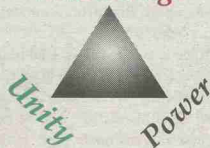


The NUBIAN MESSAGE

May 5, 2000
Volume 7, Edition 21

Knowledge



What's Goin' On?

BSB Banquet

The Black Students Board, will be holding a end of the year banquet on Friday, May 5 @ 6:00p.m. The place has yet to be announced, everyone is encouraged to come out the support the banquet

Season Finale Party

KWU, Omega Psi Phi, Inc. and Mass Appeal Ent. are will be hosting a part of the from 10:00 - 2:00 in the Talley Student Center. The program will be on Friday, May 5, the price will be \$3 w/college ID and \$5w/out. All Ladies will be free before 11:30pm

Kings Dominion Trip

For those who signed up for the Kings Dominion Trip, the bus will be leaving at 6:7:00am on Saturday, May. A liability waiver needs to be signed before the trip, at the first floor of Talley Student Center. If you have any question please call @ 515-5918 or e-mail @ tllee@unity.ncsu.edu.

Sunday Service

United Student Fellowship will be holding service on Sunday, May 7, 2000 at 11:00 am in the Multipurpose room of the Afrikan-American cultural center. Come experience the Word presented in the form of a play. You will be blessed.

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 intersted should call the Nubian @ 515-1468.

The Afrikan American Voice of North Carolina State University

SAAC, AASAC elects 2000-2001 officers

By Nathan Sassar
Staff Writer

The Society of Afrikan-American Culture (SAAC) recently elected Kim McNair as its new President and Brandon Buskey as Vice President. The Afrikan American Student Advisory Committee elected Courtney Hodge as its new chairperson.

SAAC "represents Afrikan-Americans in official N.C. State University functions and provides an instrument for their entrance into the legislative, judicial, and executive systems at N.C. State University," according to its constitution, as well as serving as "the recognized voice for all Afrikan-Americans" at N.C. State.

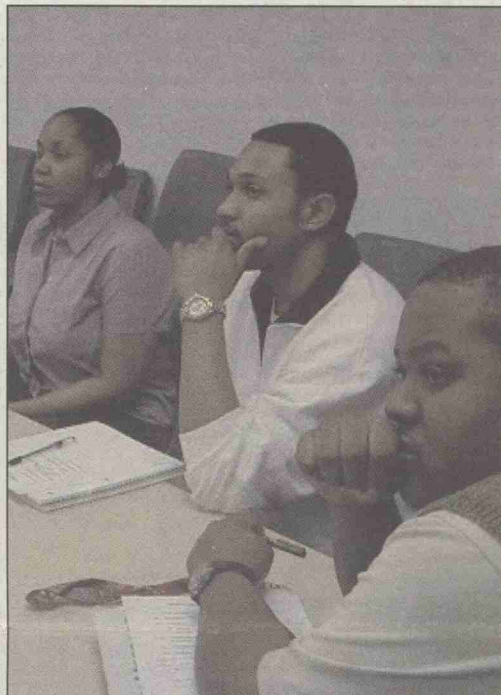
AASAC's focus is to "recapture the Afrikan-American consciousness—this means that the membership shall be responsible for the reeducation of students to uplift and promote an Afrocentric consciousness and educate students of their responsibility to the Afrikan-American community," according to its constitution. It is composed of the presidents or chairpersons of any registered Afrikan-American campus organization, plus any Afrikan-American student holding a key position in Student Government, plus ex officio members selected by the chairperson

and the advisors, plus up to ten at-large members who may apply for the position.

SAAC, AASAC, and the BSB (Black Student Board) have a triangular relationship, McNair said. BSB is the financial part, AASAC is a think tank for ideas, and SAAC is the hand that implements the ideas.

Last year, SAAC brought the Southeastern Afrikan American Student Leadership Conference which has previously been held in Winston-Salem, to N.C. State University. SAAC also organized a letter writing campaign and petition drive against the tuition increases, because, according to McNair, the tuition increases will hurt the Afrikan-American community the most.

McNair's goals for next year include the implementation of mandatory diversity training for all NCSU faculty and staff. She also hopes to bring Tim Wise, a speaker on issues surrounding the Confederate flag and southern pride, to N.C. State campus. Vice-President Buskey hopes to combat the "widely held view that there is too much attention being paid to diversity, and more specifically, African Americans on campus."



Concerned student leaders Jillian Martin, Nick Harris, and Tom House look on during an AASAC meeting.

Talley Student Center: the 24 hour hot spot during exam

By Brandon Buskey
Co-News editor

For the first time in its 28 year history, the Talley Student Center will be open 24 hours a day from the first Monday morning of exams @ 8 am until that Friday at 12 midnight. The change, initiated by Student Center President Mark Aldrich, is intended to offer students a convenient location to study, eat, and take breaks during the always hectic exam period. In addition to providing students with alternative areas to study, many services will be provided for students during the week. C-Store items will be available in the Wolves Den area, allowing students to use board bucks to purchase food. The Wolves Den itself, however, will not be open due to security issues. Also, the downstairs games room will be open in addition to the activation of the big screen televisions and the SWANK movie station, which will be broadcasting movies throughout the week. To facilitate group study-



Talley Student Center will be open during the exam

ing, the second floor of the Talley Student Center will have several tables set-up for student use.

In order to ensure that the 24-hour operation period is as safe as possible for students, officers from both

the Student Patrol and Campus Safety will be present during the late-night hours. Students attempting to use the building after ten o'clock will have to present an N.C. State ID. As always, a student may request for es-

cort services from the Student Patrol if they do not feel safe going to the Talley Student Center after hours.

According to Aldrich, the Talley Student Center's decision to open 24 hours during exam week is being considered as a trial run to see if the option should be pursued in the future. "Since this is the first time we've tried anything like this, we are going to have to look at some budgetary issues and determine if there is a real student demand for these types of services," Aldrich said. Aldrich hopes that making the Talley Student Center available during exams will alleviate some of the crowding that takes place at traditional study areas like the library. Plus, the many options available to students at Talley will offer unique recreational activities that cannot be found at the library or in dorm lounges. "If students need a place to study, then it just seems that the Student Center is the most logical place for them to go," asserted Aldrich.

Sorry folks, last issue of the year. Have a good summer and see you in the fall!!

Summer research in store for NCSU student

By Michelle Reed
Staff Writer

What are your plans for this summer? Don't know? Beach? Working? Sleeping? Or just plain chillin'? Well, if you don't know your plans for the summer, there is someone who does and his name is Egbe U. Eni. And Egbe Eni is using his summer to help achieve his goals and aspirations. Egbe is headed in the right direction, and much congratulations goes to Egbe Eni on his acceptance into the "Intensive Research and Training Program."

Twenty-year old Egbe Eni is a junior majoring in Textile Engineering who has been approved by the Executive Committee for the North Carolina State University Minority Graduate Education

(MGE) program to admission of the "Intensive Research and Training Program." The National Science Foundation funds this award, and the program lasts from March 1, 2000 to July 24, 2000.

By working under the guidance of a faculty mentor in a participating NC State laboratory for 15-20 hours per week for two academic years and 40 hours per week for the summers after each year, Egbe, along with other undergraduates, will receive some beneficial research experience. Egbe has been with the program since his sophomore year. Some of Egbe's duties include: benchmarking for other production plants, monitoring energy uses, going through codes and analyzing mistakes, and correlating with formulas from references. Not only will his summer be

filled with intensive research, Egbe will also have the opportunity to participate in workshops and seminars focusing on professional development, research, and diversity issues.

It was with the help of Dr. Conway and Egbe's love of science, chemistry, and math that led him to major in Textile Material Science his freshman year in college. In his sophomore year he changed his major to Textile Engineering where he has also found much success.

When Egbe looks around in his classes, he realizes that many times he is the only African-American male. This does not deter Egbe at all. However, he is seeing an increasing number of African-American freshmen.

Away from the academic life, Egbe finds time to work out every

day to stay in shape, and participate in Tae Kwon-Do. He is also a Sunday school teacher, and one day out of each month he invites his students to his home to participate in activities.

By participating in the research program, Egbe hopes to be a better candidate for graduate school, finance graduate school, establish contacts, and get some help with the GRE. Egbe plans to graduate in December 2001, and is looking forward to attending grad school at NC State. His overall educational goal is to obtain a Ph.D. Egbe will like to do research and production design, but one day he hopes to be established enough to support his own research.

When asked about the inspiration in his life, Egbe said, "My family

inspires me and always God." In times of trouble and when he is going through hardship in his life, Egbe refers back to Psalm 19:1, 2, and Isaiah 54. In this day and time, more Black professionals are desperately needed. Not just Black professional athletes, singers, and entertainers, but professional doctors, lawyers, businessmen and businesswomen, preachers, teachers, researchers, and professionals in other fields.

Egbe is a soft spoken, kind-hearted young man with a plan to succeed and conquer. We congratulate Egbe with all of his success, and the best of luck with his future goals and all he does in his life!

CONGRATULATIONS!

THE NUBIAN MESSAGE

The African American Voice of North Carolina State University

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

Dr. Yosef ben-Yochannan, Dr. John Henrik Clarke, Dr. Leonard Jefferies, The Black Panther Party, Mumia A. Jamal, Geronimo Pratt, Tony Williamson, Dr. Lawrence Clark, Dr. Augustus McIver Witherspoon, Dr. Wandra P. Hill, Mr. Kyran Anderson, "Dr" Hughes Suffren, Dr. Lathan Turner, Dr. M. Iyailu Moses and all those who walk by our side as we continue to make our journey to true consciousness.

May 4, 2000

SPORTS

By Keesha Dover

Sports editor

Ok, this is now the forth season of the Women's National Basketball Association's existence. I don't think I'm alone when I say, "It's time for people to give the women the respect that they deserve." As a young athlete myself, I know the feeling of guys not wanting to play with you just because you're a girl. But we don't step down to that anymore—we're athletes now.

There are so many great players in the WNBA. They have come a long way, playing with 16 teams now instead of the original 8. The teams include: Western Conference—Houston Comets, Los Angeles Sparks, Minnesota Lynx, Phoenix Mercury, Sacramento Monarchs, Seattle Storm, and Utah Starzz; Eastern Conference—Charlotte Sting, Cleveland Rockers, Detroit Shock, Indiana Fever, Miami Sol, New York Liberty, Orlando Miracle, and Washington Mystics.

Most all of the teams have a star player unlike when the league started. We are talking about players like Cynthia Cooper, Sheryl Swoopes, and Tina Thompson of the Houston Comets, and hopefully and possibly classy and successful players like Theresa Edwards. What is not to be respected about this league or any other for that matter? It's time that women be respected as athletes. For someone like Cynthia Cooper who battled with taking care of and then losing her sick mother, caring for her sister's children, and taking on a professional basketball career at age 33, the league should be given respect. For someone like

Sheryl Swoopes who can fully recover from having her first child to coming back and training and working to her full potential to get back into game shape so that she can do what she loves, the league should be given respect.

Virginia graduate, Dawn Staley who is willing to earn her "additional" income as the head women's basketball coach at Temple. This should not have to happen either. If the league were getting the respect it deserved then no player would have

professional degree or two, depending on what profession you enter, you can easily make 60 grand a year and save the wear and tare on your body at the same time.

In saying this, I think it opens up the way for me to say that unlike

to step on the court, play there butts off, and leave it all out there. They don't dwell on the fact that the NBA players are getting paid a significant amount above them. They just continue to do their job to give you—yes YOU—the entertainment and the

show that you are looking for. No, most of them can not dunk, but it's only worth two points anyway. And if former

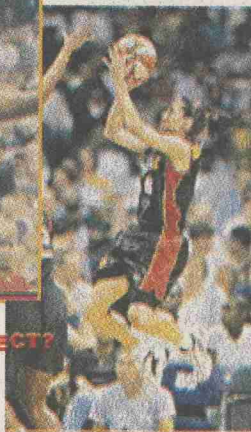
NBA Menace Dennis Rodman can be paid for rebounding and getting technical fouls, then Crystal Robinson of New York can be paid for shooting 44 percent from the three point line and leading the league WITH CHARACTER.

The question is, "When are these ladies going to start getting the respect that they deserve?" They have proved that they can play and even more they have proved that they want to play. I

guess if they really want to play it shouldn't matter very much what they are paid, but think about it, the most respected players in the NBA usually earn the most money, right? Then what's the difference in respect between 50 thousand and 10 million?

NBA VS WNBA

WHEN WILL THE LADIES GET THEIR RESPECT?



photos courtesy of lakers.com and wnba.com

For players like Tynesha Lewis of North Carolina State and LaQuanda Barksdale of UNC Chapel Hill, who have yet to get a taste of the professional life, but are surely awaiting their chance, the league deserves respect.

There are even players such as

to supplement what they earn in the league to make only a small portion of what NBA players make. Who can blame Jennifer Azzi for not wanting to play for the sorry 50 or 60 thousand a year that some of the players are receiving? With a little hard work in college, maybe a pro-

some—and notice I said some—guys in the NBA, these ladies are just happy to get a chance to play and be recognized. Some are happy even though they are not being properly compensated for their talents. And I might add that even if they are not totally happy, they still don't hesitate

UPSET IN LOS ANGELES?

By Keesha Dover

Sports Editor

So is this going to be an upset in the NBA with the Sacramento Kings defeating the Los Angeles Lakers in game 5 of the series? Are they going to take away Phil Jackson's hopes of winning yet another NBA championship, but with his new team? Or are the Lakers going to do what everybody expects them to do and win the whole thing?

Anybody who saw Tuesday night's game 4 against the two teams is probably hesitating right now to answer this question. Chris Webber had a solid performance with 23 points, 13 rebounds, eight assists, seven blocks and four steals to help defeat the Los Angeles Lakers 101-88 in game 4 of the series and put the Laker's hopes of moving on to the second round on the line.

Everybody probably expected the Lakers to bounce back after their loss to the Kings in previous game 3.

But I guess everybody also expected the Lakers, who I might add ended the regular season with an impressive record of 67-15, to sweep the series. Did the Lakers fail to live up to what they are capable of, or did everybody expect too much from them in the first place? All I know is Kobe is a good player but he has to take over the game more when Shaquille O'Neal, who didn't score in the first few minutes of the game, is in a slump.

I mean yeah Phil Jackson is coaching now and he's a great coach, but I'm not sure if he can turn them into a team of Michael Jordan, Scottie Pippen, B.J. Armstrong, Horace Grant, and Bill Cartwright so soon. I'm not sure if people are expecting so much from the Lakers because of the regular season record they produced, because Phil Jackson is coaching, or because they have a sometimes unstoppable combination of Kobe Bryant and Shaquille O'Neal.

If it is because they produced such an impressive record in the regular season, I'll say that it's a good reason to expect so much from them. 67-15 is very impressive and no other team in the NBA can even touch it accept for the Portland Trailblazers who were 59-23. On the other hand, teams play a lot harder and with more intensity when they see a championship ring at the end of the tunnel. Just ask Chris Webber and Tony Delk.

To turn the tables, if you think the Lakers are going to suddenly put on their super team uniforms just because Phil Jackson steps into the coaching box, well...you might be sort of right because it sort of did happen in the regular season. I mean face it, Jackson is a great coach. The Lakers have more than done a 360 since he has been coaching. On

the other hand, if you did get a chance to catch the game Tuesday night and see the look on Jackson's face as Chris Webber ran through

the Laker defense and Tony Delk shook Kobe Bryant out of his Fruit of the Looms, you may be thinking that Phil doesn't quite have them where he wants them, but he's working on it and you can almost be sure he is going to do some fine tuning for the next game.

On the other hand, those of you who want to think that the wonderful duet of Shaquille O'Neal and Kobe Bryant are going to hold the team together alone, you're WRONG. Kobe is lucky that his quick temper and reaction didn't get him into trouble again the other night when he pushed Vlade Divac who put on a class act as he fell to the floor dramatically. Once again, Kobe was provoked but he acted on it. Him getting thrown out of the game and the next one would have terribly jeopardized the Laker's chances. But that's a totally different story. But let's talk about Shaquille.

Yes, we all know that he is the leading scorer in the NBA. To put it

bluntly, his field goal percentage is higher than his free throw percentage. He went 5-12 from the FREE-throw line Tuesday night. He can dunk and at 7-1, 315 pounds, I'm sure he doesn't have a problem throwing guys off of him to finish a lay-up. But quite frankly, I would trust myself shooting an NBA three pointer with Arvydas Sabonis in my face then to clear the entire court and let Shaq shoot a free-throw to win a game.

We will see what happens when the series comes to an end tomorrow night. It could go either way. It's going to come down to the wire. The team that's going to win is the team who wants it more, the team with the most heart, and the team who leaves all they have out on the court and holds nothing back. Can Phil Jackson do it? Can Kobe do it? Can Shaq shoot free-throws?

READ MORE NUBIAN

May 4, 2000

CULTURE

In the Spotlight with Timbooktu.com's Founder, Memphis Vaughan, Jr.

By Lakesha Parker
Staff Writer

TimBookTu.com's website was nominated by BET.com as one of the top ten websites to visit and chosen twice as the Website of the Day by the EUR (Electronic Urban Report) on two separate occasions during the past few years.

(The) Nubian decided to be bold enough to ask Mr. Vaughan for an interview, and he gladly agreed to one. TimBookTu.com is a contemporary website post for aspiring African-American

writers of poetry and essays. Nubian would like to send out another big "thank you, thank you, thank you" to Mr. Vaughan for taking the time out of his schedule to do this interview.

Nubian: Where were you born?

Vaughan: I was born in Mobile, Alabama, but I grew up in Detroit, Michigan until age 12. Then, we moved back to Mobile. I'm happy to have had the experience of living up North as well as having a southern heritage.

Nubian: Tell me about your childhood and your parents. What did they do for a living?

Vaughan: I have great parents who instilled good moral values and the value of hard work in my 2 brothers, 2 sisters and myself. I guess that's why I am always busy doing something.

My mother is a school teacher and my dad is retired. He worked as a laborer most of his life. Even at 76, he is still going strong, staying active and keeping himself busy. That type of

behavior has rubbed off on me and I'm trying to pass it on to my sons.

Nubian: What were your dreams as a child? What did you want to be when you 'grew' up?

Vaughan: I always dreamed about owning my own company and in a way I am doing that now with

TimBookTu. I wanted to be an architect or engineer as I grew older and I did achieve that by becoming an engineer. Now I want to be a writer when I 'grow up'. I hope to accomplish that dream too.

Nubian: Did you have the opportunity to attend college?

Vaughan: I attended Morehouse College and graduated from Georgia Tech with a Civil Engineering Degree.

Nubian: What did you think of your college experiences?

Vaughan: I think my college experiences were some of the best times of my life. It gave me the opportunity to be independent and come into my own as an adult. I think being away from home while going to college also had a lot to do it. I learned a lot about others through the diverse settings that both colleges provided.

Nubian: What was your first career? And if you changed, why did you make that decision?

Vaughan: I'm still working in my first career of engineering. I've branched out into writing because I've always loved writing, although I never thought of doing it at this level until several years ago. Maybe it was because I had more life experiences under my belt by that time.

Nubian: When did things begin to take a different path for you? When did you decide that you should be in this business?

Vaughan: I think it was when I started writing stuff on the computer and showing it to friends. It was mostly satirical that I guess stemmed from the "class clown" or comedic person inside of me trying to get out. Once I started sharing some of my writing and friends liked it, I figured I should see what the rest of the world thought. I also did a lot of technical

writing at work which helped me hone my skills somewhat. The explosion of black writing has also

provided the necessary incentive for me as well.

Nubian: Where did the idea for TimBookTu.com come from?

Vaughan: TimBookTu was originally supposed to be the name of a bookstore -- a bricks and mortar bookstore -- but the cost of opening one of those was beyond what I could handle.

As I looked around the web for a place to post some of my writing, I realized that there wasn't too many places for contemporary African American writing, so I decided to set up my own website. Besides, I had wanted to do a personal website but make it something worthwhile. Thus, TimBookTu was born. I decided to give it a shot despite not having any formal writing experience other than what I learned in college. I did take a continuous

learning writing class which was very helpful. I did this just as TimBookTu was starting to take-off on the web.

Nubian: Do you currently have anything in print?

Vaughan: I don't have anything in print but I do hope to publish an anthology of works by the TimBookTu writers. I do have a few of my short stories online and I'm currently working on a novel.

Nubian: Who are your favorite authors?

Vaughan: My favorite authors are Langston Hughes, Eric Jerome Dickey, Tony Morrison, E. Lynn Harris, and a whole lot of the TimBookTu writers.

Nubian: Who or what motivates you now or motivated you to set goals and accomplish them?

Vaughan: As I mentioned before, I had parents who taught me a good work ethic. Some of my motivation comes from not getting everything I wanted as a kid, which I think is good now that I look back on it. My parents continue to inspire me as well as other members of my church

and family. If I had to pick a popular



celebrity, I would say I like the things that Magic Johnson is doing with business and the black community. And I really admire what Tom Joyner and crew are doing to motivate, mobilize and educate their listeners.

Nubian: What is a typical day like for you?

Vaughan: A typical day is to go to my day job and deal with the things that occur there. Then in the evenings I am online, working on the website, answering e-mails, chatting with

friends via Instant Messenger. You might be asking, "What about family?" I have a wife

and three sons and I try to spend as much time with them as possible. A lot of days I will limit my computer time to help my sons with homework, attend little league or do other family things. As I've said before, I'm always doing something.

Nubian: Did you ever think when you started the website that it would be as successful as it is today?

Vaughan: I had no idea. I was excited when the first poems came in and when the site had 10 or 20 hits per day. Now, I have featured the work of over 700 writers and poets during the last 3-1/2 years. So, now I really feel proud and happy of what it has become.

Nubian: What would you like to

change about Timbooktu? What would you like to see happen with it?

Vaughan: I would like to see it become THE online place for African-American writing. I think it's reaching that point now. I also want to see it become a place where aspiring black writers can have an audience. I feel that it has already provided a venue to help encourage young writers.

Nubian: What advice would you give to future authors or those trying to get into the market?

Vaughan: I would urge aspiring writers to learn all they can about the craft of writing, to read as many books as possible and to never give up on their dream. One of my favorite sayings

is "Those who think they can and those who think they can't, are both right." If you don't think positive, you will never succeed.

Nubian: Any final comments?

Vaughan: Thank you for the opportunity to tell a little about myself and TimBooktu.

Nubian: Thank you for allowing us the opportunity to do so.

Vaughan: Your readers can find us at www.timbooktu.com. Don't hesitate to pay us a visit of luck with his future goals and all he does in his life!

You are what you read...
READ THE NUBIAN

The Official Afrikan American Summer Reading list

By Michelle Reed
Culture Editor

I know, I know already! It is the summer and you are probably saying, "School is over and I don't want to see another book." Trust me when I say that I can relate (if you only knew). But here is the deal. Say for instance you are home chilling one day when you don't have anything to do, or you take a loooong trip somewhere, or because you just want to, why not pick up a book? NO, NO! I didn't say a thick textbook, and you don't have to read it in order to do homework. Read it for fun. Remember, reading is fundamental! So, I have provided you with an African-American reading list for the summer courtesy of ajani books. Hopefully, you will enjoy this list and remember, we have to support our African-American authors.

Fiction

AUTUMN LEAVES
by Victor McGlothlin

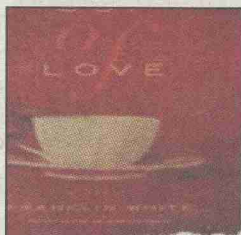
People who know, say you should pick your friends like you pick your fruit; carefully selecting each one. And if you should ever find yourself caught up in a love so deep, you'll soon learn that long after the love, laughter, and tears, true friends are all you can count on. Thank God for true friends.

WHEN ALL HELL BREAKS LOOSE
by Camika Spencer

Twenty-seven year old Gregory Alston has enough problems. His sister has a crush on the church pastor, his mother just returned after being absent for nineteen years, his best friend wants to be a "player" forever, and his dog Corduroy just died. But among the chaos, Gregory has found the woman of his dreams. Her name is Adrian Jenkins, and she is the only woman for him, until a flame is sparked and Gregory realizes Adrian has drama and when her spark is ignited, all hell breaks loose!

Cheaters
by Eric Jerome Dickey

Take a dip into the Los Angeles singles' scene. A totally uncensored, uninhibited, and outrageously entertaining adventure in seduction, betrayal, heartbreak, revenge, and oh so-sweet true love.



Cup of Love
by Franklin White

Vance, a young man who starts out a dog, but finally reforms - only to find out that true love doesn't always run smoothly. Mix in a surprise inheritance, a political campaign, and a shady real estate deal, and the ingredients are set for an urban drama that is fresh, funny, and emotionally satisfying.

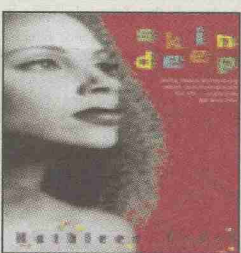


Project Girl
by Janet McDonald

The powerful account of a young woman's struggle to realize her dreams while remaining true to who she was and where she came from, before the Ivy League schools and impressive diplomas. It tells of the spectacular failures and unlikely comebacks of a ghetto kid.

Please, Please, Please
by Renee Swindle

A love story with an attitude. Bold, sexy, and hilarious. A fresh new voice to the value of honesty, friendship, family, and love.



Read Between the Lies
by Lori Bryant Woolridge

Gabrielle Donovan is a stunning and feisty nineteen-year-old who comes to New York hoping to realize her dream of becoming a supermodel. Gabrielle quickly takes the

fashion industry by storm, but just as her celebrity begins to soar, her past threatens to catch up with her.

Skin Deep
by Kathleen Cross

Nina Moore never thought of herself as a white woman. Sure she was pale with eyes bluer than a windswept sky. But until her move from metropolitan Los Angeles to small-town Glendale, Arizona, it didn't bother her when people perceived her as anything other than what she was: a proud black woman.

MILK IN MY COFFEE
by Eric Jerome Dickey

A provocative, true-to-life-story of race and desire, love and commitment that gets the poignancy and complexity of relationships just right. Sexy, hip, smart, and sassy story about friendship, betrayal...and unexpected love.

Project Girl
by Janet McDonald

The powerful account of a young woman's struggle to realize her dreams while remaining true to who she was and where she came from, before the Ivy League schools and impressive diplomas. It tells of the spectacular failures and unlikely comebacks of a ghetto kid.

Non-Fiction

Healthy Hair Care Tips for Today's Black Woman
by Cheryl Talley Moss

This book is your total reference for: Chemical Hair Relaxing, Hair Coloring, Hair Weaves, Hair Extensions, Hair Cutting, shampooing, Conditioning Home Maintenance Guide.

What Dreams are you Sitting On
by Joann Tolbert-Yancy

A must read for anyone who is sick and tired of being sick and tired. This book will lift your spirits and force you to take a look inside your soul and bring forth the best you have to offer.

Brothers, Lust, and Love, "Thoughts on Manhood, Sex and Romance"
by William July

A message of healing the relationship rift between African-American men and women. This provocative book openly confronts many of the relationship issues considered taboo for discussion, by mixing sensuality, introspection, and humor.

Watch Me Fly
by Myrlie Evers-Williams

The former chairwoman of the NAACP and widow of assassinated civil rights leader Medgar Evers draws from her own extraordinary life to share inspiration and advice on everything from triumphing over adversity to achieving selfhood.

REMEMBERING SLAVERY
editors - Ira, Berlin, Marc Faverau, & Steven F. Miller

The headlines of the sports pages trumpet their husbands' names. Their lives unfold in the deep shadows that are the flip side of the bright spotlights. And before the season's over, these women behind the "great men" of the New York Flyers are going to rock the NBA to its core.

BY THE LIGHT OF MY FATHER'S SMILE
by Alice Walker

This new book by the author of The Color Purple, The Temple of My Familiar, and Possessing the Secret of Joy tells of an American family who relocate to Mexico and experience life among the Mundo, an endangered band of mixed-race Blacks and Indians. Walker calls By the Light of My Father's Smile "a celebration of sexuality, its absolute usefulness in the assessing of one's mature spirituality, and the father's role in assuring joy or sorrow in this arena for his female children." Interesting, well-developed characters and a brilliant story of requited love, crossing over, and sexual healing of the soul.

The Seventh Child, A Lucky Life
by Freddie Mae Baxter

A heartwarming account of one

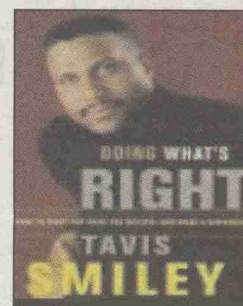
remarkable woman's life - part personal history, part social history, and all wonderful wisdom - that spans three generations of an African-American family.

Yesterday, I Cried
by Iyanla Vanzant

Vanzant applies a unique perspective to the most important events in her life and shares the universal lessons she has learned that will benefit all readers.

The Black Woman's Guide to Financial Independence
by Cheryl D. Broussard

Using a combination of sound and encouraging advice, real-life examples and realistic statistics, Broussard starts readers on the road to becoming their own bosses.



Doing What's Right: How to Fight for What You Believe--And Make A Difference
by Tavis Smiley

BET talk show host Tavis Smiley shows every one of us how we can stand up for what we believe in and help transform our communities, our lives and our world. We can stop the unraveling and preserve our most basic values -- civility, a return to justice and responsibility -- in a world sometimes apparently gone ape.

Well, those are just a few, but there are many books written by African-Americans out there. Have a nice summer, while enjoying your books!!!



No one was living when it started, and no one will be living when it ends.

May 4, 2000

HEALTH

Its not always the beans and cabbage

By **Melodee N. Wallace**

Staff Writer

Irritable Bowel Syndrome is gaining more and more attention by the science community as well as the general public. IBS is also known as colitis, spastic colon, and functional bowel disease. Each year approximately 35 million people suffer from (IBS) in the United States. Due to the prevalence of IBS, it being the most common functional gastrointestinal disorder, April has been declared as Irritable Bowel Syndrome Awareness Month. Overall, the disease accounts for 10% of visits to primary care physicians and 50% of visits to gastroenterologists. People who suffer from IBS, are generally between the ages of 20 to 29. The disease affects 14 to

24% of women and 5 to 19% of men. The occurrence rate is about the same in Afrikan Americans and Caucasians. It is also the second leading cause of industrial absenteeism in the United States.

Everyone experiences IBS differently, which is why it is often misdiagnosed, as well as used as a catch-all for all gastrointestinal problems. Symptoms that are usually associated with this disease include: constipation, nausea, abdominal pain, bloating/swelling, diarrhea, vomiting, pain in the pelvis, rectum, or anus, heartburn/indigestion, and gas. Irritable Bowel Syndrome is believed to be caused by:

1) disturbances of the normal activity and function of the digestive tract

2) increasing sensitivity to what

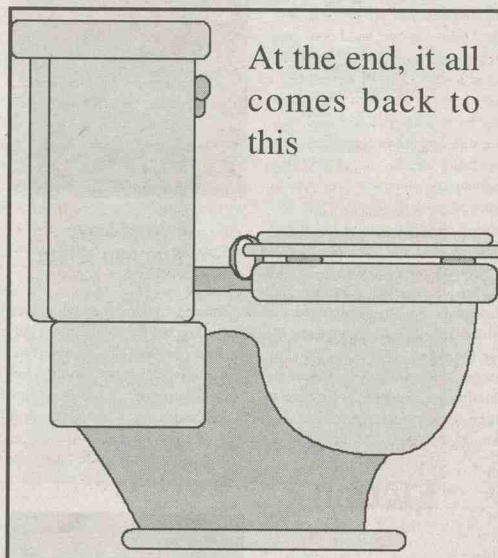
is happening in the intestines and abdomen

3) intestinal reaction to triggers: foods (mostly chocolate, milk, and alcohol), seasonal

changes, medications, stress, and hormones

4) problems related to the gastrointestinal tract and brain communication signals

Treatment consists primarily of adding fiber to the diet. Symptoms can be controlled by modifying your diet, using stress management skills, and sometimes medications (tranquilizers or antidepressants). One good thing about having a disease, such as IBS, is that it has not been shown to lead to any serious diseases or cancer.



Tuberculosis still a threat in the community

By **Melodee N. Wallace**

Staff Writer

Tuberculosis was once the leading cause of death in the United States, but due to vaccinations that are widely available it can be controlled and treated. Even still, approximately 26% (2.7 million) avoidable deaths are due to TB each year. Each day 9,000 people die from this disease, and approximately 3.3 million people die each year. People of color make up 71.3% of all TB cases. It is believed that someone becomes infected by TB every second. Ten to 15% of those who are

infected, after exposure, go on to develop the disease. If a person is not properly treated, it is estimated that they will infect 10 to 15 people during their lifetime.

It is possible to have Tuberculosis and not be infectious, generally TB that is found in other organs and body systems than the lungs. TB infection means that the bacteria are present in the body and are not active. The bacteria can live in the body for years and be controlled by the immune system. Infectious TB is not characterized by any symptoms, usually the person never has

any symptoms. They do not get sick, cannot spread the disease and usually have a positive TB skin test; and can develop TB disease if medicine is not taken.

The other form is simply known as TB disease, this is primarily TB that is found in the lungs and throat. People with TB disease usually have immune systems that are too weak to keep the bacteria from growing. Symptoms and signs of TB disease are characterized by: a cough that lasts for more than 3 weeks, weight loss, constant tiredness/fatigue, fevers/night sweats, loss of appetite

and coughing up blood streaked sputum (fluid found in the lungs).

Tuberculosis is usually spread by an infected person coughing, sneezing, singing, or speaking; it is an airborne disease. However, TB is usually spread to someone who comes in contact with an infected person almost on a daily basis.

The Tuberculosis bacteria always starts in the lungs and can travel through the blood to other body parts. TB primarily affects the lungs, but in immunosuppressed individuals it can occur in any organ. Other body parts that Tuberculosis can be

found in include: the liver, spleen, kidney, lymph nodes, bone marrow, and spine.

A TB skin test is the only way to know if you have TB. For best results a test should be given in three months if results are questionable. Only if this test comes out positive will a chest x-ray be done. It is estimated that a 4% decrease in TB in any developing country would stabilize TB; a 5% decrease per year would eventually wipe out Tuberculosis.



Too much sun is not good for anyone

By **Melodee N. Wallace**

Staff Writer

Why should you, as an Afrikan American, be concerned with skin cancer? Well, there are several reasons:

-ANYONE can get skin cancer.

-Skin Cancer is the most prevalent form of cancer.

-Approximately 1 million people are diagnosed each year.

-Every hour an American dies from skin cancer.

-Most people receive 80% of their lifetime exposure to the sun by 18 years of age.

-The sunburn you receive today may take 20 years or more to actually develop into cancer. Most forms of skin cancer do not even show up until the age of 50.

-According to estimates, 40 to 50% of Americans who live to age 65 will have skin cancer at least once in their lifetime.

-90% of all skin cancers are caused by the sun, most specifically its UV rays.

-One of the more serious forms of skin cancer: acral lentiginous melanoma is found primarily in Afrikan Americans. It is the black or brown discoloration that can be found under the nails, on the soles of your feet, or palms of your hands. Evidence shows that this form of melanoma develops on skin that has been damaged by the sun.

What should you do?

-Protect your lips, nose, soles of feet, and palms of hands since they are most susceptible to the sun.

-Wear at least SPF - 15 sunscreen and reapply often. Apply sunscreen at least a half an hour before being exposed to sun.

-Dress in long sleeves and pants for outdoor occupations.

-Try to avoid extreme exposure to the sun during the hours of 10am to 2pm.

If detected early, skin cancer has about a 99% cure rate.

OPINIONS

Ode to the confederate flag...NOT!!!

by Lakesha Parker

Opinions Editor

Will somebody please climb the pole and take the confederate flag down?

I'm tired of hearing about it.

I wish people would simply realize the fact that the south lost and that emblem is not welcomed anymore. Why? Because it is a symbol of oppression, stands for bondage, represents an ideology which was determined to be contradictory in this good ole US of A.

When someone tries to enforce something aside from something that is stated or written, then eventually that is going to be called into light. And some genius took it upon themselves to decide that slavery was wrong and the treatment that was handed down to certain peoples was unjust.

It represents a cause that someone's ancestors fought for? So what?

No one celebrates a defeat, and that is exactly what seemingly is happening by continuing to fly that flag. The fact is that the south lost. Yes, the south lost the war. No other country that I know that had a civil war continues to fly a rebellion flag, especially when those rebellious people lost the war.

Take the United States, for example. Before it was the United States and it was just a colony. Okay, well, this colony decided that it wanted independence from England for unfair taxation and they went about to achieve that. And as you can see it gained independence, but you don't see anyone flying England's flag over here.

I know that most of us will probably never see eye to eye over this, but it's almost like someone seeking to rub dirt in an old wound.

If you really want to cherish the Confederate flag, then place it in a museum. Place it in your car win-

dow if you want to. Hang it out front of your house. Hell, I don't care. But don't hang it over my head and expect me to respect it when those who flew it disrespected my ancestors long ago.

Is it a matter of respect? Yes, I think so. Not just to the enslaved, but also to those who fought so that the slaves would be free.

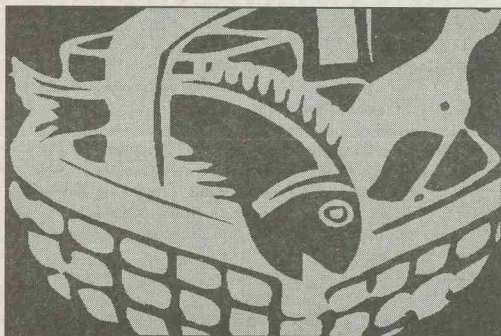
Now, granted, it would be different if the south had won. Then, I would not have a word to say about South Carolina (and Georgia, I think) continuing to hold the flag like one of the U.S.'s most valued treasures. Then, I would care less, or at least be a little bit more tolerant of this "relic".

Some people feel that the NAACP is just dragging stuff along simply just to look like they're actually doing something. I never have been one to call names without the "people" or "persons" there to defend themselves.

But for the sake of a good argument, I do believe that if these "Americans" had been through what African-Americans have been through, they would see things a little differently. And then we wonder why we have to face such attitudes in daily life.

To sit and make judgments and statements and not understand fully is a sad thing. In this great land of freedom and liberty, it is sad that we all cannot get along. But then again, I guess we have to agree to disagree.

But until someone resolves this issue, I guess us "African-Americans", who have NEVER been treated like they were full-blooded "Americans" when they helped build this country, will feel somewhat out of place in these Divided States of America.



By Antwannette Watson

Staff Writer

Once again is summer is fast approaching, as the spring semester comes to an end. One suggestion for the summer, go on picnics! At first this might sound rather odd or even corny but there are so many advantages. Picnicking is a perfect past time for the spring and summer months. It is a good way to catch up

on lost time with friends, family bonding, or even romantic quality time, while enjoying God's green Earth, great weather, and good food! Some may say that picnicking is an unproductive way of spending time. This is where my

friend I would have to disagree. While picnicking you can actually kill two or three birds with one stone, including but not limited to:

*Spending quality time with loved

ones, or even building new friendships and gaining rapport.

* Sharing good foods that are often easy to prepare and serve (i.e. macaroni salad, summer pastas, sandwiches, other light but filling dishes).

* Enjoying the weather. There are many ways to appreciate nature so why not share this with others.

*Immersing in the perfect relaxed conversation environment.

*Enjoying the moment = Priceless.

*Appreciating a new or reassuring and familiar environment (picnicking can be a great subtle way to become acquainted with nature).

* Just clean wholesome family style fun (Remember the environ-

ment, and don't leave or make a mess!)

As I bid you all farewell for the summer, keep in mind my picnic philosophy. Have a wonderful but safe summer. Remember, time wasted is not wasted time. Try a picnic or two this summer, and you too might reap the great and productive benefits.

PS: Anyone who will be in the area this summer and would like to share a picnic and intellectual conversations should contact me: adwatso1@unity.ncsu.edu

Picnic Anyone?!

Got an
Opinion??
Why don't you
share them!
The Nubian
Message,
nubian@sma.
ncsu.edu

Letters to the Editor

The Nubian Message welcomes questions, 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

Graduating Seniors of Spring 2000

*"Soaring on into the future, wishing you all good luck
and much success"*

Kymberli Bland - Alpha Kappa Alpha Sorority, Inc.
Courtney Hall - Alpha Kappa Alpha Sorority, Inc.
Heather Siler - Alpha Kappa Alpha Sorority, Inc.
LaChauna Sumpter - Alpha Kappa Alpha Sorority, Inc.
Erika Cohen - Delta Sigma Theta Sorority, Inc.
Denise Haynes - Delta Sigma Theta Sorority, Inc.
Keyana Scales - Delta Sigma Theta Sorority, Inc.
Carissa Spivey - Delta Sigma Theta Sorority, Inc.
Tara Thomas - Delta Sigma Theta Sorority, Inc.
Patrice Webber - Delta Sigma Theta Sorority, Inc.



Aisha Eldridge - Zeta Phi Beta Sorority, Inc.
Bridget McCullough - Zeta Phi Beta Sorority, Inc.
Toya McCullough - Zeta Phi Beta Sorority, Inc.
Felicia Terry - Zeta Phi Beta Sorority, Inc.
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