

# the Nubian Message

NC State's First African American Newspaper Since 1992.

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inside

## Islam, science and women?

Robert White

managing editor

On Friday, Nov. 15, Knowledge, Wisdom and Understanding (KWU) in conjunction with the As Salaam Islamic Center presented Imam E. Abdul Malik Mohammad of the American Society of Muslims. Imam Mohammad is an international spokesperson of the organization and special assistant to Imam Wallace Deen Mohammad, leader of the organization. After a brief introduction from KWU, President Umar Muhammad and his father Imam Oliver Muhammad of the As Salaam Islamic Center, Imam E. Abdul Malik Mohammad spoke on the topic of "Islam's contribution to science & the role of women in Islam."

The lecture began with a short speech from the Imam on Islam's contribution to science and the place of women in the religion. Imam Mohammad addressed Islam's long tradition of scientific achievement and advancement. Islamic scholars contributed to the development of mathematics through algebra, astrology and medicine. He went into detail about the concept of the numeral zero and the idea of balance and symmetry which were rooted in Islam. He stressed Islam's emphasis on using science to correct flaws in creation and not to disturb the natural order of the world. The Imam

also noted that the religion encourages thinkers and scientists.

In the second half of the program the Imam addressed questions from the audience. During this portion of the program, he was more in depth about the role of women in Islamic society. He started by saying that there was "no tradition in Islam for the mistreatment of women."

Next he talked about the history of colonization in Muslim-controlled countries in the 1800s and how it affected the male psyche. Imam Mohammad also talked about the women's clothing in Islamic society. "Sacred things are not exposed in Islamic Society," said Imam Mohammad. He made a comparison between Islam's most sacred place the Kabba (which is only supposed to be seen by true believers of Islam) and the sacredness of women. Imam Mohammad also mentioned that the religion sees women as the first educator for children.

During the question and answer portion he also addressed Islam's relationship with the environment, America and people of African descent's contribution to the religion. He ended by talking about the need for African people to embrace their humanity and related that to some of the teaching of Imam Wallace Dean Muhammad, the leader of

Smile! It's good for you.



staff photo-Keon Pettway

the American Society of Muslims.

The American Society of Muslims is an Islamic community under the leadership of Imam Wallace Deen Mohammad. Imam Wallace Dean Mohammad is the son of late Nation of Islam leader Elijah Muhammad. After his father's death in 1975, Imam Wallace Deen Mohammad formed the American Society of Muslims out of the Nation of Islam, which follows orthodox Islam. In 1978, Louis Farrakhan formed a sect with the same name and principles of the original The Nation of Islam.

Each year KWU brings lectures from the community to talk about various issues. The purpose of this lecture was to educate people on Islam in the wake of 9/11.

### Opinion

Community, trust, faith, unity, or wealth? Which do we have? Find out what Miranda has to say.

### Entertainment

Remember wanting to be like Mike? Find out if Mike has been eating his Wheaties.

### Health

Find out how to keep the dry skin moist.

WGO

### What's Goin' On?

#### Kwanzaa

Come celebrate Kwanzaa with on-campus organizations at the African American Cultural Center's annual Kwanzaa celebration. Programs will be held Monday, Tuesday, and Wednesday at 7 p.m.

#### Dec. 2nd

Umoja  
by Amanda Kujichagulia  
by Alpha Phi Alpha Fraternity, Inc

#### Dec. 3rd

Ujamaa  
by Delta Sigma Theta Sorority, Inc  
Ujima  
by YBE/KWU

#### Dec. 4th

Nia  
by NSBE/ Omega Psi Phi Fraternity, Inc.  
Imani  
by Kappa Alpha Psi Fraternity, Inc  
Kuumba  
by Dance Visions

## Voters surprised by elections results

Robert White

managing editor

Voters across the country were surprised with election results when it was announced on Wednesday that the Republican Party has a majority in the Congress. This year, 36 of the Senate's 100 hundred seats, along with all 435 seats in the House of Representatives and 36 governorships were at stake. In key races, Elizabeth Dole won the Senate race for North Carolina and Jeb Bush maintained his governorship in Florida. In North Carolina the General Assembly remained under Democratic control by a small margin.

In the North Carolina Senate race, Republican candidate Elizabeth Dole took veteran Republican Sen. Jesse Helms' seat when she beat out Democrat Erskine Bowles by two hundred thousand votes.

The Salisbury, N.C. native will represent North Carolina in the 108th Congress this year. On her

seven-point platform Dole will address economic growth, education, national security, retirement, healthcare and the environment. Dole, who is a former president of the American Red Cross and has worked under five U.S. presidents, is no stranger to the political arena. She was a Republican candidate for President in 2000 and is also the wife of former Kansas Senator Bob Dole.

As the nation faces a Republican-held Congress, North Carolina stills maintains a Democratic majority in the General Assembly. North Carolina now has a Republican Senator and a Democratic Senator. The Democrats control 26 seats in the N.C. Senate to the Republican's 22 seats and 59 seats in the N.C. House of Representatives to the Republican's 58 seats.

Many African American analysts believe voters staying away from the polls and the Democrats unclear agenda led to substantial gains for the Republicans in the South.

## Students address national security

Tristan L. Trapp

staff writer

During these days and times where the threat of terrorism is on the rise in our country, the need for protection and security is higher than ever. Many say that America already had it coming for a while when the events of 9/11 occurred last year.

As a sudden impact of the nation's tragedy and many other threats by both foreigners and natives, citizens have been inhibited from such daily activities as using public transportation, or anything that would require leaving the comfort of your own home. Others found a way to get back in check with their true faith and beliefs. Also, as a direct result of our government's initiatives (such as the new Homeland Security and various intelligence operations), people are beginning to realize that all of this new "protection" could indeed be coming,

but with the price of our freedom and privacy as we all have known it. Some of NC State's finest students spoke on this issue.

The Eta Omicron chapter of Alpha Phi Alpha Fraternity, Inc. sponsored an Oratorical Contest as a part of their annual Alpha Week. The program was entitled, "Safeguarding the Nation: National Securities vs. Civil Liberties and your role in protecting both," which also served as the topic at hand for the contestants to elaborate upon. The evening began with a welcome and brief introduction of the contestants and judges by Shawn Crockett, the event's host. Among the participants were Munje Foh, junior (doubling in Chemical Engineering & Political Science); Kristen Lilly, sophomore (Communications & Political Science); Bridgette Holley, freshman (FYC, future Business Security

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## Low funds equal high turnover rate for HBCU presidents

Jennifer Chamberlain

News Editor

Many of the nation's Historically Black Colleges and Universities are losing their presidents due to financial troubles. Within the last two years, 25 percent of black college presidents have quit, transferred to predominantly white schools or retired early. Most have said that the pressure of raising funds got to be too much.

Johnetta Cole, current president of Bennett College and former president of Spelman College, believes that money has become too much of a focus on college presidents' agendas.

"I'm concerned that some of our other tasks cannot get the attention they deserve. Being an intellectual leader, being a stateswoman or statesman - these things do not get as much attention as they should because we're constantly looking for money."

Some of the reasons HBCUs are struggling to keep up with their rising debts are declines in enrollment, lack of alumni contributions, and receipts of less state and federal funding than mainstream schools.

In Atlanta alone, Clark Atlanta, Morehouse School

of Medicine, Morris Brown and Spelman - schools that make up the Atlanta University Center - all lost presidents within the last year.

Because alumni lists are generally smaller and HBCU alumni may have less money to give back, black schools rely more on corporate sponsors like the NAACP, Oprah, The Tom Joyner Show and local corporations.

"Black Colleges have tended to rely on corporate funds and a lot of times they don't ask their alumni," says Georgia State professor Marybeth Gasman. "It takes more money to go out there and ask and cultivate alumni donors than it does to get one big corporate donor."

Without a steady flow of money coming into the schools, it's harder for HBCUs to be competitive amongst themselves as well as with mainstream schools. It's not as feasible to recruit top-line professors, institute new technology or follow through with construction plans.

President Bush recently announced that he would like for the Education Department to budget \$350 million for HBCUs, Historically Black Graduate Institutions and Hispanic-Serving Institutions as part of his No Child Left Behind Act of 2001.

## Snipers' victims span the nation

Mary Garrison

staff writer

John Muhammad and John Malvo, the men allegedly involved in the D.C. area sniper shootings, may be linked to other killings nationwide. In addition to the individuals the pair murdered and injured recently in Maryland, Virginia, and Washington, D.C., the two men may be responsible for the deaths of Claudine Parker, Hong Im Ballenger and Kellie Adams.

According to Louisiana police officials, Malvo and Muhammad may be linked to a Sept. 21 shooting that took place in an Alabama liquor store. The case had been unsolved before the apprehension of Muhammad and Malvo. After the sniper shootings started, Montgomery

County police were put on a hot trail after receiving a phone call giving anonymous tips, which later proved to be from Malvo. The phone call told the police to look at the shooting in Montgomery. Once police realized that he was referring to the city in Alabama and not the Maryland county, they began more in-depth investigations of the liquor store shooting which killed Parker and Adams.

Police were able to trace the bullets and Chevy Caprice used by Malvo and Muhammad, which later helped find them.

Malvo and Muhammad are also allegedly lined to the death of Hong Im Ballenger who died in a Beauty Depot

See *Sniper's*

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### Security

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major); and Ronald Funderburk, senior (Computer Engineering).

The contestants hit the audience hard with an immense amount of information and knowledge on the subject. The first speaker was Munje Foh. She was extensive with her research, and focused on the fact that Bush's Homeland Security Act could and has led to violations of the 4th Amendment, with issues of unwarranted searches and seizures.

Kristen Lilly approached the podium next and mentioned that while at the same time our nation has heightened all aspects of its security, it has unfortunately experienced an increase in unfair "hate crimes" and profiling also. Lilly emphasized the importance of protecting the minorities of the Arab/Muslim communities in particular, which have been targeted unjustly during the past year.

The third speech of the evening was that of Bridgette Holley. She is indeed a freshman, but by no means would she disappoint on this occasion. Holley's speech focused on the longevity of "The Constitution," where our civil liberties were originally granted. She reminded us of the true meaning of justice, equality, opportunity, and freedom, which are four highlights of the historic document. Holley closed by stating that "the safety of our country cannot be taken for granted," and that "there must be a balance between civil liberties and national security."

Last, but not least, Ronald

Funderburk gave his perspective on the issue. As Funderburk shared his point-of-view with the audience, he embraced the podium with a firm grip. His speech touched on the first amendment and how we as a people are slowly but surely losing our "Freedom of Speech." Funderburk asked the audience to imagine the world with a U.S. government with operates with similar wire-tapping and intelligence schemes like those used in popular movies such as Enemy of the State and Minority Report. Now picture this... Would you rather live in a world where murders, terrorism and nuclear weapons always headline the six o'clock news or would you want to live in a time where a perfect world with no violence comes at the expense of your freedom?

Following the last speech, the judges met and host Shawn Crockett announced the winners. All of the speakers gave outstanding speeches and brought a lot to the table, but there could only be two prizewinners. Bridgette Holley finished in first place and Munje Foh came in a close second.

When asked about the contestants' speeches, Crockett commented that he was enlightened by the speakers and was also pleased by both the wide range of backgrounds involved and the "representation" of the black female. He also stated that the contest proves we should have "more representation" by our females and black males in today's political arena.

News writers, graphic editors and layout designers...  
News writers, graphic editors and layout designers...  
APPLY NOW!

## The Nubian Message

Sentinel of NC State's African American Community Since 1992.

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Only with the permission of our elders do we proudly produce each edition of The Nubian Message.

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## Africa News Briefs

NEWS AND INFORMATION FROM THE CONTINENT

### Eating disorder plauge

According to a study conducted by the University of Zululand in South Africa, many African women seem dissatisfied with their weight.

The study found that many of the girls had misused laxatives and diet pills and used other methods to control their weight. Even though the studies were conducted upon very small groups (80 girls) the observations seem to indicate symptoms of greater problems.

Psychologist Judy Seed stated, "In a comparison of Zulu and British girls we found a lot more eating problems and body dissatisfaction among the Zulu girls than we did among the British."

The results of these studies indicate that bulimia and anorexia nervosa may become a greater issue in the

future for African countries in the area.

### Prison fire kills 49

RABAT, Morocco - A prison yard fire last week resulted in 49 inmate deaths. The incident, which occurred in the early hours of November 2, reopened discussion concerning the conditions of Morocco's jails.

Abderrahim Jamaï, leader of Moroccan Prisons Observatory, commented that the fire "most certainly resulted from a lack of maintenance"

and was "the worst ever in a Morocco prison." Morocco's prisons are known for being overcrowded and for having conditions that aren't up to par. In the past 10 years, the prison population has doubled. According to prison administrator Hassan Hamina, the number of prisoners has already increased by 12 percent this

year.

Morocco firemen had the fire under control by 3 a.m. Those who were injured were taken to El Jadida's Mohammed V hospital.

### Ethiopia loses doctors

One-third of Ethiopia's medical doctors now reside outside of the country. A good number of Ethiopia's qualified professionals are migrating to other areas, leaving Ethiopia with a shortage of well-trained doctors.

Dr. Meera Sethi, a representative of International Organization for Migration believes, professionals are migrating because of mismatches between professions and local demand, lengthy recruitment processes, poor working conditions, low salaries, weak government ownership, no higher education opportu-

Don't Throw It Away! Recycle the

## Still Maturing Beyond the Four Walls of Campus

Segun Olusesi

staff writer

"You need to understand that indigenous Africans and the African Diaspora have distinct identities that have separated our outlook on life into different planes Dibe," Ada uttered slowly. "African Americans feel betrayed by their African brethren who sold them into slavery. It's not a pleasant experience to have three hundred years of your history told without any sense of pride and feeling of integrity, but something you constantly shy away from."

Feeling sorry for losing his composure, Dibe replied, "I didn't mean to get all worked up over this conversation Ada. It's just that there is so much ignorance around us. Maybe if we all had embraced searching out the truth for ourselves, we would have been discovered that Africans treat slaves as part of their own household - slaves who dine with their masters from the same plate, and marry their master's daughters. They thought the White traders would treat would treat slaves likewise."

"The biggest problem to fostering Pan Africanism is not acknowledging we have a problem of ignorance in the first place," Dibe continued, "How much do we know about ourselves, Ada? When you get to your dorm ask your African American friends simple questions like how many countries there are in Africa, name ten countries in Africa you would like to visit. Can you name five African nationalists you've read about? Do you know anything about the country of Haiti? Ever tried having a pen pal in Caribbean or learning the history of Jamaica? Have you ever gone online to challenge the image of Africa as a commu-

nity of primitive and exotic people mainstream media perpetuates?"

"Dibe," Ada replied, "let's be real, what brings TV ratings are programs that show the primitive lifestyles of the nomadic Fulani tribesmen, not a documentary on an African city like Lagos - a city that is something like downtown D.C. and Atlanta combined."

"We have to go beyond classroom teaching and the four walls of the Ivory tower if we are to mature into universally minded individuals ready to face the challenges of the twenty-first century."

"I went to the African American reading room just last week and I was amazed at how little I knew of African American struggles and the Civil Rights Movement. Ada, I felt really ashamed of myself after looking through the rich collections books over there, and not checking out a book since I've been on this campus."

"Dibe, how about making an effort to check out a book out of the reading room every month?"

"I don't know about that Ada, I have so much to do, homework, meetings and all"

"And you talk of maturity on campus if you won't make an effort to enlighten your mind Dibe?" Ada interrupted. "You just self-diagnosed the common ailment to immersing Black culture - individual pursuit at the expense of community responsibility. You ought to know better. Collective association is the very principle every true African society is

*See Maturing*

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## What If?

Crystal Stallings

opinion editor

In case you didn't understand last week's article, then here is the thing: It is evident the stereotypes that resound in our society and cause us to always prove them wrong. On the other hand, we sometimes give credibility to those stereotypes through our brothers' and sisters' actions whether directly or indirectly. Don't you know someone is always watching to see what we do? What we do will forever reflect who and what we are as a race and as a particular people. Our traditions and ideas are always analyzed through the eyes of someone outside our family. Why is everyone trying to scrutinize what we do? Are we under a microscopic light or a magnifying glass?

Don't you remember someone always putting on pressure on you to succeed because the people before you didn't do what they had in mind? Stereotypes have made that happen. Proving people wrong has been the forefront of every one of our goals. Sometimes the people we're trying to prove wrong don't always come from other races. Why can't we simply believe in each other as a whole people? Are we so conditioned to stereotypes that we have begun in partiality to receive and accept them as limitations to the things we are truly capable of? More power to someone making it big, getting out the ghetto, or

becoming the only black person in some particular field. If you have a dream and you have the ambition and ability to go and achieve it, DO IT!! Don't waste time with haters and opposition.

Another thing last week's article was to make you think about what do we truly think about one another as a total human population. These stereotypes are typical. They are magnified twice as much through the social elite down to the media and through the slightest communication from one race to another. Every time something happens as far as crimes or 2whose just won some award in entertainment, we all make assumptions about who he or she really is. We must stop making all these assumptions and be honest with ourselves as individuals first, then as a race, then as a society.

Assuming is human nature - of course we all acknowledge and realize this, but the communication lines must be open in order to dispel false appearances and to also share our selves with others. Assuming usually brings us to stereotypes, which also makes us put limits and boundaries on one another. Are we not one human race on one earth? We might as well learn to deal with our differences and overcome stereotypes together so we can survive longer.

## Unity... we don't have it

Miranda Houston

staff writer

Nearing the end of the year 2002, how far has the African American community come from the stigmas of the past? What are the long lasting accomplishments that have been made? And what long lasting achievements have been gained by the black community? And of those achievements, how many have remained ours and not confiscated by other groups as their own? The black community is facing a number of problems that will eventually destroy or unify us depending on the steps we decide to take.

Some of the problems facing our community are living in the past, thinking the world owes us something, using

racial excuses as the reason why we can not ahead, always blaming others for our problems, and instead of speaking out against those who offend or injure our community, we tend to destroy our own neighborhoods and give the impression that we are incapable of keeping anything of value. One possible reason for this dilemma is blacks hardly know about their past beyond slavery. And it is this drama of slavery and the mentality that goes along with it that plagues the black community.

The slave mentality triggers the survival instinct and the need to distance oneself from the rest to survive. It is this survival instinct that produces disunity and discord within the community. Being continually oppressed and abused has led the black community to focus on the negatives of life

and not the positive.

Through our struggles for equality and the right to live as human beings, we have allowed those outside our community to dictate to us who we are, where we are going, what we can or can not accomplish, and how far up the social ladder we will go. Instead of our trials and tribulations making us stronger and binding us as a community, we are not unified on the issues that affect our world, such as financial viability and freedom within society, having appropriate health care, home ownership, and powerful political representation.

In order for the black community to be unified, we must

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## Survival of the Fittest

Portia Overton

staff writer

"Survival of the Fittest" was a term coined by Charles Darwin to describe the process by which only those organisms (people) who make significant contributions to the world around them, will inherently pass their genes on to the next generation. To forever strive or to eventually prevail, to dominate or be dominated, to allow others to define your destiny, or to take matters into your own hands is what comes to mind when facing the challenges that become vivid factors of reality. On a day-to-day basis, we must fight, kick, and struggle to simply persevere and overcome any of several obstacles that get in the way. Whether it is in attempts to achieve self-affirmation through our parents and family, our professors and indirectly through our grades, or even acceptance by our peers, we struggle to be the greatest of the great, the richest of the rich, and for what: inevitably, in hopes of conquering that American dream.

From a very young age, it has been driven down home that the best preparation will lead to the better jobs, the better house, the better life, and even better self-worth. But as most of the attention is paid towards personal gain and success, in the midst of it all, a huge bulk of self-righteousness, personal values and self-inclination to help others that begat us, becomes a vague, pseudo-reality. The qualities that really allow for us to achieve our fullest potential are the same ones that are brushed under the carpet, until it's too late. Too often I see people, especially OUR people, competing, fighting, and battling one another, and in turn punching ourselves in our own faces, for self, rather than selfless prosperity. We have been conditioned to believe that the only way to get ahead is to look forward to each other's demise. I cannot express to you the illegitimacy of this reverse logic.

Life occurs in stages, from birth, to the teen years, to college, to your profession, and then

retirement. I understand that people must change, in order to adapt, as they grow older, but instead of maturing, a type of regression sometimes occurs. You see it in the transition from college into the professional world, the REAL world. For those of us that will make it, I have some concerns. Time and time again I hear and see instances where we become so enwrapped and focused on our own individual development that we forget our responsibilities to help those that fall short, behind us. Instead, often times, I could imagine that once matriculated into a nice little law firm, or big corporation, we become threatened by the idea of another man/woman that looks like us, sharing the success that comes with being high up in the ranks. Besides, everyone knows there's not enough room for all of us...(yeah, right).

I can say that though further efforts can be made to improve our sense of campus family, I do notice that though we only occupy approximately 13 percent of the school population. My people here have been so open to lending a helping hand to bring a sista back up to par, especially when she's not feelin' the Organic Chemistry, or that Statistics like she should. Upon looking to my right as I walk into the library, I notice groups of us, being proactive in attempts to reach out. I see programs like the Peer Mentor Program, Symposium, making sure we don't forget. I become so excited to see us come together for a common purpose. I just hope that we are able to take that same attitude towards unity and Black excellence, when we must finally leave this place and settle down in life. I hope that we keep in mind the necessity to fulfill the dreams demanded through the plight of our ancestors, and leave our doors open, just as someone will have to open the doors of opportunity for us. No one has gotten to the point that they are now, alone. It is imperative for us to excel as a unit, even more importantly to excel as a people.

### Read More Nubian. It's Good For You!

Unity

From page 3

stop being envious of each other; we must choose the appropriate role models for our children besides athletes. We as black women must support our men without nagging them or complaining about their faults, our black men must learn to love and treat our black women with respect and appreciation. We need to go back to our tribal instincts of community and family.

According to New World Dictionary, unity means the quality of oneness in spirit, sentiment, and purpose. It also means agreement or harmony. If the African American community expects to be taken seriously and seen as a community to be reckoned with, then we must

come together on the issues that affect us. We must learn to speak the same language, walk the same way, and conduct ourselves with dignity in all situations. We need to start supporting our own in business, in home ownership, in our dreams, goals, aspirations, and especially in our spiritual lives. We need to come together as a people to show the world that we are not about violence, mass production of children without parental support, thugs, prostitutes, or mindless drug addicts. We are a people who love each other and our children. We desire what all other races desire love, respect, kindness, and better for the next generation. The world needs to see that the African American community is a unified entity.

## Majoring in the Minor

Miranda N.

staff writer

I have noticed a phenomenal trend within the African American community. It is the protest of a myriad of perceived injustices. There is not anything wrong with defending your beliefs or demolishing the stereotypical labels and beliefs applied to our community, but know what it is you believe and stand for.

According to the American Heritage Dictionary to protest means to express strong objection or object to in a formal statement. We tend to think that everything in life that is not to our liking deserves to be protested as an act against our race and personage. But the truth is that there are some situations that are our fault and has nothing to do with being Black or being persecuted as a Black person.

Most interesting thing about our protest is we tend to stand behind those of questionable behaviors and lifestyles, which takes the focus off the thing protested. We look at the ones who speak the loudest but have the littlest influence. Our selection of a representative is a reflection of how we think, feel or believe about a par-

ticular thing. Therefore, we should be careful of who we and choose to represent our community.

In the protesting of all these so-called injustices (not everything we go through is the "white man's" fault), what changes have been established through or from the protests being made? I am not talking about what the Civil Rights Movement did, but the changes our generation has made. Within each generation of our community there should be changes made. For example, we should have more economic power, more home ownership and more political power. If things have not occurred, then we should look at who is representing us and prioritize our protests so that in them we achieve change.

It is a noble thing to stand up for what you believe in and destroy the ideologies that would prevent you from being all God has made you to be. Then it is our responsibility to protest the injustices being made against us but make sure the protest affects change for those who come behind us.

The Nubian Message  
staff wishes everyone a  
Happy Thanksgiving!

Make sure you pick up a  
Nubian when you return  
from break.

Maturing

from page 3

is the very principle every true African society is built on."

"So you are saying I should give up studying for my test because I want to learn about other people's culture?"

"That's BS," offered Ada. "It's all about priority, Dibe, you either widen your horizon about the world or you don't, until then, don't utter any complaint about Jesse or Sharpton. They've found their niche, find yours or be deemed useless to your people."

## Assimilation: Is it Worth It?

Amir Reavis-Bey  
staff writer

On Thursday, Nov. 7, 2002, the Society of African American Culture (SAAC) hosted a discussion on the topic of "assimilation," led by Student Body President Michael D. Anthony. By definition, assimilation is "the act of being accepted by dominant culture." Should African Americans assimilate within the United States? That question is quite difficult to answer, but was Thursday's general focus of discussion.

In all fairness, it is questionable whether or not African Americans have a choice to assimilate in the United States. According to definition, the majority must accept an individual of the minority in order for him/her to assimilate. Therefore, no matter how hard one tries to conform to society's norms, he/she can never assimilate. However, others feel that the state of assimilation exists within an individual's mind. If people truly have no identity of self-origin and affiliation, they have fully assimilated themselves into society. Often, people fail to realize that taking a stand against assimilation makes changes in society. Civil Rights activists chose not to assimilate and made social progress for African Americans.

People might want to assimilate because they can reap societal benefits, but they should not submit themselves to false beliefs.

Assimilation can also be used to control minority groups while stripping them of their native culture. Although by force, African Americans have conformed to United States culture. While enslaved in the United States, African people were stripped of all cultural ties with their native land. Africans in the United States, now known as African Americans, were forced to either accept the practices of the white majority or suffer severe and dire consequences. Unfortunately, slavery still exists within the minds of many African Americans today. Under the misguided notion that being "ignorant" is cool and black, many brothers and sisters are continuously spoon-fed ideologies that shackle their minds. Totally unaware of what it means to be a person of African descent, those who adopt this mindset into their lifestyle, falsely represent the black race in America.

At some point, a line must be drawn on whether to assimilate at all, and if so, how much. It seems as if assimilating is almost unavoidable. In many cases, failure to assimilate will close many doors of opportunity. One of the

discussion's participants mentioned how her ethnic dread hairstyle could harm her candidacy for employment. It is commonly known that dreads are deemed unacceptable by the business world, but what does one do when he/she attempts to be him/her self in a racially biased world? The participant stated she is a firm believer in her self identity and will not change her self for any career. Several others agreed with her decision, but added "you must get your foot in the door, but don't fail to speak out on things [that concern you]." Regardless of their ability to perform on the job, it is unfair that individuals must compromise themselves to survive in the workplace.

Concluding the discussion, participants agreed that assimilation is optimistic but not realistic. One must further question, if optimistic, at whose expense? If you ever feel that conforming to the norms of the majority comprise who you are, you must compensate for that. From a realistic perspective, minority groups could never fully assimilate to form a homogenous society within the United States. No matter how well cultures fuse together, it is always possible to distinguish people from the heterogeneous mix

## Death of a hip hop pioneer

Kwadwo Ofori  
staff writer

The funeral for DJ Jam Master Jay of Run DMC was held Wednesday, Nov. 6 at the Allen A.M.E Cathedral in Queens, N.Y. DJ Jam Master Jay, a.k.a. Jason Mizell, was murdered at the age of 37 with a single shot to the head by a masked assailant in a Jamaica Queens studio a week prior to the funeral. Mizell's body was brought to the church in a white, horse-drawn carriage

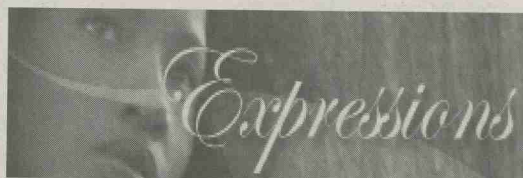
encased in glass. The pallbearers and other mourners wore black suits with unlaced white Adidas, a style attributed to the late Mizell.

Many rap artists attended the funeral that had a reported 2,300 people there to mourn the loss of the hip-hop pioneer. In attendance were LL Cool J, Chuck D, Queen Latifah, and Russell Simmons.

"Jason helped build hip-hop

See *Pioneer*

page 6



Untitled  
By A. Michelle McLean

adamant minds rejecting handshakes  
blood shed from the blast  
mix with the confused tears of a babe  
who has lost his mommy and daddy.  
one who has been punished for the rest of his life;  
dead or alive.  
while shoving an automatic  
into the young boy's hands  
before he has even begun to live  
destroys unsuspecting families  
in the dead of night  
yet sickens him to the point of madness  
in the shadows of the wicked.  
unbroken cycles of prejudicial brainwashing  
and unacceptable jurisdiction  
not only result from untaught lessons from wars past,  
but forbids liberations for those entangled  
in conflicting faiths.  
still, declarations of war are marked by unjustifiable  
hatred  
over  
whose people are loved the most by God  
purely because some refuse to believe that the blood  
shed  
by Christ  
was shed for the grace of all.  
unfortunately, a world that ingeniously and effortlessly  
devises cures  
for every physical infirmity known to man  
fails to acknowledge that our morally diseased  
natures  
are continuously being tested  
only to prove ourselves inadequate.  
can we not understand that  
the epidemic  
that we should be most alarmed of is  
the one driven by hatred and infliction of pain?  
do we not owe ourselves that much?

## Re-Birth of Hip Hop

Keymia Sharpe  
entertainment editor

"[Renaissance Records] is a deviation from the normal, boring, repetitive hip-hop on radio and a breath of fresh air for people like me who are tired of things polluting the airwaves," comments Travis Williams, one of the Co-Executive Producers of Renaissance Records. And it could not have been stated any better.

With unique new artists, hot beats, and tight hooks, the Volume 1 CD shows that this company is on the verge of creating new waves of talent. Established in 2001, Renaissance Records, misspelled in an act to show individuality and a divergence from the norm, was started by Troy Neal, CEO and President, Andrew Seed, Vice President, Travis Williams, Production Manager, and Calvin Williams.

"Drew and I actually started last year, but it dis-

solved due to some issues. Drew saw an ad in Source with a book you can buy to start your own label. He came to me because he knew I was trying to do something with music and we decided to see if it would work. Over the summer, we decided to do it again using the same name. We did some collaborations, but this year, we decided to get serious with it," elaborated Neal.

"Renaissance Records Mixtape: Volume 1" contains tracks from hot underground artists such as Paradox, Lo Piscapo, and Arkhitek, just to name a few. DJ Lil D hosts the CD, and Andrea Cherry makes an appearance. Although the company is not signing artists at the time, they are always looking for underground artists for mix tapes. The only word of advice is, as Neal puts it, "Don't do things just to get sales, just do you."

For more information on the company and the CD go to [www.reni-records.com](http://www.reni-records.com).

## Dandridge...the downplayed diva

Kia Lockman

staff writer

Within the last couple of years, the legend of Dorothy Dandridge has been resurrected. A true diva in her own right, Dandridge's fame has often been downplayed because of her untimely and tragic death.

Born in Ohio in 1922, Dandridge started her career performing with her sister Vivian under the name The Wonder Children, which eventually led to tour dates for small audiences. Even with their mediocre success touring as children, their mother saw Dandridge's potential and eventually moved the family to Los Angeles, where Dorothy and her sister would study acting and dancing in preparation for the big screen.

Shortly after the move the girls paired up with Etta Jones and changed the group name from The Wonder Children to The Dandridge Sisters.

Dorothy landed her first big break while being a member of The Dandridge Sisters where she received a cameo in the film "The Big Broadcast of 1936." Small film roles followed but her break came in 1938 when she was booked in the prestigious Cotton Club in New York. While at the Cotton Club the Dandridge Sisters were greatly received by critics, which helped to catapult them and especially Dorothy

to higher fame.

Eventually the Dandridge Sisters split up and Dorothy went on to pursue a solo career in 1940. She landed a small role in a low budget film called "Four Shall Die," and went on to play small parts in Lady From Louisiana and Sundown. She was teamed with the Nicholas Brothers for a lively rendition of "Chattanooga Choo Choo" in the film "Sun Valley Serenade." Dorothy wanted desperately to be a film actress but she adamantly refused to portray stereotypical black roles for females.

In 1942 she married Harold Nicholas and shortly after they bore a child named Harolyn. Until 1949 Dorothy was dedicated to her daughter and husband until she felt that the marriage with Harold was not worth saving because he toured constantly. Dorothy wanted to return to films after this, but the reality of the matter was there was not much work for black actresses at this time so she settled for going back to the nightclub scene. However, Dorothy returned with an image that left audiences mesmerized. The nightclub reviews were astounding and gave Dorothy the publicity that would help her film career.

In 1951 she played the role of Melmindi in Tarzan's

Peril. Not long after playing Melmindi, she would receive the part of a lifetime as Carmen in the movie Carmen Jones. Her portrayal of Carmen led Dorothy to be the first black woman to be nominated for an Academy Award for Best Actress.

Dorothy appeared in several other major films such as "Porgy and Bess," "Island in the Sun," and "Tamango." After winning a Golden Globe for her performance in "Porgy and Bess," her career would take a turn for the worse mostly because of Jack Denison, her second husband, who took over her career after their marriage in 1959.

After almost two years of abuse Dorothy divorced Denison. Between this time and 1969 Dorothy continued to face trials, often turning to liquor for comfort.

On September 8, 1965 Dorothy passed away. Her death was first attributed to a blood clot caused by the fracture in her foot but an autopsy revealed that she had died of an overdose of Tofranil, the antidepressant that she was taking.

Whether the overdose was accidental or intentional remains a mystery to this day. Dorothy is truly an icon, she was not only beautiful, but could also sing, dance, and act proving to be Hollywood gem.

with the sickness.

Got a stomachache? You or someone else should massage your stomach and lower back and apply a hot water bag to your stomach. Sipping on ginger ale is great to ease stomach pains and it is also great if you are vomiting. For those terrible cramps, the massage and hot water bottle work wonders. Also snack on saltine crackers to ease the pain.

Worked a little too hard in the gym? Try holding a pinch of salt on your tongue till it dissolves. This is supposed to ease away muscle cramps. Got a bruise? Try rubbing on it, or you could place a slice of raw onion on the bruised area. And if some crazy ant got the best of you and now you are itching like crazy, put toothpaste on the bite to soothe and cool the area.

### Needs

from page 7

You can take care of toothaches by rubbing freshly ground garlic on the tooth and the surrounding areas. If you have a sore throat, drink hot tea with honey. The steam and the hot liquid help to get rid of congestion and help to soothe the throat. For the sore throat, you could also gargle with a salt and water mixture. To make this, mix one fourth of a teaspoon of salt to eight ounces of warm water. The salt helps to sterilize the area, killing off any bad bacteria. To tackle an oncoming cold or the flu, you need to drink a lot of orange juice to acquire the vitamins your body needs to fight infections. You can also eat some good old-fashioned chicken soup. The soup stops runny noses and helps to ease all pains associated

### Pioneer

From page 5

and his job is finished, he just couldn't leave without drama," said Joseph Simmons (Run) in the eulogy. Darryl McDaniels (DMC) added, "Jam Master Jay was not a thug, Jam Master Jay was not a gangster. Jam Master Jay was a unique individual...He was the embodiment of hip-hop." McDaniels ended his statement with some lyrics from the song "Jam Master Jammin":

He has a little soul, to rock 'n' roll/ Every record that he touches turns to gold/ He's well conducted, self-

instructed/ His styles were plied, heavily constructed/ Mechanically inclined, and if you don't mind/ We add spice to your life, time after time / And think about times, where he's a long laster/ We rock our rhymes for the Jam-Master.

After the one and a half hour service, he was taken to the Westchester County Cemetery. Jam Master Jay was born Jan. 12, 1965 and was part of the first rap group to go platinum or be nominated for a Grammy. He left behind a wife and three children.

### Relax

From page 7

ly, can help relieve numerous ailments including various aches and pains that result from physical injury and other health discomforts. In addition to easing physical discomforts, it can also aid in one's emotional well-being. With the proper use of specific products, aromatherapy could lessen anxiety and stress, stimulate relaxation, relieve depression and improve and encourage certain moods and attitudes.

Are you now wondering how this aromatherapy thing works? Want to try it for yourself? Well, first you have to know what to look for.

Because aromatherapy is centered on the products that are to be used, it is important to advise you not to look for the products in their purest form. For everyone's convenience, these products are in the form of oils cleverly mixed with the products' pure and natural extracts. The actual products that are sold in stores appear in the forms of oils, candles, lotions, sprays, soaps, bath gels and perfumes. Are you getting excited yet?

The purpose of aromatherapy is to choose and use products according to your physical and mental needs and

desires. The key is to match your need to the products that will give the desired effects for maximum satisfaction and results. Whatever you decide to try, it is as easy as following the directions and enjoying its benefits.

For all of you out there who are interested in aromatherapy, here are just a few examples of hundreds of products you can try to get you aromatherapy started off:

\* Lavender: reduces tension, insomnia; prevents scarring and headaches; aids in relaxation; can serve as an antidepressant and sedative

\* Cinnamon: can serve as an aphrodisiac or cough suppressant

\* Eucalyptus: aids in sunburns, sore throats, rheumatism

\* Melissa: may reduce nervousness; relieve bacterial infections; promote relaxation

\* Rosemary: physical and mental stimulant; improves muscular conditions, depression; prevents or helps memory loss fatigue

For more information on aromatherapy, visit these sites: [www.naturesgift.com](http://www.naturesgift.com), [www.fragrant.demon.co.uk](http://www.fragrant.demon.co.uk).

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Scholarship Amount: \$2500.00  
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For information log on to  
[www.theihs.org/morley](http://www.theihs.org/morley)

Apply for free money now!

Apply for free money now!

### Sniper

from page 2

in Baton Rouge, La. on Oct. 14. The bullet found in Ballenger's body was the same .223-caliber Bushmaster that was used in the sniper shootings. Witnesses of the murder described the suspect as a young black man who fled from the scene. Bullet identification as well as other factors point towards Malvo as this suspect.

Police Chief Pat Engle of Baton Rouge, La., issued first-degree murder warrants for Muhammad and Malvo. If the two men are found guilty of first-degree murder charges, they may face the death penalty.

Muhammad denies owning the Bushmaster rifle or the Chevy Caprice the suspects were sleeping in when they were apprehended.

Think you pretty? WRITE!

# 7 Health & Beauty

## A Brief Look at Meditation

Afton C. Dixon

staff writer

People use are numerous techniques to relax when they feel stress so that they can go on with their daily functions. Some people use religion, exercise, or even confiding in friends and loved ones.

Another technique that can be used is meditation. Meditation is when you make a conscious effort to focus on one particular thing. The focus can be anything, like the ocean, a breeze, or even your own breathing. It's a conscious effort because our minds often wander due to distractions of the daily activities, whether it be traffic outside our door or hearing people as they pass by. If that happens during meditation you have to consciously shift back to your previous train of thought. The key to meditation is focus. Meditation takes practice. The more you practice, the easier it will become.

When you close your eyes during meditation, the body gets a cue that it is time to sleep, which relaxes your body. However, you have to be careful not to fall asleep or meditation will not work.

There are several different ways to meditate. Regardless of the type of meditation used, it should be done in a quiet place in order to relax and concentrate.

One way to meditate is the sitting position. You sit down, close your eyes and relax. This is commonly known to be performed in the Indian style position. To many it is too uncomfortable. However, a recliner or other relaxing chair can be used. The length of time varies from person to person.

A second method of meditation, which is called the sit-stand method, can be helpful when tests or pers are coming up and you need to stay awake. You split the meditation into three fifteen-minute intervals. Between those intervals you stand for two minutes. The total time for this method is forty-nine minutes and can occur as often as one desires.

These techniques aren't the answer to solving the world's

problems, but they can be a way to increase positive thinking, which in turn can lead to a healthier lifestyle.

Ladies, whenever you are putting on your makeup to look good for your man, head off to the club, or just to look good, have you ever stopped to think that the ingredients in various products are harmful to the skin? Research has been done and there are certain ingredients in some cosmetics and various other toiletries for women that can indeed damage the skin. That's not to assume that all makeup and other toiletries are bad, but there are things that you as the consumer need to be aware of that the advertisers will not tell you.

According to the Federal Food, Drug, and Cosmetic (FD&C) Act, cosmetics are defined as "articles to be applied to the human body for cleansing, beautifying, promoting attractiveness, or altering the appearance, without affecting the body's structure or functions." Examples would be skin care products, cosmetics, hair color, and everything else ladies use to compliment features of the face and skin. Labels like "natural" and "alcohol free" can be misleading to consumers since they are common and general terms.

"Natural" refers to the ingredients being taken from plants or animals instead of being artificially made. There is no scientific proof that natural products are helpful for the skin. Hypoallergenic refers to the products not likely causing allergic reactions. However there is no guarantee that it will not. "Alcohol free" refers to the product not containing ethyl alcohol. However, they may contain fatty alcohols like cetyl and lanolin. "Fragrance free" refers to a small amount of fragrance, too small to have a noticeable effect on our sense of smell.

There are concerns in applying makeup and other products to the skin. Here are some tips to prevent bacteria from spreading from makeup or other skin products:

- Never apply makeup or anything else and drive. If you have to come to a screeching halt or drive over a speed

## Fighting Dry Skin in the Winter Chill

A. Michelle Mclean  
staff writer

pores.

The winter chill has crept up on us quicker than we had expected. Staying warm and well is high on our priority lists for surviving the season. In addition to bundling up and maintaining our health, there are some smaller details to which both men and women should pay careful attention. Taking special care of the skin is one of those vital details that we must take in consideration in preparing for and weathering those cold, winter days.

Many of us know from experience the toll that the weather can put on the skin. Underneath those layers of clothing, some may find arms and legs that are scaly, elbows that are rough or wrinkles around the eyes that definitely do not come from frequent laughter. These little mishaps result from the central heating, wind burn, and cold, dry air that helps winter steal the natural oils of the skin that aids in its moisture. It leaves our skin dehydrated, chafed, uncomfortable, and unattractive.

To fight the wind and battle against the wear and tear of the season, take the following advice for taking tender care of your skin. This advice is not focused only on the ladies. Guys don't worry about what your boys will think. Besides, that female that you've been trying to get the attention of would not notice you if your skin is busted. So moisturize that skin. Here's what to do:

Stop taking those long, hot showers. They strip the skin of its natural oils and leave the skin dry and painful. Soaking for long periods of time is a bad idea. Instead, take baths in moderately warm water and showers at lower water pressures. Do not forget those bath oils.

Moisturize the skin by applying moisturizer heavier than usual, especially when going outdoors. Choose the moisturizer that has a built-in sunscreen and natural ingredients such as almond oils, beeswax, and shea butter. Avoid the cheaper alternatives that contain petroleum and mineral oil. These components clog

Get rid of layers of dead skin by sloughing the skin with loofah sponges and massage mitts. Doing so restores moisture and betters the circulation.

Keep the most sensitive areas protected with the proper balms and lotions. Maintain soft lips with lip balms that condition and prevent chapping. Moisturize and massage hands regularly, and wear gloves.

Consume alcohol with moderation. Wine, coffee, and other comforts tend to dry out the system. As an alternative, opt for herbal teas. Laying off of the alcohol and caffeine will also improve your immune system.

Sleep in. Deprivation of sleep robs the body of certain nutrients that aid in having healthy skin, hair, and nails. Sleep is also a natural way to replenish and refresh the skin.

Avoid extreme and prolonged exposure to the sun. Sunburn during the winter season is as possible as sunburn during the warm seasons. To avoid those "visible signs of aging," use moisturizers that include sunscreen.

In the world, we are taught that beauty or being beautiful makes the person. Our society has set certain standards and stereotypes that many cannot live up to. Society considers being tall, thin, and blond as the standards of beauty. When we do not measure up to those standards we are put over in the sidelines. To avoid being ignored and put out of competition, we try our hard to seek physical perfection, in turn to become a part of the in-crowd of society. We cut, pluck, stitch, tuck, and alter our natural selves to make others happy.

Unfortunately enough, the female body image has increasingly become one of the largest issues facing young women. The way in which we perceive our bodies and ourselves is a crucial factor in the difference between a satisfying and confident lifestyle and a life spent disliking and resenting a body image that does not conform to someone else's standards

## Flavors and Remedies of Herbal Tea

Chika Nwankwo

staff writer

Many moms like to unwind from a hard day at work by sipping on a cup of tea. All the rage lately, are the ever-popular herbal teas. And these teas are not just for tired moms anymore! Young college students like ourselves can also benefit from the teas' multiple helpful elements.

The various types and flavors all have different effects on your mind, body and soul. Some of the most popular flavors include Chamomile, which is most useful for relaxation. This herb also helps to ease menstrual pain, reduces stress and can reduce anxiety. If you need to sleep but just can't fall into sleepy land quick enough, take a cup of Chamomile tea to totally relax your body to a restful, sleepy state.

If it's Tuesday night and you know it's going to be a long night of studying, try some Ginkgo Biloba tea. This tea is known for its memory-improving qualities, and it provides a needed burst of energy. And that next morning, try Peppermint, Eucalyptus or Black Berry tea, these teas are great waker-uppers and provide you with energy needed to get through your day. Peppermint tea also helps to reduce stress and relieve upset stomachs, along with Spearmint tea, which is often used to help comfort and soothe cold symptoms and relieve stomach pains.

St. John's Wort is a tea most useful for combating headache pain. Red raspberry tea, or the female tea, is great for balancing hormones. If you want to fight a cold, soothe your upset stomach, reduce that pounding

headache and relieve morning sickness all at once, try the tasty Mint tea.

Another tea that's quite useful is the Rosehip tea. It is used to fight the common cold, ease diarrhea, soothe a sore throat, and relieve stress. When you try out the teas, sweeten them with some honey, sugar or lemon. Herbal teas provide a great tasting way to heal and relax the body naturally. If you can't find the time in your busy day to sip on herbal teas, don't forget that they make for great gifts and can be incorporated into many creative gift ideas. Hey maybe your mom could use a cup!

sidelines, stretch, then go back out and do another. Repeat the process and finish your workout. Running can be the best thing you do for your body this winter. You can entertain yourself and indulge in a healthy

Health. Write.  
515.1468

## Don't wanna be like Mike

Carla Williams

staff writer

Does "His Airness" still have what it takes to cut it in the NBA? Ask that 10 years ago and you probably would have been laughed at. However, years have passed and times have changed. Many consider Mike Jordan to be a 40-year-old ex-NBA player who just won't give up, especially when compared to young, explosive players like Kobe and Iverson.

Personally, I think Michael Jordan's comeback was one of his finest statements as an athlete. He came in, redirected and rejuvenated a franchise. He inspired guys who had a loser's mentality to understand what it takes to come out and play hard. He pushed his Wizards teammates to think that they had the capacity and ability to win games.

How could anyone ever question a player with such outstanding statistics: five-time NBA Most Valuable Player, 10-time All-NBA First Team selection, one of the "50 Greatest Players in NBA History" of 1996, a member of six Chicago Bulls NBA championship teams, participated in 12 NBA All-Star Games, holds the NBA record for most consecutive games scoring in double-digits (only 842), just to name a few.

Michael Jordan's game sets him apart from any other player in the league, past and present. Not only is he an excellent scorer but a defensive nightmare as well. Unlike many young stars today, he excels on both ends of the court.

Let's take a look at Iverson's current stats. He ranks number in the NBA for attempted field goals, yet he ranks number 10 for attempted field goals actually made. He's also ranked 17th in assists. Kobe ranks number one in points and is number 10 in assists. Don't get me wrong, these guys are great players but they are selfish

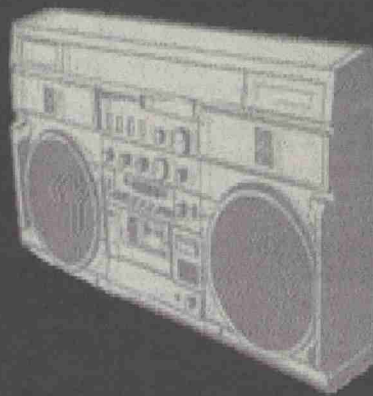
players. A team player, like Jordan, who isn't afraid of actually passing once in a while is much more valuable to his team in comparison to a hot-shot.

Michael Jordan exemplifies all of the qualities of a great player, coach and leader. He is an excellent passer and sets up guys for open shots by drawing away defenders. The years have taken their toll on Jordan, as his statistics currently are not as great as in times past. Over the years, Jordan has grown in all aspects of the game, which has earned him respect from his fellow teammates, coaches, and other players in the league as well. Most top players lack respect from fellow players and coaching staff. You cannot gain respect from players when you are the last one at practice or fail to even go (e.g., Iverson). You never truly lead a team like that; you can only lead statistically.

MJ's skills require less energy than the new guys. Most stars now rely on quick dribbling and impressive maneuvers to create points. Jordan simply uses his quickness for post-up turn around jumpers, which takes less energy and is virtually unstoppable if executed correctly. Young players today lack one essential element: discipline. You can't really blame the players, though. I hold NBA commissioners responsible, taking young players straight out of high school or just starting college. These kids do not know what it means to play as a team, to give up the ball to someone who is wide open and not take the difficult, near impossible shot.

Many compare Jordan now to what he used to be. When considering greatness, you must consider where one has been...not where he is at the present time. It's quite obvious that a player will not be able to perform as well when he reaches 40 in comparison with when he was in his youth. Despite his recent injuries and controversies, Michael Jordan will go down in history as The Greatest to ever play the game of basketball.

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