

# the Nubian Message

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

March 25, 2003 - March 31, 2003

Vol. 10 Edition 14

## TODAY

### Opinion

Alvin wonders if the magnitude of cultural awareness will be "out like the Afro."

### Entertainment

Soulsville, the first black-owned online marketplace, gains recognition in entertainment.

### Culture&Arts

Frederick Douglass' establishment threatened by a 2 million dollar debt.

## WGO

### What's Goin' On?

#### Human Rights Week

will be from March 24-28.

List of scheduled events

available at

<http://www.ncsu.edu/news/2003humanrightsweek.htm>

m

#### SAAC Elections

will be having elections at 6 p.m. in 356 Witherspoon

#### Pan Afrikan Fesitval

begins Mar. 28 with

Freestyle Fanatics at 7 p.m.

in the Talley Student Center

Ballroom. List of Pan

Afrikan events available at

<http://uab.ncsu.edu:8230/paff/>

#### Dr. Ben

Scholar Dr. Yosef Ben-

Jochannan will be at UNC

Mar. 28 at 7:30 p.m. in 209

Manning Hall.

#### For more information

<http://www.ncsu.edu/msa/aasa/weeklyevents.php>

## Euzhan Palcy kicks off 2nd Annual Africana Film Festival

Mary Garrison  
staff writer

Last Monday tipped off NC State's 2nd annual African Diaspora Film Festival. The festival includes a number of speakers, discussions and films celebrating the talents of the African Diaspora through film. Sponsored by the Union Activities Board, the film festival's theme for the year is African Women in Film. All movies will be shown for free in the campus theatre.

Euzhan Palcy, the first woman of African decent to direct a Hollywood film, introduced the first film of the festival; "Ruby Bridges." Directed by Palcy herself, "Ruby Bridges" is a movie based on the true story of a young African American girl who integrates the New Orleans school system.

Palcy achieved her childhood dream of becoming a filmmaker at age 22. Since then, she has received 17 international awards for her first major film, "Sugar Cane Alley." Her second major film, "A Dry White Season," starred Marlon Brando. The film was about South African apartheid. It caused major controversy, primarily throughout South Africa, where it was banned from theaters because of its disturbing yet realistic content. The movie brought Palcy international acclaim and Brando an Academy Award.

According to Palcy, "I saw your work and it changed me" is the best compliment anyone could give. She feels

that filmmakers have a responsibility to help adverse situations and to try to make a change.

Dissatisfied with the portrayal of Blacks in the media, she has always been able to achieve excellence in all of her works. "I never want my work to be what we call "the Ghetto work", I want it to be the best and universal.

"I am political," said Palcy. "I'm not insensitive to the misery and sufferings of people. Sexism, racism...I am passionately against those things."

The Washington Post has acclaimed her with descriptions including "Mesmerizing, captivating, splendid and genius." Her most recent work is "The Killing Yard," a film about the 1971 uprising in Attica Prison. Morris Chestnut stars as Shango Bahati Kakawama, an inmate who must stand trial for the horrendous crimes committed throughout the tragic event, even though he is not completely responsible.

NC State's African Diaspora Film festival will last until April 15th. It will feature other eye-opening films including "Cherchez La Vie/Looking for Life," a story about two Haitian women's friendship and mutual struggle for survival. In addition to friendship and determination, the film also reveals how imports, commercialism and imperialism have ruined Haiti's economy.

Also featured are "Mr. Luis Gilberto Murillo," "Eve's Bayou," "Karmen Ge' Flame", "Taake Fanga/Skirt Power", "Beloved" and "Nasci Mulher/I Was Born a Black Woman." Speakers for the festival, in addition to

Palcy include Margaret Rose Murray, Dr. Juliette Storr, Dr. Maria Pramagiorre, Dr. Kenneth Vickery, Nkechinyelum Chioneso, Dr. Joyce Pettis and Dr. Vania Penha-Lopes.



Euzhan Palcy  
courtesy of msn celebrities

## News and Observer writers visit N.C. State

Marcus Gibbs  
staff writer

On March 4th, two reporters from the "News and Observer" visited NC State. Anne Saker, reporter, and Dennis Rogers, columnist, spoke to students in Williams Hall about their careers and as well as conflicts between North Korea, South Korea and other countries.

Anne Saker, an Ohio University graduate, reported on business matters, politics and congress during her career as a journalist. Dennis Rogers, originally a Columbus County resident, was in the U.S. Army at the age of 19, served nine years afterwards and also spent time at NC State for before transferring to UNC's School of Journalism. During the time he spent in the army, he was exposed to the harsh realities of death and

suffering of the Korean people.

During the session, Rogers and Saker discussed the

...the people of North Korea are only being informed about what the government wants them to know.

issues regarding North Korea and conflicting nations both in the past and present. Rogers spoke about his experience as a soldier stationed in South Korea and the hostility between North and South Korea and the

United States.

Saker's articles were about a former Rich Square North Carolina resident named Charles Robert

Saker and Rogers also addressed the media coverage of North Korea. They let the audience know that the people of North Korea were only being informed about what the government wants them to know. There is no CNN to tell them what is going on around the world or in their country. If these people are being told something is happening, like the United States threat to go to war with Iraq they are only given the view of the government. They are not able to make up their own minds.

Both Saker and Rogers show knowledge about the cultures and environment of North and South Korea, and are good models for all who wish to pursue the field

Until lions have their own historians, tales of the hunt will always glorify the hunter. • Akan Proverb

## U.S. News Briefs

NEWS FROM THE U.S.

### Protests at Oscars

Michael Moore, winner of the best documentary for "Bowling for Columbine, used the Oscar stage as a platform to show his disgust against the Bush administration's decision to go to war.

"We live in the time where we have fictitious election results that elect a fictitious president," Moore said. "We live in a time where we have a man who's sending us to war for fictitious reasons, whether it's the fiction of duct tape or the fiction of orange alerts."

Some celebrities gave Moore a standing ovation, while others booed him off the stage. His closing comments were "We are against this war, Mr. Bush. Shame on you, Mr. Bush. Shame on you."

Although the Oscars did go on as scheduled on Sunday, it was evident that the war had taken its toll on the show. The red carpet, one of the signature events of the Academy Awards, was cancelled so celebrities would not look frivolous while the nation is at war. In the same respect, most of the celebrity after-parties would not allow reporters to attend.

Iraq once again showed video of two new American soldiers being held as prisoners of war. The two latest soldiers were Apache helicopter pilots. Both pilots seem to be in good condition. After the pilots were seized, the United States tried to destroy the helicopter in an effort to make sure the Iraqi military cannot use it.

### Iraq gains 2 more POWs

Iraq once again showed video of two new American soldiers being held as prisoners of war. This video lasted less than a minute.

The two latest soldiers were Apache helicopter pilots. Both pilots seem to be in good condition. The pilots have been identified as chief warrant officer, David Williams and chief warrant officer Ronald Young, Jr.

After the pilots were seized, the United States tried to destroy the helicopter in an effort to make sure the Iraqi military cannot use it.

The Iraqi broadcast said a farmer shot down the soldiers, but the United States is disputing that information to be correct. Iraqi leader Saddam Hussein is encouraging citizens to shoot down U.S. helicopters for a large monetary award.

Sunday, Iraq broadcasted footage of five other U.S. soldiers and eight dead soldiers on their network. Showing prisoners of war publicly violates the Geneva Convention, yet there is controversy on the United States' role in violating the policies as well.

### War cost up to \$75 billion

Bush recently asked Congress for \$75 billion to continue the war in Iraq and to offer assistance to our allies. If Congress approves this spending expenditure, Bush proposes we will have enough money to continue the war for six more months.

President Bush is requesting that Congress make a decision by April 11, otherwise money for the war effort may run out by May.

The White House is expecting this year's deficit to be up to \$400 billion from war costs. In addition to \$50 billion that will go directly to the war, the White House will have to budget for rebuilding Iraq after the war, protection against terrorist acts against the United States and other costs.

## Africa News Briefs

NEWS FROM THE MOTHERLAND

### War protests exted to Africa

Yesterday was the third consecutive day citizens of Sudan protested the war in Iraq. About 500 students and professors have been gathering at the University to voice their opinions on the United States led war. Police and protestors have been violent towards each other, with police hitting students with batons and students throwing rocks at them. One student died in Saturday's protest, which has led protestors to direct their anger toward police.

The small African country of Djibouti held a protest on Saturday. The event was interjected by police who would not allow the protesters to get to their assembly point. Amongst all the African protest, Uganda recently became the third African country to announce support for the war.

### Zimbabwe strikes

On Friday police had to spray tear gas into a group of protestors. The demonstrators were anti-USA. They were chanting anti-American things. The group was supposedly meeting in support of Osama Bin Laden's Al-Qaeda network.

Two hundred people were arrested and hundreds were injured after a protest in Zimbabwe. The strike was held to protest the president's government and food and oil shortages. This was the largest protest against President Robert Mugabe since he was elected in 1980.

Witnesses say they saw law enforcement officers participating in beatings. Two lawmakers were arrested. Police have not commented on allegations while military personnel have publicly denied this information.

People were beaten with iron bars, electrical cords and gun handles among other things. Hospitals have said they have treated over 250 people in relation to the events.

Many citizens feel Mugabe and his government are trying to repress their thoughts. Some of the people believe that Mugabe obtained his last re-election term through voter intimidation and vote-rigging.

He commented on the recent national protests "Those who play with fire will not only be burnt but consumed," said Mugabe.

### Land crisis in Zimbabwe

White farmers have owned Zimbabwe's richest farmland for years. The black people living in Zimbabwe owned the poor soiled farmlands. The amount of lands that the white people owned compared to the black people was greatly disproportional. Because of their prosperous lands, white farmers lived in luxurious homes, while black farmers lived in huts made of mud. This issue enraged a man named Robert Mugabe and so when he came into presidential power in Zimbabwe in the year of 1980, he vowed to take the rich agricultural land and give it back to black people of Zimbabwe. The land was originally black owned before they were forced off their lands during the colonial time. This task however did not come easy for Mugabe. As a result of his efforts to keep his promise to the people, illegal land invasions and violent battles between the farmers and the people became intense. Many white farmers gave up the fight for the land and the few that was left remained fighting.

The fighting however has worsened within the years leading to things like famine, starvation, and brutality against the people.

# the Nubian Message

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

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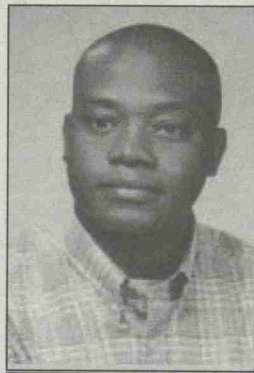
Only with the permission of our elders do we proudly produce each edition of The Nubian Message.

Dr. Yosef ben-Yochanan • Dr. John Henrik Clark • Dr. Leonard Jeffries • The Black Panther Party • Mumia A. Jamal • Geronimo Pratt • Tony Williamson • Dr. Lawrence Clark • Dr. Augustus Melver Witherspoon • Dr. Wandra P. Hill • Mr. Wyran Anderson • Dr. Lathan Turner • Dr. M. Iyailu Moses • Dokta Toni Thorpe and all those who walk by our side as we continue to make our journey to true consciousness.

## Human Rights Week underway

Marcus Gibbs

staff writer  
of journalism.



Louis Gilberto Murillo  
courtesy of Africana  
Film Studies

South Korea and other countries.

Anne Saker, an Ohio University graduate, reported on business matters, politics and congress during her career as a journalist. Dennis Rogers, originally a Columbus County resident, was in the U.S. Army at the age of 19, served nine years afterwards and also spent time at NC State for before transfer-

ring to UNC's School of Journalism. During the time he spent in the army, he was exposed to the harsh realities of death and suffering of the Korean people.

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Both Saker and Rogers show knowledge about the cultures and environment of North and South Korea, and are good models for all who wish to pursue the field of journalism.

## AASAC endorses student candidates

Marcus Gibbs and Faith Leach  
staff writers

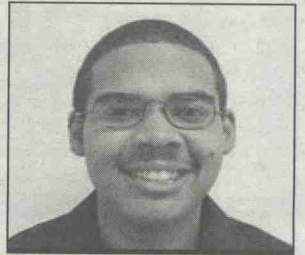
"Service is the rent you pay for the space you keep." Student Senator Jamie Pendergrass echoed these words he credited to Yolanda King, as he gratefully accepted the African American Student Advisory Council for their endorsement for student senate president.

Pendergrass' platform focused on diversity and cleaning up the nonsense that is allowed to slip through senate chambers. His passion for diversity and his knowledge of student senate made Pendergrass an easy choice to endorse for student senate president.

Along with Pendergrass, AASAC chose to endorse current UAB president James Reid. James' vivid words lightened up the room, and familiarized those present with his fun-loving personality. His current track record of event planning and incorporating diversity made it an easy decision to endorse him as UAB president.

Last, but by no means least, AASAC made the choice to endorse Tony Caravano as Student Body President. Caravano's platform is no longer a dream, but is now a work in progress. Where his opponents made promises, Caravano stepped up to the plate with platform ideas that he has already made into reality.

Candidate Lineup	Position Descriptions
<p><b>Student Body President</b>                      Anthony Caravano: junior, Criminology                      Clifford Ray: junior, Business Management                      Amanda Devore: junior, Accounting                      Dustin Choe: senior, Aerospace Engineering</p>	<p><b>Student Body President</b>                      Responsible for expressing the students' ideas and serves as a mediator between students and university administration. The executive powers of the student body are vested in this position.</p>
<p><b>Student Senate President</b>                      James Pendergrass: junior, Biological Sciences                      Allison Watkins: sophomore, Accounting                      Erich Fabricius: senior, Chemical Engineering                      Lock Whiteside: freshman, Political Science</p>	<p><b>Student Senate President</b>                      Assist the Student Body President in the performance of his/her duties and serve as presiding officer at all Student Senate meetings. The legislative power of the student body will be vested in this position.</p>
<p><b>Student Body Treasurer</b>                      Abdullah Thorpe: sophomore, Marketing Education                      Cameron Lester: sophomore, Computer Science and Philosophy</p>	<p><b>Student Body Treasurer</b>                      Chief Financial Officer of the Student Body, responsible for all office coordination, and responsible for all receipts from organizations and clubs receiving funding from the Student Senate and Sports Club Authority</p>
<p><b>Student Body Chief Justice</b>                      Sean Casey: senior, Biochemistry</p>	<p><b>Student Body Chief Justice</b>                      Responsible for the operation of the Judicial Affairs Office and the Student Judicial Boards, serves as chair of judicial proceedings, organizes the selection of all judicial board members</p>
<p><b>Union Activities Board President</b>                      James Reed: master's student, Textiles                      Theodore H. Gellar: senior, History</p>	
<p><b>Senior Class President candidates</b>                      Anup M. Shah: senior, Electrical Engineering</p>	



Student Body President candidates will be running for the position that Michael Anthony currently holds. courtesy of SG

Caravano seeks to make improvements to liven up Hillsborough Street and explore changes in university dining, among other future plans.

"I want to examine common goals among students and keep students in touch," said Caravano.

AASAC is proud to endorse Jamie Pendergrass, James Reid and Tony Caravano in the upcoming student government elections. With the help of these individuals and AASAC, the voice of the African American community will be heard. Student government elections will take place April 7 and 8.

## N.C. State Career Center aids job-hunting

Jennifer Chamberlain  
news editor



A student discusses job opportunities

The Career Center's mission is to help students gain one of the most essential things that college offers: a job. The staff does so by providing workshops, career fairs, mock interviews, career, internship and co-op resources, as well as help with job-related documents such as resumes, cover letters and portfolios.

One of the best services the Career Center offers is the ePack system, which allows companies associated with the Career Center to access students' resumes and profiles and set up inter-

views. It also allows employers who haven't published job openings to search for potential candidates without being bombarded with applications from the general public. The facility has also partnered with MonsterTrak to give students an even better opportunity to find jobs nationwide.

"It's never too late," said Carol Schroeder, Interim Director of the Career Center. "We are here to help you and to take you from where you are at the moment to where you need to be. Our role is to help students, not make you uncomfortable."

Schroeder lists communication, technical and interpersonal skills, creativity, ability to deal with diversity and lifelong learners as top elements employers in all fields are looking for.

"Grades are really important because they are a relatively objective measure of how most students perform in class." She went on to say that big companies don't have to even look at applicants with sub-par grades because they receive so many resumes, while smaller companies are more selective and usually interview fewer people, therefore they usually only interview the best of their applicant pool.

Schroeder also wishes more students were more comfortable selling themselves. "Getting a job has a lot to do with confidence. If you feel the glass is half empty you're going to give up. If you think the glass is half full you're going to keep trying to fill it up."

Schroeder estimates that only 1,300 students are currently registered with the Career Center. In rough economic times

like now, many graduates looking for entry-level jobs will need as much on their side as possible. The Career Center provides career counseling for all students, from freshman to graduate students.

Grad school is not always the answer, especially if you don't know why you're going. It's better to be sure before you commit. Even if you can't find a job right after graduation, the Career Center will work with students up to four months after they graduate. After that, they will be turned over to an alumni counselor.

The N.C. State Career Center began when World War II veterans came home and received opportunities they never had before: to go to college from the GI Bill. The University set up two career centers, one for the College of Agriculture and Life Sciences and one for the College of Engineering. The CALS center is still independent from the rest of the University, while the COE career center integrated Student Affairs to offer students from all majors the opportunity to prepare themselves for the job world.

Statistics say the average American changes jobs six times. There is even information for people who are sure about the career they are headed towards. The Career Center offers an array of materials that can help students find the best places to work in a particular field, average entry-level salaries, skills that are recommended for specific industries and other useful information.

Have you been to the Career Center and still find a hard time getting a job? Join the Nubian Message! SOME PAID POSITIONS! GAIN WRITING SKILLS! LEARN A NEW TRADE! APPLY NOW!

To have no enemies is equivalent to wealth. — Nigerian proverb

# 4 Culture & Arts

March 25, 2003 - March 31-Nubian Message

## \$2 million need jeopardizes Frederick Douglass' home

Andrea Keller

**national parks conservation association**

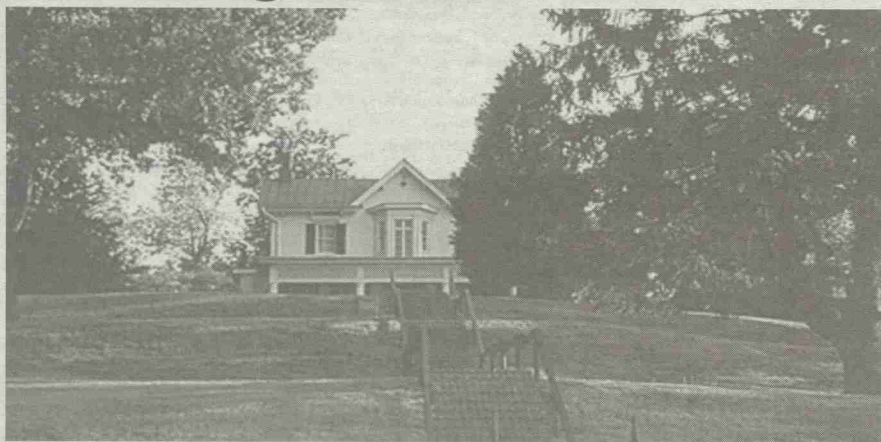
Washington, D.C. - The home of famous 19th-century African-American abolitionist and orator Frederick Douglass is threatened by nearly \$2 million of unmet preservation needs, according to a new report by the National Parks Conservation Association.

"Congress has an opportunity here to preserve the home of Frederick Douglass, a man born into slavery in Maryland who escaped to freedom and helped change the nation," said NPCA President Thomas Kiernan. "But urgent funding needs are putting the Douglass home, which stands as a reminder of the human yearning for freedom, at great risk. When we let historic sites like the Douglass house decay, we turn our backs to the very roots of our nation."

According to NPCA's new State of the Parks report, the historic 1850s home in Washington, D.C., is in need of immediate repair. The National Park Service lacks critical funding and staff to meet day-to-day needs and to protect Mr. Douglass' personal belongings and the integrity of the property.

For example, light has damaged several 19th-century photographs, and Mr. Douglass' treasured library collection has been removed from the home to prevent additional threats from ongoing moisture problems. Now, the shelves in the study sit empty and brown water stains color the ceilings and walls because funding is not immediately available for restoration.

Despite these needs, funding for the Frederick Douglass National



Outside view of Fredrick Douglass' home.

Historic Site has essentially remained flat for several years, a mere \$429,000 in fiscal year 2002. In 2001, NPCA named the park site to its annual list of America's Ten Most Endangered National Parks because of dire funding needs.

Frederick Douglass lived in his Washington, D.C., home from 1877 until his death in 1895. Born into slavery in Maryland, Douglass became a leading voice in the anti-slavery movement as well as a famous writer, publisher, orator, statesman and an advocate for women's rights.

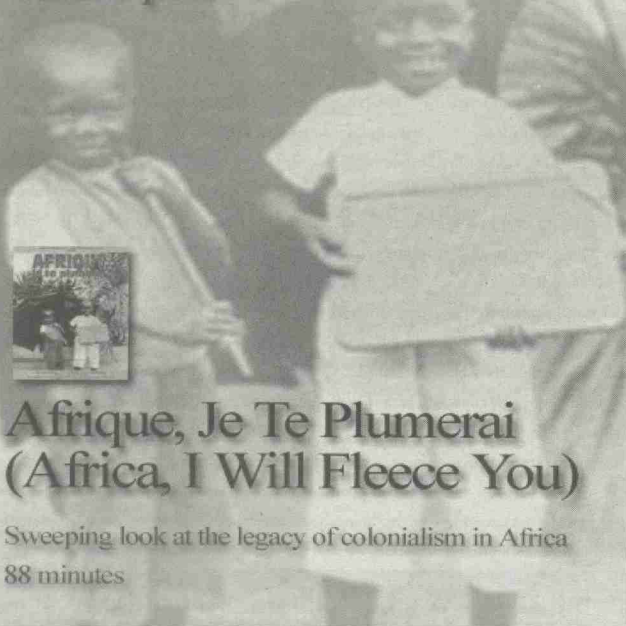
The National Park Service has cared for the Douglass home since 1962.

NPCA launched the landmark State of the Parks program in 2000 to assess the condition of natural and cultural resources in national parks across the country. The product of a yearlong analysis, The Frederick Douglass National Historic Site: A Resource Assessment, is the fifth NPCA State of the Parks report. The full report and additional information about NPCA's State of the Parks program are available at [www.npca.org/stateoftheparks](http://www.npca.org/stateoftheparks).

### Human Rights Week Programs

sponsored by the African American Heritage Society

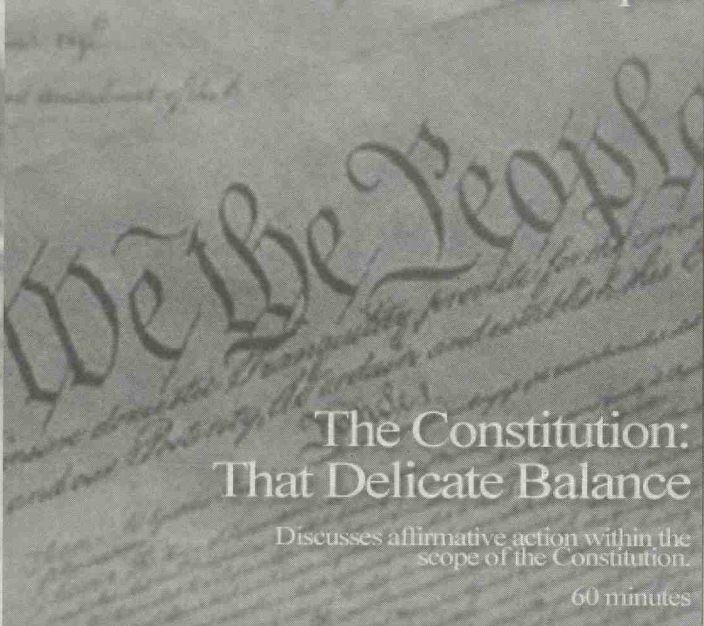
Wednesday, March 26th  
12:30 pm



**Afrique, Je Te Plumerai  
(Africa, I Will Fleece You)**

Sweeping look at the legacy of colonialism in Africa  
88 minutes

Thursday, March 27th  
12:30 pm



**The Constitution:  
That Delicate Balance**

Discusses affirmative action within the  
scope of the Constitution.  
60 minutes

Both films will be shown in the African American Cultural Center Multipurpose Room  
Free and open to the public. Call 515-5210 for additional information.

*A home without a mother is a desert - Eritrean proverb*

# The 2nd Annual African Diaspora Film Festival: African Women and Film

**Chercher La Vie/Looking  
for Life - Tuesday, March  
25, 2003 @ 7:00 p.m in the  
Witherspoon Student  
Cinema-Guest Speaker:  
Dr. Juliette Star  
Communication, NCSU**

**The film reveals the role  
women play in an econom that  
has been bled dry, and it dem-  
onstrates the extent to which  
the importation of North Amer-  
ican goods has brought about  
the collapse of Haiti's economy.**

The film festival will continue on  
Monday, March 25, 2003 and will con-  
clude on Tuesday, April 15, 2003. For  
more information, go to [www.ncsu.edu/chass/mds/AFSFilmFestival03.htm](http://www.ncsu.edu/chass/mds/AFSFilmFestival03.htm).

**Do you know your history?**

**Play the Nubian Message Black History Trivia game!**

Answer the following question and win a new book entitled **Black Political Organizations in the Post-Civil Rights Era** (courtesy of Rutgers University Press). Send your answer to [nubian\\_eic@yahoo.com](mailto:nubian_eic@yahoo.com) or call 919.515.1468.

This first formally trained African-American historian's doctoral dissertation, published in 1895, "The Suppression Of The African Slave Trade To The United States, 1638-1870," became the first title to be published in the Harvard Historical Studies. Who was this historian?

## Out like the Afro

Alvin Northen

opinions writer



For the last few years there has been an increasing trend of acceptance and practice of Afrocentric values and ideas within the African-American community. The re-emergence of this Afrocentric ideology is quite noticeable, from fashion to speech to the rise in the popularity of Africana studies courses on this campus and campuses nationwide. And as happy as I am about this new renaissance, I wonder if it is going to last.

I haven't seen this magnitude of cultural awareness in my generation, or neighboring generations, since the era of leather Africa necklaces and Public Enemy and Arrested Development tapes, but recently, I have been blessed to talk about the Diaspora and other issues involving African Americans both in the classroom and on the street corner. People seem to have different attitudes today, showing their maturation in their music, clothes, and various other forms of expression. Afrocentricity is not something people are keeping to themselves, but they are sharing it for everybody to see.

But is it just something for everyone to see? What will happen if India Arie's new CD isn't as mind-blowing as her first two? How many people know that Dead Prez has a new CD out? If natural hair gets too hard to maintain, will you go back to perms, relaxers, and waves? How many times can you really wear "earth tones," like brown, in one week without wanting to switch up your style a little bit? All of those questions might sound trivial, but the extent to which some people share in

the Afrocentric idea is just as trivial. However, in order to demonstrate how these simple questions lead to bigger ones, let me ask this: What is the last thing you did to actively be part of a cultural awareness? Talking about the problems Black people face doesn't count. When was the last time you volunteered at a community center? In fact, when was the last time you checked a book out from the Witherspoon Library, because I'm getting tired of signing petitions to keep it open when all it needs is more visitation.

I am not asking these questions to sound like a preacher. To be honest, the only CDs that are heavier in my rotation than my Jay-Z and Biggie collection are my BB King and Billie Holliday compilations. I don't own a single piece of Afrocentric jewelry (I recently lost the one piece I did have), and I don't feel as if I have done anything extremely noteworthy in my community in over a year. I ask these questions because the answers directly affect me.

If you feel even remotely like I do, then it is time to make sure that this isn't another era headed for replacement by the next big fad. Buy your "urban" clothes from Black stores, support Black businesses, be a positive role model for peers and younger kids, go to a BSB meeting or the African American society meeting inside your college. Just do something so that someone will have to write about how Afrocentricity has lasted.

North Carolina State University  
Cooperative Education Program

# Co-op Co - op Co - op Job Fair

The Cooperative Education Program  
will sponsor a  
**Co-op Job Fair on April 9, 2003**  
**BE READY!**

Attend One of These Orientations:

<u>Date</u>	<u>Time</u>	<u>Location</u>
26 Wednesday	4:00 p.m.	Broughton 3218
28 Friday	2:00 p.m.	Mann 323
31 Monday	8:00 a.m.	Clark 300

Co-op Website provides additional details:  
[www.ncsu.edu/co-op\\_ed/](http://www.ncsu.edu/co-op_ed/) or call 515 2300

**NC STATE UNIVERSITY**

*Too much discussion means a quarrel. To have no enemies is equivalent to wealth. - Mauritania*

# 7 Health & Beauty

March 25, 2003 - March 31 - Nubian Message

## Religion and prayer as mental healing

A. Michelle McLean  
staff writer

In a society highly driven by science and technology, we often place our faith in man-made devices for solutions or cures of every known health problem. Regardless of whether our reliance is justifiable or not, we fail to acknowledge the power that prayer possesses. Demonstrated in various research, prayer is therapeutic. It causes relaxation, reduces stress, quiets the body and promotes healing.

Through research studies, it has been revealed that one's religion or spirituality has a variety of effects on personal health, especially when prayer and meditation are used. In these studies, it shows that religious people, overall, live healthier lives than non-believers. They are more likely to possess healthier habits and less likely to drink, drive under the influence and smoke.

According to studies conducted at Duke, Yale, and Dartmouth Universities, people who pray and meditate get sick less often. In addition to these findings, it has also been confirmed that people with religious beliefs and activities have lower rates of cardiovascular disease and high blood pressure.

Besides having physical benefits, prayer and religion have positive exchanges with mental health as well. People who

believe that they are religious are less likely to form anxiety, depression and suicidal thoughts. They are also less probable to abuse of alcohol or other harmful substances.

In the research that links religion and prayer to wellness, data illustrate that regular prayers and churchgoers live 10 percent longer than those who do not possess religious beliefs and engage in prayer or meditation. The life expectancy for churchgoers and prayers was 82 years of age as opposed to 75 years for non-churchgoers and prayers.

People who never pray or attend church services stay in the hospital three times longer than those who do attend church regularly and pray often. It was also found that heart patients were 14 times more likely to die succeeding surgery if that failed to have religious beliefs and practiced religious practices.

Overall, prayer and meditation serve as tremendous comforts to many religions across numerous cultures of our society. It provides those who do engage in these practices a basis for behavior and values, as well as a sense of balance of the inner self. In its very essence it is an easy way to release unhealthy emotions and toxic energies that tend to bog us down and prevent us from being healthy.

## The 15-point tax checklist for financial health

Jeff Schnepfer

naps

(NAPSI) - We all have a vested interest in doing our taxes the right way, the first time. This step-by-step list can make the task less taxing:

- 1) Get Serious. Schedule a time to get to work and commit to it.
- 2) Get Started. My father reminds me of the old proverb, "A trip of a thousand miles begins with a traffic jam." Get in that "jam," and your tax return will begin to gel.
- 3) Get Organized. Get your W-2s together to report wages, your 1099s to report interest and dividends, your 1099Bs for reporting stock and bond sales, and your 1098s for deducting your interest and taxes. The IRS and your accountant both want final numbers.
- 4) Get Informed. Learn about changes to 2002's tax law. If you're tax "simple," Web sites such as the IRS and MSN Money can actually do the return for you. If you're tax savvy, do your own return after learning all the new rules.
- 5) Get Help. Don't hesitate to ask for help - it's deductible. But call for an appointment now (the earlier the better).
- 6) Get Status. Decide how you're going to file. The lowest rates are with joint returns, but if there are potential high medical or miscellaneous deductions, Married Filing Separate may yield a lower total tax. Alternatively, a single mother may qualify for the Head of Household rates, which are better than the rates for filing Single. There are other options too. You need to know the

rules.

- 7) Get Adjusted. "Above The Line" deductions are allowed whether you itemize or not. They range from interest on student loans to alimony.
- 8) Get Itemized. The chart next to line 36 on your 1040 lists your standard deduction. Compare this amount to your total allowable itemized deductions. Take the higher amount.
- 9) Get Exemptions. For 2002, you get to deduct as much as \$3,000 from your income for each qualified exemption you have.
- 10) Get credit. A credit is the best expense to have. It's a dollar-for-dollar reduction in your taxes. A deduction reduces your tax by your marginal rate.
- 11) Get Cash. Decide how you're going to file. That's going to affect how quickly you're going to get that refund. For example, if you e-file, you get your money back faster.
- 12) Get Filed. You've done the hard work, now get it off your desk. Or file for an extension.
- 13) Get Receipts. If you filed on paper, get a receipt. I always mail my returns certified, return receipt requested.
- 14) Get Planning. Start your 2003 planning now. Don't put it off - people don't plan to fail, they merely fail to plan.
- 15) Get Real. Do your best but don't obsess. Remember, it's the new, friendly IRS - but, they will charge interest and penalties. To learn more about tax preparation and filing, visit [money.msn.com](http://money.msn.com) or check out Microsoft Money 2003 software, for a more in-depth analysis of all your finances.

## Healthy Eating

by Tristan Trapp

Ashanti Chicken (Ghana/West Africa Region)

In light of the celebration cultural feasts, let's take a moment to explore one of Ghana's most prized African dishes, Ashanti Chicken. This selection has quite a bit of history, dating back through the 19th century during times when Ghana was known as the "Gold Coast." However, it isn't known whether or not the recipe's creation predates the arrival of Europeans in Western Africa. Nevertheless, the recipe for Ashanti's Chicken appears in two historic African cooking texts, "Ghanaian Favourite Dishes" by Alice Dede, and Barbara Baeta's "West African Favourites: Cookery Cards."

The uniqueness of this meal's preparation is that the chicken is actually "de-boned" before being filled with a dainty stuffing and cooked whole. So how do you prepare this dish you ask? Here is the honored recipe, courtesy of [www.congocookbook.com](http://www.congocookbook.com).

### Before beginning, you'll need:

- one whole chicken, two to three pounds, de-boned;
- one pound yams (or potatoes, or sweet potatoes), peeled and cut into quarters;
- one pound chicken meat, white or dark (no bones);
- cooking oil for frying chicken;
- one small onion, (chopped);
- one tomato, chopped (or a spoonful of tomato paste or tomato sauce);
- a handful of parsley, (chopped);
- a few mint leaves, (chopped);
- salt and black pepper, (season to taste)

### Instructions:

Boil the potatoes. After they become tender, remove from hot water and mash. Fry the chicken meat (not the actual chicken) in a few tablespoons of oil. When nearly done, add the onion and tomato. Lower the heat setting and simmer until chicken is fully cooked. Add the chicken-onion-tomato mixture to the mashed yam (or its substitute). Add parsley, mint, salt, and pepper. Mix well. Stuff the de-boned chicken with the yam-chicken mixture. Following this, sew the chicken closed with cooking thread and needle, and rub with butter or oil, and salt and pepper.

For the final step, there are several different preparations. First, you could steam the stuffed chicken for two hours in a large dutch oven (place the chicken on something to keep it out of the boiling water), then baste it with oil or butter and bake it in the oven or in an outdoor grill until it is golden brown.

Or, you can bake the stuffed chicken in an oven or in an outdoor grill until it is browned, then wrap it in foil to allow it to continue to cook until fully done. Enjoy!

Either way, you should be sure to use a meat thermometer to check for doneness. Make sure to check the temperature of both the whole chicken and the stuffing.

\*Cookbook author Barbara Baeta gives these instructions for de-boning a chicken: "Remove all the bones from a dressed chicken by slitting the skin and the flesh down the backbone. With a very sharp pointed knife, work the framework of bones out of the chicken. Cut the leg bones to leave 1/2 inch of knuckle at the end of each for tidy appearance." This does take some practice, so it may be your best bet to just buy a chicken already de-boned.

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*A coward sweats in water. - Ethiopia*

March 25, 2003 - March 31 - Nubian Message

## Liquid Flowz making moves in Raleigh

Keymia Sharpe  
sports and entertainment editor

Liquid Flowz, a showcase for local artists to perform and make a name for themselves locally, is definitely on the rise. Founders Jay Wright, Don Yohn (AKA Beyond) organized the first show in 1998. So far, the show has hit cities such as Raleigh, Chapel Hill, Durham, Greenville, and Tampa, FL. The show has taken place here in Raleigh since December 2001. "It's actually an entire group that is involved," comments Yohn. "The music is why we put it together. We want to give local artists a chance to shine. If no one has heard of [the artist], they want to get a chance. This is their venue to come out and be heard. And only the cream of the crop are selected. [The performers] have all earned their spots."

The name Liquid Flowz isn't just a random name, there is a meaning behind it. Yohn elaborates, "It represents a true emcee's rhyme. To put it bluntly, liquid flows, so that's where it came from (I wanted the word flow in it somewhere). I'm also the type of person that likes the flow of the artist."

March 6 was the showcase for this month (the show takes place on the first Thursday of every month) and fostered a vast amount of local talents. It was hosted by Uneck, and DJ Merlin was on the ones and twos. The performers for this month were Joe Scudda and The Undefined, both of the Justice League, Ike and Sheis of Hazardous Records, Unified Mindz, Thyrday, P. Batters and Delph. Each took the stage when they stepped onto

it, with hot lyrics over tight beats. Uneck kept the crowd on their feet in between time with DJ Merlin there to back him up. The crowd remained hype at all times, showing nothing but love and support to all the artists. The show was a huge success overall. "It's a monthly event, so people have been to the shows and know about this," states Uneck.

"Our main goal is to get more people into the regional vibe. We want people not to rely on other areas of the country to provide them with music," remarks Uneck. The trio is currently working on the first Liquid Flowz DJ Battle. Yohn explains, "If you want to be entertained, this is the best place to be. There are some serious DJs in this battle, so it's guaranteed to be hot."

Other events that are scheduled to take place are as follows:

Monday, March 24:

44 Records Freestyle and Breakdancing

Thursday, April 3: LIQUID FLOWZ

Thursday, April 10: Local 506 (Chapel Hill, N.C.)

Monday, April 21: Xtra-Infinitt Anti-Tour featuring Pauly Snubnoze, DRC, and Majestik

Saturday, May 10: Part II of Anti-Tour

For more information on any of the events, check out [www.XTRA-INFINIT.com](http://www.XTRA-INFINIT.com), [bumrushonline.com](http://bumrushonline.com), or [44records.com](http://44records.com). Also, for all DJs who are interested in the upcoming battle, contact Beyond at 754-1483 (44 Records) to be placed on an official list. Also, check out 88.1 WKNC to hear Uneck, DJ Flash, and DJ MC on Thursday nights.

## Soulsville.com makes history

Gene Crocker

**soulsville.com**

(New York, N.Y.) SOULSVILLE.com, an on-line marketplace, was launched in response to the growing demand for music and entertainment products from "back in the day".

While most on-line marketplaces such as Ebay and Half.com offer a wide array of items - ranging from cars to jewelry, SOULSVILLE.com specializes in "old school" music, primarily (soul, r&b, funk, jazz, blues) and related entertainment products and services.

Registering to buy and sell at SOULSVILLE.com is quick and easy. Sellers can list as many products as the want for free, set prices and manage their inventory on-line. Buyers benefit from huge savings on new and "hard-to-find" entertainment - typically with

prices often less than 50% of retail. Buyers are also able to review comments on sellers from other buyers - a process to ensure good service and discourage listing poor products.

"The Ville", SOULSVILLE.com's message board, allows members to post questions, make recommendations and review products. SOULSVILLE.com is named after the legendary offices of Stax Records which gained enormous success in the late 1960s with soul recording artists such as Sam & Dave, Johnny Taylor and Rufus and Carla Thomas to name a few.

For a limited time only, SOULSVILLE.com is offering newly registered member a chance to win classic CDs by artists such as the Temptations, Spinners, Delfonics, Teddy Pendergrass and more.

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