

The NUBIAN MESSAGE

February 24, 2000
Volume 7, Edition 14

Knowledge



What's Goin' On?

Dance Theatre of Harlem

The Campus Arts Council and Union Activities Board will be sponsoring a trip to see the Dance Theatre of Harlem at Memorial Hall on the UNC-CH campus. The Dance Theatre of Harlem is a ballet company led by director Arthur Mitchell. The company is world renowned, with dance styles range from modern jazz to ballet. The performance will be on March 7, at 8pm. The Talley Student Center will be selling tickets through February 25 at 2pm for \$5 and must be paid in cash.

Pink and Green Week

The Ladies of Alpha Kappa Alpha Sorority Inc. will be continuing their pink and green week with the following activities:

February 24: Womanhood: Speaker Toni Thorpe @ 6pm in Rm. 375 of the Cultural Center.

February 25: Cake-Walk @ in the Cultural Center Multipurpose Rm.

February 26: Community Service: Foodbank, meeting at the AKA house @ 12:30 Party Time, 9-1pm in the Cultural Center in the Multipurpose Room

The Future of Hip Hop and Predawn Afterparty

KWU and the UAB Entertainment Committee will be sponsoring an afterparty in the Talley Student Center on March 3. Doors open @ 6:30pm. Show starts @ 7:30-10:30pm. There will be various acts performing. Tickets will be on sale at Ticket Central \$12 in advance for NCSU students, \$15 in advance for all others, \$10 @ the door for show, and \$10 at door for Predawn.

Peer Mentors

The Office of African-American Student Affairs is looking for Peer Mentors for the 2000-2001 school year. Information sessions will be held on Saturday, February 26, @ in the African-American Cultural Center in Rm 356

The Afrikan American Voice of North Carolina State University

"Sankofa" director Haile Gerima visits NCSU

By Landra Cunningham
Staff writer

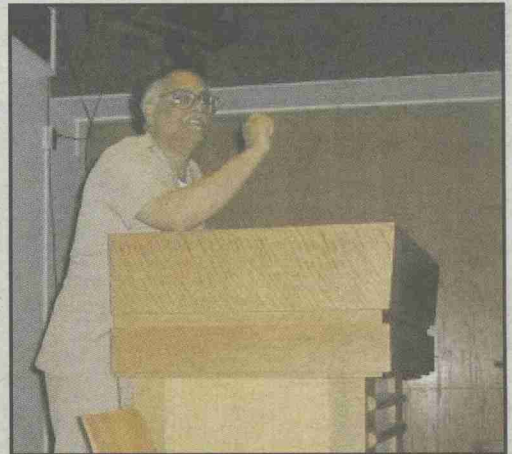
On Wednesday, February 16 at 6 p.m., filmmaker Haile Gerima presented a lecture to a group of NC State students, faculty, and staff in the auditorium of Kamphoefner Hall.

Dr. Marvin Malecha, Dean of the School of Design and a professor of Architecture, welcomed the guests to the public lecture, which was sponsored jointly by the Union Activities Board, the School of Design, and the African American Cultural Center. Dr. Charles Joyner, a professor in the department of Art and Design, explained in his introduction, that having Gerima visit NC State and discuss his work coincides with the ongoing theme of resistance that the School of Design is trying to incorporate into its curriculum through guest appearances.

Gerima was born in Gondar, Ethiopia in 1946, the fourth of ten children. His father, who was a writer, worked with a theater troupe that presented original and historical drama reflecting the rich Ethiopian culture. This theater troupe gave young Gerima his theater experience

and inspired him to come to the United States in 1967 to study at Chicago's Goodman School of Drama. Gerima went on to receive his M.F.A. from UCLA in 1976. Since then he has released seven feature-length films, the most highly acclaimed, *Sankofa*, being the focus of his lecture. His numerous awards and his participation in various international film festivals have produced worldwide commendation. He is presently a film professor at Howard University.

Sankofa, originally released in November 1993, was featured at the Campus Cinema on Monday, February 14. *Sankofa* is an Akan word which means, "We must go back and reclaim our past so that we can move forward; so we understand why and how we came to be who we are today." The film explores the African holocaust, known as the Maafa, in a non-traditional light. It views plantation life through the eyes of the narrator, Mona, who experiences her ancestral life through a vision. Mona is not only subjected to plantation life, but she is also connected to her African past and culture through slaves who resist having their culture beaten from them. Mona emerges



T. Lee/staff

Gerima is currently teaching film at Howard University.

from the vision confident in her past and prepared to move forward.

Gerima desires that his people tell their own stories and learn their own histories, so that no one can steal their past and hinder their move forward. He decided to tell his peoples story through film. "Societies that

kill their storytellers eventually die themselves," Gerima stated. "When I look at children today, the drummers, the storytellers, and the poets are not there."

see Gerima, page 2

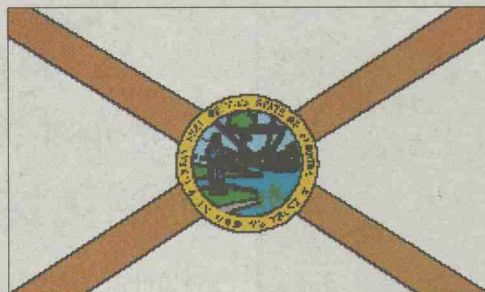
Florida eliminates affirmative action in university admissions, government contracts

By Nathan Sasser
Staff writer

Florida Governor Jeb Bush's "One Florida Initiative" has officially put an end to racial preferences in university admissions and in government contract work. The "One Florida Initiative" took effect immediately when the Florida Cabinet voted in favor of it last week.

The plan, which was unanimously approved by the Florida Board of Regents last week, will eliminate "race and ethnicity as a factor in university admissions," according to Bush. Bush claims that minority enrollment in public universities will actually increase because of his "Talented 20" program in which the top twenty percent of graduates from every high school in Florida will be guaranteed state university admission. Bush is also raising need-based financial aid by forty-three percent. Income level, geographical diversity, and whether an applicant is a first generation college student will still be factors considered in the admissions process as well.

"The One Florida Initiative" also eliminates racial quotas in government contracting. Bush claims



that the contracting quotas were not very helpful to minority businesses anyway because shady bureaucratic procurement practices rendered them ineffective. To counter this, all procurement agents will now be accountable directly to the governor. "The One Florida" plan will also aim at increasing minority contracts by giving preference to businesses in "Historically Underutilized Business Zones," and by beefing up existing programs which help minority businesses. Bush will also support legislation which bans from state contracts anyone or any business convicted of race or gender discrimination.

Noting that "seventy-four percent of the children attending Flori-

da's D- and F-graded schools are minorities," Bush is also including measures in the "One Florida Initiative" to improve the quality of low-performing K-12 schools. He is recommending to the legislature that the state provide funds to guarantee that every tenth grader takes the PSAT. He is also recommending big bonuses for teachers whose students score a three or better on AP tests, in order to entice teachers in low-level schools both to teach and to recruit more students to AP classes. In addition, Bush is creating a task force to examine inequities in Florida schools.

"The One Florida Initiative" has drawn mixed reactions from the African-American community. On

the one hand, hundreds of students gathered to protest the plan at a meeting of the Board of Regents, and black legislators Kendrick Meek and Tony Hill held a 25-hour sit-in in the Governor's office in protest as well. Democratic Reps. Corrine Brown, Carrie Meek, and Alcee L. Hastings are all opposed to the program. On the other hand, black columnists DeWayne Wickham of USA Today and syndicated columnist Clarence Page both support "One Florida," as well as African-American Florida senator Daryl Jones. Editorials by the New York Times and the Chicago Tribune have been favorable also.

Critics fear that diversity at universities will plummet, as it did when California and Texas first eliminated race-preferences in the admissions process. However, California and Texas managed to rebound from the initial blow and maintain the same minority enrollment as with affirmative action. These states have used, respectively, "Talented Four Percent" and "Talented Ten Percent" programs on which Bush modeled his "Talented Twenty Percent" program.

see Florida, page 2

Do you really know Black History? Find out on page 4!

Gerima continued

from page 1

The children live like stone. This will soon lead to death if the children don't appreciate where they've come from and learn who they are."

Gerima devoted most of his lecture to making the audience understand how and why it was so difficult to make and show Sankofa. After nine years of searching for the funds to make Sankofa, Gerima finally found sufficient funding in Europe. I found that when requesting money in the United States, the mere mention of a film concerning slavery made some white people lose their intellectual gravity. "People wanted to know why I was

trying to portray the past and not move forward," Gerima explained. Some African-Americans who have reached a certain status have similar discomfort with slavery because no social, historical, or religious moment in history can compare to slavery, and people have distanced themselves from the reality of slavery and devalued its significance.

Showing Sankofa was no more of an easy task than making it. The day the film showed in Berlin, Germany, the white press from America did not show up to speak with Gerima about the film. "We offended the children of the plantation owners", Gerima concluded. Some people in the United States vowed the film would never show

here. Gerima, however, refused to be defeated. He and his supporters went to the Black community in Washington, D.C. to build an audience. Through word of mouth, small African-American owned radio stations, community bulletins, and other African-American institutions, Gerima's film attracted attention leading to the creation of a Sankofa family that helped show the film. Even though the film was evicted from theatres due to what was termed in Los Angeles as "Sankofa tension," Gerima visited 32 cities to "walk the film," which is visiting showings and holding public discussions with viewers.

Gerima wants Sankofa to heal people. "My purpose in making this

film was never to blame or shame anyone," he explained in a calm voice that disclosed his Ethiopian origin. "During my research for the film, I never saw a monument for slavery. I saw streets named after slaveholders and statues built for slave owners, but nothing for the slaves. I wanted to help African-Americans deal with the pain slavery has caused. Slavery has been devalued because it has never been cried for or reflected on. By making films and placing monuments, tension is released and people can be healed."

Gerima also wants Sankofa to touch children. Television and movies often create ideal images that children feel they must fit for

acceptance. Gerima asserted, "It is unfair for children today to feel that they do not matter because of the silent, subtle messages that television and movies send them. They are damaged early by violent, silent messages like, 'Your nose is ugly,' or 'your hair is bad.' We cannot ignore this torture of children of all races. Children no longer know what it means to be individuals. Teachers spit out formula to them and they drink it up and graduate. I want Sankofa to allow children to know where they came from, and to know that these media messages are not accurate. I want them to know that it is most important for them to give birth to their passions."

Florida continued

from page 1

One reason why Bush's plan has drawn support even from liberal quarters is that it defuses the threat presented by Ward Connerly's much more radical push for a ballot initiative against affirmative action, similar to California's Proposition 209. Polls have shown that most Floridians oppose affirmative action, so Connerly's efforts may have succeeded. However, Bush's preemptory "One Florida Initiative" may eliminate the push for more extreme measures such as the ballot initiative.

Got a news idea??

Give Brandon Buskey, News editor, a shout out at

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THE NUBIAN MESSAGE

The Afrikan American Voice of North Carolina State University

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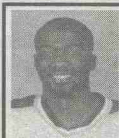
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With only the permission of our ancestors and our elders do we proudly print this and all editions of The Nubian Message. Always keeping in mind and spirit:

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

BLACK ICE



"hopefully I can make a difference"

Keesha Dover

Sports Editor

We featured Afrikan American soccer players, and we featured Afrikan American scuba divers. Now something more is one the rise - brothers on ice. Yes, Afrikan Americans are playing hockey and they have been for sometime. One player that stands out in the National Hockey League is 25 year old Anson Carter.

Growing up in Ontario, Canada, Carter has always played hockey. Also, he has always stood out as an excellent player. Before going pro, he left his home in Ontario to go and play at Michigan State University. He is currently a player on the Boston Bruins roster and leads the team in goals and points. He not only stands out because of his tremendous playing ability, but he also stands out as one of 19 black hockey players out of 650 in the NHL.

The first Afrikan American to ever play in the NHL was Willie O'Ree. He played his first game on January 18, 1958 with the Boston Bruins. He tells the story of how he was verbally abused on his road to and during the pros. He was only allowed to play two games with the Bruins that season, and was then sent down to the minor leagues. He returned to the NHL in 1961. This was his first and last full season, or season at all for that matter, in the National Hockey League. He went home after a very successful season and a talk with the coach who told him he was definitely coming back, only to get a call from someone who told him that he had been traded. He knew that he would never make this team. His dream was over.

O'Ree played for a while in the minor leagues after this incident. In fact, he didn't retire until he was over 40 years old. He had hoped, along his road, to what he thought was going to be success, that he would gain publicity not for himself, but for other NHL minority players of the future. The problem was, nobody thought of O'Ree's accomplishments worthy enough for publicity. However, much of a failure he thought of

himself at the time, he was none of it. O'Ree didn't break the ice for minorities in hockey like players did for other professional sports, but the fact that he is still remembered and honored today says enough. Even though O'Ree knew that he was as good as, and in some cases better than, some of the white players, he took half of the pay that they made, and all of the physical and verbal abuse just to help make a difference for the ones to

follow him. During his playing days, he left his mark as a player, just not to be discussed. Remarkably, he played his entire 20-year professional hockey career with one eye after losing sight in the other when a hockey puck hit him.

On January 17th, 1998, O'Ree was named director of youth hockey development for the NHL/USA. His goal is to reach out and get into these Afrikan American communities all over the country and establish some programs helping the kids with skills, and overall, making sure they are going in the right direction. "Hopefully, I can make a difference," O'Ree said, "and we'll see more minority players get into the NHL."

CIAA TOURNEY OUTLOOK

by Alexander Sterling Thomas

Staff Writer

Fayetteville State University

(Fayetteville, NC)

2nd in the Eastern division

4th in defense in the conference

next to last in turnover margin with -2.86

2nd in rebounding margin with 4.6

player to watch:

Rodney MORNING leads the CIAA

in blocked shots with 2.19 per game

Johnson C. Smith University

(Charlotte, NC)

3rd in the western division

12th in scoring in the conference

2nd in defense in the conference

last in turnover margin with -3.0

last in offensive rebounds per game

player to watch:

Lemans SHINGLER leads CIAA in

rebounding with 8.9 Per. game

Livingstone College

(Salisbury, NC)

6th in the western division

6th in scoring in the conference

12th in defense in the conference

last in scoring margin with -8.3

next to last in rebounding margin

with -1.9

last in assists per game

player to watch:

Willie ROUSE leads the CIAA in

steals with 3.48 per game

Saint Augustine's College

(Raleigh, NC)

5th in the western division

3rd in scoring in the conference

9th in defense in the conference

2nd in blocked shots and

rebounds per game, but last in free

throw percentage

player to watch:

Louis RICHARDSON leads the

CIAA in offensive rebounds with

4.18 per game

Saint Paul's College

(Lawrenceville, VA)

4th in the eastern division

10th in scoring in the conference

8th in defense in the conference

1st in free throw percentage, but

next to last in 3 pt fg

player to watch:

JayWayne CRUMPLER is 3rd in the

CIAA in rebounds with 8.4 per game.

Shaw University

(Raleigh, NC)

6th in the eastern division

7th in scoring in the conference

11th in defense in the conference

last in rebounding margin with -8.3

1st in 3 point fg defense

player to watch:

Lee GRANT leads the CIAA in

scoring with 20.2 points per game

Virginia State University

(Petersburg, VA)

3rd in the eastern division

11th in scoring in the conference

7th in defense in the conference

lack of offense really hurts them

last in steals

player to watch:

Lavar GRIFFIN is third in the CIAA

in scoring with 17.9 points per

game.

Virginia Union University

(Richmond, VA)

1st in the eastern division

5th in scoring in the conference

1st in defense in the conference

Fg percentage defense .377

1st in rebounds per game

players to watch:

Robert JOHNSON leads the

CIAA in assists with 6.00 per game,

to turnover ration with +2.0.

Christian ANDERSON leads the

CIAA in free throw percentage with

.889.

Sidney CATLETT leads the

CIAA in three point percentage with

.609.

EASTERN DIVISION

[DIVISION-] [CONFERENCE-]
[OVERALL-]

STANDINGS

W-L Pct W-L Pct W-L

Pct

Virginia Union..... 8-0 1.000

14-1 .933 21-2 .913

Elizabeth City State 6-2 .750

| | | |
|---------------------|-----------|------|
| 9-5 .643 | 18-6 .750 | |
| Virginia State..... | 3-5 | .375 |
| 5-8 .385 | 8-14 .364 | |
| St. Paul's..... | 3-5 | .375 |
| 3-10 .231 | 6-18 .250 | |
| Bowie State..... | 3-6 | .333 |
| 3-12 .200 | 4-20 .167 | |
| Shaw..... | 2-7 | .222 |
| 3-11 .214 | 7-17 .292 | |

WESTERN DIVISION

[DIVISION-] [CONFERENCE-]
[OVERALL-]

STANDINGS

W-L Pct W-L Pct W-L

Winston-Salem State 8-1 .889

13-2 .867 21-3 .875

N.C. Central..... 5-2 .714

9-3 .750 14-6 .700

Johnson C. Smith.... 4-3 .571

8-5 .615 12-11 .522

Fayetteville State.... 3-5 .375

6-6 .500 13-8 .619

St. Augustine's..... 2-5 .286

5-9 .357 8-14 .364

Livingstone..... 1-7 .125

4-10 .286 7-15 .318

Virginia Union has to be the favorite heading into this tournament. They are undefeated in their division and have some of the divisions best players. The best assist man and three point shooter are on Virginia Union's team. They will be a very hard team to beat if they keep playing the way that they have been playing all season. They have a great defense and like the saying goes offense wins games, but defense wins championships. My sleeper team in this tournament is Elizabeth City State. They have an explosive offense that has already had a 100+ scoring game this season. They are around the upper rankings in all of the main categories in the CIAA. If they bring their A game to the tournament they could easily walk away as champions.

CIAA SCHEDULE OF EVENTS

2000 CIAA 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.-4 p.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 2000 Party with Kappa Alpha Psi Fraternity, Raleigh Live (119 E. Hargett St.), 8 p.m.
\$12 in advance, \$15 at door, call (919) 932-7860 or (919) 380-0405 for tickets
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.



NCCU ATHLETICS

North Carolina Central may not be Thompson's pick to win it all. But be sure that the Eagles will bring some intensity to Raleigh for the tournament

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February 24, 2000

CULTURE

The father of Black History month

By Michelle Reed
Culture Editor

The month of March celebrates St. Patrick's Day, which has a total of 31 days. July celebrates the Fourth of July and October celebrates Halloween, and both of these months have 31 days. And then we come to the month of February. Yes, February celebrates Valentine's Day, BUT for the WHOLE month of February, Black History Month is celebrated. So, why is it that one-day holidays, such as St. Patrick's Day and Halloween get a whole month, whereas Black History Month, which is celebrated the ENTIRE month, gets the shortest month out of the 12 months? Even counting leap years, February is still the shortest. It is often heard, "Why we get the shortest month of the year?" However, there is a lot of rich history behind the reason as to why Black History Month, which recognizes the conquests and achievements of Afrikan-Americans, is celebrated in February.

The establishment of "Black History Week," later to become Black History Month, can be credited to Dr. Carter G. Woodson. On December 19, 1875, Carter Godwin Woodson was born in New Canton, Virginia to former slaves, James Henry and Anna Eliza Woodson. He was one of nine children. The Woodson family was very poor, and as a young child, instead of going to school Carter and his brothers worked in the coalmines. Despite living in absolute poverty, Carter's family had a strong religious background.

At the age of 20, Carter and his family moved to West Virginia and he enrolled in Frederick Douglass High School, completing four years of work in two. In 1897, he enrolled at Berea College in Kentucky. The school that was established by an abolitionist was completely interracial; however, by the time Carter enrolled, the interracial status of the school was gradually fading. Carter graduated in 1903, the year after the Kentucky state legislature passed the "Day Law," stopping integration at Berea. He returned to Douglass High in 1900 to teach, and then he became the principal. Taking courses

by mail and attending summer classes at the University of Chicago, Carter earned his bachelor's degree in 1907 and a master's degree in European history in 1908. Carter supervised schools in the Philippines from 1903 to 1906. Traveling throughout the world, he studied in Asia, North Africa, and Europe, including the University of Paris. He returned to the United States in 1909.

Carter taught History, English, Spanish, and French at Dunbar High School in Washington, D.C. from 1909 to 1918. While teaching he was able to get his first book published, *The Education of the Negro Prior to 1861*. He also started the *Journal of Negro History* that he edited for nearly 40 years, and established the Association for the Study of Negro Life and History, which focused on the research and promotion of black history. In 1912 while teaching in the Washington public schools, Carter earned his Ph.D. in History, becoming the first Afrikan-American of slave parents to receive a Ph.D. in history.

Dr. Woodson published the first issue of the *Journal of Negro History* four months after he started the Association for the Study of Negro Life and History. He did not have the financial funds to go to his first choice as publisher, and had to go to a white publishing company. Working hard for the next several years, he sought funds from wealthy whites as well as blacks. Dr. Woodson was appointed to teach at Howard University, and before he began teaching, black history courses were not taught at Howard. He developed the history department's first graduate program. Because Dr. Woodson was demanding and bowed to no compromises, there were differences between him and the university president. When offered a position of dean at West Virginia Collegiate Institute, Dr. Woodson was not hesitant to leave Howard.

While at West Virginia Collegiate Institute, he continued to work on black history, and continued to write and edit the journal. He organized the Associated Publishers, one of the most famous black publishing companies, in June 1921. Dr. Carter

went back to fund raising, and once again found it a difficult task. The money he earned, he put into the publication, but managed to get grant money from the Carnegie Foundation, and finally began to give himself a salary. The Laura Spelman Rockefeller Memorial Fund awarded him with \$25,000 in 1922. He had a busy schedule working on research projects, and continuing the journal and the grant allowed him to leave West Virginia to work full time on his research.

Doing many years of research, Dr. Woodson was angry at the racist work done by many white historians. The contributions of Afrikan-Americans were never talked or wrote about, and if so, a glance was only taken. With the help of his research assistant, A.A. Taylor, he published *The Negro in Our History* in 1922, selling out within the year. The book became a favorite textbook in high schools and colleges. The following edition the next year sold just as fast as the first. Emphasizing the importance of black history to the United States, Dr. Woodson sent out pamphlets and brochures to schools, journals, and black newspapers in 1925. His suggestion was that a Negro History Week should be celebrated. He was wishing that the week would instill some pride, and produce more funds for the Association. He was also hoping that the Harlem Renaissance would help in the attempt.

Dr. Woodson was an honorary member of Omega Phi, one of the oldest Afrikan-American fraternities. On February 12th of each year the Omegas celebrated Afrikan-American achievements, and this day was chosen because of Frederick Douglass and Abraham Lincoln birthdays. In 1926, the Omegas allowed the Association to sponsor a whole week. The celebration was a big success, and in June of the same year, because of his achievements Dr. Woodson was awarded the Springarn Medal from the NAACP.

He published an important product of Afrikan-American history, *Table of 152 Important Events and Dates in Negro History*, in 1928. The next couple of decades were spent lecturing, and in 1937, Dr. Woodson



founded the Negro History Bulletin. The week continued to be a success, and Dr. Woodson always gave credit to the teachers for helping to make the week successful. The fruition of the week led to clubs and courses offered to study on Afrikan-American history. In the 1940's, "Black History Week kits" were being sold and they included photos and posters.

Unfortunately, Dr. Woodson did not live long enough to see the week he created to celebrate black history, become a month in 1976. Because he traveled so much, he never married. At his home in Washington, D.C. on April 3, 1950, Dr. Woodson died of a heart attack. Had it not been for one of his professors at Harvard who claimed that the "Negro had no history" and presented Dr. Woodson with the challenge to research and prove the opposite, Dr. Woodson may not have had the burning desire to hear and read about Afrikan-Americans in history. He could have just accepted the way things were. But he didn't just accept things the way they were, and took on the challenge presented by his professor, and he won. He wanted everyone to know the accom-

plishments of his people, up-close and personal.

The month of February has a lot of historical significance to black history. On February 23, 1968, W.E.B. DuBois, a civil rights leader and co-founder of the National Association for the Advancement of Colored People (NAACP), was born. The 15th Amendment was passed on February 3, 1870, which granted blacks the right to vote. Hiram R. Revels, the first black U.S. Senator, took his oath of office on February 25, 1870. The NAACP was founded on February 12, 1909. A group of black Greensboro, N.C. college students began a sit-in at a segregated Woolworth's lunch counter on February 1, 1960. On February 21, 1965, Malcolm X was shot to death while giving a speech. February may be the shortest month, but it is a month full of rich history and history about Afrikan-Americans to be celebrated. Don't look at the days of the month of February in quantity, look at the days of the month of February in quality.

Have a culture shock!!
Write for Nubian culture.
Contact Michelle Reed
at 515-1468

Four Reasons for Using "K" in Afrika

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

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

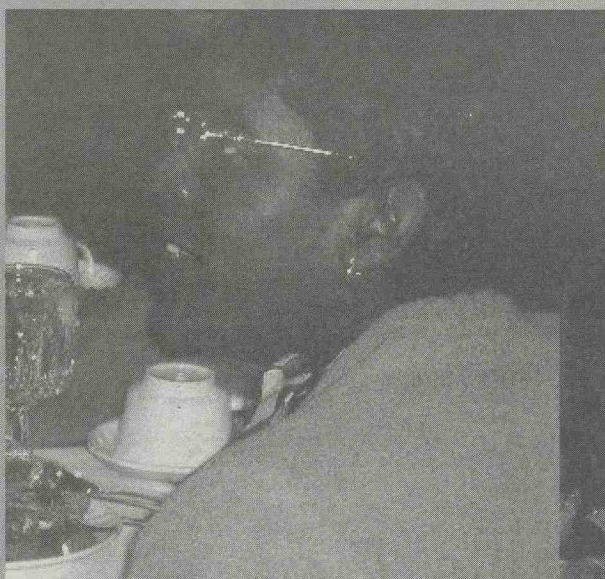
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February 24, 2000

HEALTH

BAD WAY TO LOSE WEIGHT?

by **Melodee N. Wallace**
Staff Writer

Even though it is believed that Afrikan Americans have a more positive image of their bodies, it is estimated that at any given time one in three people are dieting. This means there is a significant portion of us on this campus who are either dieting or getting ready to diet. Nothing is wrong with losing weight, and when done properly, losing weight benefits our health. Losing weight can cut down on the risk of heart disease, diabetes, feelings of fatigue, stress, and other ailments. Yet, when done improperly, such as through the use of fad diets; losing weight can be deadly.

Most often, it is the people who are desperate to lose weight who follow fad diets. Fad diets do very little to promote proper nutrition, and usually result in increased unbalanced and unhealthy eating habits with side effects included. The most common side effects of fad dieting include: lethargy, irritability, muscle

cramp, increased appetite, and dizziness. Due to the lack of vitamins and minerals, other diseases can result; especially diseases that are related to the kidneys. Typically, fad diets work by taking pills or eating certain foods that lead to increased urination. This only removes water weight, causing a depletion of important vitamins and minerals, and can lead to dehydration. For every two cups of water you lose on a fad diet, it appears that you have lost a pound of weight. However, this weight is quickly regained since people tend to snack more after following such a strict regiment. According to Dr. Thomas Wadden, director of The Weight and Eating Disorders Program at the University of Pennsylvania School of Medicine, "When you starve your body of calories, your metabolism may slow down to conserve energy;" this only makes it harder to lose weight in the future.

At the present time there are six popular fad diets in the United States. Below is a brief explanation of each:

1. High Protein Diets - Originated in the 1970s and was geared towards serious athletes

and body builders. It was based on the theory that too many carbohydrates prevent the body from burning fat. In the beginning weight loss occurs very rapidly, but it is all water weight. This diet is high in saturated fat and cholesterol, which can lead to heart disease. It also causes the body to break down fatty acids for energy, which cause

the release of ketones in the bloodstream; this puts too much pressure on the kidneys and leads to headaches, nausea, bad breath, fatigue, and dizziness.

2. Liquid Diets - Started around the 1930s and typically nutritionally sound. This diet

was used on the assumption that only one 600 calorie meal will be eaten and three 200

calorie shakes will be drunk to only have a total of 1200 calories daily. The

problem with this diet is that once you quit, the pounds come back

quickly since it was only water that was lost.

3. The Grapefruit Diet - Known as the Hollywood Diet of the 1930s. It is believed that grapefruits contain a special fat burning enzyme. You only have to diet for three

weeks due to the significant amount of weight lost. However, the loss is due to the severeness of the calorie intake shortage and the diet itself is too restrictive to be healthy.

4. Juice/Broth Diets - This diet is typically found at spas and consists of drinking only

fruit juice, tea, clear broths, and water. It can lead to dizziness and fatigue if done for

12 to 24 hours. Generally, this diet is safe if done only once a month. However, it

can cause your metabolism to lower, thus making significant weight loss harder.

5. Food Combining Diets - Originated in the 1930s, and became

popular again in 1981.

It is believed that certain combinations of foods prevent you from gaining weights.

Examples include: not eating proteins and carbohydrates together or only drinking

fruit juice and eating fruit before noon. This diet is done for six weeks. Dieting in

this fashion leads to breakdown of muscles and vital organ tissues, and diarrhea after ten days.

6. Cabbage Soup Diet - One of today's hottest fad diets. It consists of eating soup, which

triggers water weight loss. It causes gas, nausea, and light headaches. This diet is only done for a week.

These diets eliminate a significant amount of nutrients necessary for proper body function. It is recommended that if you must diet, drink eight glasses of water a day and take a supplement that provides 100% of the daily recommended allowances.



www.surgeongeneral.gov

Visit the webpage of the office of
African American Surgeon General

David Satcher at <http://www.surgeongeneral.gov>

Saatcher is only the second African American to hold this post and in his short tenure as Surgeon General He has already made enormous strides in regards to not only the health of the African American community but the American community

!!!! 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 !!!!

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Talley Student Center Copy Center (opening in October)



OPINIONS

No article this week

Dear readers,

Sorry, you guys, I didn't get a chance to write an article this week. I didn't mean to disappoint my faithful readers, but because of pressing conflicts, I couldn't crack a column.

I am, however, really sorry. But hey, look at the bright side of things, I saved you the energy that it takes to read my column, so you should be grateful for having to shut off your lamps a little bit early and saving money.

Of course, I could have composed a song or even cracked some corny jokes and told long, boring stories so that you would have more than this to read. I could have. But instead, I chose to fill this space with useless rambling and babbling about nothing.

Did you notice that the sky was blue today? Of course, I didn't, because I was too busy, therefore I wasn't able to write my article, so if you would please excuse me for my excuses and excuse my excuses, I will be most grateful.

sincerely,
Lakesha Parker

Editor's Note:

I did all of this for a reason. For those of you who may be still confused about what you just read, don't be. I wrote a bunch of hosh wash to show you how easy it is for people to come up with excuses for not doing anything or a particular something.

In our society, it is almost as if people grapple for excuses of not doing things, but yet, we find it so easy to come up with excuses than to simply do the job. This is why a lot of people come up with excuses, of course. If it was hard to come up with one, then there would not be as many excuse-makers.

Now, don't get me wrong, we all come up with excuses and we all have them in some way, shape or form. We even have a name for a special type of excuse—valid reasons.

And then we call the other type of excuse BS.

In this day and time, what most of us have forgotten is that people are looking for reliable people. When we enter the business world, we are going to have to deliver on something, whether it be a product, or a

promise or a written contract. All of us probably have laughed at the commercial where the man goes in for counseling (I think) and keeps saying 'reliable, really reliable, and reliable'. It is imperative that we learn that being reliable is an important trait. We have buckled under the demands of so many things in this society. We feel that we must be 'moved' to do a particular thing; we turn down other positions because we don't 'feel' like doing the job.

I think our main problem is laziness. For some reason, we have to have someone pushing us or sticking their foot up our a** before they can get some cooperation. Whatever happened to being self-motivated and deciding to get involved yourself? Waiting for instructions is a must in some cases, but a lot of times, people miss out on grand opportunities because they either 1) make excuses, or 2) wait for instructions.

I am rather glad that they are not cliff notes or how to booklets for everything. Because if we had those, then we would see a bunch of moldy folks with no creativity, drive, or determination to do research or to act on their own.

I don't know about any of you, but I don't need to be babysitted. (I do, however, need occasional financial assistance when it comes to paying these bills of mine. :)

What all of this rambling equals to is the simple fact that we should all grow up a little bit more and learn to admit when we have made mistakes or when we are not able to do something. Instead of making excuses, we should say, "Hey, I messed up. Please forgive me." That's all we need to say. No excuses are necessary unless the other person demands a reason.

I think a whole lot of yin-yang could be saved if people would stop griping and would just get the job done. Very seldom do people say, "I'll volunteer to do this. I'll volunteer to do that." Instead, what you hear is, "I'm not going to do this. I don't want to do that." To be honest, a mature individual realizes that sometimes he or she will have to bite their tongue and do things that they don't want to do in order to make it in this life. Sometimes, it is necessary to get people out of their comfort zones to do new things. What is the worst thing that could

happen? You could really hate the experience. What's the best thing that could happen? You could find out that you are really good at this, or that you really enjoy doing that. What do you really have to lose? Except for following a routine? So the next time you decide to open your mouth and criticize something, just think. Were you presented with an opportunity to do something about this particular thing? And what did you decide to do about this?

If you make a habit of thinking about this, then you will find that a lot of times, things might have been different if you would have just done the job yourself. You might even keep your mouth shut more often. Save the world—keep your bad breath to yourself and save your saliva.

Remember: There is absolutely no excuse for an excuse!

By Antwannette Daniet

Staff writer

This week's article will focus on one of the lighter sides of life, also considered an intellectual whelm of sorts: debating, philosophizing (hey this is one the admired activities associated with higher learning and education and intellectualism too). Therefore below is a compilation of ideas, theories, and questions, that I have noticed throughout my numerous wise years in this institution of higher learning (in particular). Note: most are just questions that begin with one of those famous W's (who, what, when, where, and why).

-Why do many students procrastinate and then feel the need to jump from a 7th story building once the realization of a project worth 50% of their grade is due in less than 24hrs, but yet they received the syllabus stating this 10 weeks ago, on the first day of class?

-Why is procrastination so expectable?

-Why do many people feel the need to observe and adhere to CP time (especially when you are around mainstream Americans), even when the function does not consist mainly of people who observe and adhere to CP time?

-Why do most pedestrians refuse to look both ways before crossing Hillsborough or Western? Both roadways are notoriously known for pedestrian casualties? Do most of you really think you are going to get paid?

-Is common sense necessary for the survival of the human race?

-Do most people have common sense? Well why do they fail to use it 99% of the time?

-To bad ethics and humanitarianism states that even though many around the world, mainly in the USA lack common sense, we cannot allow Darwinism to eliminate their waste of air, and the rest of our time!!!

-Are most students here for an education? Well why do they come up with every excuse not to carpe diem (did not enough people suffer and die for us to get to this point and have these opportunities in particular? Therefore if we do not appreciate and take advantage of the pathways they made for us, isn't it like their lives and legacies are in vain? I feel the same way about voting.... I am a registered active voter, are you)?

-Why ask why?

-What's the point in Pokemon mania? Can someone tell me?

-Why do many of us after the 'breakup with our lovers fall into pits of depression, and fall to the floor in the fetal position and rock backwards and forward to keep ourselves sane, at the mere mention of his or her name?

-Why is our state education getting more expensive every semester? Has the quality of our education gotten better?

-Why do you care? Do you care?

-Why don't you like me? (not, like I care, but I just thought I would throw that one in for non-conformity).

-Why are airplanes blackboxes named that? These boxes are actually orange?

-Why do we think the sky is blue (isn't more of a ozone thing, like the ozone gives us a blue reflection... Sorry I guess I should have done my research on this first. Shame on me)?

-Why do we think our hearts are shaped like the celebrated heart symbol (used for Valentine's Day)?

-Why are you still reading this article?

-Why do we eat so much fat food, since we all know it is 99% bad for our health (were we all not taught, that just because it taste good, does not mean that it is good for you... weren't we)?

-Why do people agree and teach their kids that doing the "right thing" and living the right way is best and preferable, but then choose to do whatever is easiest?

-Why do people marry for love (since more than half of all marriages end in

divorce anyway)?

-Why can't we all just get along?

-Why does that slow bastard pull out in front of me in an intersection going 15 mph every damn time, when I was merely burning the road up at 65mpg, causing me to break my speed (are you that type of individual? Why or why not)?

-Why are you still reading this article?

-Why does English only have one verb to be, and Spanish and French and Italian have at least two?

-Where were you 31 December 1999 (in your bomb shed, or celebrating)?

-Why do you think 1 January 2000 was in the beginning of a new millennium and not 1 January 2001?

-Why ask more of others in respects to ethical treatment and tolerance and or expectancy of others?

-Do you treat others the way you like being treated?

-Why are you here?

-Why not ask why?

!XFW



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