

NUBIAN MESSAGE

Sentinel of the African-American Community

February 1, 2005

Vol. 12 | Edition 14

New exhibit explores blacks' historic stamp

 **Shaun Wilson**
NEWS EDITOR

On Sunday, Jan. 30, the African-American Cultural Center hosted a Gallery Exhibit Tour featuring Sherrod Gresham, a social worker and an avid stamp collector.

The presentation included a multitude of stamps and coins of prominent black figures from the 19th and 20th centuries.

Stamps first appeared in the United States in 1840, according to Gresham, who is also the director of foster care and adoption services for Methodist Home for Children in Raleigh. One hundred years later, Booker T. Washington became the first African-American to be placed on a stamp as a part of the Education Series. In 1948, George Washington Carver became the second African-American immortalized on a stamp.

Gresham, a graduate of St. Augustine's College, began collecting stamps 18 years ago as a hobby; something he felt was necessary because of its rich heritage. What began as a hobby soon grew into a love and passion for him. Gresham now owns a collection of stamps and coins which include several stamps from all over the world; some of his stamps include stitched portraits of Martin Luther King Jr., Rosa Parks, Eubie Blake, Langston Hughes and George Washington Carver.

Gresham realized that his stamp collection empowered him to acquire

new things.

"Nobody's going to give you anything unless you show that you don't need it," he stated.

Gresham has purchased stamps ranging in price from \$10 to \$300 per sheet.

The exhibit, which is housed in the AACC's Gallery, is included in what he calls the Black Heritage Series. The series includes 28 stamps. The most recently released one in the series, a stamp of Marion Anderson, the first African-American opera singer to perform in the Metropolitan Opera in Philadelphia, Pa., was released Jan. 27, 2005.

While reading the Nubian of last week, Gresham commented that Shirley Chisholm, the first African-American woman elected to Congress, will make her appearance on a stamp in 10 years.

Gresham also holds that former secretary of state, Colin Powell and current secretary of state, Condoleezza Rice will soon be placed on stamps, and possibly coins, in the future.

"I was very impressed by the exhibit today," said Ashley Byrd, a freshman in psychology. "He obviously put a lot of time into it and is very knowledgeable about his stamp collection."

His exhibit also includes First Day Covers, or envelopes that have date cancels that are the same date

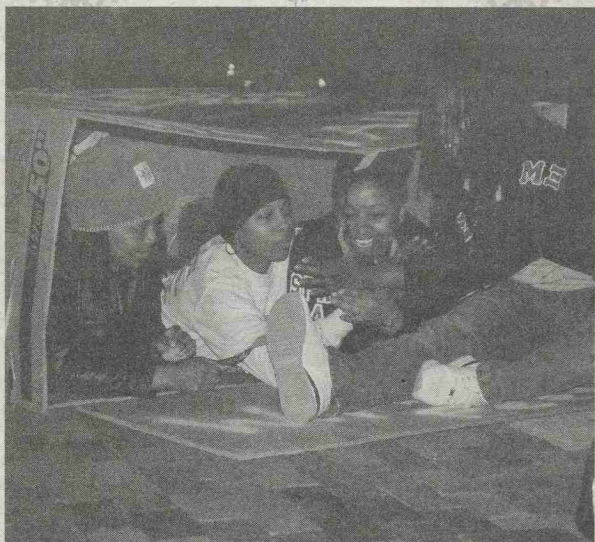
GRESHAM see page 2



Tiffany Key* staff

Sherrod Gresham, acclaimed philatelist, shows off a piece in his exhibit.

FOR THE HOMELESS



Jerry L. Blackmon II* staff

The Greeks "sleep out" for the homeless.

Sigas sleep for homeless

 **Staff Report**
NUBIAN MESSAGE

Not the average sleepover, the brothers of Phi Beta Sigma Fraternity, slept out for the homeless on Wednesday, the 26th.

With the goal of raising awareness of the homeless problem in Raleigh, the brothers raised money and accepted donations of clothing and food from students so that they could give their proceeds to those homeless persons trying to survive the winter.

"This was my second time doing this event and it gets better every time," said David Cox, a senior in psychology. "We challenge the community to stay out with us and support those who are less fortunate during the winter," he said.

Instead of cozy sleeping bags circled on a soft rug, the brothers slept in cardboard boxes or on campus benches with nothing keeping them

warm but their jackets.

Instead of sleeping over at someone's house with proper heating and cooling systems, these brothers slept in front of the free expression tunnel with the crisp 40 degree weather cooling their faces.

The brothers, according to Cox, wanted to demonstrate to the campus that Greek life does more than just have parties.

They also wanted to show that, "we, Phi Beta Sigma brothers, are focused on helping the community, we're not out here for show," he said.

To show their support for their brothers, some ladies of Zeta Phi Beta Inc, came out during the 14 hour sleep out.

"Overall, I feel this is a very rewarding experience," said Ashley Corpening. "It is also an opportunity not only to be of service to the community, but to also really show respect for those less fortunate than ourselves," said the junior.

WHAT'S GOIN' N?

wgo@nubian.ncsu.edu

Tues. Feb 1, 2005
Forum for AACC Director
 Dr. Dwayne Mack
 3:30 p.m. - 4:30 p.m.
 Witherspoon Stud. Ctr.

SAA-PAMS Meeting
 5:30 p.m., Dabney 210

The Struggle Continues ...
Speak Out for Change
 6 p.m. - 7 p.m.
 Witherspoon Std. Ctr.

Wed. Feb 2, 2005
CHASS Career Fair
 10 a.m. - 3 p.m.
 Talley Student Center

Goldiggers: The Untold
Story of Our Stolen
Legacy
 feat. Dr. K. F. Ashanti
 6 p.m. - 7 p.m.
 Witherspoon Std. Ctr.

Thurs. Feb 3, 2005
Engineering Career Fair
 9 a.m. - 4 p.m.
 McKimmon Center

Heritage Lecture
 Dr. David Levering Lewis
 7 p.m. - 8:30 p.m.
 Witherspoon Std. Ctr.

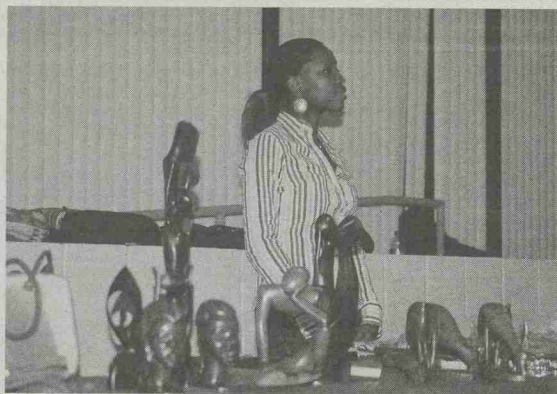
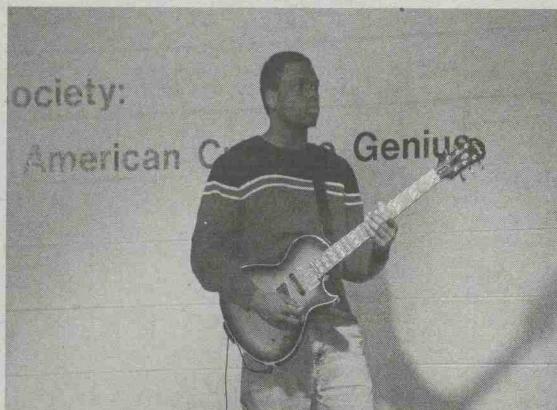
Fri. Feb 4, 2005
Habitat for Humanity
 Depart at 1 p.m. from
 Witherspoon Std. Ctr.
 1:30-4:30 p.m.

Movie Night: "Ray"
 Witherspoon Cinema
 7 p.m.

Get your event here.

There's no charge to run a notification about your event in the *What's Goin' On* section. All you have to do is e-mail us. Limit submissions to 25 words or less, please.

TASTE OF AFRICA



Jerry L. Blackmon II • staff

Scenes from the "Taste of Africa" program Wednesday night by the African Student Union. See page 8 for more.

Pulitzer winner speaks at Thur. Clark Lecture



Aniesha Felton
 STAFF WRITER

David Levering Lewis, the man whose Pulitzer Prize winning books have been hailed masterpieces by professors and "a dazzling feat of scholarship" by the *Washington Post*, will be the guest speaker for the annual L. M. Clark lecture.

Lewis, historian and professor at Rutgers University, will speak Thurs. Feb. 3, at 7 p.m. in the Multipurpose Room.

Lewis, acclaimed as "the finest American historian plying his craft today" by emeritus Duke professor, John Hope Franklin, has garnered an unprecedented two Pulitzer Prizes for his works on W.E.B. Du Bois.

"W.E.B. Du Bois: Biography of a Race, 1868-1919," won the 1994 Pulitzer Prize for biography, while "W.E.B. Du Bois: The Fight for Equality and

the American Century, 1919-1963" won in 2001 in the same category.

Lewis was invited to the Lawrence M. Clark lecture because, "He is a true example of an African-American scholar who has changed the landscape of society," said Toni Thorpe, program coordinator for the African-American Cultural Center.

Clarke, a former associate provost and professor of mathematics education at N.C. State, was the first person hired to work on African-American enrollment and graduation, according to Janet Howard, interim director of the AACC.

The lecture, which is in its twelfth year, focuses on promoting cultural competency regarding those black persons who have contributed much to African-American, American and world history.

GRESHAM from page 1

the stamps are released. The covers are decorated with a cachet, or an illustration related to design or subject of the postage stamp.

Evan Dixon, a sophomore in political science, felt that the exhibit was beneficial.

"I thought it was very enlightening. Things like this give us something to be proud of."

According to Gresham, there are 163 stamps commemorating African-Americans circulating in the United States right now. Around the world there are around 1100, and the number is growing.

What this means to Gresham is that African-American heritage must be accepted as a major part of world history.

"We have made significant contributions in American history and it is proven through stamps and postcards," he said.

With Black History Month nearing, the exhibit was a wonderful way to showcase the artistic, scientific and intellectual contributions of African-Americans to society throughout the years. "It's sad more people weren't here," said Dixon.

Also known as the siamese crocodiles, this Adinkra symbol depicts a two-headed crocodile sharing a common stomach — a symbol of unity in diversity. It serves as a warning that infighting and tribalism are harmful to all who engage in it.

As a symbol of unity in diversity, democracy, and the oneness of the human family, this symbol represents a desire for oneness despite cultural differences.

FUNTUNFUNFU-DENKYEMFUNFU

NUBIAN MESSAGE

Sentinel of the African American Community

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

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



OPINION

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February 1, 2005 • Nubian Message

Nubian separate and racist?

"Why does there need to be a separate paper for black students?"

Define separate. Nubian Message is no more a newspaper specifically for black students than Technician is a newspaper specifically for white students. The production of both Nubian and Technician is funded by fee money generously contributed by the same students. Writers for Nubian and Technician come from the same student body. Events covered by Nubian and Technician are conducted by the same campus community. Nubian and Technician sometimes even cover the same events, though in very different ways.

Define separate. Just as there is no "black student body" or "white student body" on this campus, there is neither a "black" newspaper nor a "white" newspaper. There are two newspapers, one of which focuses more closely on events in the African-American community than the other.

The only segregation that exists on this campus is in the minds of some readers. We all came here to seek a higher education, and part of the process of becoming educated requires us to step outside our comfort zones and come to grips with the realities of the world around us.

In the real world, racism still exists. Racism exists when one person looks at another and thinks she doesn't belong here because her skin is a slightly darker hue. Racism exists when a person from one socioeconomic class ridicules another because he can't afford to buy all his clothes from Abercrombie. Racism exists when a black man with advanced degrees and ten years of experience in a given field discovers the job he applied for was given to someone who was just starting out with little more than a diploma in his name. Why? The black man was "overqualified."

Racism exists when one group attempts to deny another its right to free speech. Rather than look at the Nubian Message as a "black versus white" issue, perhaps we should ask ourselves why there is still a need for the Nubian.

Nubian was founded because students at N.C. State a little over a decade ago felt Technician was giving their events short shrift. Did you know there are programs and events going on every day in the African-American Cultural Center? Events planned and executed by the fifty or so black organizations on campus?

Of course you do, if you read the Nubian.

Nubian is available in green bins right next to Technician all over campus. There are no security guards standing watch over the boxes slapping away any hands whose hue doesn't meet the readership criteria. On Wednesdays Nubian's editors spend hours out on the brickyard handing papers to whoever will take them. Many do. And they are not all of one color.

So define separate. We produce a newspaper each week that has no pretense of either racism or elitism. The fact that we just so happen to cover more events at which more African-Americans are present than white is about as coincidental as the inverse situation at our sister publication; but here, it is borne of our roots and declared focus.

We all live in a world where there continue to exist divisions, often unspoken, between people who are otherwise the same. Shall we allow the problems to persist by pretending they doesn't exist, or should we evaluate the merits of the claims made by those calling attention to the issues and react accordingly?

Freedom denied one is freedom denied all.

—from the desk of the Talented Tenth

The unsigned "Talented Tenth" editorial is the opinion of the Nubian Message's editorial board and thus its responsibility.



Nihilism destroys blacks

Action. It has become increasingly difficult for me to express action through words. Action is what will change the mindset, mentality and eventually the march of our communities. Readers have approached me on the street, in class and even in public bathrooms inquiring as to how and why I promote such proactive attitudes through my articles, often challenging my readers to know, read, inquire, and act. I am glad you asked, and this is my response.

Daily arsenals, as Dr. Cornel West puts it, implement "assaults on the black intelligence, beauty, character and possibility." These attacks not only come in the form of the "strange fruit" that Billie Holiday sang of, but in the form of nihilistic attitudes in the black community itself.

What is the source of these accusations and assaults which degrade and many times destroy our black community, returning us to a position

worse than that of twenty years ago?

West proposed one theory, that of nihilism which he defines as "the lived experience of coping with a life of horrifying meaninglessness, hopelessness, and lovelessness" causing symptoms that plague the progress of the black community like learned helplessness, detachment and self-destructive world views.

The nihilism that West speaks of can be seen all over our campus. Just examine the numbers. African-American students are dead last in terms of GPA, graduation rates, scholarship monies and grant recipients. And I can go on.

Many say this is because we are the minority — there are less of us. Wrong answer, there are far fewer Latino and Native American students, yet for the past three semesters, the Latina Sorority of

JOHNSON see page 7



Joy Johnson
COLUMNIST

28 days of black history

Today is Feb. 1, 2005. For the next 27 days, African-Americans nationwide will be able to walk with their heads high and chests out as we proudly hail that this month is our month.

But a question of morality rises. Why is it that with all the contributions African-Americans have made to society, we are allotted only one month to celebrate? Allotted only four weeks to teach our children in schools that Dr. Martin Luther King Jr. and Rosa Parks are not the only notable African-Americans in history? How is it that we are to spend 28 days to teach our children, who have all been Europeanized by the media, that "African-American" extends outside of the realms of hip-hop and R&B?

In the end, why are we, as African-Americans, only given 28 days to teach our history and to see it on the television in heavy rotation?

When polled, I received many responses from different people, all whose underlying theme men-



Tony Moses
COLUMNIST

tioned the "unfairness" that Black History Month is the shortest month of the year. However, it was Sharrief Broome's remarks that made an impact on my question.

As a junior in electrical engineering at Norfolk State University, Broome says that, "It's a mockery to give a month to black people like that [the shortest month] like we are from outer space or something. The only reason why there is a black history month is because it's another way white people can mask that America is built on carnage and misery."

Broome's views are shared by many people. Many feel that we, as African-Americans, were given the shortest month of the year so that our history can be made a mockery of or ridiculed.

As an Opinion writer for the Nubian Message, I say emphatically that Broome's views of Black History Month are borne of ignorance and result

MOSES see page 5



Endo: a danger to fertility

Melissa R. McLean

STAFF WRITER

Cramps ... bloating ... headaches ... nausea. Every day around the world, women suffer from these and other aches and pains from their periods. By nature, this onslaught of symptoms is only experienced once every 28 days. But what if you had to cope with extremely painful cramps and chronic pelvic pain? Pain so severe you cannot go about your daily routine? Not only agonizing periods, but gastrointestinal issues, pain during or after sex, even infertility? If you can relate to any of these problems, you may have endometriosis.

What is endometriosis? According to the National Institute of Child Health and Human Development, endometriosis (also known as endo) is a condition that occurs in women when tissue similar to the lining of the uterus (endometrium) grows outside of the uterus. The endometrium can grow on the surfaces of organs in the abdominal and pelvic areas, such as the ovaries and fallopian tubes.

The word endometriosis is derived from the term endometrium where "endo" means "inside" and "metrium" means "mother". Endo is sometimes called implants, lesions or nodules. Besides the ovaries and fallopian tubes, endometriosis can be found behind the uterus, on tissues that hold the uterus in place, or on the bowels or bladder. In rare cases, these growths can develop in other parts of the body such as the lungs.

Endometriosis can strike any woman who has a period. It can

Symptoms of Endometriosis

- Painful bowel movements or urination during periods
- Premenstrual spotting or bleeding between periods
- Gastrointestinal symptoms like a bowel disorder
- Extremely painful, disabling menstrual cramps
- Chronic pelvic pain including lower back
- Heavy menstrual periods
- Pain during or after sex
- Intestinal pain
- Infertility
- Fatigue

occur from her very first period to menopause. It does not matter about her race or ethnic background, her socio-economic status, or if she has had children or not.

The most common symptom of endometriosis is pain in the abdomen, lower back, and pelvic areas. The amount of pain is not contingent on the amount of growths or lesions a woman may have. No pain may be experienced if the endo has affected a large area or if scarring has occurred. However, a woman with severe pain may have only a few small lesions. Symptoms of endometriosis generally include (but

are not limited to):

Extremely painful and/or disabling menstrual cramps that may get worse over time; intestinal pain; premenstrual spotting or bleeding between periods; heavy menstrual periods; pain during or after sex; chronic pelvic pain including lower back; painful bowel movements or urination during periods; Fatigue; Gastrointestinal symptoms like a bowel disorder; and infertility.

Endometriosis is one of the top three causes of infertility in women; 30 to 40 percent of women with endo are infertile. Sometimes, endometriosis is not diagnosed until

a woman has difficulty getting pregnant.

While the relationship between fertility and endo is actively being studied. It has been suggested that endo may cause changes to the uterus or eggs. In addition to that, it may also prevent proper adhesion of a fertilized egg to the uterus.

No exact cause for endometriosis is known, however, the NICHD gives several theories that try to explain the condition. One theory says that endo may result from "retrograde menstrual flow" where some tissue that is shed during a woman's period flows into her pelvis and grows lesions. Most women experience this retrograde menstrual flow, but not all of them have endometriosis. Other factors are being researched to determine why the tissue grows in some women and not others.

It is also believed that the condition can be inherited through genes or result from genetic errors. Relating endometriosis to a specific gene in some women may allow detection earlier or total prevention of the disease. Some researchers are examining the possibility that endometriosis may be a disease of the endocrine system where estrogen promotes the growth of lesions.

The immune system is also under investigation because it may not properly remove menstrual fluid from the pelvic cavity. Another theory is that chemicals emitted by endometriosis may promote growth or irritate the areas. Research is being done in a number of other areas from exposure to environmen-

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sleep apnea A Thief in the Night

Ticora E. Jones

STAFF WRITER

Do you snore loudly at night? Do your roommates or family members tell you that you stop breathing while you sleep? When you wake up in the morning, after seven to nine hours of sleep, do you still feel tired or fall asleep at inappropriate times? If you possess some of these characteristics you may have a condition called sleep apnea.

The National Sleep Foundation defines sleep apnea as a breathing disorder characterized by brief interruptions of breathing during sleep. There are three types of sleep apnea: obstructive, central and mixed sleep apnea.

Obstructive sleep apnea (OSA) is caused by a blockage of the airway, usually when the soft tissue in the rear of the throat collapses and closes during sleep. In central sleep apnea, the airway is not blocked but the brain fails to signal the muscles to breathe. Mixed apnea is a combination of obstructive and central apnea. The American Sleep Apnea Association states that with each apnea event, the brain briefly arouses people with sleep apnea in order for them to resume breathing, but consequently sleep is extremely fragmented and of poor

quality.

For example if one has sleep apnea and goes to sleep at 11:30 p.m. and awakes at 7:30 a.m., he or she may think that he or she slept for eight hours. More than likely if a person constantly wakes up throughout the night, as a result of apnea, then he or she probably slept for a total of four to six hours.

Sleep apnea occurs in all age groups, races and sexes. According to the NSF, an estimated 18 million Americans have sleep apnea. This condition occurs most often in males and may be hereditary. People with undiagnosed and untreated sleep apnea stop breathing repeatedly throughout the night, sometimes up to 100 times or more.

Effects from sleep apnea range from sleepiness during the day, sexual dysfunction and learning and memory difficulties. Sleep apnea can even be fatal. After being diagnosed with sleep apnea a sophomore at Winston Salem State University, who prefers that her identity be disclosed, had to exercise and lose weight to become healthier.

"I felt extremely tired during the day even after I had seven to nine hours of sleep. I had no idea what was going on until I was told that I had sleep apnea. I didn't realize how serious it was

APNEA see page 5

Publication Locations

african-american cultural center

talley student center

north hall

d.h. hill

dabney

caldwell hall

hillsborough street

avent ferry complex

free expression tunnel

Wanna see it somewhere else? Let us know. response@nubian.ncsu.edu

Fewer women use birth control

 **Christina W. Johnson**
STAFF WRITER

A recent study conducted by the National Center for Health Statistics indicates that a growing number of women are failing to use birth control pills far more than any other birth control method.

Currently, with the advancements in the field of science and medicine, women are afforded more choices in birth control methods than ever before. Unfortunately, more women are now opting not to take advantage of these methods.

According to Daniel DeNoon's article "Sex Without a Safety Net," "a sexually active woman today is less likely to use birth control than she was in 1995." The decline, surprisingly, is not the result of teenage carelessness or ignorance, but "adult women in their 20s" who do not wish to have children, no less.

An estimated 4.5 million women put themselves at risk of not only unwanted pregnancies, but sex-related diseases as well. That is about 1.4 million more of the indicated age range than were at risk 10 years ago, as indicated by a 2002 survey made publicly available just last year by the U.S. Department of Health and Human Services.

This survey, which entailed personal interviews of almost 8,000 women, asserted that those who neglect to protect themselves had an 85 percent chance of at least becoming pregnant.


Because half of all pregnancies in the United States are unplanned, they prove to be less healthy pregnancies for both mother and offspring. Those who end up with unintended pregnancies, consequently, opt for less prenatal treatment and account for more abortions and more exposure to drugs and alcohol to their fetuses. They also cause higher

risks of premature births, birth defects and infant deaths.

Merry K. Moos, a resident nurse, and a professor at the University of North Carolina at Chapel Hill in obstetrics and gynecology, suggests some women seem to think that they are infertile after engaging in unprotected sex and not getting pregnant.

These women, in turn, decide not to use any form of birth control. Moos also pointed out the fact that some

"There are a lot of women that are sexually active but are just not using contraception."

 **Dr. Marianne Turnbull**
Student Health

that would work very well for them if they just take the initiative to seek out the appropriate one.

Marianne Turnbull, the coordinator of Health Promotion at N.C. State said, "There are a lot of women that are sexually active but are just not using contraception." Turnbull believes this is due to the lack of education in.

"Therefore, it is the job of the family to educate their children about sex. The lesson is usually 'don't have sex,' leaving many uneducated and unprepared about sexual issues," said Turnbull.

Turnbull suggests that in some cases women are confused. On one hand women want to be "good" and practice abstinence, but on the other, with all the sexual images and influences in the media, women feel the want and need to explore their sexuality.

This leaves many women unprepared to protect themselves in the event of having sex. Along with not being prepared, it leads to passing up birth control methods, and in turn, they do not safeguard themselves against unwanted pregnancies and sexually transmitted diseases.

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tal agents to identification of markers that can be measured in blood or urine.

Endometriosis can be tested in a number of ways. Two common tests are ultrasound and magnetic resonance imaging (MRI). During an ultrasound test, a machine use sound waves to take pictures of the abdomen and pelvic areas. A MRI uses magnets and radio waves instead.

Having surgery is the surest way to determine if a woman has endometriosis. A laparoscopy is most commonly used. During this procedure, the abdomen is inflated with harmless gas. A small cut is made in the abdomen, and a small

viewing instrument with a light (laparoscope) is inserted to look at the abdominal and pelvic areas to spot the disease.

A diagnosis can be made by the characteristic appearance of the surfaces of reproductive organs, the intestines, and other areas. A biopsy can be performed where a sample of tissue is studied under a microscope. A full medical history, along with an ultrasound or MRI and/or a laparoscopy can help a doctor diagnose and provide treatment for endometriosis.

If you have these or any of the aforementioned symptoms, you may want to consult a gynecologist for proper diagnosis and treatment.

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from misinformation.

To begin, Black History Month was not started by white people but rather by an African-American man by the name of Carter G. Woodson. According to an article titled, "The History of Black History Month," Woodson established, in 1926, the first ever Negro History Week.

He denoted the second week of February as Negro History Week because two prominent men in African-American history were born that week. Former President Abraham Lincoln was born the second week of February as was abolitionist Fredrick Douglass.

As president, Abraham Lincoln performed a grand task by freeing the slaves with the signing of the Emancipation Proclamation. Fredrick Douglass' strides against segregation and racist practices in the South got him noticed for his contributions to American history.

Throughout the years, as more prominent black men and women came forth, African-American history began to flourish drastically. As a matter of fact, on Feb. 1, 1960, a group of African-American college students from N.C. A&T staged a sit-in at Woolworth Diner in Greensboro, N.C. to protest racial practices.

Feb. 3, 1870 proves a milestone in African-American history as it is the day the 15th Amendment giving African-Americans the right to vote was signed added to the Constitution.

Continuing with the legacy of a powerful people, on Feb. 21, 1965, Malcolm X was gunned down by three black Muslims. On Feb. 23, 1868, W.E.B. Dubois was born. His birth set the standards for which African-Americans henceforth must be thankful.

Before his death some years later, Dubois was a major advocate and leader of the Civil Rights movement and strongly believed in uplifting the African-American race. He

also played a major role in the formation of the NAACP, as he served as a co-founder of this organization.

When asked the question posed earlier in the article, sophomore Monique Wells presented an answer that more showed pride and acceptance of such a month.

She says, "I've honestly never thought of it as being the shortest month but simply as a bridge to the beginning of teaching not only America, but the world, how important the history of African-Americans is."

Although it is the shortest month, it has allowed schools to focus on a very important history within our country. We must start off small; otherwise we have nothing to build on to and nothing to look forward to."

As a sophomore majoring in mathematics and secondary education at Appalachian State University, and as the President of the Appalachian State Collegiate Chapter of the NAACP, Wells' answer shows thought and reality.

Black people, realize that we were not given February as African-American history month because it is the shortest month of the year. We were given it because it is a month rich with our history, our legacy.

It is a month that many prominent people where born that allowed us to say with confidence "I am free, I am African-American, and I am proud." Do not dwell on the superficiality on the 28 days but rather the history beneath it.

I challenge all African-Americans to attend the African-American events that will be happening on campus and in the community this upcoming month. Visit the African-American Cultural Center library and read up on your history. Just become active in your history because in the end, we are the ones who must uphold the principles established by our ancestors. We are the ones who, for lack of a better phrase, hold the future in our hands.

Stay In Touch

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Amato brings NFL offense to Pack

Marcus Gibbs
SPORTS EDITOR

N.C. State hired Coach Marc Trestman as offensive coordinator for the Wolfpack football team. Trestman has plenty of experience on the offensive side of the football in being an assistant head coach or offensive coordinator for eight different NFL teams. He has paid his dues with seventeen years in the NFL and proven himself to be a respectable coach.

Some things that should get Wolfpackers excited is that Trestman has coached in two AFC (American Football Conference) championship games and a Super Bowl. He has also coached great players with familiar names like Jerry Rice, Steve Young and Bernie Kosar to name a few.

He helped Rich Gannon, of the Oakland Raiders, break a single season record of most completions and most 300 passing yards (10) in a season, in 2002. Trestman also led the Raiders to be the number one team in total offense in the same season while helping them win the AFC championship and advancing to the Super bowl.

The resume of the experienced coach is impressive in other ways, especially concerning the company in which he coached. Wolfpack head coach Chuck Amato agrees. "We are

thrilled to have someone with an extensive resume join our staff."

He has worked with great NFL coaches such as George Siefert, Bill Walsh, Jon Gruden and Marty Schottenheimer. It would be a plus if the NFL veteran coach could use all the skills learned from those coaches to bring to the Wolfpack program.

One of the most impressive feats by Coach Trestman was when he served as offensive coordinator and quarterbacks coach for the NFL's Arizona Cardinals. If one is aware of how inconsistent and unsuccessful the Cardinals have been over the years, he would know that Trestman's success with the team is most impressive. He helped the Cardinals get to the playoffs while building a decent offense.

Trestman was the offensive coordinator and quarterback coach for the NFL's San Francisco 49ers in 1995-96 helping them lead the league in passing and helped it become one of the top teams in offense while at the same time, helping them make two playoff appearances in his two years there.

In the college ranks, Trestman was quarterback coach for the University of Miami Hurricanes in 1983-1984. In the 1983 season, he coached the quarterbacks Bernie Kosar and Vinny Testaverde (both

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McNabb, NFL great?

Henri Hudson
STAFF WRITER

In just a few days the Philadelphia Eagles will face off against the New England Patriots in Super Bowl XXXIX. The Eagles, lead by quarterback Donovan McNabb, will be attempting to lead the team to its first Super Bowl win in franchise history.

The big question this weekend seems to be, can the underdog Eagles beat the team that has won two of the last three Super Bowls? However, for the African-American community there is another important question before us.

Will Donovan McNabb follow in Doug Williams' footsteps and become only the second black quarterback to lead his team to a Super Bowl win?

Seventeen years ago, Williams lead the Washington Redskins to a Super Bowl victory over the Denver Broncos. That day was very significant for African-American athletes in the U.S.

During a NFL online commentary, legendary college football coach Eddie Robinson put it best when he said, "This is like Joe Louis knocking out Max Schmeling."

On the day of the Super Bowl, with the odds stacked against him, and tremendous pressure weighing down on his shoulders, Williams went out on the field and did his best impersonation of Joe Louis.

In dramatic fashion, Williams

would go on to lead his team to an impressive victory over John Elway, and the Broncos.

Trailing in the game 10-0, a hurt Williams came out in the second quarter and threw four touchdown passes. His team would go on to beat the Broncos 42-10. That game, Williams would also be named the Super Bowl's Most Valuable Player, and thus pave the way of hope for future black quarterbacks like Donovan McNabb, Steve McNair, Daunte Culpepper and Mike Vick.

Since that game, only one other black quarterback has been able to lead his team to the Super Bowl. In 2000, quarterback Steve McNair of the Tennessee Titans made it to the big game, but came up short.

Now, in just a few days, it will be McNabb's turn to make his mark in sports history and try to become just the second black quarterback to win a Super Bowl. Already there are many questions swarming around him.

It remains to be seen if McNabb can lead his team to its first Super Bowl victory. It also remains to be seen if McNabb's first win Super Bowl win will "come" against the Patriots, a team as close to a football dynasty as you can get.

The last question being, can McNabb and the Eagles win the game without a healthy Terrell Owens? The odds seem to state a victory for the Eagles are improbable, but as we know from history, they aren't impossible to accomplish.

African American Cultural Center

2005 E. M. Clark Lecture

Thursday, February 3, 2005

7 - 8:30 PM Multipurpose Room

Reception will follow program



The AACC presents Dr. David Levering Lewis, Julius Silver University Professor and professor of history at New York University. Author of seven books and compiler of two editions, *The Harlem Renaissance Reader* (1994) and *W.E.B. Du Bois: A Reader* (1995), he has twice won the Pulitzer Prize for biography, for *W.E.B. Du Bois: Biography of a Race, 1868-1919* (1993)—which also won the Bancroft and Parkman prizes—and for *W.E.B. Du Bois: The Fight for Equality and the American Century, 1919-1963* (2000). He holds a five-year John D. and Catharine T. MacArthur Foundation Fellowship and is also a fellow of the American Academy of Arts and Sciences and of the American Philosophical Society.

*African American Creative Genius
Changing the Landscape of Society*

If you are a person with a disability and require any assistive devices, services, or other accommodations, please contact Toni Thorpe at least three days prior to the event at (919) 515-1451 during the normal business hours of 8 a.m. to 5 p.m. or via email at toni_thorpe@ncsu.edu to discuss accommodations.

www.ncsu.edu/aacc

NC STATE UNIVERSITY

African American Cultural Center



JOHNSON from page 3

Lambda Pi Chi held the prestigious position of having the highest GPA on campus (Felicidades Mujeres!).

I will not accept that excuse. The fact is that this notion of nihilism exists, that there is an unconsciously and repeatedly practiced lack of self love and meaning in the lives of members of the black community. We have been conditioned to express this nihilism not only in our academic life, but in every aspect of our lifestyles. The lack of self love and meaning even goes so far as to determine the way in which we cater our hairstyles, eye color, walk and talk.

Do not misinterpret my message. I understand and acknowledge that white privilege exists — even white psychologist Peggy McIntosh agrees with that in her work, "White Privilege: Unpacking the Invisible Knapsack."

She even lists some of the instances of daily African-American life that we go through perpetuating this nihilism and institutionalized oppression. Just to name a few:

Being White in America means:

1. Being able to go into a store and buy hair products that are usable by my race, and go into the grocery store and find foods that fit my cultural traditions.

2. Turning on the television or opening the paper and see people of my race widely represented [not only in comedy shows or police blotters but in the upper echelons of government and academic power.]

3. Be taught in school about my people prior to slavery.

4. Not being singled out by a cop for driving "too slow," or by the IRS in a "random" audit due to my race.

5. Never being asked to speak or act on behalf of my entire race.

6. Being able to buy band-aids close to the color of my skin.

7. Being able to easily find academic courses and institutions which give attention to only people of my race.

8. Not having to educate my children on the systemic and still preva-

lent racism for their own physical and mental well-being as people of color must do.

9. Being able to be late or talk loud without having it attributed to my race.

10. Being able to celebrate my race more than just in the shortest month of the year. (I added this one).

Obviously white privilege exists no matter how progressive America claims to be. We still live in an America where an African-American professor at Harvard has little chance of hailing a cab, going 36 mph in a 35 mph zone and being pulled by the cops and talking about civil rights is seen as militant.

White privilege is a component of nihilism, because it greatly affects the black psyche. For something to invisibly exist, it frustrates every African-American the first time they are confronted with something that the majority of Americans deny exists. Although white privilege continues to exist in modern times, we must not allow it to continue to perpetuate the nihilistic struggle of the black community.

So, let us take some action, use our resources. Here, I will start you off! Let's get the GPAs of our organizations onto the Dean's List, let's trade the Atrium for the Library or the tutorial center:

www.ncsu.edu/tutorial_center.

Lets stop spending our summers "chilling" at McDonald's and get some internships:

www.ncsu.edu/career or

www.inroads.org.

Let's stop sulking and socializing about our downfalls and research some solutions:

www.grants.gov.

I gave you some resources you don't even have to leave your dorm to access. It works for me and I know it definitely can work for you.

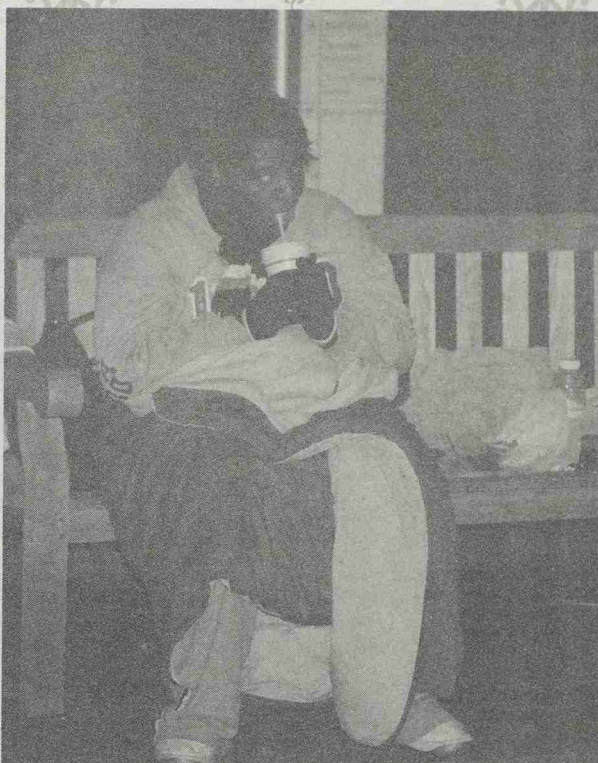
You don't have to be "sick and tired of being sick and tired." Now that you know nihilism exists and the mindsets that 244 years of oppression can cause, counter it! If you don't, who will?

the issues — the questions — raised in the novel are troubling and relevant. Just this month, the state of Mississippi arrested the man believed to have organized the infamous killing of the three freedom riders, Chaney, Goodman, and Schwerner, in 1964. That man, Edgar Ray Killen, had always been believed to have organized the murders, but had never been prosecuted for murder. In his novel, Jeff Stetson asks Americans to remember that legacy, the blood on the leaves, and to consider questions of vengeance versus justice.

only be answered by the fan — everyone has their own top ten. While the respect and love will always be given to the legends of the past, the future of hip-hop music is expanding to new levels.

But, just like any genre of music, there are artists who make you fall in love and others that force you to turn the station. So, when you think about the group or artist that made you fall for hip-hop, compare it to others and see if it measures up to your standards.

COLD OUT



Jerry L. Blackmon II • staff

More scenes from the sleep out.

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College Dropout.

Keys and West are also nominated for song of the year, with "If I Ain't Got You" and "Jesus Walks," respectively.

West also has a nomination for Best New Artist. In the Pop category, Seal could walk away with the Best Male Pop Vocal Performance, and the Best Pop Collaboration with Vocals may go to the late Ray Charles with soulful singer Norah Jones' "Here We Go Again," or Stevie Wonder and Take 6 with "Moon River." Ray Charles is also nominated for Best Pop Vocal Album for Genius Loves Company.

The Best Female R&B Vocal Performance category is led by Janet Jackson, Alicia Keys, Jill Scott and Angie Stone.

Best Male R&B Vocal Performance presents a diverse group including Brian McKnight, Prince, Usher, R. Kelly, and new artist Anthony Hamilton.

Best Gospel Performance may be awarded to Fred Hammond, Shirley Caesar and Ann Nesby, or Ray Charles and Gladys Knight.

In the Rap genre, there are five

categories in which a plethora of artists are acknowledged. For Best Rap Solo Performance, the nominees are as follows: Lloyd Banks "On Fire"; Eminem "Just Lose It"; Jay Z "99 Problems"; Twista "Overnight Celebrity"; and Kanye West "Through the Wire." In the Best Rap Performance by a Duo or a Group category, The Black Eyed Peas are nominated for the successful track "Let's Get It Started," The Roots for "Don't Say Nothin'," Snoop Dogg and Pharrell for "Drop It Like It's Hot" and Terror Squad for "Lean Back."

There are three more categories: Best Rap Song Collaboration, Best Rap Song, and Best Rap Album.

The categories are endless, and the nominations even more so. To see who wins, one must tune in to the three and a half hour commemoration showing on CBS. The ceremony will be airing on Sunday, Feb. 13, 2005.

In addition to the Grammy Awards, the Recording Academy hosts five other honors: The Lifetime Achievement Award, the Trustees Award, Grammy Hall of Fame Award, Technical Grammy Award and the Grammy Legend Award.

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what he teaches and how he motivates his students to think about American history, when he says, "History devoid of analysis and truth ceases to be history and instead becomes propaganda and myth, both of which are drugs far more powerful and dangerous than any narcotic or hallucinogen."

Well written, a good mystery, morally disturbing, this is a novel to be reckoned with. Is there any such thing as righteous hatred? What might hatred cost the children of those treated unjustly? The story —

HIP-HOP from page 8

friendly music is expanding and having a larger impact on society.

The originality and talent still exist, but it is just changing with the times. Contrarily, students such as Kofi Owusu-Ofori, a junior in electrical engineering, disagree and question the true talent of commercial rap artist.

Of course, these individuals influence certain aspects of American culture, but can their elementary school rhymes place them amongst true hip-hop artists of the past and present?

In many ways this question can

NFL from page 6

eventually became NFL quarterback) to win the College Championship and helped the Hurricanes to the Fiesta Bowl in 1984. His history with the University of Miami will definitely be mentioned when the Wolfpack faces them.

The possibilities of the Wolfpack football offensive success has just risen to a higher level of interest and excitement. Trestman's experience will definitely help the quarterbacks understand their positions better and he will teach them how to become more successful and comfortable with

their most effective skills. With the likes of Jay Davis, the arm of Marcus Stone or the quick legs of incoming freshman, Mike Greco, the team already has the looks of becoming very interesting with the knowledge of Trestman.

The new Wolfpack offensive coordinator and quarterbacks coach will look to receive a starting salary of \$175,000 in a multiyear contract. Trestman was most currently the assistant head coach and quarterbacks coach for the NFL's Miami Dolphins.



Hip-Hop

what's it all about?



Endia Beal
STAFF WRITER

Shawn Perez, CEO of Power Moves, describes how hip-hop music has transformed throughout the years. "In its early years, hip-hop chronicled life in America's ghettos; now it has the clout to influence what happens there."

The question that plagues the minds of true hip-hop fans is however, "Have the true characteristics of hip-hop artists diminished with the birth of commercial rap?" To answer this question, hip-hop must first be defined. So, what is hip-hop? After interviewing various N.C. State students, the common answer revolved around African American culture.

Hip-hop artist, not only have true talent and originality, they have the ability to influence American culture. From backward jeans to button-ups, hip-hop artists reflect upon their experiences and create lyrical masterpieces that are admired for years to come.

Yet, commercial rap has begun to dominate billboard charts and countdowns worldwide. Is this the new era of hip-hop music, in which the artist raps about money, rims and shaking your ass?

Many individuals, like Nikki James, a sophomore in mathematics at NCSU, believe that with the growth of rap in different U.S. states, the radio

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Black artists lead Grammy award nominations



Mikia Horsey
STAFF WRITER

There will be a lot of commotion going on in the Staples Center in Los Angeles on Feb. 13, 2005. At precisely 5 p.m., the best in the recording arts and sciences will be recognized for their talents. That's right; the 47th Annual Grammy Celebration will be taking place.

The 107 categories celebrated in this long-awaited ceremony will represent a variety of musical genres including rock, jazz, blues, rap, classical, pop and more. Contrary to popular belief, the prestigious award is not given for sales or chart positions, but rather for artistic and technical achievement.

African-Americans have come a long way in the field of music, and this year's awards ceremony is destined to prove it.

This year's celebration will be hosted by Queen Latifah, a previous Grammy winner who is not only a nominee this year, but who will be performing at the ceremony. Who else is nominated?

The Record of the Year award is presented to the artist, the producer and the recording engineer of the album. This year, popular artist Usher, along with artists Lil' Jon and Ludacris, is nominated for the chart topping hit "Yeah!" from the album *Confessions*.

The group Black Eyed Peas is also nominated for "Let's Get It Started" from their album *Elephunk*. Usher is also nominated for Album of the Year with *Confessions*, along with Alicia Keys, *Diary of Alicia Keys* and Kanye West, with *The*

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TASTE OF AFRICA



Jerry L. Blackmon II • staff

The African Student Union held its second annual "Taste of Africa" program last Wednesday in the AACC. Melody Fayomi, president of ASU, said the event was intended "to give people a little preview of 'Africa Night,' ASU's Pan-African Week program.

Fayomi said this year, Taste of Africa was more food-oriented.

"We wanted to showcase the different foods in Africa and, with the variety, show the similarities within Africa."

The most popular dishes served at the event were the West African Pepper Chicken and Jollof Rice, along with Central Africa's Cassava Leaves.

The highlight of the night was the ASU dance group Botewa, a word that means "beautiful" in Ngala. The group danced to a Nigerian Afro-hip-hop song "You Don't Hit My Car," but unfortunately, Fayomi said, "the CD skipped at the best part."

Fayomi declared the event a success, but with a caveat.

"We noticed it was a lot of ASU members and we hoped for more people not familiar with African cuisine or culture," she said.

Book review

BLOOD ON THE LEAVES

by: Dr. Rupert Nacoste

Somebody's killing white men.

But not just any white men. These are men who, 40 years ago, were accused of killing a black person. Though accused under the weight of overwhelming evidence, these white men were never punished or even found guilty. Now in Mississippi where the original racial murders occurred, 40 years later, one after another these white men are being killed. And these white men are not just being murdered. They are being killed in precisely the same manner as was the black person they are accused of killing. If the black person was lynched, the white man is found lynched. If the black person was strangled with barbed wire, the white man is found strangled with barbed wire. No doubt then, the killings are acts of vengeance. But whose vengeance is it?

This is the mystery at the center of Jeff Stetson's novel, "Blood on the Leaves" (Warner Books). As the racial and historical pattern of the murders becomes clear, a black history professor at the local college, Martin Matheson, becomes the prime suspect. Matheson has been teaching a course on the cases where whites killed blacks and were never punished. With the actual case documents and, or newspaper accounts of the Mississippi race murders, Matheson has compiled a list of the names of the white men, their crimes and their current whereabouts. He lectures on these crimes and encourages his students to visit the homes of these now old men, and put up signs and posters indicating their past crimes. Is Matheson, or one of his students, the seeker of vengeance?

Eventually, Matheson is arrested for one of the murders. James Reynolds, a black deputy district attorney for the county, is assigned the job of prosecuting the case. Also thrown into this mix is Todd Miller, a white lawyer, who used his legal skills to defend African-Americans during the height of the civil rights movement, and who to this day believes in Martin Luther King Jr.'s vision for a better American society. Miller becomes Matheson's lawyer.

In one of the early scenes, it is Miller who wonders how much racial progress has really been made. When he is witness to one of the murders, by way of a car bombing, Miller sees some of Matheson's students standing around.

"Miller saw a group of students gleefully staring at the conflagration. He half expected them to exchange high fives or other congratulatory celebrations. Had it come to this, he wondered. Had the legacy of hate finally made a complete circle and confined everyone within it? The vast majority [of the students] were entertained, enthralled by the excitement of witnessing an old man's body being reduced to ash."

That is one of the themes in this book that make this a moral novel. Another theme comes from Matheson. He is eloquent in his understanding of how someone might feel justified in committing the murders.

At one point, to a TV interviewer, Matheson says, "When this country was attacked on its own soil, no one suggested we should turn the other cheek. We didn't seek to understand our enemies in order to love and forgive them. We branded them evil cowards and then did everything in our power to destroy them. Is there any greater evil than bombing a church and killing innocent little girls engaged in prayer? Are there any more despicable and cowardly terrorists than those who conceal their faces beneath white hoods while they lynch black men and women?"

Matheson is also eloquent in his defense of

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