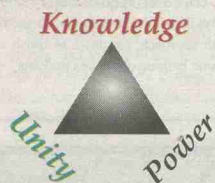


# The NUBIAN MESSAGE

February 10, 2000  
Volume 7, Edition 12

The Afrikan American Voice of North Carolina State University



What's Goin' On?

### SAAC MEETING

Tomorrow @ 7:30 the Society of Afrikan-American culture will be a meeting in Rm 375 of the Wither- spoon Student Center. Everyone is encouraged to attend.

### Duke vs. N.C. State

There will be no camp out for the Duke/N.C. State basketball game. The line will start @ 10 a.m. and ticket distribution starts at 12. Line up in time so you don't miss out on your ticket. Go Wolfpack!!!!

### Moment of Silence

Everyone please take out a moment of silence for the loss of two influential individuals to the Afrikan-Americans: Big Pun and Derrick Thomas.

### Attention Resident Organizations:

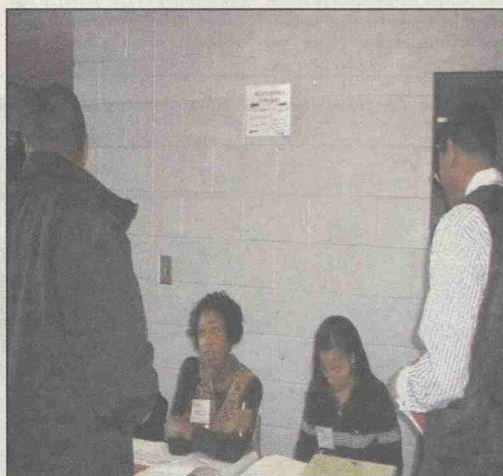
Check your mailboxes downstairs for resident meeting notes and update forms.

Updates forms for the spring semester are due by the next resident organizations meeting Feb 18, 2000. Spring Office hours are due by the next resident organization meeting, Feb. 18, 2000

### Informational Session

The sisters of Zeta Phi Beta Sorority, Inc. will be having an informational meeting of Feb. 13, 2000 @ 7:00pm in the Afrikan-American cultural center rm. 375. Anyone interested is encouraged to attend.

## SEAASLC a Success



Students patiently wait to register for the conference.

D. White/staff

### By Tonya Johnson

Co-News Editor

The Southeastern Afrikan Ameri-

can Leadership conference brought over 400 student leaders together this past weekend. "I think it was a tremendous success. I believe it was

the largest attendance the conference has received in its eight year history," said Tracey Ray, the conference coordinator.

The purpose of the conference entitled "Sankofa: Followers of Yesterday: Leaders of Tomorrow" was to strengthen the leadership skills of Afrikan-American students. It was also a chance to address concerns and issues that Afrikan-American students face.

Students were able to attend workshops and meet students from colleges in the southeast. Students represented schools in Virginia, North Carolina, South Carolina, Florida, Georgia and Tennessee. Nineteen schools were represented including three historically black colleges—Elizabeth City University, St. Augustine and North Carolina Central University. "In the past, we had never attracted any historically black college, so we're glad they attended," said Ray. In addition, six community colleges attended.

Ninety N.C. State students attended the conference. The conference

fee was \$70, but for N.C. State students who couldn't pay, the deans of most of the colleges paid their way.

Ray said that she has received positive feedback about the conference. "I've overwhelmingly gotten positive feedback. We passed out evaluations during each workshop, and I haven't seen a workshop evaluation that has denoted anything negative."

N.C. State students also had positive feedback to say about the conference. Corey Lewis, a junior in mechanical engineering, said, "I think the conference is a good chance for Afrikan Americans to network with other people." Antoine Hall, a senior in computer engineering, added, "It's a big success because so many people attended. I think a lot will get done because people will take what they learned from the conference and build upon it."

see SEAASLC, page 2

## Black intellect outlines challenges facing tomorrow's leaders

### By Brandon Buskey

Co-News Editor

They say the most powerful thunderstorms often start with little more than a meek drizzle, then steadily build to a powerful crescendo that marks everything in its path with the signs of its passing. On February 5, Dr. Michael Eric Dyson, ordained minister, critically acclaimed author, and distinguished professor, hit N.C. State like one such force of nature. The keynote speaker for this year's South-Eastern African American Student Leadership Conference, Dr. Dyson began his address calmly by recognizing his wife and two other friends who were very important to him. Then, before anyone could realize what was happening, Dyson launched into an hour-long outline of the many problems that we face and will continue to face as young black leaders of our nation. The address left the crowd applauding in praise at times, and gaping in surprise at others.

According to Dyson, the future of Black America will require sharp young black people who do not waste their time on triviality. He then went on to explain that the African American leaders of the future will have to be individuals who can speak ebonics and those who can speak the Kings English in order to effectively articu-



D. White/staff

Michael Eric Dyson tells the conference delegates "like it is!!"

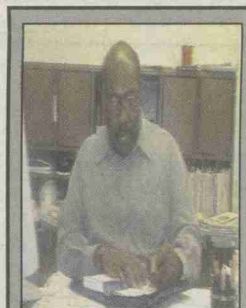
late the foundations of African American Society. Dyson warned leaders, they must be aware that their tasks will be made more difficult by the fact that there is not inherent unity in the African American community. To remedy this, blacks must not separate ourselves based upon assumptions of behavior, Dyson said. Clarence Thomas will be black his whole life he illustrated, but we ain't on the same page.

From then on, Dr. Dyson elaborated on more specific issues facing the

black community. The first of these was, bigotry continues to persevere in the face of opposition, said Dyson. The DNA of racism is evolutionary, he went on, and alters itself similar to a roach in order to persist. Almost as important as racism in the black community is the class warfare occurring between the haves and the have nots. To illustrate this point, Dyson used the prevalent hip-hop culture, where only those artists who have a gluteus emphasis on the maximim, as he put it, are able to earn airplay, while those who actually analyze the struggles of African Americans are seldom heard. We've got Afranasia, Dyson explained, meaning that many African Americans have forgotten the roots of the African experience in America and that the hip-hop culture is merely a microcosm of a widespread emphasis on materialism.

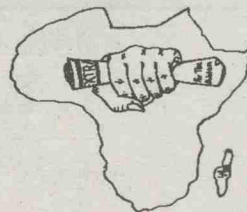
Though the problems of race and culture comprised a healthy portion of Dyson's lecture, he made it a point to expound on some of the other problems facing black leaders. We can't stop talking about race, Dyson said, but lets start talking about other things.

see Dyson, page 2



Turner given surprise going away party.

A good-bye party was held on Monday to thank Dr. Lathan Turner for what he has done for the Afrikan-American community. Turner left his position as coordinator of African American Student Affairs to become the Assistant Vice Chancellor for Student Life and Director of Minority Student Affairs at East Carolina University.



MORE CONFERENCE COVERAGE INSIDE!! PAGES 4-5!!

**SEAAASLC**

Continued from page 1

Workshop topics included Stress Management for Afrikan-American college students, Culture and Identity Development, a session about graduate school, and other subjects designed for the Afrikan-American college student.

Those interested in presenting at the conference submitted workshop proposals. Workshop proposals were accepted, rejected, or modified by a student committee. That student committee also came up with additional workshops. For instance, Wilson White, a freshman in computer engineering, came up with the topic, "The Middle Passage: Bridging the Gap Between Afrikans and Afrikan Americans." "We had a nice variety. The students didn't want to end some of the workshops," noted Ray.

N.C. State won the bid for the conference in February 1999 after Harold Pettigrew, a junior in business and the chairman for the conference, wrote the winning proposal. Since then, N.C. State students and faculty had planned for the event by mailing out conference material, finding presenters, and making sure that the event was a success. Organizations that helped included the Office of Afrikan American Student Affairs, Society of Afrikan-American Culture, Afrikan-

American Culture Center and Black Students Board.

Aside from attending workshops, Afrikan-American students also had the chance to network with each other. A career fair and vendors were present for students.

For entertainment, New Horizons choir sang, and a dance was held later on Saturday night. The dance, which was co-sponsored by BlackPlanet.com, gave out door prizes such as t-shirts and hats.

Two fabulous speakers, Hasani Pettiford, a motivational speaker and author, and Dr. Michael Dyson, also a well renown author, spoke during the conference.

This was the eighth year of the conference, which is held during the first weekend of February each year.

Ray said that N.C. State might be hosting other conferences in the future. "It's a strong possibility. I have been approached by people from North Carolina Central about starting a Triangle Afrikan American student leadership conference," she said.

But Ray, along with many Afrikan-American faculty and students, is just glad that N.C. State had the opportunity not only to participate, but host the conference. "I think that this conference speaks of the teamwork and community at N.C. State," said Ray.

**Dyson**

Continued from page 2

Among these other things was gender, where the problems of abuse and impregnation have become major issues. Dyson then went on to criticize African Americans for not recognizing the accomplishments of high-profile black women like Maxine Walters and Jocylen Elders, both of whom are worthy of our respect, in Dyson's opinion. Sexual orientation was also a major topic in Dr. Dyson's speech. It is not about race, its about sex, claimed Dyson, and denying the existence of homosexuality denies the legitimacy of homosexuals in communities. We owe a lot to our gay brothers and

sisters, Dyson pointed out, without whom our nation may never have passed the Civil Rights Act of 1964. Future black leaders, according to Dyson, must deal with the sex issue in order to eliminate some of the problems that stem from ignoring sexuality, like the proliferation of AIDS in black populations.

To handle the problems of the future, Dyson urged a greater emphasis on spirituality, which he claimed to be deeper and more important than religion. Religions are at each others throat right now, but through spirituality we can make connections to the universe and other humans regardless of their religion, he argued. Equally important to approaching these issues, in

Dyson's eyes, is that blacks bridge the past and future. The younger generation tends to think that those who struggled for freedom are Uncle Toms, but we need to thank God for them (sic) brothers and sisters, he said. Reciprocally, we must challenge older people to accept younger people, said Dyson, because this generation has something to say too.

After Dyson's speech, this often described hip hop intellectual was greeted with a standing ovation by the crowd of approximately 400 individuals, and true to his down to earth approach, sat down to finish a second helping of banana pudding.

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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

## And who says Black folks can't swim?!

**By Keesha Dover**  
Sports Editor

Many sports are provided that people choose to participate. There are also many sports known to be participated in by different cultures and ethnic groups. Afrikan Americans are well known in the sports of basketball, football, and track. In some places such as Southern Africa and Europe, we are well known for soccer. One sport Afrikan Americans are not well known for, but is in fact growing, is--you never would have guessed--scuba diving.

Scuba diving is a sport that very few people try and even fewer people are able to master. In 1991, two men, Dr. Jose Jones (NABS Current President), and Ric Powell (NABS First President), came together and decided to create something that would build a network for black divers. Thus, The National Association of Black Scuba Divers (NABS) was established. On their web page, it states they are a non-profit organization for the following reasons:

- To promote scuba diving, water skills, awareness, and conservation.
- To help develop educational

program which will stimulate interest and knowledge in the sport of scuba diving.

- To provide scholarships for college students studying marine and environmental sciences.

- To sponsor an annual NABS convention.

- To sponsor scuba trips and open water educational experiences.

- To serve as a clearinghouse for scuba safety and technical information.

Also, the web page lists some of the benefits and services of NABS:

- Networking with fellow divers.
- Diving with a national network of friends.
- Sharing skills.
- Sharing experiences.
- Attending symposia and conferences.
- Local and national hotlines.
- Receiving a quarterly newsletter.
- Camaraderie.
- Reduction of cost of trips.
- Overseas dive trips.
- Sharing in a network of national dive activities.
- Local dive information.
- Regional dive events.

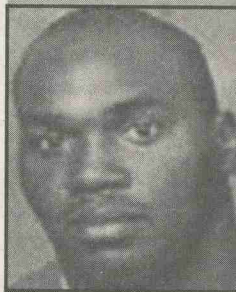
- NABS decals and patches.

- Providing dive destination information and advice.

The National Association of Black Scuba Divers has paved the way for other black divers to come out into the spotlight and make themselves known. The Nubian Divers of Charlotte (NDC) was started in 1995 by Raymond Swann, a life member of NABS. The Nubian Divers of Charlotte has also added community service to their agenda. Other groups affiliated with NABS are Atlantic Rangers Dive Club, Aquatic Voyagers Scuba Club of NYC, Black Coral Divers, DIVERSe Orlando, Indigo West Divers, Los Angeles Black Underwater Explorers, Underwater Adventure Seekers, and many more.

To contact NABS, you can visit their web site at <http://www.nabs-divers.org> or e-mail them at [contactus@nabsdivers.org](mailto:contactus@nabsdivers.org).

## NFL Great Derrick Thomas dead at 33



**By Alex Thompson**  
Staff Writer

Another great African American athlete has died in this past five months.

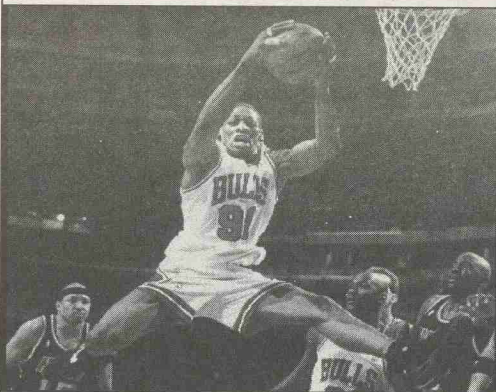
Derrick Thomas, a nine time pro-bowler, died nearly a month after being paralyzed in a car crash. Derrick was on the way to the airport to go to the NFC Championship game. He was speeding and weaving through traffic before his accident. He was not wearing a seatbelt and was thrown

from his vehicle breaking his spine and neckbone. He died of a heart attack from a blood clot while in the hospital.

Derrick died at the age of 33 with many years still ahead of him in his career. Derrick Thomas was a great sack specialist who holds the record for most sacks in a game. He won the Dick Butkus Award in College for the best collegiate linebacker in the nation. He was drafted in 1989 from Alabama and became an instant star. He made the pro bowl his first nine seasons in the National Football League. His highest sack total for one year came in 1990 when he received 20 sacks.

He was a great person also. He received the 1993 Edge NFL Man of the Year award. He started the "Third and Long Foundation" to encourage inner city reading. This future hall of famer was someone children could look to as a role model. He was a great man and athlete who will be missed by many.

## Rodman returns to NBA with Dallas Mavericks



**By Keesha Dover**  
Sports Editor

Former NBA star Dennis Rodman returned to the courts today as he had his first practice with his new employer, the Dallas Mavericks. Rodman last played professional basketball for the Los Angeles Lakers when he was fired for a number of things including missing practices and putting on unnecessary shows for the crowd.

Rodman is originally from Dallas and was forced to sign for his home team when no one else showed interest in him. He wanted very bad to return to the LA Lakers after they received new head Coach Phil Jackson, who Rodman played for with the Chicago Bulls.

Dallas, who is currently 20-27, felt that they had nothing to lose picking up Rodman, but obviously feel that they can gain his rebounding and defensive strengths. It is in fact tough trying to predict how this is going to work out. The Mavericks have won 8 out of their last 10 games.

The Lakers are sitting at an impressive record of 36-11 and are only 1 game behind of the Portland Trailblazers to lead the Western Conference and the entire NBA in victory percentage. They weren't about to bring in Rodman and disrupt the team chemistry that they have. They are all playing well together and Shaq is doing the job in the frontline. Adding "The Worm" may have had a negative affect on the team's new found success.

## !!!! WOLFCOPY ANNOUNCEMENT !!!!



Brian Tran, Computer Sciences, prepares to make the first copies using the All Campus card.

In response to student requests not to carry two cards to make copies WOLFCOPY has become part of the All Campus Card !!!!

Over 30 copiers through out campus have both WolfCopy and All Campus card reader installed. If you have value on your WolfCopy card please use it. However we encourage you to put new value onto your All Campus WolfCopy account when it is time to revalue.

You cannot make copies using the general fund money in your All Campus account. You must use a separate account for copying just like you do for the dining meal plans.

You can activate and add value to the copying portion of your All Campus account at these locations:

- All Campus Card office / West Dunn Building
- Laundry Building Copy Center
- Textile Building Copy Center
- Vet School Copy Center
- Talley Student Center Copy Center (opening in October)



# CULTURE

## Haki Madhubuti speaks at this year's Lawrence M. Clark Lecture

By Michelle Reed  
Culture Editor

The month of February celebrates the achievements and accomplishments of Black history. As part of the on-going events celebrating Black History Month on the campus of North Carolina State University, the Lawrence M. Clark Lecture was held in the multipurpose room of the Witherspoon Center on February 8, 2000. The lecture is named after Dr. Lawrence M. Clark, who is a current Afrikan-American professor in the

Department of Math, Science, and Technology. The honorary speaker for the evening was Dr. Haki R. Madhubuti.

Born Don Luther Lee in Little Rock, Arkansas on February 23, 1942, Dr. Haki R. Madhubuti is a poet, social activist, publisher, essayist, editor, and educator. Moving to Chicago in his teenage years proved to be a turning point in Madhubuti's life. The era of the sixties had played a major impact on Madhubuti's contributions and the development of a strong Black literary tradition that still flourishes today.

Dr. Madhubuti has published over 22 books which consists of poetry and non-fiction. His book, *Black Men: Obsolete, Single, Dangerous?: The Afrikan-American Family in Transition*, published in 1990 sold over a million copies. Some of his other book titles include: *Think Black*; *Black Pride*; *Don't Scream, Cry: We Walk the Way of the New World*; *Dynamite Voices: Black Poets of the 1960s*; *Claiming Earth: Race, Rape, Redemption*; and *Heartlove: Wedding and Love Poems*.

As an advocate of independent Black institutions, Dr. Madhubuti is the founder, publisher and chairman

of the board of Third World Press, which is celebrating 32 years of existence, and he is also founder and editor of *Black Books Bulletin*. He is co-founder of the Institute of Positive Education, which is an organization that brings nation-building ideas to the youth of Chicago. He is also co-founder of the Betty Shabazz International Charter School, that started in Chicago, Illinois in 1998. He is founder and board member of the National Association of Black Book Publishers, and a founder and chairman of the board of the National Literary Hall of Fame for

Writers of African Descent. He is also a founding member of the Organization of Black American Culture Writers Workshop.

He served in the U.S. Army from 1960 until 1963. Madhubuti attended several colleges in Chicago and graduate school at the University of Iowa, where he earned his MFA in 1984. He has taught at various colleges and universities, and is currently a professor of English and Founder and Director Emeritus of the Gwendolyn Brooks Center at Chicago State University, where he has been a faculty member since 1984. He was awarded the Doctor of Humane Letters from DePaul University of Chicago and Sojourner-Douglass College in Baltimore, in 1996. Dr. Madhubuti has won numerous awards.

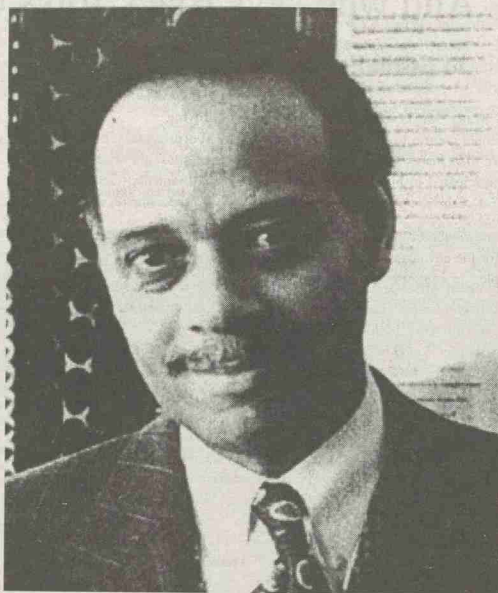
Following the messages of the speakers who spoke at the 8th Annual Southeastern Afrikan-American Leadership Conference, Dr. Madhubuti spoke of what is needed for advancement for Black people. Leadership is a quality he spoke of which is so vital for Black communities. Those with the qualities of leadership, which bring power don't always necessarily use these

powers as advantages, as Dr. Madhubuti said, "Corruption, cynicism, sexism, incompetence, and abuse are in our race. Afrikan American people with serious personal assets, don't share with the less fortunate of our people." Results of the lack of leadership is being shown throughout the school systems. As Madhubuti sees it, "Urban schools are being programmed for failure, and left to those who started the problem to fix the problem."

In his speech, Dr. Madhubuti stressed the importance of education. "All of you here are privileged. Don't take for granted your being here...Education is necessary for survival." According to Dr. Madhubuti, reading and the Black Arts Movement of the 1960s may have saved his life. He was influenced by books such as *Native Son* and *Black Boy* written by Richard Wright. W.E.B. Dubois also played a role in how his life was changed. These books offered cultural insight that other books written by white authors could not offer. Adding humor to the evening, Dr. Madhubuti joked that "Reading was just as important as chasing the sistahs."

Understanding one's culture and the importance of one's own culture, is necessary for self-understanding. Madhubuti believes that, "Understanding core curriculum is important, but one needs to have a core understanding of their own people's developments to this civilization." A sense of pride is felt when one knows where they came from, what they are about, and the journeys taken to get where they are today.

Madhubuti broke down his mission to understand the world in four parts which included: 1. Never apologize for being Black, "I am who I



am"; 2. Never put yourself in a cultural or intellectual setting where those outside of your race, know more about you than you do yourself; 3. Become educated; and 4. Get into the idea business. Madhubuti stated that, "Most people are not taught to think critically, but rather taught to believe than to think." This makes it easier for a person who doesn't think for themselves, a person who lacks an understanding of themselves, or the "blank slate" Madhubuti referred to, to become lost in other people's culture when they should be helping with the advancement of their own race. A person who lacks ideas is powerless, as Madhubuti said, "Ideas are weapons. Ideas and their creators are dangerous weapons."

What Dr. Madhubuti had in the

sixties was a Black Arts Movement, where intellectual and spiritual conversation replaced what is now known as "street culture. There was protest for a reason. He, along with others protested, because they didn't have the things or wasn't easy to get the things the younger generation takes for granted today. It is important that as Black students we become leaders and visionaries for the future. It is important that we attend conferences, such as the conference that took place this past weekend. If one does not have an understanding of something, one may not care. Like

Dr. Madhubuti said, "Knowledge of history is important for the struggle." If you don't know, you can't care.

## Hasani Pettiford Enlightens Conference Participants

By Tonya Johnson  
News Editor

Hasani Pettiford, a renowned author, television host, and speaker, provided Southeastern Afrikan American Student Leadership Conference participants a powerful and invigorating speech on Friday, opening night of the conference.

Pettiford is the author of the book, *Wealth Builders: An Economic Program for African American Youth*. He is also the host of the show, "Success Is In Your Hands," a syndicated talk show in New Jersey.

Pettiford, a 1998 graduate of Rutgers University, is one who feels that African American youth should be empowered. Most of the content in his empowering message is of religious material.

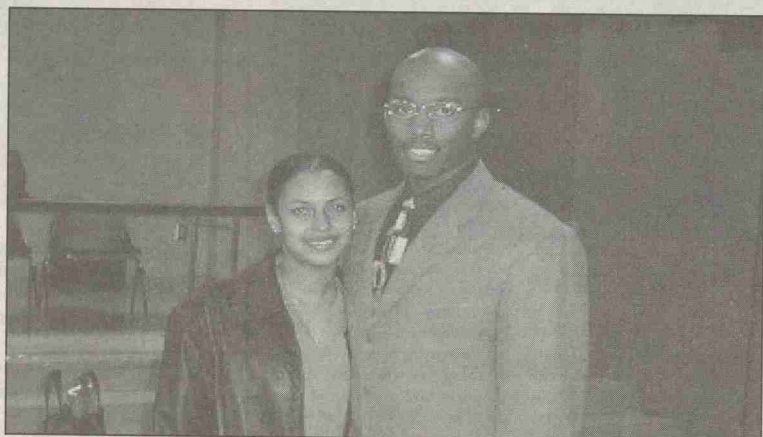
According to Pettiford, Afrikan-Americans need peace. "Peace is a word that has been with us many

years. We get peace from self-knowledge. Peace is the way of the righteous," he said.

Afrikan-Americans also need to become a disciple of their destiny. Pettiford said that Afrikan Americans need to ask God what is their purpose on earth. "God ordained you for a particular purpose. Each person was created for their specificity. Stop trying to be what God made somebody else to be," he noted.

Because of the negative images and stereotypes that people hear about Afrikan-Americans, Afrikan Americans must help eradicate those messages.

But first, Afrikan-Americans must not allow negative images about themselves as a people be stuck in their minds. "The womb is the mind. Each person, male and female, is encased with a womb. We must be careful of what we speak and what we allow to be



Hasani Pettiford poses with one of the participants after his lecture

D. White/staff

impregnated in our minds. Therefore, some of us are walking around in a state of confusion," said Pettiford.

The need for unity was also stressed during Pettiford's speech. He said that organizations for Afrikan Americans such as the NAACP have weakened over time

and that there is a lack of unity between Afrikan-Americans on college campuses.

Since the SEASLC was geared at Afrikan-American student leaders, Pettiford challenged them to help solve the problems Afrikan-Americans face. "You are a leader. Look adversary straight

in the eye. Truth will always prevail. We're relying on you to become true leaders. It's time for you to rise and take your place," said Pettiford.

For more information about Hasani Pettiford, visit his website at <http://www.hasani.com/>.

## Powerful workshops gave Southeastern Afrikan-American Leadership Conference its flare

By Michelle Reed  
Culture Editor

The 8th Annual Southeastern Afrikan-American Student Leadership Conference was the perfect opportunity for students from NC State and other colleges and universities. This dynamic event encouraged students to network and find out what is going on throughout the different campuses. It was also an opportunity to learn more about how the past has reflections and connections to the future, and how knowledge of history is instrumental for the advancement of Nubian people. In addition, the conference was the perfect opportunity for those who have questions about the "whys" and "hows" of life, certain roads to take, and what qualities and characteristics are needed to be that special "someone." These questions were answered by people who once stood in their shoes, have understood the difficulties and hardships, but have triumphed to go on to be what the black race is in desire need for--professional, black people.

A series of hour long workshops were presented this past Saturday that began at 9:00am and ended at 4:15pm. Every workshop took place in the Witherspoon Center, which houses the Afrikan-American Cultural Center. The Witherspoon Center is the only building on the campus of North Carolina State University named after an Afrikan-American.

For those who sought answers about stress management, strategies to handle money, personal crisis, time management, and other factors to help one's life, a

workshop called "Stress Management for Afrikan-American Colleges Students," was presented. The presenters were a group of professionals in different career fields that ranged from psychology,

banking, coordinating, and personal training. Attendees interested in the future of black Greek-lettered organizations, issues within Greek-lettered organizations across different campuses, and the representation of Greek-lettered organizations, could have participated in a workshop called, "Historically Black Greek-Lettered Organizations: Redefining Our Role on the College Campus." Dr. Craig Brookins, Associate Professor of Psychology

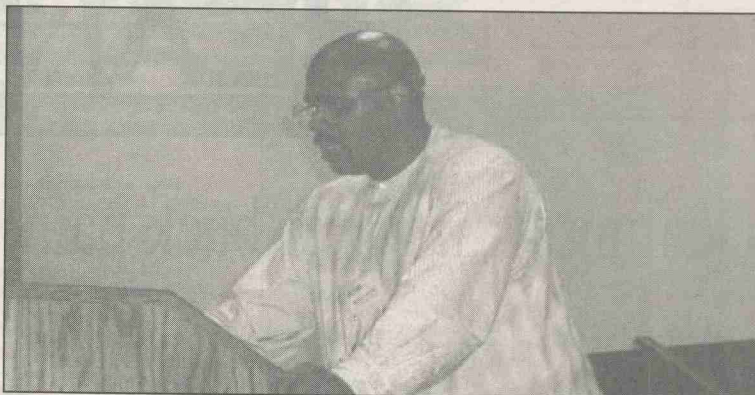
and Director of Africana Studies here at NC State, led a workshop called "The Role of Africana Studies in Developing Student Leaders," which focused on the knowledge of self through which greater critical thinking skills are formed, and greater understanding is achieved.

Essential tools for a successful college life, while also participating in leadership positions on campus was addressed by two NC State colleagues, Dr. Wanda P. Hill, Director of Afrikan-American Affairs in the College of Physical and Mathematical Sciences, and Dr. Lawrence Clark, a professor in Math and Science Technology Education. Their workshop was entitled "As Long as the Lion Does Not Have His Own History, Tales of the Hunt Will Always Glorify The Hunter: Survival

Techniques for Afrikan-American College Students." All the way from Athens, Georgia, Darrell C. Ray, Assistant Coordinator of Greek Life at the University of Georgia, shared some creative ways of fund raising for student organizations in his workshop, "How to

Effectively Fund Raise." Knowledge about affirmative action and the lies and truths behind affirmative action was shared by Dr. Rupert Nacoste, who is an

Associate Professor of Psychology at NC State, in his workshop "Oh Lordy...What We Goan' Do Without Affirmative Action?"



Dr. Rupert Nacoste was one of many faculty members who presented last weekend.

D.White/staff

A panel discussion titled "Thinking About Graduate School?" offered many participants in sight about the next step some will take, which may be graduate school. The panel consisted of young black professionals, some with Ph.D.s, some with top jobs at IBM, one a lawyer, one a medical student, and one seeking her Ph.D. The panelists shared valuable information about tests such as the GRE and LSAT, financial information, the benefits of using resources, study tips, etc. They didn't sugarcoat their experiences, and made it clear that the next level, is definitely not an easy journey. The workshop "The Middle Passage: Bridging the Gap Between Afrikans and Afrikan-Americans," led by Dr Lawrence Clark talked about the gap and strategies that students can engage in to bridge the gap.

The workshop that was attended by a majority of the participants of the conference and was definitely a "no-holds-bar" workshop, was "Black Thighs, Black

Guys, and Bedroom Lies," presented by Hasani Pettiford. One thing that many agreed on is that sex

is taking place on the different campuses. The stereotypes around sex, the destruction of the black male-female relationships, sex without love, interracial dating, the rape of females by black males, and ways to solve these problems stirred up words and emotions within some individuals. Explanations as of why we lie to ourselves, learning how to respect each other, communication, spiritual understanding, and a love for self were some solutions talked about to solve these problems.

The day also included a career fair and different vendors that sold afro-centric items. The leadership skills,

knowledge, and wisdom that was presented and learned within the seven hour and fifteen minute time span, hopefully was engrained into the minds of the participants, and will reflect in the different communities and campuses. Seven hours may not seem like a long time to gain the essential skills needed for advancement of black people. For some this seven hour and fifteen minute span may have been a continuation process of skills that are being learned, and for some it may have been the beginning. But for all, it does not have to be, and cannot be the end.

## Rap star Big Punisher suffers fatal heart attack

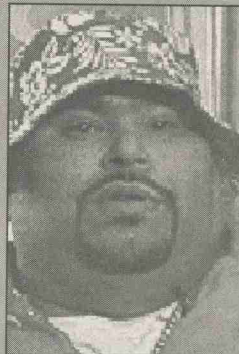
By Michelle Reed  
Culture Editor

Once again, the world of hip-hop must mourn the death of one of its own. Hip-hop misses the "thug-life," which Tupac expressed. The "one more chance" that the Notorious B.I.G. gave can no longer be given. "A ghetto love is the law that we live by," can no longer be lived by Freaky Tah of the Lost Boyz. And the South Bronx native of Puerto Rican descent, who claimed he was "Still Not A Playa," passed away on February 7, 2000.

Christopher Rios, known to the world as the Latin rapper Big Pun, died from an apparent heartache while at the Crowne Plaza Hotel in suburban White Plains, New York. Rios and his family had been staying at the hotel while their home was being renovated. He was pronounced dead upon arrival at the hospital. The rapper weighed 698 pounds, and the coroner said the health problems Pun had was related to extreme obesity.

Big Pun, short for Big Punisher, was widely known in the hip-hop underground. But, Pun's rap career was started by Fat Joe, a fellow Puerto Rican rapper, who put Pun on his album "Jealous One's Envy." Pun's first stage name was "Big Moon." In 1998, Big Pun launched his own album, "Capital Punishment," which went double platinum and was nominated for a Grammy.

In his earlier career, the Latin rapper was a basketball player and boxer. Friends of the late Christopher Rios describe him as a



Big Pun will be remembered best for his hit "Still Not a Playa."

"gentle-giant who was a beloved, special, and admired young man."

Pun completed numerous collaborations with other artists, and his latest collaboration being with Jennifer Lopez on her song "Feelin' So Good." Big Pun was preparing his second album due for release in April, "Yeah Baby," at the time of his death.

The day after his death the hip-hop show on Bet, Rap City, which is hosted by Big Tig, dedicated the entire show to Big Pun acknowledging the a loss to the world and hip-hop community.

Not only was Big Pun a rapper, but he was also a son, husband and father. Pun, who lived in the Bronx, is survived by his wife, Liza, and three young children, Christopher, Vanessa, and Amanda.

## 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.

# HEALTH

## Dealing with lower back pain

By **Melodee N. Wallace**  
Staff writer

Have you ever had a dull ache or pain in your lower back? Many times we think that we have just slept wrong, that our book bags are too heavy, or that the heels on our shoes are too high, when in actuality we are suffering from lower back pain. Lower back pain is put into three categories: acute - pain lasting less than six weeks, sub-acute - pain lasting six to twelve weeks, and chronic - pain lasting more than twelve weeks.

Generally lower back pain manifests itself in the bottom region of the ribs, at the lower back, and the tops of the legs. Occasionally, the pain can travel and be felt in the buttocks, lower legs, and feet. Since lower back pain is such a common ailment, it generally does not result

from any underlying problems. Typical lower back pain works itself out in a few days to weeks.

Experts have many views on the fundamental cause of back pain, but have reached a general consensus. They believe a primary cause being the result of a strain on the muscles or other soft structures (i.e. tendons, ligaments, space between discs) that are connected to the spine and put more pressure on the nearby nerves. Most often the pain occurs from an injury or strain, but it can appear suddenly. The pain can be triggered by bending, sitting still, turning over in bed, and sitting up. Coughing and sneezing only add to the agony, by sometimes triggering spasms.

Since back pain generally works itself out, medical attention does not have to be consulted. But, the following are "red flags" and a doctor should be consulted if:

- 1) the pain follows a violent injury such as a car accident
- 2) the pain is constant and worsening
- 3) you have had cancer or presently have cancer
- 4) you are on steroids
- 5) you abuse drugs or have HIV
- 6) you have recently lost a lot of weight
- 7) you experience problems with your nervous system
- 8) there is a deformity in your spine.

You can treat mild forms of back pain by not worrying, staying active (do not stay in bed for more than two days), avoiding activities that place unnecessary strain on the back, staying fit, and watching your posture.

Health Writers Needed,  
Contact Thannie Roldan  
at 515-1468  
for more details.

## Too Much Caffeine

By **Melodee N. Wallace**  
Staff Writer

The most common drug of choice throughout the world is caffeine. We typically do not think of caffeine as a drug because it is legal and found in a majority of our daily rituals. Caffeine can be readily found in coffee, tea, soft drinks, chocolate and a variety of over-the-counter drugs.

Typically, we depend on caffeine to boost our day, but since it is a drug as well as a stimulant, it can have negative effects on our bodies. Caffeine has been linked to the cause of some miscarriages, skin irritations, an increase in stress levels, heart problems, and changes in the brain.

According to Dutch researchers, drinking large amounts of coffee can increase your chance of heart disease and stroke by 10%. This is because large amounts of caffeine raises levels of homocysteine, a compound found in the blood, which raises cholesterol levels thus putting the heart at greater risk for disease. Dr. E. Korkstian and Dr. Menahem Segal discovered that caffeine changes brain cells.

Caffeine affects the structure of the dendritic spines, which are tiny branches found on nerve cells in the

central nervous system. The changes in these nerve cells are believed to affect long term memory, but has not yet been proven.

In general it is recommended that you limit your caffeine intake to less than five cups a day (40 oz). Typically we consume more than this in one meal, especially if we have more than one soda or cup of coffee. The following is a list of common caffeinated foods:

- instant coffee = 95 mg
- 8 oz black coffee = 80-120 mg
- Starbucks shot of espresso = 57 mg
- 12 oz Mountain Dew = 55 mg
- 12 oz Coke = 45 mg
- cup of coffee ice-cream = 50-75 mg
- Hershey bar = 10 mg
- tea = about 25 mg

You should be warned that quitting or even lowering your caffeine intake will result in misery. Classic withdrawal symptoms include: headaches, nausea, feelings of disorientation, irritability, depression, and insomnia or drowsiness. It is recommend that you wean yourself slowly off these products and try the non-caffeinated substitutes.

In 2000, aim for the ...

**T** raining  
**O** pportunities for  
**P** ersonal  
**S** uccess



February 10	The Dating Connection: How to Get Involved	5:30-7 PM	2301
February 15	Stress Management	5:30-7 PM	2301
February 16	Y2K: The Year to Quit Smoking Good Sex, Bad Sex, No Sex SEX	4-5 PM 7-9 PM	2302 Women's Center
February 22	Eating healthy on Campus Time Management	4-5 PM 5:30-7 PM	2301 2301
February 29	Test Anxiety	5:30-7 PM	2301

All programs will be held in the Student Health Center, unless otherwise noted

Programs are **FREE** but don't forget to register

**Call 515-9355 to reserve your seat!**

Programs are presented by staff from

Health Promotion, the Counseling Center or community experts

**READ MORE**  
**NUBIAN**

# OPINIONS

## My Happy Valentine

**By Lakesha Parker**  
Opinions Editor

Well that day is fast approaching.

You know that day.

The day you've probably been dreading, where you have to profess your undying love for that special one in your life.

The day that is sure to drain your pockets...if in fact Christmas or New Year's didn't.

Of course, then there are those of us who could care less about that big day, and would rather, instead of professing love, say "Scram, scram, Valentine!"

Now, don't get me wrong, I like the idea behind Valentine's Day. The little hearted candies and chocolates can get me through 'many-a-day.' But I could really do without seeing all of the little hearts and whatnot. I say this not because I'm hatin' on Valentine's Day, but moreso because of the whole idea behind celebrating

something that most of us have no clue who started the holiday, why they started the holiday, or who it was even named after.

Some of us even be smart enough to remember who the day is named after (duh!), but most of us could care less. We're really just going through the motions, celebrating just because it's what we always have done, and to stop doing so now would just seem so unnatural.

If I may but borrow from Mike Tyson's vocabulary, it just seems so 'ludicrous' to me.

At this time of the month, caring gets very expensive. I'm just sorry, am I the only one who believes that I don't have to dip into my pocket to show someone that I care? I like the idea of showing someone that you care on Valentine's Day, but what I really want to call into question is what this said individual is doing the other 364 days of the year. If, on this one day, you have not shown me that you care throughout the year, I would say that you have a whole lot of caring to show and a whole lot of

days to make up for. Of course, we know that this day is commercialized, but my point is this, show me you care throughout the year, not on one day when you feel like you have to outdo the rest because it's someone's holiday.

Then, instead of wasting money on this said day, maybe you can take that special one on an extended birthday trip and turn it into a birth-week vacation, or maybe you can buy small gifts throughout the year.

I'm sorry, but maybe it's just me, but sincereness will never be replaced by a Hallmark card or a box of chocolates. In this place where human emotion is widely suppressed, I think that some of us, if all of us can't be hip to it, should put materialism in its place. Maybe then, our 'loved' ones will be singing a different tune. Instead of singing My Valentine's Day Blues, they'll be singing My Happy Valentine. 'Cause let's all face it, contrary to popular belief, life ain't about a box of chocolates.

### 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 Afrikan American Cultural Center or mailed to:

The Nubian Message  
Letters to the Editor  
Box 7318, NCSU  
Raleigh, NC 27695-7318

or you can submit via e-mail:

nubian@sma.ncsu.edu

# 10<sup>th</sup> Annual African American History Celebration

All events will take place in front of the Catalyst Bookshop in the NCSU Bookstore, Dunn Avenue

Wednesday, Feb. 23  
11:20 am - 12:10 pm

**NCSU's own  
NEW HORIZONS CHOIR  
will be appearing  
to celebrate African American  
History Month through  
singing and music.**

Tuesday, Feb. 22  
at 12:30 pm

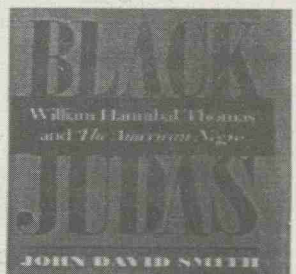
Student Tribute to African  
American History Month  
**This event will include NC State  
students in an interpretation of the  
works, including readings and  
dramatizations from the books.**

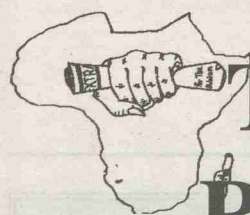
Wednesday, Feb. 23, from 12:30 pm to 1:30 pm

NCSU Professor John David Smith, author of *Slavery, Race and American History*, will be discussing William Hannibal Thomas, who is featured in his latest book: *Black Judas: William Hannibal Thomas and The American Negro*.



"In this illuminating study, John David Smith examines William Hannibal Thomas's dramatic behavioral and ideological shifts. Smith contextualizes them in light of Thomas's subjection to white racism and the emotional and physical effects of untreatable pain resulting from the amputation of his right arm during the Civil War. *Black Judas*, the first full-length biography of Thomas, traces his life-long pattern of self-destruction in the wake of repeated professional successes." - from the book jacket.





# The Nubian Message

## Remaining Publication

### Schedule

### Spring 2000

February 17, 24

March 2, 23, 30

April 6, 13, 27

May 4

The Nubian Message is printed every Thursday except in the case of holidays, school closings, and the Thursday before Spring Break.

Special editions will be announced at a later date.

