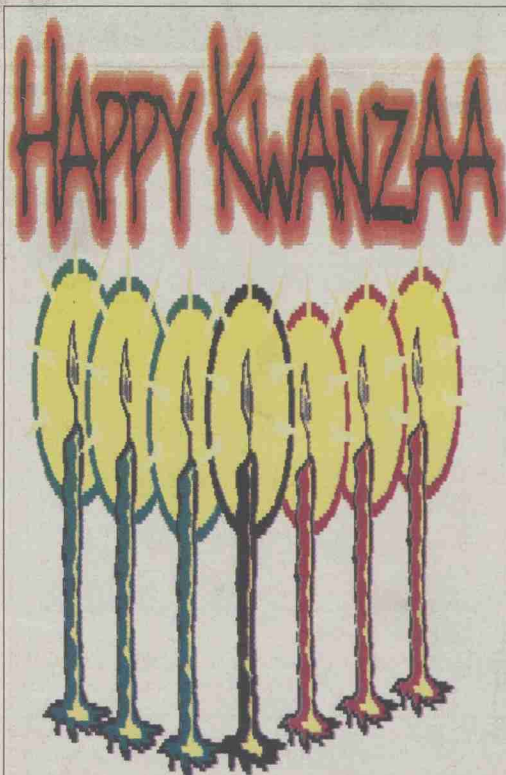
## Bill Gates donates \$3 million to South Africa to help stop AIDS epidemic

By **Michelle Reed**  
News Editor

Once again the richest man in the United States is being a good citizen by donating some of his wealth to a world problem. The founder of Microsoft, Bill Gates, has donated \$3 million to help stop the spread of HIV/AIDS among young people in South Africa. Gates estimated wealth is \$65 billion. Last year he donated \$100 million to help vaccinate Third World Children. Announced on the eve of World AIDS Day, the three year grant from the Bill and Melinda Gates Foundation will fund centers that will provide family planning information, counseling, and medical

services in nine communities in South Africa.

AIDS is a big epidemic in South Africa. South Africa has one of the highest rates of HIV/AIDS in the world, with a rate of 1,600 new infections each day. In five years experts estimate that six million South Africans will be HIV positive. The increase of the AIDS cases come with the increase of sexual violence, with a woman being raped every 36 seconds. The International Planned Parenthood Federation reports that for the first time since the beginning of AIDS two decades ago, more women outnumber men infected with HIV in sub-Saharan Africa.



From the Nubian Message family

Inside: Don't let ashy elbows and food poisoning ruin your holidays!!  
Read what to do on page 6.



## Four Reasons for Using "K" in Afrika

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

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

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### THE NUBIAN MESSAGE

The Afrikan American Voice of North Carolina State University

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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, Tony Williamson, 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.



# SPORTS

## Malone surpasses Jordan on all-time scoring list

By Keesha Dover  
Sports Editor

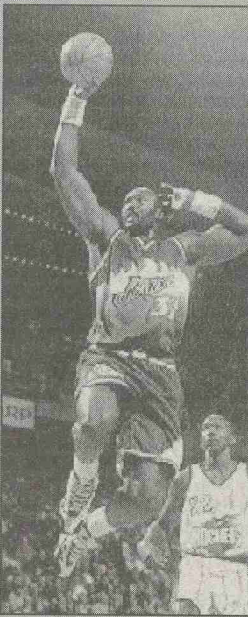


Photo courtesy of www.nba.com/rockwell2.jpg

The Mailman had a delivery to make and it was no postal delivery. With his 9:24 remaining in the first quarter, Karl Malone's 18-foot jumper in Monday's night game against the Golden State Warriors, his sixth point of the game, moved him and carried him past Mr. Air (Michael) Jordan on the NBA's career scoring list. Many arose in the Delta Center to acknowledge Malone for this task. The Warrior's took a timeout with 8:51 left in the first quarter, and it was announced that Malone, standing at 6 feet and nine inches, weighing 269 pounds, had moved to number three on the all-time scoring list.

First on the all-time scoring list is Kareem Abdul-Jabbar with 38,387 points and the late, great Wilt Chamberlain comes in second with 31,419 points.

Michael Jordan scored 29,277 in his professional career.

Malone, who is 36-years old, can pass Chamberlain's record if he keeps up his current scoring pace, by early next season. In order to pass Abdul-Jabbar, the Mailman would have to drop 29 points a game for the remaining of his four year contract. In his 15th season, Malone has missed six games. Three absences came from injuries, while the other three came from suspensions from the league.

In 1985, Karl Malone was selected in the first round as the 13th overall pick in the NBA draft. The nickname "Mailman" that Malone carries was given to him by a Louisiana sportswriter who felt Malone always delivered. Aside from basketball, Malone owns a trucking company called Malone Enterprises. He has also appeared in the motion picture, "Rockwell." He has been a member of the gold medal winning U.S. Olympic teams in 1992 and 1996. On July 25, 1997, Malone became an honorary member of the Avik Witanuche Ute Indian Tribe in White Mesa, Utah, where he received the name Kwigat Muikway which means "The bear who leads with dignity."

## 1999-2000 Season Highs Vs Career Highs

**Points.....61 points vs. Milwaukee Bucks on 1/27/90**

**Field Goals Made:.....22 Field Goals made vs. Hornets on 12/22/89**

**Field Goals Attempted:.....34 Field Goals att.vs. Nuggets on 1/6/90**

**Three point Field Goals Made:.....2, 3 pointers, 3 Times**

**Three point Field Goals Attempted:.....3 pointers att., 5 Times**

**Free Throws Made:.....20 Free Throws made, 2 Times**

**Free Throws Attempted:.....28 Free throws att. vs. Heat on 1/8/96**

**Offensive Rebounds:.....11 Offensive Rebounds vs. Warriors on 3/29/94**

**Defensive Rebounds:.....18 Defensive Rebounds, 2 Times**

**Total Rebounds:.....23 Rebounds vs. Warriors on 3/29/94**

**Assists:.....10 assists, 5 Times**

**Steals:.....7 steals, 4 Times**

**Blocks:.....5 blocks, 5 Times**

**Minutes Played:..... 57 minutes vs. Chicago Bulls on 2/3/92**

## NC State's basketball teams off to a great start

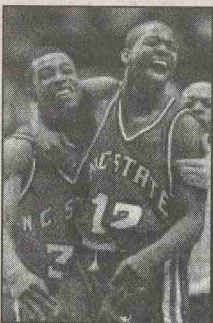


photo courtesy of sports.unc.edu/ncstatebball

By Keesha Dover  
Sports Editor

The 1999-2000 NC State basketball teams have started out in a high gear. Both teams, currently undefeated, are looking to do big things this season with some key returning

players and some top recruits.

The women's team, sitting with a record of 8-0, came into the season having lost two starters from last year. Stepping up at the starting position so far this year were freshmen Kaayla Chones and Terah James to add to returning players Tynesha Lewis, Summer Erb and Monica Bates.

James had done an excellent job so far filling in at the vacant point guard position while Kaayla Chones is holding down the power forward position. Chones has been outstanding so far this season as expected and just recently received a rookie of the week honor. The Pack will host Wake Forest tomorrow night at 7:00pm. They are looking for their second win in the conference and their ninth overall.

The men's team currently holds a record of 5-0. They didn't start out strong in a couple of the

games but were able to hang around and pull it out in the second half. Leading the Wolfpack in scoring right now is Anthony Grundy with 12.7 points per contest. Grundy has really stepped it up this year and is contributing big to the team.

Freshmen Damien Wilkins is also playing some crucial minutes for the Pack. Wilkins is a 6-6, highly recruited forward. He has started all three games and has pulled his weight but came up big in the fourth game against Stetson. He had 22 points and 8 rebounds to lead State to a 79-45 victory. State's last victory came last night against Purdue winning a close game 61-59. Anthony Grundy lead the Pack with 18 points.

NC State's next challenge will come when they host Providence this Saturday at 2:00.

## Jackie Joyner-Kersey Honored



photo courtesy of www.ipp.com

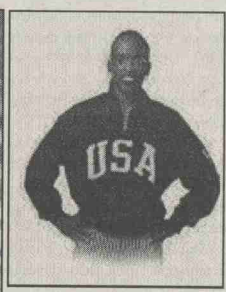


photo courtesy of www.2000.usatf.org/trackandfield/

By Trey Webster  
Staff Writer

Grace, strength, power, and determination are all adjectives that can be used to describe track and field star Jackie Joyner-Kersey. Kersey was recently honored by Sports Illustrated for Women as the top female athlete of the century. Along with Wilma Rudolph, Kersey represented the not only women but African-American women by having a great effect on the way women's roles in sports are viewed. By overcoming her asthma Joyner-Kersey was able to accomplish many other firsts in her career including being the first woman to receive the St. Louis Ambassadors Sportswoman of the Year, as well as the first woman to get the Sport News Athlete of the Year. Recognized mostly for her accomplishments via track and field, few sport fans know that Ms. Kersey attended UCLA on a basketball scholarship, but soon realized that track and field was her calling. From her efforts in she was able to earn 3 gold medals in the long jump, and two in the Heptathlon. Being recognized as one of the greatest athletes of all-time does not do her justice, because not only is she one of the greatest athletes but also one of the classiest people, attributes that are found few and far between in the sports world today.

The Nubian Message is looking for students who are interested in writing. For more information contact The Nubian Message @ 515 -1468 or e-mail: nubian@sma.ncsu.edu



December 2, 1999

# CULTURE

## Celebrating Kwanzaa

By Michelle Reed  
Culture Editor

Many Afrikan-Americans across the country will be celebrating Kwanzaa during the Christmas season. This African-American spiritual holiday was founded and established by Dr. Maulana Ron Karenga on December 26, 1966. The operation of Kwanzaa is based on the cultural principles of a theory called Kawaia. The base of the Kawaia theory is that social revolutionary change for Black America can be accomplished by exposing and connecting individuals to their cultural heritage.

Recognized as a spiritual, joyful, and festive celebration of life, Kwanzaa claims no ties with any religion. Not just a celebration, Kwanzaa represents a way of life. Celebrated from December 26 to January 1, the week reflects remembering, rejoicing, connecting, and re-evaluating. By evaluating the individual self and the history of Blacks, Blacks have a chance to relate to the past, evaluate thoughts and practices, and acknowledge the achievement of Black liberation and a better life for all Black Americans. The focus of Kwanzaa is to help Black Americans relate to the past in order to understand the present and deal with

the future. The purpose of Kwanzaa is to maintain history within Black America. The direction of Kwanzaa is to practice the principles that helped Black ancestors to endure the hardships of oppression, slavery, and racism, while also emphasizing unity of the Black family.

Kwanzaa has many different symbols that represent the inspiration and principles of the African-American holiday. The symbols represent the traditional and modern concepts that reflect the lives and struggles of African-American people. Kwanzaa has seven primary symbols and six secondary symbols.

The seven primary symbols include the Mkeka, the Kinara, the Mshumaa, the Muhindi, the Kikombe Cha Umoja, the Zawadi, and the Karamu.

The Mkeka is the straw mat in which the other items are placed. It serves as a traditional item and symbolizes tradition as the foundation of which everything else rests on.

The Kinara is a candle-holder which hold seven candles.

The Mshumaa, the seven candles, represent the Seven Principles which include Umoja (Unity), Kujichagulia (Self-Determination), Ujima (Collective Work and Responsibility), Ujamaa (Cooperative Economics), Nia

(Purpose), Kuumba (Creativity), and Imani (Faith).

The Muhindi is the ear of corn that represents the children and the father of the house. It signifies the ability of the offspring to become parents, and produce their own offspring. Every house has at least one ear of corn.

Kikombe Cha Umoja, is the Unity Cup that symbolizes the first principle of Kwanzaa. The cup is used to pour the libation of African ancestors, and each member from the immediate family or the extended family has to drink from it, and this shows honor, praise, collective work, and the commitment to continue the struggle that was started by African ancestors.

Zawadi, is the presents (gifts) that represent work and labor parents put toward their children, and the rewards that the children get by their good thoughts, acts, grades, etc.

Karamu, is the feast that symbolizes the festive celebration that gathers and brings the community together to exchange and give thanks and praise to the Creator for accomplishmentsthe were made during the year.

The six secondary principles include Nguzo Saba, Bendera Ya Taifa, Tambiko, Harambee, Habari Gani, and Kwaheri.

Nguzo Saba symbolizes the Seven

Principles of Kwanzaa that were developed by Maulana Ron Karenga.

The Bendera Ya Taifa represents the flag of Black Nationalism that symbolizes the struggle of Liberation. The colors, red, represent the blood of ancestors, black is for the color of the Black people, and green symbolizes the land, life, and new ideas that must continue to be obtained.

Tambiko symbolizes the respect and recognition for the ancestors that made contributions to Black history and honors libation.

Harambee is a call to unity and to collective work and struggle. The word Harambee means "Let's pull together!"

Habari Gani is a Swahili term used when greeting others that means, "What's the news?" or "What's happening?"

Kwaheri is a Swahili term used when parting someone with good wishes and an hoping to see them again.

Just as the traditional Christmas holiday has songs, the Kwanzaa holiday also has songs to bring spirits. The Kwanzaa song can be repeated as often as is wished to elevate the spirits.

## An Essay to Jefferson Davis, President of the Confederate States of America

By B. Dwight Foster  
Staff Writer

Let us begin here with the immoral, immoral, disloyal Jefferson, a man who was willing to be the figurehead of hate and prejudice. One could say that he was the president of prejudice and at the very helm of hate. Davis stated this at his first address to the confederate congress in 1861, "All we ask is to be let alone". You and those like you are the proponents of supremacy and selfishness.

I will outline four bold initiatives that today in 1999 the citizens of United States of America by popularity can implement that will help eradicate the ignorance you symbolize. And not only you sir, but all hate mongers. Hopefully the creative problem solving I propose when augmented will reinforce diversity and make the Union truly "E. Pluribus Unum" (from the many, one).

The fact that "No man is an island unto himself" (John Milton, 1608-1674) says to me that any homo-sapien should realize that God has intended diversity from the onset. It is yet, homo-sapien who scoffs at a few brave souls that try to emulate peaceful co-existence. It is also homo-sapien that devises ways and means to divide solidarity in the

Human Race. In the arrogance to label humanity as supreme, we call ourselves intelligent (thinking) beings because after all we are the same creatures that invented the vaccine as well as

slavery. Mr. Davis, one led to the profit of health and the other the profit of wealth. If we're intelligent we must agree that wealth without health is meager. Then how can we stand idly by as people protest love, by marching as menaces, carrying banners of stupidity. The famed poet Plutarch wrote around 60-100 A.D. "...Fools will not imitate the examples of wise men".

What "burns me up" as my granny use to say is listening to historians like Duke University's John Hope Franklin giving thoughtless advice to President William Jefferson Clinton that Clinton should not apologize for slavery. Yes, for the last time many Europeans didn't own slaves-I agree with history. Hate was systematically carried out by our government though-therefore, you must agree with history as well, if our government did this, the figurehead of that government should ask for forgiveness for a grateful and indebted nation. Had it not been for slave labor which was ushered in without concern for health or wealth of the victims, any economist worth his or her salt will tell you that this

nation would not be the powerhouse it has become if not for Free Labor.

Imagine that all the publicly traded companies and privately held firms, small and large, we, as well as, our beloved family members work at to pay our way through life were ordered and berated by those same enterprises to report to work, without pay or any benefits! Oh the profits but, woe the expense!

1. An apology for slavery is one step for a President toward reconciliation and a giant leap for a nation with a sordid past. Which is more important? Which would you choose, technology or human relations? When our social progress lags to far behind our technological expertise a pacific gulf opens between technology and human relations and an inherent intangible self destruction mechanism goes off in the human psyche which I have dubbed Anthropicide (I submitted this to Webster™ as a neologism)-humans annihilating themselves! What would drive humans to such an extreme measure? One word misanthropy or hate. Why do we have black and white when God, not technology, has brought us color? Mr. Davis, there have been lawyers around since Shakespeare and Greek Life has been around for centuries. The Mason's have been around for

as long if not longer, than Greek Life, yet most of these quote unquote "social" organizations profess the concern of society but boldly and/or tacitly exemplify segregation as you sir.

2. Another step would be to merge the Interraternity Council with the National Panhellenic Council, to merge the National Bar Association with the American Bar Association, and lastly to merge the Shriner's with the Prince Hall Mason's.

Most of these "social" or network organizations share virtual missions as their names or histories denote. They all differ in one respect. Ninety-six percent or better of their members happened to be either Afrikan American or Caucasian American! Such mockery of "Mission Statements" saddens my soul. It is a sham that such outstanding organizations are still segregated going into the millennium.

3. We must pray to God, the creator of Earth and the fullness therein-our maker, that God will forgive us our trespasses as we set out on a trek toward social advancement.

4. Social progress in essence is this: more than once in your life when you walk pass someone of a different hue, do speak, say hey, hi,

how's it going-instead of looking at them with timidity. Social progress in essence is this, more than once in your life think about others and do something for others, volunteer at a "Good" not for profit like the United Negro College Fund or a Historical Black College or University, or with the American Red Cross or the YMCA.

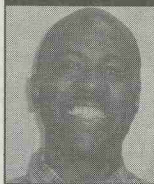
Someone wise once said that "volunteering is like paying rent for the space we take up on earth". Just maybe, if we pay rent to the right place we can do our part in eliminating prejudice and hate.

In conclusion Mr. Davis, though you are not in the land of the living those of us that are can learn from those that have died, rather they be good or bad. To learn a lesson doesn't imply emulation or imitation for I can learn the lesson that suicide is detrimental to my health, it doesn't follow that I should do it too. I challenge every reader not to hate but love other people. Be kind and take up the cause of the down trodden rather they be in Calcutta, India, Rwanda, Detroit, Raleigh or Germany. Please choose human relations over technology.

Though there's room for both there's no room for hate. Let humanity merge Mr. Davis!



## WELCOME TO CORPORATE CORNER



**By B. Dwight Foster**  
Staff Writer

*The following info isn't given as investment advice, please seek an investment advisor for that. This info is offered as an overview of a publicly traded company and is given for purely information ends.*

Well it's on! The power that is, the power of CP&L, North Carolina's growing utility. For all the readers that don't understand the deregulation of the utility industry, I guarantee you by the time you finish this article you'll be able to grasp the importance of why CP&L has the power of the sunshine state and its possible array service it can offer at bargain prices.

The federal government in its vision to unblock restrictions in the utility industry decided to do as it has done in the telecommunications and banking industry-deregulate. For example it use to be against the law for a bank like BankAmerica or First Chicago NBD to buy banks outside of the state where it was chartered to do business, and in particular, banks were prohibited from buying up other banks in other states-no longer the case. Well, that's sort of the same story behind the utility industry-mergers and more mergers are on the way.

Will this translate into savings for the power customer? It would be unfair since the refrigerator and pilot light in our home never go out not to pass some savings along-I mean we got to have heat and lights but do we have to have deregulation-do we? I think so. Deregulation will allow companies to share resources and expand their markets. Deregulation makes for better companies and more happy shareholders. Inevitably there's some downside in that someone may lose their job if there's too much overlap from one firm to the next and since it's CP&L that's buying Florida Progress and acquiring her 1.3 mil-

lion customers, the new entity will retain the CP&L badge but the new company now will span three states (North Carolina, South Carolina, and Florida) and will boast over 2.5 million customers with 178K natural gas customers from CP&L's recent gobbling of NC Natural gas.

CP&L's non-utility business includes power marketing and trading, internet and telecommunications services and energy services and management. In a lot of ways, CP&L is ahead of the competition such as Duke Power because CP&L is taking bold initiatives even before the final word on deregulating the Carolinas has been written in stone.

CP&L's CFO, Glen E. Harder, has benchmarked CP&L to the top performing utilities in the country to ensure best in class fiduciary soundness in terms of Earnings Per Share and trimming the fat. CP&L opened its newly coveted Customer Call Center, which seeks to do under one roof what was previously done under 37 roofs. Harder had this to say about the new center, "We introduced the Customer Call Center on the eve of Hurricane Fran... In the past, we'd have had a service technician driving around for hours trying to figure out the source of the outage...the new system was able to diagram within seconds the most likely location."

The benefits of this investment have been that CP&L has been able to centralize a key component of doing business-customer service. The center has saved the company 4.5 million dollars annually since its' grand opening and this translates to lower Operations and Management cost (O&M cost) altogether. This bold move has allowed CP&L to achieve its goal of reducing its cost by 80 million dollars, the maneuver has trimmed 12 percent of the fat or 90 million dollars from O&M costs.

CP&L for intent purposes is a new company not because of its acquisition but because it has redesigned in work station platforms shifting over 6,500 computer and reconfiguring the LAN to a standard Microsoft Office Suite. "We elected not to modify software to fit different work processes, but to modify work processes to fit a standard software," says Harder.

**CP&L**

**CEO:**

**William Cavanaugh, III**

**EVP and CFO:**

**Glen E. Harder**

**Human Resources Director:**

**Brenda Castonguay**

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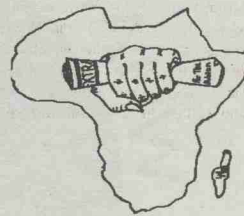
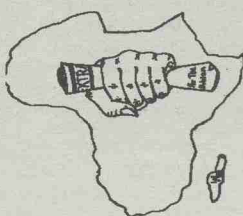
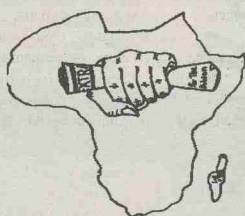
**(919) 546-6111**

"When you modify software, it costs money to maintain experts to deal with those modifications." As a result, it spending is down 11 percent company wide!

Changes are CP&L will start putting some money into its internet business, build it, then sell it. Most companies develop their assets then sell them later to reward shareholders or to pay down debt, especially if its not part of it core competencies-their primary function.

## Ad Reps Needed! Ad Designers Needed!

Business minded individuals are needed to fill ad rep and ad designer positions for Spring 2000 semester. Training, flexible hours, and ample pay offered. All majors welcomed. Interested applicants should contact either Dock G. Winston or B. Dwight Foster at 515-1468 or at dgwinsto@unity.ncsu.edu or millionairesoon@hotmail.com. You'll be glad you did!!





# HEALTH

## Dry skin: Public enemy #1!

By Thannie Roldan  
Health Editor

We all have our version of dry skin, itching, scaling, and the infamous "ashy skin". Some don't choose to admit it, but it does exist. Now most of us handle our business, but we all know a couple of people who walk around with ashy ankles, feet, elbows, and hands. Don't get me started.

Beaten down by varying degrees of cold, compounded by dry heat and low humidity inside our dorm rooms, apartments, homes, and classrooms, our skin cries "HELP!", as its being sapped of its last drop of moisture.

Severely dry skin or xerosis is due to dehydration of our bodies' protective cover (the 'skin'), which affects us mainly in the winter, primarily due to the factors mentioned above. Also known by such descriptive terms as "Asteototic Eczema" and "Xerotic Eczema", this condition manifests as red, dry, scaling, and fine cracking areas of skin, sometimes involving the entire surface, resembling "cracked pavement".

Other factors which contribute to dry skin include excessive contact with harsh soaps and cleaners, genetic disposition to dry skin, aging, and certain medically related conditions such as eczems, psoriasis,

and diabetes mellitus, to name a few.

Normally, the oil producing glands in the dermis (one of the inner layers of skin) generates a film which traps in the skins natural moisture, along with the moisture that has been absorbed from the humidity in the environment and especially after a bath or shower. This film prevents the moisture from evaporating. Lotions and creams, not only hydrate the skin, but also reinforce the protective coating over the skin to prevent water loss. Thus in turn, makes the skin more flexible and less likely to be "ASHY"!

see Dry Skin, page 7

## Food poisoning can spoil holiday meals.

By Melodee N. Wallace  
Staff Writer

With the holiday season fast approaching, we will eat many foods prepared by many different people. Although many of us have been deprived of home cooked meals for a while, we still need to be careful where we eat. Many times we think that we have the flu, a stomach virus, or just abdominal cramps and we actually have a case of food poisoning. The best way to prevent food poisoning is to make sure that hot foods stay hot and cold foods are kept cold. Food poisoning most often occurs due to time abuse (not being cooked long enough or allowed to sit out) and temperature abuse (not being hot enough or cold foods getting hot). There are even cases when the cook or server is at fault. There are several ways food poisoning can be obtained. Any type of meat and gravy dish that has been prepared the day before and allowed to sit out on the table for a while, especially in restaurants, buffets, or cafeterias. This type of situation allows for the growth of *Clostridium Perfringens*, which will give you a really bad case of diarrhea. Although it only lasts for a day, you will feel like dying. Typically, the meat is left over from the day before and refrigerated and not heated to a high enough temperature.

Foods such as potato salad, ham salad, macaroni salad, puddings, or deli meats prepared by people who you know do not have the best sani-

tation practices.

*Staphylococcus Aureus* is one of the most common food borne illnesses, because it is caused by humans spreading it to other humans and the foods will not be cooked. What usually happens is that the food preparer has a cold, pimples that they constantly squeeze, or wipe/pick their nose with out washing their hands and has constant contact with the food and allows it to sit out for a while. Most of the time, you know when you have *Staph Aureus*, you either vomit or have diarrhea within about two hours.

Although the examples of classic food poisoning have foods that have been cooked and should be safe, you should pay even more attention to raw foods. Always heat hotdogs, avoid sushi, cook eggs all the way, and wash raw vegetables really well. But you may wonder, why is that I can eat cake or cookie batter and not get sick, after all both contain raw eggs. *Salmonella Enteritidis* affects eggs that are temperature abused, but the hen has to have the strain or the egg has to be cracked and infected by another diseased egg. However, only 1 in 10,000 eggs are infected with this strain of *Salmonella*, so unless you eat abundant amounts of cookie dough or cake batter you will not get sick.

During this holiday season be careful where you eat as well as where you eat. You never know when the culprit will strike you.

## Being Anxious or Having Anxiety?

By Melodee N. Wallace  
Staff Writer

Everyone knows what it is like to be anxious. With Christmas around the corner, exams coming up, and graduation for some, it is hard not to be anxious.

Anxiety can be beneficial for it gives us that extra boost of adrenaline. It allows for us to use our "fight or flight response", which protects us from danger. Being anxious is a way of coping with life; a necessity for life.

However, when is anxiety no longer a good thing?

It is not good for us when there is not a crisis and the additional flow of adrenaline in the blood stream has a negative impact on our body. Anxiety that is more than a case of "nerves" and lasts for at least six months can lead to detrimental problems with the cardiologist, gas-

trointestinal, and musculoskeletal systems.

Being anxious consists of wringing your fingers, feeling like there are "butterflies" in your stomach, trembling/twitching, and/or a pounding heart that lasts for a few minutes. When you are experiencing a case of anxiety that would be classified as a disorder, you can have problems sleeping, feel "burned out", suffer from depression, worry to the point of exhaustion, feel as if you are going to have a heart attack, and/or have difficulty breathing; when you go to the doctor for these symptoms he/she can find no physical cause. Usually, neither the anxious person or the person suffering from anxiety avoid the situations that cause them to feel this way, but the person suffering from anxiety fears being alone. They may also feel as if they are going crazy and need someone to

be with them, to assure them they will be alright or in case they do panic.

Today, scientists are realizing that anxiety is a mental disorder, and that you do need to consult a physician for help. It is estimated that 20% of the population suffers from generalized anxiety at some point in their lives and that anxiety is the most common mental disorder. It is most often found in young adults whose parents suffer from anxiety and thought to worsen with age. So far, the best treatments are benzodiazepines, antidepressants, behavioral therapy, and relaxation techniques. Remember, it is important to be anxious in order to cope with life, but having anxiety for long periods of time drastically reduces the quality of life.

By Thannie Roldan  
Health Editor

Have you ever gotten up in the morning and wanted to scream because your hair looked like something out of the cartoons? Well most of the time when that occurs, you and I both throw on a hat. I remember my freshman year when I would curl, press, gel, and braid my hair on a daily basis, but then I woke up and realized that I was crazy. All that primping on a daily basis was just not necessary.

Today many Afrikan Americans wear their hair cornrowed, twisted, braided, curled, or straight. To accomplish these styles, many use hair relaxers, dyes, and/or hot combs. These hair treatments can unknowingly contribute to hair and scalp disease. Due to the unique structural traits of Afrikan American hair, many times dermatologists have a difficult time diagnosing and treating hair diseases in Afrikan American patients.

Dermatologist Gary J. Brauner, M.D., discussed these issues during his

presentation, "Hair Diseases in Afrikan Americans" at the American Academy of Dermatology's summer scientific meeting. According to Brauner, because Afrikan Americans' hair tend to be short and closely whorled, and the hair and the follicles of the scalp are both curled, it causes blacks to have a greater risk of hair disease and a more difficult time treating it.

The process of

styling the hair itself can lead to disease of the scalp. Say someone you know wears their hair in an "afro", an afropick or comb can damage hair follicles because the roots are lifted and pulled to create a bushy look. In some cases, braiding the hair extremely tight on a daily basis can result

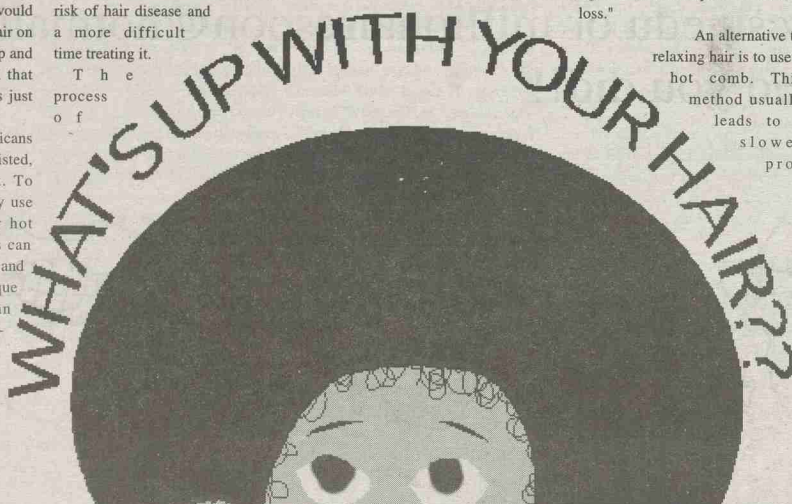
in hair fracturing and spot baldness along the front and sides of the scalp. "The frequent use of chemical hair relaxers to straighten the waves of Afrikan American hair weakens the hair, even when done properly," said Dr. Bauner. "And, if hair relaxers are combined with tight hair rollers, it almost always leads to hair loss."

An alternative to relaxing hair is to use a hot comb. This method usually leads to a slower progression

gressive hair loss pattern beginning at the crown and spreading across the entire head.

Afrikan American males who shave often may find themselves battling a minor disease called pseudofolliculitis or what is commonly referred to as razor bumps. This occurs when the hair of the beard curves back into the skin after shaving. The sharp edge caused by the shaving process causes the body to react as if the hair was a splinter. This is seen at some time in nearly 85% of all black men who shave. The disease can also affect females who pluck or shave hairs.

There are now many products on the market today that can be used to treat minor symptoms of hair diseases. These products can usually be found in the "black" hair care section or with medical creams and ointments in any large drugstore, such as Wal-Mart. If your hair problem is more advanced, you might want to contact a beautician for the names of dermatologists that specialize in black hair diseases or go to the Student Health Center for a referral or consultation.





# OPINIONS

## Exercising Control



By  
**Lakesha  
Parker**  
Opinions  
Editor

Everything that we do in life boils down to one or two things: choice and control. As humans, we naturally seek to control everything we possibly can. It's an in born instinct we often fail to even think about, but we do it automatically without even questioning why we do it.

We send our children to school so they can learn more education, and hopefully so our children will learn how to control their behavior. We raise our children so they can be responsible for their actions, and so we can control and manipulate their behavior.

We are taught that we should control our behavior if we want to stay in the good graces of society and the law.

We are taught that we should

remain in control of ourselves. Also, we seek to control one another and manipulate things or others so we can satisfy our thirst for control.

It's all a matter of control, really. How much control do you think that you have?

Are you able to control yourself, and respect others? Or do you find yourself being subject to uncontrollable outbursts of embarrassing behavior that you wish to change?

I was reading something the other day, which started me to thinking. Yeah, started me, because I don't like people to know that I think sometimes. Somehow, if I do, then people will try to play me with more responsibilities, which I have probably at some point tried to avoid. Just kidding.

Anyway, back to the control thing. We as humans allow other people to control our feelings, emotions, and behaviors. We alone can choose how we react to what other people have done.

One way to break out of the cycle of letting people control your actions, behaviors and feelings is

just to unconditionally love people. It's really not that hard to do, despite how rare it is to hear this subject. But, think about it. By choosing to love people regardless, you have learned to control yourself. That is, you have broken the cycle of letting others choose your reaction, and determine how you are going to react. You have saved yourself a lot of trouble. People who choose to unconditionally love have realized the importance of self-control. They have realized that, while they do have emotions, the most important part of those emotions is properly handling them.

Controlling yourself is hard work, no doubt, but loving is easy. Think about it. Hate requires so much energy. First of all, you have to have a reason for hating somebody. Then, you have to remember that you have someone that loves you.

Loving people is really simple. All you have to do is love in spite of.

It's that simple. And you know what? It's easy too. It's as simple as making a choice and saying, "You know what? This is my life. I

choose to love people just because."

Doing so will allow you to be respectful of others feelings. Sometimes we don't

know what a person has been through that day. They may need to vent, while they

do not need to be venting at you. When the person has calmed down, you can approach them and tell them that you did not appreciate what they did. Screaming matches and cursing is not necessary. Nine times out of ten people will realize that they have been such an ass and they will come back and apologize anyway. Unless of course, they have no conscience.

The next time you feel like lashing back at someone, bite your tongue. Just keep your tongue from flapping. It really makes the other person look dumb if they are upset at you. Remember, it takes two people to hold an argument. You can save your hearing if you just walk away.

I know that nothing pisses me off more than people who sit there and just argue

with you without allowing you a chance to say anything. They just

cut you off before you say anything. When this happens to me, I just allow this person to rattle on because obviously they love to hear him or herself talk. So let them.

I know I have pretty much been steaming a couple of times, but I sometimes marvel at my self-control. I have just stared at people sometimes when I knew they were clearly in the wrong because I knew that if I said anything I would fly completely off the handle.

However, there are other ways to let out my anger.

As we all go home this semester, I hope that we can take this to heart. The best

gift that you can give your loved ones for the holiday season is unconditional love. Just walk into wherever you are going to be for the holidays, and tell the person that you love them just because.

We often wait until it is too late to tell people that we love them. Don't allow yourself to wait until it's too late.

## Not too early to think about voting

By **B. Dwight Foster**  
Staff Writer

Amendment XXVI (1971)

Section 1.

The right of citizens of the United States, who are 18 years of age or older, to vote, shall not be denied or abridged by the United States or any state on account of Age.

In the old North State, a.k.a. the Tarheel state, out of the 5.211 million people eligible to vote only 3.168 million people registered and out of that only 1.86 million actually cast a ballot in 1994. What happened to the other 3.351 million that were registered but said no thanks?

Is it prerogative or apathy? Prerogative is simply one's choice. Apathy is simply a lack of concern. Are we carrying out our choice by not voting or is that most young adults between 18-26 just don't give a care about civic duty such as voting? Leah Moye, a Junior majoring in communications here at NCSU had this to offer "we have just as much duty to vote as a forty year old". When I asked her why she thought most young adults don't vote she said one word: apathy.

The twenty-sixth amendment to the Constitution was passed in 1971 to finally give those that were old enough to fight the right to cast a ballot and until this occurrence one had to be 21 in order to cast a ballot. Women had just gained the right to vote in 1920 with the 19th amendment. Both the 20th and the 26th amendment in this century dealt with giving the franchise to vote to those that deserved it.

Suffrage means the right to vote. Suffrage is sometimes called the franchise, "from the old French franc, or "free," because only free people could vote". Everyone should vote because without participating in this civic duty we the people of the United States of America can't employ an election. The people must vote! If you don't vote you have no right to complain is the wise saying circulating around the nation. Everyone complains but not everyone tries to bring about representation that could solve their issues.

If you're curious as to the political party alignment of this age group it bears mentioning. From 1974-1994 the Statistical Abstract of the U.S. reports that, 51% of all 17 to 24 year olds are democrats, from strong to independent democrats. Of this same age group 37% are republicans, also from strong to independent republicans. Allow me to ask a

rhetorical question: Is it better to be republican or democrat? What should be answered though is are you registered, if not then you must get registered. If you're registered then you must vote. In order to vote one must be registered but to register then not to vote is irony at its highest.

Countries where dictators rule have no popular vote. In China, the most populated country under the sun, there's no popular vote-that's 1.5 billion people with no voice. The USA only has about 270 million people and we waste our freedom. We waste not knowing its true value and it has value because people have died and have been hung for the privilege most Americans treat as a burdensome unproductive act.

According to the Statistical Abstract of the US 1999 only 16.5 percent of the eligible voters 18-20 actually voted in 1994. Yet, there was a phenomenal improvement of the age group from 21-24 for the same year, they turned out 22.3 percent of its eligible voters to the polls-Wow is all I can say.

Does it cost money to vote? No. Does it cost money to register? No. Is voting important to our way of life in the USA? Yes. When is the next election? August and November 2000. Will you vote?

## Dry Skin

continued from page 6

Here are a few tips to help cracked and ashy skin:

- Avoid over bathing. Water actually dries out the skin as it evaporates, if lotions and creams are not applied within minutes after bathing. Immediate application is best. Bathing should be limited to once a day.

- Use warm, not scalding hot water when washing.

- Use a mild cleanser or soap. In severe cases and often in children, limit cleansers to the areas of apocrine gland secretion, which are the underarms and groin.

- Make a point to use bath oils at

least once a month to replenish moisture that is lost.

- Avoid excessive scrubbing and gently pat the skin dry.

- Use lots of lotion and/or creams. Apply immediately after bathing and several times a day. Creams provide more moisture and protection than do lotions, so they can be used less frequently.

- Increase humidity. The use of a humidifier or a shallow pan filled with water placed near a heat source can increase the amount of moisture in a room.

## Letters to the Editor

The Nubian Message welcomes questions, comments, concerns, and suggestions. The following guidelines must be followed:

- Letters must be limited to 300 words
- Letters must be signed by the writer, including his/her major, if a student
- Letters should address campus issues, breaking news, or public-interest topics

The Nubian Message will consider fairly all submissions but does not guarantee publication of any.

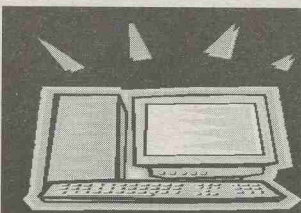
All letters are subject to editing and become property of The Nubian Message.

Letters should be brought to Room 372 of the African American Cultural Center or mailed to:

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Raleigh, NC 27695-7318

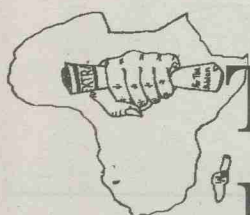
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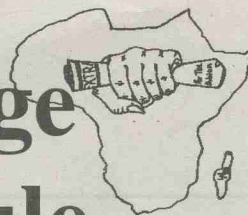




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