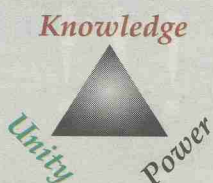


The NUBIAN MESSAGE

April 13, 2000
Volume 7, Edition 19



What's Goin' On?

SNCC Anniversary

There will be a conference on the campus of Shaw University from April 13 - April 16. The conference will be to celebrate the life of Ms. Ella J. Baker and the founding of the Student Non-violent Coordinating Committee. For more information see the following web site. <http://www2.ncsu.edu/chass/mds/ellahome.html>

Freedom Fest

Freedom Fest 2000 will be beginning its activities from April 24-April 30 this year. The events will begin on Monday, April 24, with the International Fashion Show in the Afrikan American Cultural Complex, on 119 Sunnybrook Rd. from 7:00pm to 9:00pm.

Throughout the rest of the week, events will continue ranging from a Jazz and Poetry Mixer, to a Reggae After Party everyone is encouraged to come out and have a good time. For more information, call (919) 516-4000 or (919) 308-3578.

Peer Mentor Awards Banquet

For all new and current peer mentors, The Peer Mentor Awards Banquet will be taking place on April 18, 2000. Those interested in attending need to RSVP by turning in your intent forms, or by calling 2010 Harris Hall @ 515-3125. You must RSVP by April 14.

Nubian Message hiring writers

The Nubian Message is currently looking for writers in all areas of the paper, for the 2000-2001 school year. Applicants need to be hard-working, and dedicated to improving the quality of the paper. Anyone interested should call the Nubian @ 515-1468.

The Afrikan American Voice of North Carolina State University

Banquet recognizes Afrikan American students' achievements

By **Tonya Johnson**
Co-News Editor

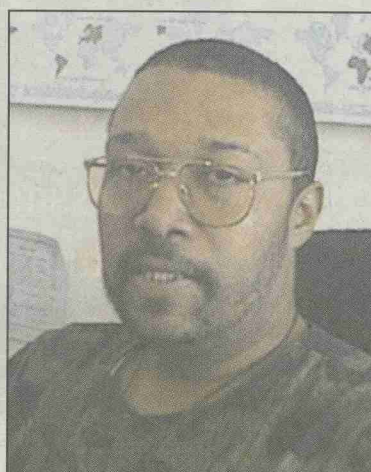
The Association for the Concerns of Afrikan-American Graduate Students (ACAAGS) sponsored the 18th Annual Awards Banquet recognizing the academic achievements of graduate and undergraduate students. Students, faculty, and staff from all of the colleges attended the event, which was held last Thursday.

"This event is a wonderful occasion to celebrate the academic accomplishments of our Afrikan-American students. We want to promote these programs to Afrikan-American students to let them know how much we appreciate their hard work. Encouragement goes a long way," said Dr. Monica Leach, the academic director for diversity affairs in the College of Humanities and Social Sciences.

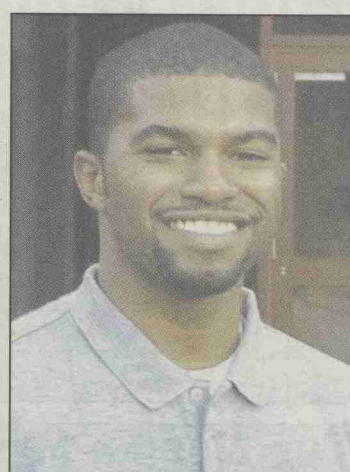
Students must have at least a 3.0 GPA and passed at least 30 credit hours to be recognized.

Leona Harris, a doctoral student in applied mathematics and the president of ACAAGS, was excited to see the number of students who attended. "This banquet recognizes your achievements and hard work," she said to the students.

Tina Gillespie, a junior in criminal justice, agreed, and added, "The awards ceremony gives students the encouragement to keep striving for academic excellence here at N.C. State. The curriculum at the university presents great challenges. It's nice to know that there is a community



Dr. Craig Brookins, director of the Africana Studies program, and Harold Pettigrew, Student Body President-elect, received special recognition during the awards banquet.



www.ncsu.edu/file

that serves as a support network to students while recognizing their achievements."

Chancellor Mary Anne Fox spoke to the students, emphasizing that she was proud of them as well and said that the banquet was "one of her favorite events to attend."

The highlight of the banquet was the speaker, Mary Abrams Akinkuotu. Akinkuotu is the assistant district director for the U.S. Department of Labor, Office of Federal Contract Compliance Programs in Raleigh, NC. She received her BA in business from Allen University in Co-

lumbia, SC and is currently working on her masters in Art at Trinity College & Theological Seminary in Newburgh, IN.

Akinkuotu is known for her presentations of workshops, seminars, and counseling to diverse audiences. For her dedication, she has received over 50 awards including being nominated for the Distinguished Woman of North Carolina award.

During the banquet, Akinkuotu told Afrikan-American students to "keep the legacy of Mary Cloud Bethune, Marcus Garvey and Nelson Mandela alive."

She stressed that students must be able to succeed in the real world after graduation and offered some tips. Akinkuotu said that Afrikan Americans must learn to invest and to do so wisely. She also mentioned that since 20 percent of employers do their recruitment on-line, Afrikan Americans need to search the World Wide Web for jobs and post their resumes on the Internet.

see ACAAGS, page 2

MANRRS: Making Today's Dreamers Tomorrow's Leaders

By **Lakesha Parker**
Staff Writer

On March 30th through April 1, the University of Kentucky and Kentucky State University co-hosted the Fifteenth Annual Career Fair and Training Conference at the Hyatt Regency Hotel in Lexington, Kentucky. Their main objective and focus was to make 'today's dreamers tomorrow's leaders'.

NCSU students and especially minority students concentrating in the agricultural, natural resources and other related science curriculum (MANRRS) were encouraged to attend. Six students from the College of Agriculture and Life Sciences along with two from the School of Forestry attended the conference.

Dr. Leon Boyd, NCSU Associate Professor in the Department of Food Science,

CALS, represented our school by being a judge for the Undergraduate Oral Research contest. In addition to the undergraduate research competition, there were many other opportunities for students to compete that included essay writing, poster presentation, graduate research competition, and MANRRS chapter of-the-year. Some students received grants and scholarships, participated in the oratorical contest, and were handed other awards. National sponsors of the event were also presented with plaques at the awards banquet on Saturday night.

Several colleges were named from North Carolina, but only N.C. State and N.C.

A & T State University had representatives present.

Events were coordinated and planned so that there would be something occurring at almost every hour. Three guest speakers established in their field presented information pertaining to their company during the dinners. They were: Franklin D. Jackson of Alcorn State University, Michael Dunn, undersecretary of agriculture for marketing and regulatory programs, and A. Charles Fischer, president and CEO of Dow Agrosciences.

A career fair was held all three days of the conference. Students who handed out their resumes sometimes were able to land same-day interviews or learn more about potential employers. Representatives from Anheuser-Busch Companies, Inc.,

Dow Agrosciences, Dupont, the U.S. Environmental Protection Agency and the USDA Farm Service Agency, et. al., were present.

On Saturday, various workshops were held to gear the students for the workplace and also offer them tips. Workshops on interviewing skills, making your dreams come true, and multiculturalism. All of these served to prepare the minds of students and to provoke thought amongst the employed-to-be.

Dr. Jerry Bettis, a NCSU Assistant Professor in the Forestry Department was also in attendance.

Next year's conference will be co-sponsored by Purdue University and the University of Illinois at Urbana and will be held in the nation's capital, Washington, D.C. on the same dates.

This weekend marks the 40th anniversary of SNCC. Find out what SNCC is on page 4.

ACAAGAS

from page 1

Another important part of Akinkuotu's speech was that successful Afrikan Americans needed to give back to their communities.

"A life long commitment must be made to your community. Pledge to give back to your community. Be productive and become an informed citizen. Use a portion of your wealth to advance your community one block at a time. You must feed the hungry. You must clothe the naked. Go help others. You are empowered to do that," she said.

As Afrikan Americans, Akinkuotu also mentioned that there should be more unity in the race. "Don't look down at any sister or brother who isn't able to dress or speak as well as yourself."

Akinkuotu acknowledged that Afrikan Americans will probably face discrimination, but she offered words of wisdom to the audience. "When and if you do face discrimination, don't stop there. Reflect on your inner strength," she noted.

And for those who think that Afrikan Americans will only get a job because of the color of their skin, Akinkuotu dismisses that rumor. "You are going to be given a job not because of the color of your skin, but because you're qualified."

Production Assistant Needed!!

Experience in Quark and Adobe Photoshop are requested but not required. Inquires can sent to dr_dock@hotmail.com

THE NUBIAN MESSAGE

The Afrikan American Voice of North Carolina State University

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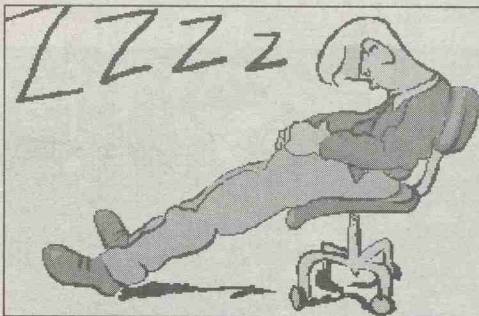
To place an ad with the Nubian Message, give C.J., Business Manager, a call at 513-3903



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.

HEALTH



Narcolepsy: Power Napping or Poor Sleeping?

By Melodee N. Wallace
Health Editor

Do you feel like you could sleep for days and still wake up sleepy? Perhaps, you just feel overwhelmingly sleepy and fatigued. Do you ever collapse or feel weak when laughing, angry, or embarrassed? Do some of your relatives have the "sleeping sickness?"

Typically, if you are just falling asleep constantly or always feeling tired, you do not consider yourself as having a sleeping disorder. It is extremely common on a college campus to overlook the signs of a sleeping disorder, since we are so used to seeing people fall asleep or sleep through class. However, if you or someone you

know can relate to these questions, they may have Narcolepsy.

Narcolepsy is the second leading cause of daytime sleepiness in America. Narcolepsy affects about one person out of a thousand in the United States, and is almost found in the same percentage as multiple sclerosis. It typically manifests in a person during their late teens or twenties, and generally is a genetic disease.

The sleeping disorder is caused by a problem with the communications of the neurotransmitters of nerve cells in the brain. This, in turn, allows for deep sleep to occur almost immediately, commonly called sleep paralysis. These sleep attacks can last anywhere from 30 seconds to 30 minutes.

Common symptoms of Narcolepsy are cata-

plexy, which is a loss of skeletal muscle control without loss of consciousness; vivid dreaming; daytime sleepiness but sleeping poorly at night; and the constantly taking short naps.

Narcolepsy may not seem like a big deal, but it affects almost every aspect of life. A person can experience cataplexy simply by laughing, becoming angry, embarrassed, exercising, or having sex. It can decrease your quality of work, leisure activities, interpersonal relationships, and greatly increases the risk of accidents. Please consult a physician for proper assistance when finding solutions for dealing with this disease.

**HEALTH
WRITERS
NEEDED!!**

contact Adedayo
Banwo at 512-
2871 for more
information.

Alcohol: Knowing When to Say When

By Melodee N. Wallace
Health Editor

When do you cross the line of being a social drinker, to becoming problematic, to just being an alcoholic? Typically, you do not become an alcoholic until you have a physical and psychological dependence on alcohol. However, when consuming large amounts of alcohol, concentration and judgment can be impaired, intoxication, as well as alcohol poisoning can occur, which are side effects generally experienced by alcoholics.

Five out of six college students consume alcohol regularly. Even more, over 65% of adults drink, but 95% of alcoholics die from diseases triggered by alcoholism. It is estimated that 40% of alcoholism is caused by genetic factors - this means that if twins are separated at birth and one grows up to be an alcoholic, there is a 40% chance the other will be one as well.

Alcohol affects the central nervous system as a depressant, but has an effect on numerous body systems. It can destroy the lining of the stomach resulting in nausea and vomiting,

decrease the absorption of vitamins in the intestines, cause various liver diseases, and cause sexual dysfunction. Withdrawal from alcohol also causes many symptoms and should be done under the care of a physician. The most common symptoms include: tremors, restlessness, insomnia, loss of appetite, nausea, vomiting, hallucinations, sweating, and convulsions. Generally, it takes four to seven days for the body to be detoxified of alcohol, while a doctor usually prescribes sedatives to decrease chances of the symptoms mentioned above.

Only 15% of people who have problems resulting from alcohol get help. If you or someone you know suffers from alcoholism in any form, please get help. Studies show that you have a 90% chance of staying sober if you take responsibility and get help, go to Alcoholics Anonymous meetings, get treated by a physician, and seek some form of after-care.

The following are general guidelines to help determine an individual's relationship to alcohol:

Social Drinker

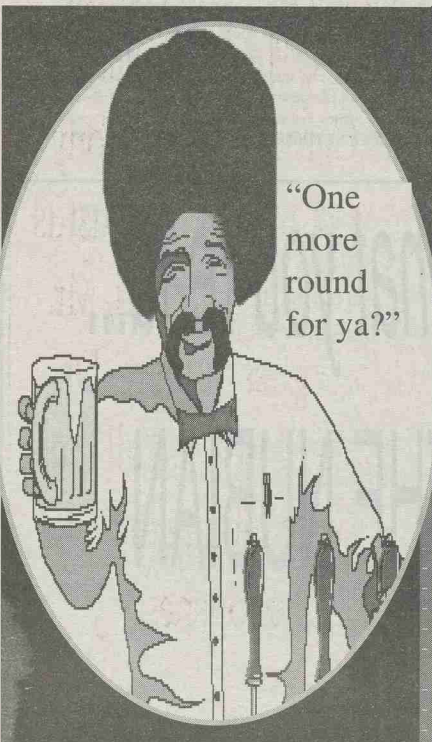
- drinks slowly
- knows when to stop drinking
- eats before or while drinking
- never drives immediately after drinking
- respects non-drinkers
- knows and obeys laws related to drinking

Problem Drinker

- drinks to get drunk
- tries to solve or forget problems by drinking
- experiences personality changes due to drinking
- drinks at inappropriate times (i.e. at work, right before class)
- causes problems for others while drinking

An Alcoholic

- spends majority of time thinking and planning about when and where to get next drink
- keeps alcohol hidden but close by
- does not know how much alcohol they have consumed at any given time
- denies drinking
- drinks alone
- pressures others to drink and if they refuse to drink, orders or fixes them drinks, but drinks them his/herself
- needs to drink before facing stressful situations
- may have blackouts or memory lapses
- causes major problems with family members, police, friends, and co-workers



CULTURE

Weekend conference remembers SNCC and Ella Barker

By Michelle Reed
Culture Editor

This week Shaw University, in cooperation with North Carolina State University, will hold a conference to celebrate the 40th Anniversary of the founding of SNCC, and to respect, honor, and remember its founder, Ella J. Baker.

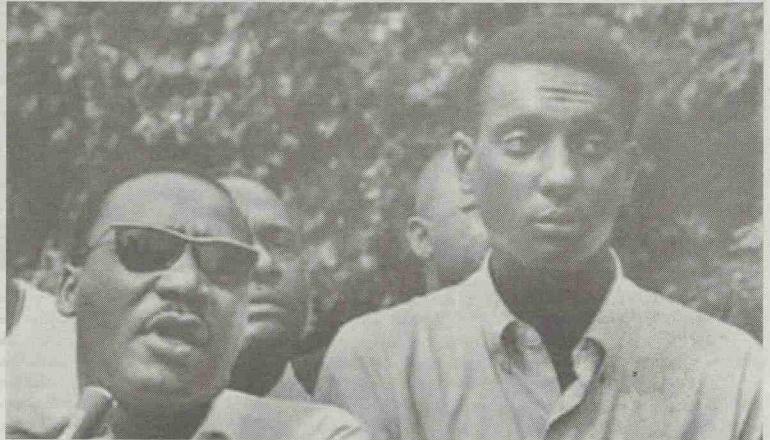
The movement started here 40 years ago in the state of North Carolina, on February 1, 1960, when four black male students from North Carolina A&T University sat at a segregated "whites only" Woolworth's lunch counter in Greensboro where they had been denied service.

This event ignited many other sit-ins in college towns across the South. Sit-ins occurred over the next week in Winston-Salem, Durham, Raleigh, Charlotte, Fayetteville, High Point, Elizabeth City, and Concord. Hampton, Virginia became the first city outside of North Carolina to hold a sit-in on February 10, 1960, and by the end of February thirty communities in seven states had sit-ins. Sit-ins had reached every southern state by the end of April and rallied as many as 50,000 students.

Minimizing physical assaults, the protesters possessed strict discipline. But violent outbreaks did occur when protests involved high school students. The first event of physical violence took place on February 16, 1960 when hundreds of black and white high school students fought

each other after a sit-in. Black leaders were now put in the spotlight and their leadership skills for the sit-ins had to be amplified. Ella J. Baker, co-founder of the Southern Christian Leadership Conference (SCLC) and an advocate of community based civil rights in the South, wanted to bring together sit-in protesters for a conference. They would discuss ways and methods for effective action to fight all forms of segregation and good strategies for their efforts. So, a conference was held in Raleigh, North Carolina at Shaw University on April 16, 1960, and the students announced the beginning of the Student Nonviolent Coordinating Committee (SNCC).

The founder of SNCC, Ella J. Baker, was born on December 13, 1903 in Norfolk, Virginia. She attended Shaw University and challenged policies of the school she thought were unfair. After graduating in 1927 as class valedictorian, she moved to New York City where she began joining social activist organizations. She joined the Young Negroes Cooperative League in 1930, and several women's organizations. Baker began her involvement with the NAACP in 1940, working as a field secretary and then serving as director of branches from 1943 until 1946 when she stepped down from the NAACP staff. Remaining an active volunteer, she led the New York NAACP branch's fight to desegregate New York City public schools. She moved to Atlanta in 1957 to organize Martin Luther



Famous members of the Student Nonviolent Coordinating Committee

King's new organization, the Southern Christian Leadership Conference. Baker also ran a voter registration campaign called the Crusade for Citizenship.

After the Greensboro sit-ins, she left the SCLC to dedicate her time to the SNCC. The students widely respected her and they referred to her as "Miss Baker." She died on December 13, 1986 in New York City.

What "Miss Baker" created has a deep impact on African-American history. The SNCC involved themselves in numerous events. Members of the SNCC joined with activists from the Congress of Racial Equality (CORE) in the 1961 Freedom Rides, following the 1960 sit-in movement. They rode buses through the deep South where discrimination and segregation was most rampant. Thirteen people, seven black and six white people, left Washington, D.C. for New Orleans on two buses, a Trailway and a Greyhound bus to challenge segregated facilities, such as restroom, restaurants, etc. No incident of violence occurred through

Virginia and North Carolina. However, in Anniston, Alabama one bus was set on fire by a white mob, and some riders were beaten. Freedom Rides continued throughout the spring of 1961, and the U.S. Justice Department eventually sent out federal marshals to protect the riders.

SNCC turned to increasing black voter registration in 1961, throughout the heavily black, rural counties of Mississippi, Alabama, and Georgia. In an effort to focus national attention on the racism in Mississippi, SNCC helped create Freedom Summer in 1964. The goal of this project was to register black voters. Six hundred young people, majority of them being white college students, journeyed to the South to help accomplish this goal. In an effort to educate and empower black citizens, the SNCC organizers recruited teachers, clergy, artists, and lawyers to staff freedom schools and community centers.

Sadly, in June of that year, three civil rights activists who participated in the project - two whites and one black - were murdered by members

of the Ku Klux Klan near Philadelphia, Mississippi.

SNCC helped create the Mississippi Freedom Democratic Party (MFDP), which provided an alternative to the official white controlled state Democratic Party.

Voter registration efforts in and around Selma, Alabama were organized by SNCC throughout 1964 and 1965. Protesters were met with violence in Selma in the spring of 1965, and as a result, SNCC and SCLC lead a march to the state capitol of Montgomery.

The effectiveness of the march created support for the Voting Rights Act of 1965, which President Lyndon B. Johnson signed into law in August. This act suspended (later banned) the use of the literacy or other voter qualification tests that sometimes were used to keep blacks from voting.

Forty years ago SNCC was created. This week marks the 40th Anniversary of SNCC, and the accomplishments and achievements that hold for the present year of 2000.

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 Afrikaanders. 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 Afrikaners 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 Afrikaans (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.

You are what you read...

READ THE NUBIAN

Calendar of Community Events



photo by Danny Lynn

Miss Ella J. Baker
and the birth of the
Student Nonviolent
Coordinating Committee
April 15, 1960
Conference

<http://www2.ncsu.edu/ncsu/chass/mds/ellahome.html>

Sunday, April 9

1-4 p.m.

Let Us March On: Raleigh's Journey Toward Civil Rights

Exhibit Opening

Location: Raleigh City Museum

Monday, April 10

7 p.m.

The Beginnings of the Movement in Raleigh and in North Carolina

Panel

Estey Hall, Shaw University

Tuesday, April 11

12-1 p.m.

The Joe Holt Story
Raleigh City Museum

7 p.m.

The Founding of SNCC and its Connection to North Carolina
Panel

African American Cultural Center, NCSU

Wednesday, April 12

12-1 p.m.

Meeting with Former Student Activists
Raleigh City Museum

7 p.m.

Tribute to North Carolina Women in the Movement
Panel

African American Cultural Center, NCSU

Thursday, April 13

11:30 a.m.-2 p.m.

Peace Lunch Forum (Brown Bag)

Talley Student Center — Walnut Room, NCSU

7 p.m.

Film: "Fund" - Panel: Miss Ella J. Baker: Developing Grassroots Leadership
Shaw University, Estey Hall

Saturday, April 15

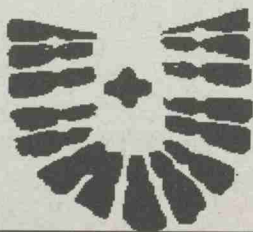
8 p.m.

Cultural Evening
St. Paul AME Church

Community events funded in part by a grant from
the North Carolina Humanities Council.
Special thanks to St. Paul AME church.

April 13, 2000

OPINIONS



The agony of de-feet

By Lakesha Parker
Opinions Editor

I'm a shoe person, I'll admit. Every time I walk into a shoe store, I get fascinated by all of the different shoes that are before me. It's like shoes hypnotize me because I have a strange fondness for shoes and sandals in particular. No matter where I go and where I travel, shoes beckon me.

Now, I'll admit that I am more of a sandals type of girl versus tennis shoe. I tend to stock up on a wide variety of them when I get a chance. In fact, a couple pair of my shoes have been to collect dust because I wear the same 2-3 pairs every chance I get. So the others tend to collect dust from neglect-shoe me. They do get pretty to look at sometimes- lining them up and staring at the different colors and designs and shades and signs. And to think that someone came up with this.

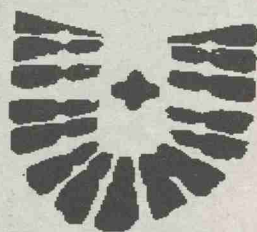
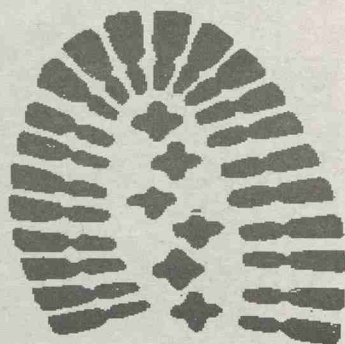
Creative, isn't it?

A shoe salesman would have a ball with me and they often do. Getting a bargain on a good pair of shoes gives me a high that I can't explain. I mean why pay \$150 for a tennis shoe when I can buy about 2-3 pairs of comfortable sandals for about \$10-30 and buy a pair of \$40-50 on sale and come out all the better.

I have never been good at logic, but it just doesn't make sense logically to me.

And I'll tell you something else, that is, if you subscribe to that astrological phenomena. I am a true Pisces to the tenth power. If you understand that, then you see that Pisces deal with the feet and we're feet people.

As a matter of fact, I'm going to close this article now to go wipe, polish, and stare at my shoe collection. Maybe I should take a picture of them...nah, that's going overboard.



READ MORE NUBIAN

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 letter 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

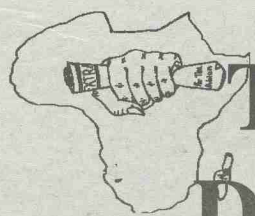
or you can submit via e-mail:

nubian@sma.ncsu.edu

Got an Opinion??

Why don't you share
them!

The Nubian Message,
nubian@sma.ncsu.edu



The Nubian Message

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Afrikan American Student Affairs

Witherspoon Student Center

Talley Student Center

DH Hill Library

Fountain Dining Hall

Case Dining Hall

The Quad

Free Expression Tunnel

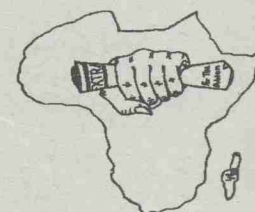
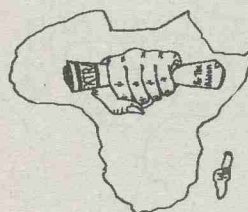
The Wolf's Den

The Atrium

Tucker Computer Lab

North Hall 24 Hour Desk

Avent Ferry 24 Hour Desk





The Nubian Message **Remaining Publication**

Schedule **Spring 2000**

April 27

May 4

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

Special editions will be announced at a later date.

