

The NUBIAN MESSAGE

February 17, 2000
Volume 7, Edition 13

Knowledge



What's Goin' On?

Krimson and Cream Week

To end the week and the rest of the activities, there will be a Pre-dawn Party on Friday in the Student Center from 10pm to 3:30am. \$5 dollars general admission, \$3 for Greeks, and ladies free until 11.

IBM Recruiting

IBM will be hosting an Diversity initiative to recruit more minorities, and will be holding a series of programs throughout the country. Any senior or graduate student that is interested, please contact Felicia Alexander by e-mail flalexan@eos.ncsu.edu.

Student Ambassadors

The office of Undergraduate Admissions is looking for student ambassadors for the upcoming school year. These students will be in charge of leading campus tours with high school students and their parents. Anyone interested please go to the Afrikan-American cultural center for an application or contact the assistant head of office of undergraduate student affairs John Grisom, the deadline is March 10, 2000.

2000 Shades of Color Conference

The University of North Carolina at Greensboro will be hosting the 2000 Shades of Color Conference featuring keynote speaker Rubin "Hurricane" Walker. This conference will be held on Saturday, March 11, 2000 in the Elliot Center of UNCG. The deadline for the \$10 dollar registration fee will be on March 1. Anyone wanting to attend please contact the office of Afrikan-American student affairs by Wednesday, February 23, 2000.

The Afrikan American Voice of North Carolina State University

Lecture discusses cultural conflict in classroom

By Lakesha Parker

Staff writer

Dr. Lisa Delpit, nationally known speaker and author of *Other People's Children: Cultural Conflict in the Classroom*, spoke on cultural conflicts concerning minority children at NCCU on Tuesday, Feb. 15.

Dr. Delpit opened up the lecture by talking about her daughter who went to church and "acted bad but looked good" in her new Easter dress. She stated that she had to get "permission" from her 10-year-old daughter to attend this event.

"It is hard," she stated, "to teach Afrikan American children, but not for the reasons that you think." She went on to say that the most people think that these children

cannot be taught because they are poor, don't have books...come from violent neighborhoods, and their parents don't take them to museums, when in all actuality, these factors play very minute roles in a child's ability to learn.

It is hard because there are blocks at every turn to prevent the teaching of Afrikan American children, she added. The widespread belief that Afrikan American children cannot learn doesn't help the situation any. Another notion that is hard to fight is children are doomed if they don't get it within the first few years, she said.

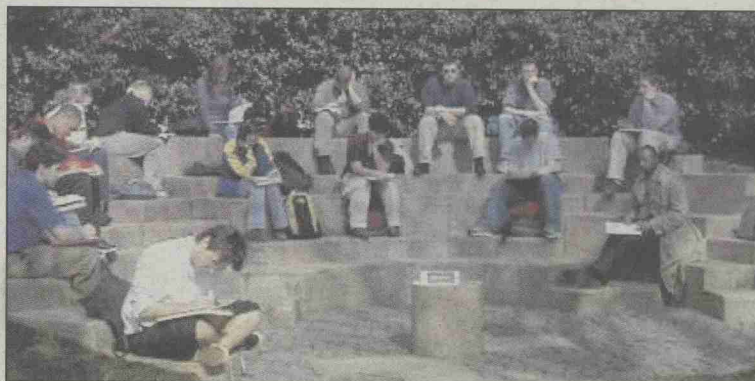
The problem increases when children internalize these beliefs and come to believe this, she said. They begin to act in two ways: they shrink inside or they get beligerent.

According to Dr. Delpit, laws such as the zero tolerance policy make it easy to disrupt learning. Examples of disruptive children in the everyday classroom are students who roll their eyes or who even don't turn in homework.

She then went on to discuss the problems with standardized tests. According to her experiences, she knows that standardized tests can prove to be a problem for teachers. She gave an example of a teacher whom she termed an "excellent" teacher, but who no longer has a classroom because she was one point away from the passing requirement.

Standardized tests become a problem when it is the only method that schools use to determine whether or not a student should be promoted or retained in a grade. She went on to discuss physical differences between black and white children, noting that black children develop early physically. Once you note these differences, she stated, then you have to make some changes.

She went on to outline ten things for teachers to take in consideration when teaching minority children.



Many of the observations discussed in the lecture can be seen in NCSU classrooms.

T. Lee/Staff

Ten factors essential to success in urban classrooms:

1. Do not teach less content to poor, urban children, but understand their brilliance and teach more! Do not teach down to children. You need to find alternative ways to teach children because they learn in different ways.

2. Whatever methodology or instructional program is used, demand critical

thinking. You must promote critical thinking by relating subject matter to their every day life. Children expect a teacher and learn better when a teacher motivates, pushes, and demands that they learn. They want teachers and need teachers who have high expectations of them, and most important, who believe in them because they sometimes do not believe in themselves. When adults are asked to recall their most influential teachers, they mention teachers "who wouldn't let me fail." Kids are asking for this.

3. Make sure that children have access to basic skills, that is the skills that are essential to success in America. A child must have the knowledge and skills to succeed in the real world. You must link their thought process with skills.

4. Challenge racist views about the competence of the children and their families. Teach their families to do the same. Do not label Afrikan-American children as problematic. If this same person looks at the child from another perspective, then those problematic behaviors can be used to help educate the child.

5. Undo some of the damage that is eternalized. People don't criticize people on features that you share with them, unless you believe the feature to be a negative one.

6. Hook what they know to their lives outside of school. Mention throughout because this is very important. It is very important that children are able to see the purpose and relationship between what they

are learning in the classroom and see how that knowledge will be used in the every day world.

7. Create a sense of family and caring in the service of achievement. You have to create a positive environment for the child, by making them feel like they belong. Once you have done that, then you can properly teach them. You have to make each individual child feel special.

8. Monitor and assess (do an accurate assessment!) the needs of children who are different and address those needs. Know the children who you are teaching because if you don't, then you can't really teach them. There is another world besides the classroom. Find out the children's likes and dislikes by observing them.

9. Respect the culture of the children and their families. Be knowledgeable about their culture so that you can tie it in to what you are

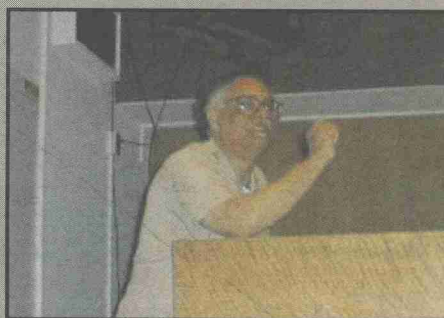
teaching. Learn to accomodate children and be open to their cultural differences. Help them to be proud of their background, and teach them about their ancestors.

10. Connect learning and children to something greater than themselves. Teach children that doing well in school is more than just going through the motions so that you can get a good job, but instead that they have other people rooting for their success.

Dr. Delpit concluded the lecture by stating, "The children that we teach that

we think are other people's children are really ours."

Dr. Delpit received her Ed.D and Ed. M from Harvard University, as well as founded the Center for Urban Excellence at Georgia State University. She is also an associate professor at Georgia State.



Halie Gerima visits campus

Independent film-maker Halie Gerima will have a discussion with faculty and students in Afrikan Studies Program at 11am today in Room 356 on the Afrikan American Cultural Center. Halie Gerima, an award winning independent filmmaker from a family of 10, grew up performing the his father's theater troupe. Through all of his knowledge and experiences he came to the US to study drama in Chicago's Goodman School of Drama, going on to UCLA to receive his M.F.A. He has gone on to make 7 films, including Sankofa. Through his spectacular films he has earned the reputation of being one of the major influences of the Afrikan American film movement.

The CIAA is coming to Raleigh! Get the scoop, page 3!!!

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THE NUBIAN MESSAGE

The Afrikan American Voice of North Carolina State University

Editor in Chief.....Dock G. Winston
General ManagerTrey Webster
Managing Editor.....Lakesha Parker
Production Manager.....Adedayo Banwo

Staff

Co-News Editor.....Tonya Johnson
Co-News Editor.....Brandon Buskey
Sports Editor.....Keesha Dover
Culture Editor.....Michelle Reed
Health Editor.....Thannie Roldan
Opinions Editor.....Lakesha Parker
Photography Chief.....Michael Anthony
Copy Edit Chief.....Chavonda Pighet
Webmaster.....Adedayo Banwo

Mailing Address

372 Witherspoon Student Center/AACC
Box 7318
Raleigh, NC 27695-7318

Web Address

sma.ncsu.edu/Nubian

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

2000 Central Intercollegiate Athletic Association Basketball Tournament Schedule of Events



Feb. 28
Women's Tournament, games at 1, 3, 7, and 9 p.m.

Feb. 29
Women's Tournament, games at 1, 3, 7, and 9 p.m.

March 1
Men's Tournament, games at 1, 3, 7, and 9 p.m.
CIAA Student Job Fair, Raleigh Convention Center, 9 a.m.-4p.m.

March 2
High School Day, Raleigh Convention Center, 8 a.m.
Men's Quarterfinals, games at 1, 3, 7 and 9 p.m.

March 3
Tom Joyner Morning Show, live from the Convention Center, 6-10 a.m.
Women's Semi-Finals, 11 a.m. and 1 p.m.
Women's Legends Game, 3:30-4:45 p.m.
Men's Semi-Finals, 7 and 9 p.m.
CIAA Fashion Show, Convention Center, 12 p.m.
CIAA Step Show, Convention Center, 10 p.m.

March 4
3 Point Shoot-Out, 8-9 a.m.
Cheerleading Exhibition, 9 a.m.-noon
Battle of the Bands, 9:45-10:15 a.m. and 12-12:30 p.m.
3 on 3 Contest, 11-11:20 a.m.
King Charles Troupe and Men's Legends, 1:15-2:45 p.m.
Women's Final, 5 p.m.
Men's Final, 8 p.m.

Mens B Ball team struggles on road

Keesha Dover
Sports Editor

The NC State men's basketball team added to their longest losing streak of the season Tuesday night. They traveled to Winston-Salem to play the Wake Forest Deamon Deacons in their 12th conference game.

The Deacons came out to a quick start in the first half, jumping out to a 9-0 lead in the first 3 minutes of the game. Darius Songaila was the man for the Deacons, finishing the game leading his team with 20 points. He played a solid game adding 4 rebounds and 3 assists. Freshman Damien Wilkins was able to answer to this with no problem. He lead the Pack across the boards with 21 points, 10 rebounds, and 3 assists.

Wilkins is definitely playing like he was the top high school player in the country. He is one of three players on the team that have started all 23 games for the Pack. He is also the second leading scorer on the team, averaging 10.7 points. His efforts just wasn't enough for the Pack. The closest scorer behind him was Kenny Inge with 11 points. Wake had 3 people in double figures and 9 total people on the score board.

Wake led State at half time 33-15. They made a run midway through the second half and managed to pull to

within 9 with 4:42 left to go in the game. It is all downhill from there as NC State is stuck on 48 points from the 3:00 mark to the 0:48 mark when Damien Wilkins scores a 2-point field goal. Wilkins makes a free throw and one more field goal for the Pack before the closing of the game. He was the only player in red to score inside of 3 minutes.

State has lost the last 4 games including games against Maryland, North Carolina, and Virginia. Earlier in the season, State beat 3 of the four teams: Maryland by 2 points, Virginia by 3 points, and Wake Forest by 20 points.

State definitely needs to get a game plan to get through the latter part of the season. The loss to Wake Forest put their post season position on the line. In all of their losses this year, their opponent has scored more than 70 points. State has yet to lose a game where they held the competition to less than 70. They are, however, 16-1 at home and the last game against Duke was a very close one. They are looking to upset the number 3 team on Saturday and offer them their 4th loss of the season.

The Pack also has to travel to Clemson, play Georgia Tech at home, and then take a trip to Florida State before their fate is determined. State has to really concentrate on what is ahead of them, as they have a losing road record.

CIAA Tourney comes to town

Keesha Dover

Sports Editor

About the Tournament

The CIAA tournament is a huge event that former athletes, alumni, and students enjoy every year. The conference was established in 1912 and is the oldest black athletic conference. This year and the next two years, Raleigh is fortunate to host the tournament, which has been in Winston-Salem since 1993. There are currently 13 schools in the conference. The schools include: Bowie State University, Elizabeth City State University, Fayetteville State University, Johnson C. Smith University, Livingstone, North Carolina Central University, St. Augustine's College, St. Paul's College, Shaw University, Virginia State University, Virginia Union University, and Winston-Salem State University.

This year, the CIAA tournament is dedicated to the late John

B. McLendon, who passed away in October. He was the co-founder of the CIAA tournament.

About the Teams

Bowie State is a small school in Bowie, Maryland. The women's team have gotten through the season so far with a 17-4 record. They have two key forces on the offensive end. Rashida Brooks and Beverly Winstead average 15.2 and 12.5 points respectively. They also have KC Thompson who has proven to be a 3-point threat. They have won the CIAA championship for the past three years. The men's team on the other hand is the complete opposite. They are sitting at a record of 5-18. They have three players averaging in double figures. James Rice, Jamal Shivers, and Eric McNeil all average above the 10 point scoring mark. They have five seniors on the squad who are looking to snag a CIAA championship before their time is up.

Elizabeth City State

University is in Elizabeth City, North Carolina. The women's team started off to a quickly. They are still doing fairly well. The men's team gets a solid scoring effort from Derrick Hines, Sidney Gainey, and Marcus Riddick.

The Winston-Salem State University women's team, who only has 2 seniors, is playing the tournament in a city away from home for the first time in 7 years. They are looking to come into the ESA and play some quality basketball. The men's team is looking for high scoring small forward Larry Patterson to work things out on the offensive end with a little help from freshman Tyrone Robeson and Junior Tony Williams.

North Carolina Central women's team is not doing so well this far in the season sitting at a record of 6-14. The men's team, on the other hand, is currently 12-5. They are looking to be a good contender in the tournament.

!!!! WOLFCOPY ANNOUNCEMENT !!!!



Robin Trinn, 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 !!!!

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February 17, 2000

CULTURE

Heile Gerima shows "Sankofa" to campus

By Michelle Reed
Culture Editor

Electrifying. Powerful. Spiritual. Informative. These are just a few words to describe Haile Gerima's film that took ten years to make, *Sankofa*, which was shown this past Monday evening in the student cinema. In the same sense the way the film *Amistad* made many cringe, become angry, sad, and informed, *Sankofa* follows these lines.

The filmmaker, Haile Gerima, was born in Ethiopia in 1946, the fourth of ten children. His mother was a writer and teacher. He came to the U.S. in 1967 to study at Chicago's Goodman School of Drama. He received his M.F.A from UCLA in 1976. He has earned international acclaim for *Sankofa* and six other films. Gerima has earned many awards and has completed many presentations.

The word "Sankofa" is an Akan word which means "one must return to the past in order to move forward." The film captivated how one can lose direction of where they came from, and not recognize the importance of their own history. The main character in the film, Mona, is a contemporary model,

doing a picture shooting in Ghana. Mona has lost touch of the past. A spirit lingering in the Cape Coast Castle in Ghana possesses her, and brings her back to the past, where she is a house servant called Shola.

As a house servant, Shola is constantly abused by the slave master. She is in love with a West Indian field worker, Shango, who is always rebelling against the slave system. Shola can't understand why Shango is such of a rebel and wants him to "do the best" with what he has. However, Shango cannot be content or "do the best" with what he has, because he yearns for his inalienable right of freedom.

On the plantation, she is inspired and admires the strong woman Nunu, an Afrikan-born field hand. Nunu tells stories to the children and to the adults about Africa, a place where many slaves had not seen and a place where many missed. Many on the plantation considered Nunu to have magical power, and mental and spiritual healing.

However, the whites considered her a threat and a witch. But there was one male slave on the plantation who saw her as a threat, a witch, and hated her. It was her own son. Her

son, who was half black and half white, was a head slave on the plantation, and was in a sense brainwashed by the white owner's and white priest on the plantation. In no way did he feel connected to the slaves.

A powerful scene in the film happens when a head slave is ordered to whip some of his fellow slaves who had attempted to run away, but failed. It was either he whipped them, or he would get whipped or even killed. He tried to talk his way out of doing the whipping, but succumbed to the pressure and threats from his master.

Kunta, a pregnant woman who attempted to run away because she wanted her child to be free, died from the whipping that she received. But the moment of power came when the head slave suddenly fell ill, supposedly due to Nunu, and when the master finished the whipping. After the whipping, Nunu and several other slaves rushed to Kunta and cut her down from the whipping post. Several slaves gathered in a circle around her body, while Nunu came to the rescue of the unborn child, who was later named Kwame.

Throughout the film, the slaves

are always plotting escape methods. They would meet in secret caves at night that only a few slaves knew about, because some slaves would have gone back to tell the master of the escapes. It was the "secret society." Slaves who had escaped to the hills would come to these meetings at night to assist their brethren.

One day, Nunu's son begins to go crazy due to a potion that was given to him by a female slave who was in love with him. His throat begins to burn and he is in dire need for water. Rushing to the river, he collapses and falls in the water. Nunu runs to the aid of her son, holding him, and singing to him.

But her son has a moment of insanity and thinks that Nunu is out to kill him. Pleading to him and saying that she loved him, he takes his hand, puts it over her mouth, and drowns her in the river. Shola runs to the river to find Nunu dead, and her son crying that he did not mean to do it.

Then Shola tells him something about his life that Nunu never told him. Shola told him that Nunu had been raped by one of the men on the slave ship, and that is how he was born. He didn't know that his father

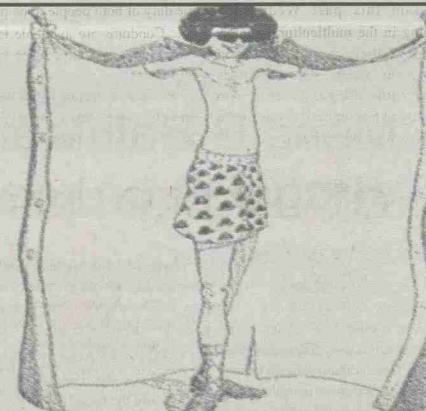

was probably one of the men on the plantation, and he had no knowledge of his past. In his arms, he takes his mother to the sanctuary, lays her on the sanctuary table, and begins to pray. The white priest comes in and tells him to "get that witch out of here." But he understands that he has done wrong, and finally acknowledges that he loves his mother. He tells the priest that his mother is a saint, according to the definition that the priest had taught him, which was someone who struggled and risked their own life for others. For several days, they tried to get Nunu's son to come out of the sanctuary, but he didn't and they finally burned the sanctuary down with him in it. However, they never did find Nunu's body.

A slave revolt on the plantation in which Shola is believed to be killed, brings back Mona to the Cape Coast Castle, who has now seen and gained some knowledge about the past. The movie is one that can help an Afrikan-American understand why they are here, gain some insight, and connect with the past. The film can be rated "A+."

ATTENTION

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Program brings AIDS upclose and personal

By Michelle Reed
Culture Editor

What happens when a problem is not talked about? Does it solve itself or does it blow up or become an outbreak, jumping from one person to the next person? Does the problem spread like gossip, quietly talked about, and not blared out in the open? The problem? AIDS. Spread like gossip? Yes.

The best remedy to solving a problem is by communication. Communication leads to methods, methods lead to solutions, solutions lead to actions, and actions can lead to the diminishing of a problem. So, where is the best place to talk about a social problem, before it becomes a personal problem? The best answer to this question would probably be on a college campus. A college campus is a microcosm of the outside world. On a college campus there are hormones that pop like hot grease in a frying pan. The outside world consists of even hotter hormones popping in grease. On a college campus, there are mis-educated people on the issue of AIDS. And in the outside world, the mis-education gets even worse. Reaching out to those in the microcosm will help prevent such diseases as AIDS, before they reach the macrocosm.

To elevate, communicate, and educate college students about AIDS, Delta Sigma Theta Sorority, Inc. held an AIDS Awareness Program this past Wednesday evening in the multicultural center, as part of their on going Krimson and Cream Week. The room was filled with college students who wanted to know more about the topic and hear what others had to say.

The room was divided into three groups and each group was given a specific topic that revolved around AIDS. The three topics consisted of the misconceptions about AIDS, methods to prevent AIDS, and relationships. After each group talked about their specific topic, the three groups adjourned into one to share what was talked about in each group.

A misconception that was talked about was the "pull out method." The "pull out method" is not an effective way to prevent AIDS because it doesn't reduce the risk of fluid-to fluid contact. Also, premature ejaculation does occur. Another misconception of AIDS is that you can "see" who has the disease. This misconception leads some people to believe that the "fine man" or "pretty woman" aren't carriers of this fatal disease, when in fact, AIDS doesn't care how you look, what you smell like, what school you went to how much money you have, or what type of car you drive.

The group felt that communication with one's boyfriend or girlfriend is the best way to have an effective relationship. By knowing one's sexual history and getting tested for the disease, you limit yourself from contacting the disease and spreading the disease.

Prevention methods the group discussed included wearing latex condoms, abstinence, not using drugs, or if one uses drugs to use a clean needle, knowing your partners sexual history, and knowing that it is the duty of both people to be protected. Condoms are available to men, but women also have to be protected.

Because everyone is not the same and everyone doesn't share the same beliefs, different opinions do occur,



T. Lee/staff

Students came out to increase their AIDS awareness.

and there is nothing wrong with someone having their own opinion. There were some people in the room who would allow their children to go to school with children who have AIDS, while there were some in the room who wouldn't.

The statistics that were given in the program said that Blacks are 8 times more likely to catch the disease than Whites, and 2 times greater than Hispanics to catch the disease. The increasing number of AIDS cases occurs in Black women and children. Individuals in the group felt that it was due to the lack of economic resources and the lack of education about AIDS is due to the increase. Also, Blacks with AIDS are reported on more than other groups with AIDS.

A student who worked at a YMCA said that a young, white boy stated that "it is a Black disease."

Children are even being misinformed about AIDS. So, now this young boy may grow up having unprotected sex or increasing his chances to get the disease because he does not suspect that anyone in his race may be a carrier of the disease.

The program was part of the Delta's five-point thrust, which includes economic development, political awareness and involvement, physical and mental health, education development, and international development. The program met educational development and physical and mental health. Tynesha Lewis, a Delta member felt the program was a good thing. "The program was very effective and there was a lot of positive feedback." The program was organized last year, and upcoming events held by Delta Sigma Theta, Inc. are in March 7-9. Lewis stated that, "Some people believe that

AIDS is not their problem, but it is everybody's problem. Until we realize that, we won't solve the problem."

William Johnson, a junior majored in Computer science said, "I came to be informed about AIDS and learn some things I didn't know. The program was real effective, and I heard what a lot of people had to say."

Lewis is right. AIDS is everyone's problem, whether you are Black, White, rich, or poor. By communicating and with such programs on AIDS presented by Delta Sigma Theta Inc., AIDS doesn't have to keep spreading like gossip. We don't this to be a problem anymore. We have to talk, listen, and learn, so that we can live.

Getting to know Madam C.J. Walker

By Michelle Reed
Culture editor

The promotion of Black hair products is unanimously associated with Madam C. J. Walker. However, this Afrikan-American woman was more than a pioneer in the hair care industry. She was also an entrepreneur, philanthropist, and a social activist.

The first Afrikan-American woman to be inducted to the U.S. National Business Hall of Fame, Madam C. J. Walker was born Sarah Breedlove on a Delta, Louisiana plantation in 1867 to parents who were former slaves. She was orphaned at the age of seven. Working in the cotton fields around Vicksburg, Mississippi and Delta was how she and her older sister survived. To escape the abuse from her cruel brother-in-law, she married Moses McWilliams at the age of 14. On June 6, 1885, her only daughter, A'Leila Walker, was born. Her husband died two years later after the birth of their daughter. She then joined relatives in St. Louis, where she saved enough money from her job to educate her daughter. Her exposure to a new way of viewing

the world came with friendships with other Black women belonging to St. Paul's AME Church and to the National Association of Colored Women.

Around the time of the 1904 St. Louis World's Fair, Sarah started to suffer from a stress, diet, and hygiene related scalp disease called alopecia, causing her to lose her hair. She found herself trying many different hair products, including those of Poro founder, Annie Malone, who was also a Black woman entrepreneur. Sarah moved to Denver in 1905 as a sales agent for Poro, and then she married an old friend and newspaperman, Charles Joseph Walker.

The two had gone into business together by early 1906, selling "Madam C. J. Walker's Wonderful Hair Grower," which was a scalp conditioning formula. She said the formula had been revealed to her by a "big Afrikan man" in a dream.

Promoting her products, the woman who became known as "Madam C. J. Walker," traveled for a year and a half throughout areas of the South and Southeast that had high concentrations of Blacks. She

went door to door selling products, to churches and lodges, and formulated sales and marketing strategies.

It was in 1908 that she



packed up and moved her base temporarily to Pittsburgh, opening Lelia College to train Walker "hair culturists."

She built a factory, hair and manicure salon, and another training school in Indianapolis, which was then the nation's largest inland manufacturing center, by early 1910. Walker gained national headlines in the Black press when she con-

tributed \$1,000 to the building fund of the "colored" YMCA in Indianapolis. A'Leila, her daughter, moved into a new Harlem townhouse and Walker Salon, which was designed by Black architect, Verner Tandy, in 1913 while Walker was expanding her business in the Caribbean and Central America.

In 1916, Walker moved to New York and left the operations of the Mme. C. J. Walker Manufacturing Company in Indianapolis to F.B. Ransom, who was her attorney and general manager, and to Alice Kelly, who was the factory forelady and a former teacher. The Harlem social and political life were activities Walker became quickly involved with, and she took special interest in the NAACP's anti-lynching movement to which she contributed \$5,000.

An act of White mob violence that resulted in more than three dozen Blacks in East St. Louis, Illinois being murdered in July 1917, led Walker to join a group of Harlem leaders who visited the White House to present a petition favoring federal anti-lynching legislation.

Her business continued to grow,

and she organized her agents into local and state clubs. The gatherings were not only to congratulate her agents on their business success, but to promote political activism.

This woman who began her career with \$1.50, a week's wages, had launched her business into a multi-million dollar corporation with hard work and perseverance. She died at her estate, Villa Lewaro, in Irvington-on-Hudson, New York in 1919, at the age of 51 from high blood pressure. Madam C. J. Walker had established herself as a self-made Afrikan-American businesswoman. She set high standards for the African-American community, for the Afrikan-American corporate world, and to community giving.

The United States Postal Service issued the Madam C. J. Walker commemorative stamp on January 28, 1998, the 21st in the Black Heritage Series, at a first-day-of-issue ceremony at the Madame Walker Theatre Center in Indianapolis. Her great-great granddaughter, A'Leila P. Buntles spearheaded the stamp campaign.

READ MORE NUBIAN

February 17, 2000

HEALTH

Anger: The Killer of Life

By **Melodee N. Wallace**
Staff writer

"Anger is the killer of life within us while we are still alive." Generally, anger is a valid and healthy emotion, especially when expressed appropriately. Many times we are taught to hide or not express our anger, but suppressing anger can lead to a myriad of problems. Repressed anger kills all of our positive experiences in life; most often those of joy, love, health, happiness, loving relationships, family harmony and success.

Usually, the suppression of anger starts around childhood due to the root of many personal and social problems. It is estimated that about 90% of us will experience a bout of repressed anger in our lifetimes. Repressed anger is mostly associated with depression and illnesses. Anger is a hidden cause of deaths (suicide included), accidents, and violence. Many people have repressed their anger for so long that they are not even aware of the

fact that they are doing so. These people perceive themselves as normal and have no idea of what true happiness consists of.

Repressed anger can affect us in a number of ways. It is believed to wear down our immune systems, cause headaches and migraines, hypertension, and coronary heart disease. Anger also heightens other emotions such as stress, anxiety, irrationality, and fear. Fear is believed to be one of the major causes of repressed anger.

According to Dr. Marie N. Robinson, a psychiatrist, "Fear is the hidden, subconscious cause of all repressed anger, all mental suffering and unhappiness; it is the hidden cause of all psychological problems..." Anger can cause one to withdraw from society completely or to remake themselves into what they believe is a desirable image.

Although, we know that in some point in our lives, practically on a daily basis we will experience anger, there are some ways of dealing with it. The following is a short list of

dealing with our anger so that it does not lead to suppression:

- express your anger, do not let the situations build up
- release your anger in a safe and supportive environment
- face and resolve anger from the past
- reduce high levels of stress
- manage your anxiety and deal with fears
- reduce depression

We have to deal with our anger; we know more about our anger than anyone else. Managing and controlling your anger does not guarantee that you will never be angry. You can not free yourself of repressed anger until you understand your anger and commit to freeing yourself of it. True happiness comes from knowing yourself. There can be no genuine happiness and peace of mind where there is repressed anger.

Afrikan American Women at Increased Risk of Death From Breast Cancer

Reuters Health
News service

Study results confirm that Afrikan American women have significantly poorer survival from breast cancer than their white counterparts. Drs. Sue A. Joslyn of the University of Northern Iowa in Cedar Falls and Michelle M. West of the University of Iowa in Iowa City, report the finding in the January 1st issue of Cancer.

The two researchers analyzed data from the National Surveillance, Epidemiology and End Results (SEER) Program on 135,424 women diagnosed with primary breast cancer between 1988 and 1995. They found that Afrikan American women were 67% more likely to die from their disease than white women.

The increased risk of death from breast cancer among Afrikan American women was independent of known variables including patient age, tumor stage,

menopausal status and hormone receptor status and histology. Nonetheless, compared with white women, Afrikan American women are younger at the time of diagnosis, are much more likely to be diagnosed with advanced stage breast cancer and to be diagnosed with estrogen and progesterone receptor-negative tumors, according to the report.

"Overall, these findings suggest the need for further research into the etiology of racial differences and their effect on the survival of patients with breast carcinoma as well as the need for public health measures designed to increase education and screening among Afrikan-American women," the researchers conclude.

They note in the paper that Afrikan American women are known to utilize screening mammography to a lesser degree than white women and are significantly more likely to delay seeking care for symptoms related to breast cancer.

The importance of Vitamin C

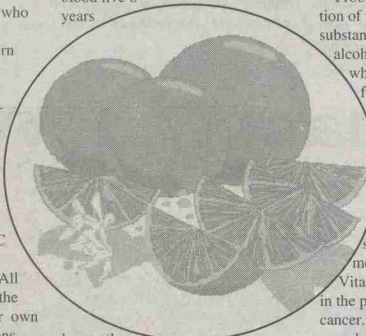
By **Melodee N. Wallace**
Staff Writer

Originally, the need for vitamin C in the human diet was discovered by studying a group of sailors. Researchers noted that sailors who were given lemons, limes, and oranges were less likely to return home with a disease known as scurvy. Scurvy is a vitamin C deficiency that causes gum disease, weakness, hemorrhaging, and brittle bones.

Today, we know that, vitamin C is a water soluble vitamin that is necessary for normal growth and development. It is estimated that if vitamin C became extinct, all life forms would perish within 48 hours. All mammals, with humans being the exception, can synthesize their own supply of vitamin C. This means that vitamin C needs to be consumed on a daily basis, especially since it can not be stored and is excreted in the urine on a daily basis.

Vitamin C or ascorbic acid, virtually plays a role in all body functions. Vitamin C is known for its ability to promote healthy teeth and gums, aiding in the absorption

of iron, healing wounds, and stimulating the immune system. A study in the Journal of Epidemiology (May, 1992) states people who have high levels of vitamin C in their blood live 6 years



longer than those who have low levels of vitamin C. Common sources of ascorbic acid include: green peppers, citrus fruits, strawberries, tomatoes, broccoli, dark greens, sweet and white potatoes, as well as cantaloupe. In general, most fruits and vegetables contain some vitamin C; even milk and fish contain minute amounts.

Usually there is not a problem with overdosing on vitamin C, since excess amounts are found in urine, but too much can lead to kidney problems and diarrhea.

Problems occur with the absorption of vitamin C for those who take substantial amounts of aspirin, drink alcohol regularly, and for those who smoke. Also, it is easier for the body to absorb vitamin C from foods than vitamins and other supplements.

Today vitamin C is being used in a number of radical ways. It is used in beauty creams to prevent aging, in some medicines to prevent mental illness, as well as anger. Vitamin C is also believed to aid in the prevention of some forms of cancer. Vitamin C is believed to be a cure by many, and is highly promoted by the medical community.

READ MORE NUBIAN

If you or someone you know would like to write about health for the Nubian Message should contact Thannie Roldan, Health Editor, at 515-1468.

OPINIONS

Loving "You" is the key



By Lakesha Parker
Opinions Editor

When's the last time you pampered yourself? I mean, really pampered yourself. You know, turned the ringer off, treated yourself out to dinner and movies (and some piece and quiet kind of peace of mind.

Not lately, more than likely. You, like most other people, are probably too busy in the hustle and bustle of life to take time to smell the daisies.

I know that you probably haven't pampered yourself in a while, but I am pretty sure that you found time to criticize yourself about something.

I would say that it is high time that we stop waiting on people to praise and pamper us, and that we begin to tell us ourselves. We need to, it is long overdue.

Sometimes, our main problem tends to be people. We wait on people to tell us that this or that is okay, only to find out that because we did so, we have missed our golden opportunity. We have to make that initiative sometimes to say and admit that, hey, this is me. I love myself, therefore, I think that this is the best thing for me to do. We need to learn how to make conscious decisions, and to learn when to break away from the crowd.

It is when we are caught up in the crowd that we begin to criticize ourselves about certain things. We try to mold ourselves into what we think that people would like. This is not a good thing to do...daz juz not r'it!

When we start to appreciate ourselves for who we are and what we

can contribute and share with one another, it is then that we are more receptive and can help others to do the same. We have opened ourself to love, which must start from within and envelop our whole being.

We have a lot of lessons to learn. Our first lesson is that we need to stop comparing ourselves to other people. We should know, that Bob who lives next door, is no more perfect than we are. He may have just learned how to accept himself and learned how to deal with his weaknesses. Weaknesses can be suppressed, once a person learns what they are strong in. They just need to find something that they are suitable for, and find their niche, and fit in it.

The greatest challenge to loving yourself is accepting that which you cannot change. Once you do that, you have reached a whole new level of maturity, one that can help you climb the mountaintops.

Valentines or Hallmark day?

Antwannette Watson

Staff Writer

Yes, if you did not realize what day I was referring to it is Valentine's Day. That so called wonderful day in which we celebrate and show our love for our significant others (yeah right). This is definitely the commercial product of Hallmark, in which most Americans feel the need to comply with (it should be obvious to the readers by now, that I am not big on conformity). Not only is the concept of this celebrated day lame, so is the commercialized atmosphere leading up to this day. There are even news features that focus on this cheesy day (what is the perfect restaurants catering to this day), to television series that just have to focus on this theme, radio commercials and ads claiming the location of the perfect internet rose company to satisfy our senses: sight, smell, touch, and digging even deeper in our wallets and pocket books... Some might say I am a bit impartial and or bitter

in reference to this particular holiday (well let's see my boyfriend decided to leave me a few weeks ago, while I am in the process of dealing with my mother's death! Then yes you can call me a bit bitter and feeling jaded!!)

What I am obviously trying to point out is the following: Valentine's Day is a hoax! If you cannot and do not appreciate your love ones like everyday of the year then you are a bit shallow and are taking your relationships for granted (and are obviously one of those people keeping the Hallmark Holiday alive and well by your dumb conformity).

Unfortunately this Valentine's Day my mother is not here so I could tell her how important she is to me, and my boyfriend is no longer with me, so I could tell him how much I valued our relationship and it's possibilities. People you have got to tell your loved

ones more often what they mean to you, You should not wait until Valentine's Day to

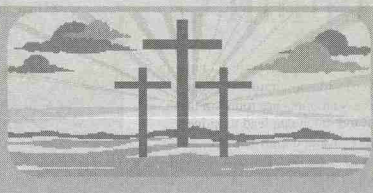
take them out to that nice restaurant they have been talking about, or take them on that well deserved vacation, or for that matter tell them the value and respect they obviously carry in your life!

Editor's Comment: I couldn't have said it better myself. And mind you, two females agreeing on something? A miracle! If we feel this way, then shouldn't everyone? Just joking, of course. I respect those of a lower opinion than I.

Try God

Shonaka Ellison

Guest Writer



Have you stayed up all night studying for a test, and still did not pass? You never expected that class to be so hard. Has your roommate been getting on your nerves, and you're ready for the semester to be over? Is your social life nonexistent? Are your funds running low, while the credit card bill is due, and you have to find another job to pay it off? Everyone has problems; it is how we deal with the problem that makes us different. You may cry, fight, punch the wall, get drunk, party, or just hold in all of your anger and frustration. You can even give up, that is not too hard. But giving up will not get you that dream job after graduation. Giving up will not get you that BMW or that Benz.

How do we get up every morning and face the day, knowing that we may encounter some form of discrimination, or someone may tell us once again that we are not good enough? Where is the motiva-

tion that we need to keep striving to achieve our goals? Well, how did our ancestors get up every day knowing that they may be beaten, that they may lose another friend, family member, or even their own life?

Our ancestors relied on God, an important aspect we must do. These people knew the Word, and that Word gave them strength to keep going. They did not rely on drugs, sex, and alcohol to deliver them. Our ancestors looked to the heavens and prayed that slavery would end. They knew God as a deliverer and that we may endure for a night, but joy cometh in the morning (Psalm 30:5).

People need to remember that God is the same today as He was yesterday. He never changes, and He never will. He waits on us to call upon Him, and not rely on material things that we think will make us happy or successful. His love is unconditional, so we never have to worry about Him leaving

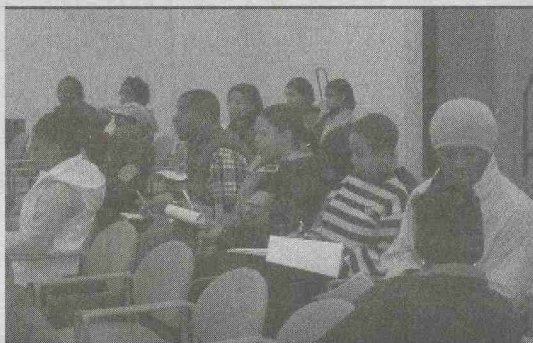
us. He wakes us up in the morning and gets us started on our way. He spends all day protecting us from harm and death, but what do we give Him?

When school gets tough, or you have other problems that may get you down, instead of picking up that bottle or lighting that cigarette, sit and read his Word. Live by His Word, and I promise that the next day will be better. Pray to Him and tell Him your troubles even though He knows them; He wants to hear it from you. So I close with the quote from the Bible that gives me inspiration every day and affirms my belief that I can do anything: "I can do all things through Christ which strengtheth me" (Philippians 4:13).

Shonaka Ellison

Sophomore; Sociology w/ Criminal Justice Concentration

Box 22724, 301D Bowen Hall



A Group of students discuss their opinions at the Black Student Board Student Meeting held January 20, 2000 in the Tally Student Center

There will be another BSB meeting Thursday at 6pm, also in the Tally Student Center

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

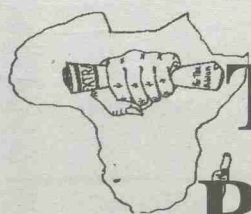
or you can submit via e-mail:

nubian@sma.ncsu.edu

Got an Opinion??

Why don't you share them?

The Nubian Message, 515 1468



The Nubian Message

Remaining Publication

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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.

