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Discover new ways
to nourish your
skin.

Has Hip Hop lost
its way?

The Soul:
what is it?

Get a little advice!

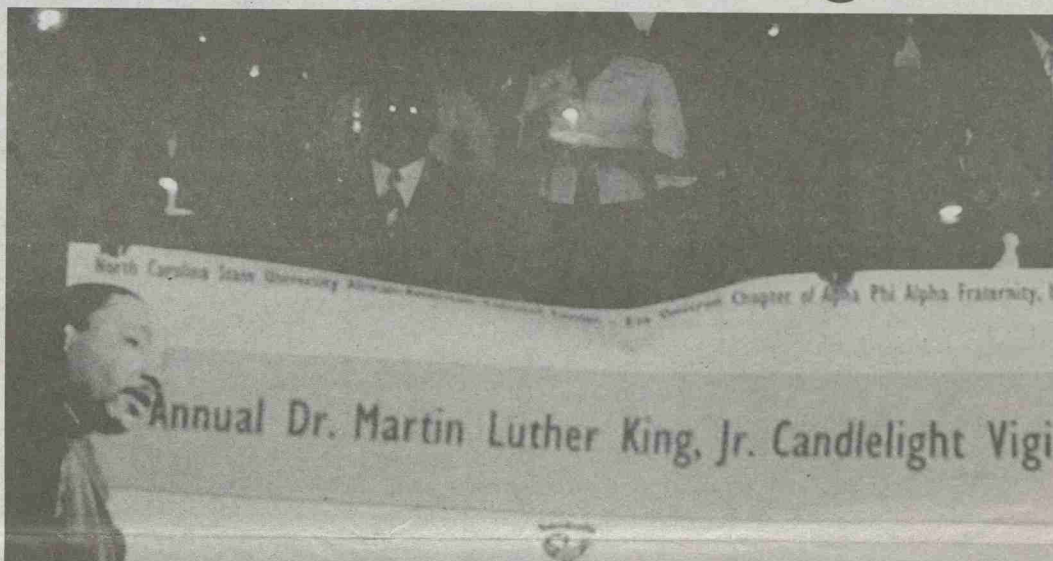
Reminisce on the
90s

the Nubian Message

January 18, 2005

Sentinel of the african-american community

We Remember Martin Luther King, Jr.



Candlelight Vigil, Belltower of North Carolina State University
Photo: Senadzi Kpeglo

Niccoya Dobson
staff writer

One could never hear enough about Martin Luther King Jr. and his accomplishments, great speeches, and methods for gaining African Americans civil rights. These facts are just some of the many things that he is remembered for as his

legacy continues in our history. This past Monday marked the 30th year for observing Martin Luther King Day. What does his day actually mean to our community?

Martin Luther King, Jr. was born on January 15, 1929 in Atlanta. He was a civil rights activist who played a major role in leading the

Civil Rights Movement. He was assassinated on April 4, 1968 in Memphis, Tennessee. A few days after his murder, Congressman John Conyers introduced legislation for a holiday in his remembrance. For fifteen years, Conyers and Representative Shirley Chisholm resubmitted the legislation each session until it

was passed in 1983, and signed by Ronald Reagan as a law.

During those fifteen years, many states observed King's birthday. The federal holiday took effect on January 20th, 1986. It was agreed that the holiday would be observed on the 3rd Monday in

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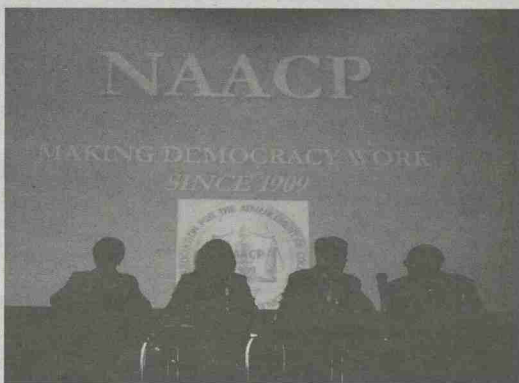
NAACP 2006 Leadership Series

Alise Riddley
News editor

NC State's Chapter of the NAACP hosted the first installment of the 2006 Leadership series.

On Wednesday Jan 11, 2006 the campus cinema housed the Leadership Series event with several guest politician speakers. Among the many topics of the night the focus stayed primarily on budget cuts, education, and the renewal of the Voting Right Acts of 1965.

The program started just shortly after 7:00 pm and



began with the Negro National Anthem. Many sang aloud while others stood in a silent respect. Following the

anthem NCSU's chapter of the NAACP president Lock Whiteside III greeted the crowd with remarks of why

the evening was so important. "It is important that we elect officials that will fight for us and that will not work against us." "A lot of blood, sweat and tears have been shed so we can go to the ballot box and vote."

Guest speakers of the night included N.C. State Representative Deborah Ross, US Congresswoman Bob Etheridge and David Price and State Senator Janet Cowell. Deborah Ross opened the night's topics with information about educational funding

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January to keep from having the conflict of his birthday being too close to Christmas and New Year's. Many states apposed the holiday and some southern states included the remembrance of several Confederate generals.

How was this? Federal holidays only have to be observed on government owned property of the states. New Hampshire was one of the last states to observe the holiday officially as Martin Luther King Day other than Civil Rights Day in 1999.

Martin Luther King Day is the only national holiday named after an African American. For this reason, we should take the time to remember all of the African Americans who contributed to the welfare of our people that helped all. Many ignore this important view because the day is named after MLK, but they fail to realize that it represents all of the great leaders and the fact that he and other Civil Rights leaders stood on the shoulders of many to accomplish their achievements. For example, Harriet Tubman, Fredrick Douglass, Booker T. Washington, W.E.B. Dubois and Marcus Garvey to name

a few. They are all examples of how we can overcome the many struggles that we face as African Americans by being united. This day of remembrance should also be a day of thanksgiving. We are the recipients of our ancestor's hard work. They showed us how faith and perseverance can result in great rewards.

What does the holiday actually mean today? Many people celebrate Martin Luther King Day through annual celebrations that are held in his remembrance. Some think of it as just a day off from their everyday activities and others are forced to work. How do you celebrate the holiday? However you may have celebrated the holiday in years previous of 2006, think about how you celebrated the holiday this past Monday and how you may celebrate MLK day differently in the year 2007.

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and tuition. Ross informed the crowd the importance of North Carolina's new lottery that will open next fall. "Whether you like the lottery or don't like the lottery the fact is that we're going to have the lottery and one

good thing about the lottery is that it has a brand new provision for us to provide scholarships for low income students based on the PEL grant criteria. People can get up to \$4,000 a year depending on the income of their family."

Scholarships were not the only topic of concern for Ross; another was the raise in tuition around North Carolina. "I have a personal commitment to try and keep your tuition as low as possible."

As tuitions for colleges and universities begin to rise not only in NC but also across the United States the fear that too much money is being put into the schools and nothing is coming away from them started a flutter of comments throughout the crowd. Ross stated, "We are doing all we can for NC State, as a matter of fact the Wake County delegation came together so that you could build a new facility, an engineering facility on Centennial Campus."

Ross informed the crowd that while they are still fighting for more funding for schools, the majority of test scores in grades K-12 are up. "Test scores are up all around the state. Here in Wake County there are over 90% of our kids passing end of grade test."

"This is the bad news and what we need help from you on and this is what we need you to keep working on. Our African American children are not doing 90%. They're not doing as well as white children, they're not doing as well as Asian children and in some places Latino children are doing better than our African American children."

Another fact presented by Ross was that many African American males are not succeeding in graduating from high school. "50% of our African American males are not graduating from high school."

State Sen. Janet Cowell stepped in with comment about changes in educa-

tion that will occur across the country. The changes include technology, science, design of classrooms and school (vocational education) and global education.

Once Cowell concluded her thoughts on education Congressman Bob Etheridge gave inspiring words to the youth in the crowd. "If you think you got here by yourself, pinch yourself, your wrong." "Be a mentor to a youngster. It is important to give back because you did not get here on your own."

As the speakers of the night finished with their ideas and remarks Etheridge left the crowd with a powerful thought about the NAACP:

"It's (NAACP) about shining a light on injustice"

NCSU's next NAACP Chapter event will take place Jan. 25th in Wither- spoon at 7:00 pm with guest speaker Congressman Brad Miller.

UPCOMING EVENTS

-January 25 NAACP Leadership Series II. Campus Cinema. 7pm.

-January 19 Delta Sigma Theta Sorority, Inc. SKATE NIGHT. Location: Skate Ranch off Capitol Boulevard. 2901 Trawick Road. 8-12 midnight. \$6 with college ID or flyer until 9:30 pm.

PLEASE SEND ALL CURRENT EVENTS TO: nubian_message@yahoo.com

the Nubian Message

Sentinel of the african-american community

Keitris Weathersbe EDITOR IN CHIEF
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Danielle Richardson MIND, BODY, & SOUL EDITOR
Naimah Jabali-Nash ARTS AND ENTERTAINMENT

372 Witherpoon Student Ctr. Box 7138 NCSU Raleigh, NC 27695-3718

PHONE NUMBER: 919.515.1468

ADVERTISING: Ryan.ads@gmail.com

INQUIRIES/FEEDBACK: nubian_message@yahoo.com

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

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African American History Finds a New Home

Alysse Riddley

Anticipation for a new African American black history museum is stirring the community of Thomasville/Thomas County Georgia.

Jack Hadley, an advocate of Black History Month and owner of Jack Hadley Black History Memorabilia Inc, is opening a museum dedicated to the history of African Americans. The Fredrick Douglas Complex, an old black high school, will be the home of Hadley's African American history museum. Jack Hadley says, "I am going to establish the first African-American history museum here in Thomasville/Thomas County and will focus strictly on the artifacts of the Thomasville/Thomas county black achievers and southwest Georgia and the national black achievers."

Articles, books and personal

artifact collections are just a few items that will cover the museum wall to wall. At least 2,000 of the artifacts to be placed in the museum will be from Hadley's own collection.

One rare item that can be found in the museum is a bronze statue of a buffalo soldier. One of only 50 bronze-replicated Buffalo Soldiers was given to Hadley and the museum by an old friend, Lt. Col. Nathan Thomas and his wife Debbie.

The Buffalo Soldiers, an all African American military unit were said to be named by Native Americans because of their short, dark, curly hair resembling the mane of the buffalo, were comprised of former slaves, freemen and Black Civil War soldiers.

Valued at over \$8,000, the sculpture is a replica of Eddie Dixon's original sculpture to the Buffalo Soldiers statue in Kansas. Thomas also donated many posters, 40 exhibit

panels from the Civil Rights Movement and 10 exhibit panels about "Women of the World".

Thomasville city schools superintendent, Sabrina Boykins-Everett, believes the museum will be an important educational tool, while leading children to learn about their heritage and many other cultures that surround them. "I know that the school system will take advantage of field trip opportunities. Children need to understand their heritage. All children need to understand the history of various cultures."

Visitors will learn about Buffalo Soldiers, Tuskegee Airman, and more. They will also learn about Thomasville's very own Lt. Henry Ossian Flipper, the first African American to graduate from the United States Military Academy at West Point.

Hadley said, "People can appreciate what accomplishments the African-Americans have contributed to this community and nationwide, making it a better place for all to live in."

Visiting Thomasville/Thomas County will not only allow visitors to enjoy Hadley's museum but also other events along the way. Thomasville/Thomas County offers walking and driving tours of its greatest areas, from Victorian homes to its lively festivals that hit the streets. Thomasville/Thomas County even offers a Black Heritage Trail tour. Thomasville has a range of activities that will keep everyone busy.

The project was expected to start in January 2nd and be concluded within four months. The Jack Hadley Black History Memorabilia Museum is a non-profit organization. Financial donations for the renovation have been collected. For information call 229-228-6983.

HIP HOP: Is it still Music?

The Video Spectrum & Defining the Video Model

Meshawn Chalmers
staff writer

Hip Hop has changed dramatically over the years. You may hear the older generation say, "Music isn't like it used to be." The development of music has become repetitious. The concepts of the lyrics are the same, the rappers are the same and the displays of women are not only the same but also degrading.

Sex Exploitation: Video Models in Hip Hop was the title of

the television special held on VH1. It explored the lives of women trying to make it in the music industry as video models. One video models said, "there is a difference between video models and uncut video girls." But what makes video models so uniquely different from uncut video girls?

What are video models and uncut video girls? Video models are girls that wear very little clothing, dancin ways that let men touch

them inappropriately in videos during primetime television hours. Uncut video girls are women that wear little to no clothing, dancing in provocative ways while allowing men touch them in music videos that are shown exclusively past midnight. Both types are women are basically used as props. The difference: some of the amount of clothing the women wear and the time that the videos are shown.

African American women must understand that there would be no videos without them. Women shouldn't have to be exposed just to get TV time. If these women don't take a stand to decrease the sexuality in these videos, little is going to change.

Melissa Ford, a former video model,

said, "There is a spectrum for video girls. On one end we have the video models and on the other end we have the video hoers." How can you put degrading yourself on a scale? Black women are putting themselves up for grabs for a three-minute video.

Black popular culture in Hip Hop videos is no more. The videos have the same formula and people are buying into the same scheme.

Hip Hop didn't become so misogynistic overnight. It was a recipe that has been emerging for about a decade. Trying to get music videos to change is going to be difficult because our people have been accustomed to watching these videos. In order to change hip hop back to the way

it was, we are going to have come together as an unit. When it comes to poverty, diseases, unemployment, and incarceration, in the black community, the plight of video models and rap lyrics are less important.



Gye Nyame
"except for GOD"

A symbol of the supremacy of God. This unique and beautiful symbol is ubiquitous in Ghana. It is by far the most popular for use in decoration, a reflection on the deeply religious character of the Ghanaian people.

Katrina: Problems Solved?

Kristen Jeffers
staff writer

Debris covering miles of coastline on the Gulf Coast. Thousands seeking shelter throughout the New Orleans area, then trapped in these shelters without adequate food, water and living supplies. State and national governments seeming uninterested and unconcerned with these problems. Eventually, New Orleans was evacuated and people were sent to various locales across the country to start a successful new life.

The government stepped in with temporary shelter and relief money. The news cameras cut off and things went back to normal, right? Wrong. In Pass Christian, Miss., 100 percent of business and 75 percent of homes remain destroyed four months later. In New Orleans, city councilmen are living in hotels, along with other professionals. Many family members remain missing and scattered across the country. On December 27, 2005, reports surfaced of a displaced family who lost their new home to a fire. Also on December 27, 50 people in California were indicted in a scam to defraud victims. This scam involved the theft and use of disaster relief cards by Red Cross agency workers and their friends and family members in Bakersfield, California. Thousands of refugees in hotels may be put into the streets as FEMA housing vouchers run out. While the hurricane affected rich and poor people, black people have been shown at the forefront of all victims.

A CBS News/New York Times poll in September 2005 revealed that 64 percent of African-Americans believe the response to victims in New Orleans was based on race. Kanye West told viewers of a nationally televised relief telethon that "George Bush doesn't care about black people. Stories have surfaced of housing discrimination all over the country, namely in Houston, Austin and Baton Rouge.

The Federal Emergency Management Agency (FEMA) was sued by African-American victims in November 2005 due to what they see as a slow response. Within the last two weeks of December, two African-American males in New Orleans have been subjects of brutal police beatings. However, not all African-Americans share this view. HUD Secretary Alphonso Davis in an interview with BET News, stated that he'd seen the Lower Eighth and Ninth Wards of New Orleans before the storm and that they were in disrepair.

"I don't think race was the issue here. I remember when I went to New Orleans to campaign for [Ernest] "Dutch" Morial - [the city's first Black mayor] - one of the things he ran on was that he was going to change the quality of life in the Lower Ninth. Well, we've had five Black mayors, and the quality of life has only gotten worse until the flood came in." Davis says in the interview. Davis also states, "You can't tell

me you couldn't have changed the quality of life for many of those people who lived in the Lower Ninth; my contention is it wasn't race it was inefficiency and non-compassion."

However the situation is seen, there is hope for Katrina victims. The holidays brought donations of toys for children in Pass Christian. The Bush Administration has been holding hearings throughout December, giving victims a chance to testify and solutions to be explored to problems. Where FEMA has failed victims, disaster relief organizations, HUD, corporations and other charities and organizations have stepped in to continue to place people in homes and provide their needs. New Orleans Mayor Ray Nagin has reopened the city to all citizens and many are heading back home.

There are mixed feelings amongst. In Austin, Texas, Anna Mae Jackson, a 66 year old African-American woman, is struggling to get needed healthcare and prescriptions. She is homesick, but she can't return home because the assisted living facility she lived in was damaged. Yet, many college students will be returning to reopened universities for good, excited about rebuilding the city. Overall, wherever victims are, they are pressing forward to solve the problem known as life after Katrina.

Letter from the Editor New days... "Unpredictable"

Crossing over to a new year presents us with so many choices, so many emotions. The choice of moving forward to the promising future. The emotion, involving the reflecting of a past year, and accepting those blessings and sorrows it brought. With a new year comes a new semester, for us college students. I am pretty sure I can speak for most of us when it comes to making those New Year's resolutions, our vows to change or do things we vowed to on last year but didn't. Whatever the case or excuse, we hold on to the hope that this year, unlike any other, will be "our" year. Sure, with all its mystery and unexpected, there may be a little doubt. However, this year should be viewed as a time to move forward and invest in happiness and prosperity. Take this time, this first month of the new year, to renew yourselves. Your mind, body, and spirit. We all have areas in our lives that need healing or renewal. Keep in mind that all goals you've set for this year are attainable, if realistic. It is solely up to you. Be encouraged, and I wish you all a wonderful and successful year.

Best,
Keitris M. Weathersbe
Nubian Message, editor in chief

STATE OF THE YOUNG AFRICAN AMERICAN ADDRESS



Nicole Moorer
staff writer

Just weeks ago, in the midst of taking exams, many of us prepared to return home. A home...where we may have graduated, where we get to see all of our old but good friends. A home...where we gossip about who is with who, where certain people have wound up, and the one that seems to always ever so evident: how many girls are pregnant, and which girls have already had ba-

bies. When we talk about these things at home with our friends and family, sometimes we cannot help but to laugh. However, it really isn't a laughing matter. So many of our people are being left behind in these small towns, with so many options that they do not know or even care about. As the ones who "got out" or "escaped" our small towns, we aren't doing enough to bring our people up with us.

Agreeably, many of us plan to do that when we are older for the next generation, when we have started making money, and when we believe that we have a story to tell. However, what about our gen-

eration? If there aren't enough of us trying to help our own peers, how can we successfully raise future generations? Future prospects for teenagers decline significantly if they have a baby. Teen mothers are less likely to complete school and more likely to be single parents. Less than one-third of teens who begin their families before age 18 ever earn a high school diploma. Only 1.5% earn a college degree by the age of 30," says R.A. Maynard, a researcher of teenage pregnancy and its affects on the child and child bearer. Teenage pregnancy rates have gone down, but not enough.

It has almost become imperative

that we, the ones who "got out" go back, and give back to our peers, our generation, because if we do not care about them who will.

It is not only important for us to return to help our fellow peers, but most importantly to show them we have not forgot where we come from. For me, the decision to go to a PWI, predominantly white institution, over an HBCU, historically black university was critical. By choosing to go to a PWI, was I indirectly telling my black teachers and black peers in my high school that I did not think I would get as good an education at an HBCU. In fact, that is what

many of them believed. However, that is not the case, something greater than myself, greater than us, directed my path. Many of you had to make this same critical decision, and now you are here at NC State.

Loss of identity is often the scenario when black people "change" while attending a PWI. I mention this because I have seen it in many black people here on campus. Some blacks walk around with a sense of superiority over their other black peers and they turn their nose down on others, or even act as if they cannot speak to others. We all come from the same Address page 5

Silent Believer

Irecka Smith
staff writer

It's the silent policy. People refuse to say Merry Christmas replacing the seasons greetings with Happy Holidays to be "politically correct." However, if some people don't celebrate Christmas then the holiday for them is like any other day. So how does re-wording change the purpose of the day set aside to celebrate the birth of Christ?

America is too diverse to worry about offending someone because there is no way around it. I can be the most faithful Christian and know the Bible like the back of my hand but if I make a speech and say "Jesus is the reason for the season" I'll offend millions.

If we walk by faith and say we believe are we to be as Peter and deny we know Christ?

A silent believer is the same as the man who doesn't believe. We should not be ashamed of our beliefs. America was born on Christianity but since then we have progressed into hundreds of religions/beliefs to the America we are today. However, most Christians have become ashamed or should I say "politically correct" to acknowledge what Christmas really means to Christians. Instead we say Happy Holidays not Merry Christmas, and

commercialize Christmas with clearance sales and bargain prices. I would hope we wouldn't lose the true meaning of Christmas in the gifts and parties and with the polite denial of what this holiday is all about.

Mariah Thorpe
opinions writer

Each year millions of Americans make New Year's Resolutions to change their lives. Many of these resolutions involve dieting, financial changes, personality changes, relationship altering, and just about anything you can imagine. On New Year's Day I had the opportunity to hear several people share their hopes for the New Year with me. The biggest three amongst my friends were; living healthier, making better financial decisions, and putting relationships into perspective.

Three that I too would like to think about as this year be-

gins, however I heard on the news yesterday that by February less than 10% of Americans are mak-

ing where their money has gone, those who wanted to change their personalities have likely forgotten about their ef-

Life happens! The fifteen pounds that was supposed to be gone by February may not be, the mon-

now instead of feeling lively and optimistic, we feel pessimistic and somewhat melancholy about the res-

This can be done by taking a few extra steps beyond simply saying, "This year I am going to get in shape!" The first step is to look at the big picture. If you want to get in shape, what does that entail? Certainly more than just saying, "I am going to get in shape." No matter the task, set realistic goals that you can achieve. If you want to get in shape focus on things you can change quickly such as eating habits and daily routine.

Getting in shape is more than quickly dropping a few pounds and looking cute at the next big party...it's a way of life you must develop. The key thing to remember is that Resolutions page 8

The Bright Idea Solution to New Year's Resolution

ing their New Year's Resolution reality. Sadly this means that by the end of February the vast majority of people who promised they would eat healthier are back to eating Bojangles and Wendy's ninety-nine cent menu.

The people who wanted to make financial changes are right back wonder-

ing where their money has gone, those who wanted to change their personalities have likely forgotten about their ef-

fort to change, and those who wanted to work on their relationships find themselves in the same slump they were in last year!

Life happens! The fifteen pounds that was supposed to be gone by February may not be, the money that was supposed to be saved was used for something unexpected, and all time it takes to make all these changes was consumed with work, classes, and the few minutes used to have fun. All the lofty promises we promised ourselves now frustrate our mind because we haven't accomplished them. So

olutions we were once so eager to achieve. Good for us...a little perseverance, devotion, and optimism can pull us through! This means that when February rolls around, we may be achieving our resolutions, maybe even surpassing them and improving the overall quality of our lives for the remainder of the year.

Advice from Little Miss Manners

An opportunity to get simple advice on simple matters of life! If you need advice send your anonymous questions to: littlemiss@yahoo.com. Your answers will be printed in upcoming issues or sent back to you in e-mail!

Question: Confused

Dear Miss Manners, I have a question on dating...I really like a guy but I am old fashioned and want him to ask me on a date, rather than me telling him I like him. My friends think I should let him know what I am thinking and ask him out on a date! Over winter break I thought about what I should do but I can't decide. He knows who I am, but only through friends. What should I do? ~Confused!

Response:

Dear Confused, This is a sticky situation. I understand you like this person but you don't want to go out on a limb and fall! I would suggest you first becoming this person's friend. Instead of only wanting to date a person...think about first creating a friendship. If you become friends first it will be easier to express your thoughts to him! The other great thing about gaining a friend is that even if you don't end up dating you will have gained a new friend! ~Little Miss Manners

Question: Already Stressed

Dear Miss Manners, I am already stressed about this semester and school is barely beginning! I have 18 hours and I am involved in other activities on campus. It feels like everything is pulling on me and I feel I have to do it all! I can't quit school but I also have other responsibilities I can't give up on. Please offer me some advice! ~Already Stressed

Response:

Dear Already Stressed, Goodness you sound tense! You need to relax and prioritize. You are right you can't quit school, so that should be your number one priority. Everything else you need to put in perspective. If you like your extra curricular activities and other responsibilities decide how you can best participate in them. Perhaps you can avoid taking on extra leadership roles or avoid taking on extra work because you have 18 hours to worry about...this doesn't mean you can't still be a good member by participating in events and playing a supporting role. If you remember to keep your priorities in order and keep some time set aside for yourself to relax then I am sure everything will work well! You will have time for school, activities, fun, and yourself. Just remember to get your work done first and play later! Once your work is done you will be able to enjoy yourself much more! ~Little Miss Manners

Quote to Keep in Mind:

"Treat others as you would want them to treat you!"

Wake Up!



Robert Waldrup
Opinions writer

If we were questioned on our position on the rights of homosexuals, many of us would probably give an apathetic response similar to, "It doesn't really concern me. I'm not gay so I don't care." That is of course if we are not all ready disgusted by the idea of gay marriage. We can probably agree that this is a conservative point of view. If we ask a conservative white male where he stands on affirmative action and racial profiling, we would probably receive a similar apathetic response to the tune of, "It doesn't really affect me, so I don't care." It goes without saying that black folks would stop at nothing to convince this white gentleman of the progressiveness of affirmative action and the horrors of racial profiling, but why do we at the same time turn a deaf ear to the rights of gays?

How can we advocate for the human rights for our own people and be so passive over the human rights of another group? Have we forgotten that the way we look down our noses at our gay brothers and sisters is the same way whites looked down their noses at our ancestors? Were the contributions to humanity made by Langston Hughes,

James Baldwin, and Angela Davis less progressive, relevant, or powerful because of their sexual orientation? I don't think that they were, and we cannot continue to straddle the fence and praise these individuals while degrading, belittling, and dehumanizing our gay brothers and sisters who live next door to us, who go to class with us, who eat at the dining halls with us

Black people, we have got to stop the madness with this homophobia. We have got to get over this holier than thou attitude when we talk about our gay brothers and sisters. Our stomachs do back flips whenever we see gays in the pews of our congregations, but why? Are they no less in need of God's love? Are they no longer children of God after choosing such a lifestyle? Does God look at our heterosexual immoralities on a separate scale? We need to check ourselves and be cognizant of the social and spiritual destructiveness of our homophobia. And for all those who are quick to flip to the book of Leviticus to prove that the Good Book explicitly condemns those who engage in homosexual activity, I would present them with this scripture from the New Testament: Acts 13:36-41.

We also need to be very cognizant of the political ramifications of our homophobia. The right is drawing more and more black folks to its side by stirring up anti-

Address
from page 4

Just weeks ago, in the midst of taking exams, many of us prepared to return home. A home...where we may have graduated, where we get to see all of our old but good friends. A home...where we gossip about who is with who, where certain people have wound up, and the one that seems to always ever so evident: how many girls are pregnant, who has gotten someone pregnant, and which girls have already had babies. When we talk about these things at home with our friends and family, sometimes we cannot help but to laugh. However, it really isn't a laughing matter. So many of our people are being left behind in these small towns, with so many options that they do not know or even care about. As the ones who "got out" or "escaped" our small towns, we aren't doing enough to bring our people up with us.

6 arts & entertainment

90s Christmas Tears

Brittney Grace Eustache
Sports reporter



Did you have a good Christmas break? Did you sit around the dining room table with your family eating turkey and drinking egg nog? Did you sleep all day until your mother came and woke you up to do chores, or run errands for her? Did your Christmas break extend so long, that you felt like it was never going to end? If you answered yes to any of these questions, then you are among the majority of North Carolina State students who had the typical Christmas break experience.

However, if you are a student-athlete, your experience may have been quite different and instead of having "Christmas cheers" you may have had "Christmas tears". Sure the Men's Basketball team almost went undefeated during Christmas break, while moving up in the rankings to number eighteen, and the Women's Basketball team won four of five games played, not to mention the wrestling team who had five wrestlers advance to the quarterfinals of the Southern Scuffle. And let's not forget the football team who ended the year on a good note in the Meineke Car Care Bowl in Charlotte. And while these successes are certainly to be commended, they do not discount for the fact that while many of us simply rested during our Christmas break, our dedicated student athletes were undergoing the rigorous and continuous schedule of daily workouts, strategy sessions and competitive engagements.

Yes, although it is the glitz and the glamour on the court that gives these players a name, it is the time spent off of the court that gives these players game. Like for example, the number of hours spent by our infamous North Carolina State basketball teams practicing during Christmas break, or the number of days spent conditioning by our Wrestling team in preparation for the Southern Scuffle, not to mention the number of hours spent rehearsing plays by our football team for the Meineke Car Care Bowl. The expectations placed on our student athletes begs the question: Do we expect too much of them? Sure it takes dedication, commitment, and overall hard work to win games, matches, and scrimmages but it takes heart to be away from your family during the Christmas season, workout year-round, and have shortened school breaks. And just like our North Carolina State basketball team motto: "one heartbeat", all of our student athletes have "one heartbeat". One heartbeat for you, one heartbeat for me, and one heartbeat for the alumni that came before us, and everyone who believes in North Carolina State's rich tradition of academic excellence, good sportsmanship, and athleticism. So, for all that you do, please accept this short little poem I wrote especially for you:

"It must have been difficult for you student athletes to wake up early in the morning to practice while the rest of us slept in late; it must have been challenging for you to maintain your perfect athletic shape, while the rest of us ate everything on our plates; it must have been stressful for you to travel away from your families to represent our school at a national level, while the rest of us played, had fun, and acted real cool. So, be of good cheer, don't have any Christmas tears, because this reporter for one wishes you the happiest of holidays and the brightest of New Years!"



Brandy Blackmon
Arts & Entertainment writer

Glancing over the nations best selling music appearing in the January 2nd issue of Billboard Magazine, it seems that the 90s top female artist are making a come back stronger than ever. Although they have had to update their style, they are fighting a strong battle with the hip-hop dominated charts. While Whitney Houston is doing reality television, Mariah Carey and Mary J. Blige have been working hard in the studio.

Mary J's newly released album *The Breakthrough* is currently number-one. Unlike Mariah, Mary J has never went through a breakdown publicly, but Mary J has went through her own personal turmoil. Battling with drug addictions and alcoholism, Mary J has been through it all. Through her music Mary has been able to let fans into the darker side of the entertainment business. With each album out-doing the last the future will only tell what is in store for Mary J's career. The content of her last album *No More Drama* dealt with overcoming hardships, and let-

tingo of the Drama in her life. Her new album seems to be the next step of new beginnings in her life. Although *The Breakthrough* is a continuation of *No More Drama*, the essence of Mary J is still as it has always been, "real". Song titles such as "Gonna Breakthrough" and "No More Drama" may seem like New Year's resolutions to some of us, but Mary J's soulful R&B has topped the charts for years. For many youngsters and newly renounced Mary J fans, Mary J has proven once again that she is here to stay. Yet another 90s Diva, Mariah Carey, who fell pretty hard after the flop of her last album and debut movie *Glitter*, has risen again.

Carey's "Emancipation of Mimi" soared to the top of the charts during her album debut. Songs such as "We Belong Together" and "Shake it off", lead to the releasing of the album, which Carey's current single "Don't Forget about Us", which is number one. The *Emancipation of Mimi* features artists such as Twista, Snoop Dogg, and Jay Z,

which is far different from the Mariah of the 90s. This newly re-emerge Mariah better known as MC, and/or Mimi, has added a bit of hip-hop flavor to her music. But have no fear *The Emancipation of Mimi* still has Mariah ballads. Songs such as "One and Only" and "Circles" prove that Mariah has still got it.

Even though some songs on the album lack in lyrical content, the music itself makes up for what was left out. Mariah Carey has come along way from number one songs such as "Dream Lover", "Hero", and "Fantasy", but critics believe the *Emancipation of Mimi* is quite possibly Mariah's best album yet, and her reoccurrence in the top ten speaks for itself. So I believe that it is safe to say, the 1990s divas are making a come back, proving to the up and coming artist that no artist is truly an artist without the struggle and hardship.

mind, body, & soul 7



File Photo

THE SKIN YOU'RE IN

Information on skin care products and ways to protect and care for your skin.



Amexia M. Harris
staff writer

The secret to black and dark skin beauty is to understand the many undertones found in darker skin. It's important to know your own skin and choose shades that best complement your natural tones. Black women skin care is just as easy to follow as any other skin care. Different types of skin simply use different skin care products. There isn't much more to it than that. Learning what products work best on darker skin is the first step in treating your skin.

There are products for black skin care. African American skin care is sometimes different than for Caucasians and Asians since black skin care products need heavy oil that penetrates deep into the skin and leaves skin healthy but not abundantly oily. African American skin tends to loose elasticity very easily resulting in loose skin, stretch marks, thighs, stomach, breasts and face and neck area.

The most important thing that you can do to shelter your skin from damage is by establishing a good skin care regimen. It is very important to clean your skin every day. Deep cleansing is vital as it keeps pores clear and skin healthy. Cleansing products should be as chemical-free as possible. Deodorant soaps should not be used on your face. They clean with harsh ingredients and leave a detergent film behind. This could aggravate your skin and clog your pores. After cleansing you should always add a moisturizing lotion to replenish the natural oils that have been removed.

Do not use skin lighteners or bleaching creams containing steroids. These can cause permanent skin damage including permanent redness, thinning and blood vessel streaks. Also avoid skin lighteners or bleaching creams

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What is the Soul?

Kyle Alston
staff writer

Throughout the ages, people have pondered over what constitutes the mind, the body, or the soul, and they have thought up conclusions and answers to questions about one of or each of the three. So much information is available today that focuses on issues that concern the body and the mind; but what about the soul? Here is some information that should shed some light on the makeup of the soul.

The first internationally recognized distressed signal was sent by the Titanic on April 14, 1912. The signal was SOS, or "save our souls." When the supposedly unsinkable ship sank into the freezing depths of the North Atlantic Ocean, she pulled down a recorded 2,207 "souls" with her. But what is a soul? Many have asked the question. The Hebrew word for soul has many meanings and seldom equals what English-speaking Christians mean by the term.

According to scholars, nephesh, a word directly related to the Hebrew definition for soul, was probably derived from the concept of breathing. Genesis 2:7 tells us that God "breathed into his [man's] nostrils the breath of life; and man became a living soul [nephesh]. This shows that man's nephesh is from God.

The closest to our English concept of soul, that is, the inner, immaterial part of humankind, or the psyche, as distinguished from the body, occurs in several passages in the Bible. For example, it is recorded in Genesis 35:18 that the soul of a woman named Rachel "was in departing (for she died)." Job 14:22

presents body and soul as parts of one person: "But his flesh upon him shall have pain, and his soul within him shall mourn."

As it relates to life, nephesh is used for both people and animals. This life is in the blood, according to Leviticus 17:11. Therefore, the people of Israel were prohibited from drinking blood; for blood had a sacrificial value. Purposeful bloodshed of another human being had to be punished by death.

Nephesh as the person is the closest to the meaning of the SOS call that the radio operator sent out from the Titanic. He did not mean, "Save our immortal souls from perdition," but "Save our whole persons (or whole physical lives)." The number of "souls" that were rescued referred to the number of people that were saved.

God told Abraham that if a male was not circumcised, "that soul shall be cut off from his people" (Genesis 17:14).

Sometimes nephesh is used like a reflexive pronoun, as in myself or yourself. The elders in Jeremiah 26:19 complained, "we procure great evil against our souls."

In poetry, nephesh is often used as a personal pronoun. In the Book of Psalms, "my soul" (naphshi) is a very common expression, not always meaning much more than "I" or "me."

For people familiar with Psalm 107:9, the hunger mentioned in the verse is not spiritual, but physical and thus positions nephesh as the seat of appetites. The preceding verse says, "For He [God] satisfieth the longing soul, and filleth the hungry soul

with goodness." Solomon records in Proverbs 16:24, "Pleasant words are as an honeycomb, sweet to the soul, and health to the bones." It is likely that "soul" is indicative of physical taste, and "the bones" suggests the body. It could also be that "sweet to the soul" is referring to a spiritual appreciation.

Finally, the term nephesh could be used as the seat of feelings or emotions. Love, is considered the strongest emotion and phrases similar to "my soul loveth" are a prominent part of the Song of Solomon in the Bible. The opposite emotion is also witnessed in the Bible. Jeremiah 14:19 says, "Hath thy [God's] soul loathed Zion?" A soul may be troubled (Psalm 77:2) or refreshed (Proverbs 25:13).

Of course, one of the most famous poems in all literature includes the words, "He restoreth my soul [naphshi]. No matter which nuance of nephesh we may prefer, the marvelous thing is that for the believer, the Lord restores every aspect of the soul that has been brought to light here: nephesh as soul, as life, as the person, as a personal pronoun, as the seat of appetites, and as the seat of feelings and emotions.

Want to Join the Nubian Message Staff? Have comments of suggestions? Contact us!

nubian_message@yahoo.com
919-515-1468.

A weekly publication



Wake Up!
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gay sentiments among us. When President Bush was re-elected, I received an email from a relative of mine expressing his glee over the fact that the United States would remain in the hands of the Bush administration for another four years. It was hard for me to understand how a black soldier could be so supportive of a President that sent too many young men and women to their death in a meaningless and unwinnable war. That is until I had a conversation with him about church. He asked me if the minister at my church addressed the irrelevant issues, to which I replied, "What do you mean relevant issues?" His response, "Homosexuality. i Bushs views on gay rights are far from a secret, so the point here is clear. It is my belief that black folks put Bush back in office by appealing to the church-going blacks with his war on gay marriage. Why have we allowed ourselves to pass judgment in the institution that draws its principles from a text that states that there is only One fit to judge? Why have we allowed ourselves

King
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named after an African American. For this reason, we should take the time to remember all of the African Americans who contributed to the welfare of our people that helped all. Many ignore this important view because the day is named after MLK, but they fail to realize that it represents all of the great leaders and the fact that he and other Civil Rights leaders

Skin
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containing mercury as this is a poison. Daily use of sunscreen will help prevent irregular pigmentation from occurring. Products which contain hydroquinone will lighten dark areas.

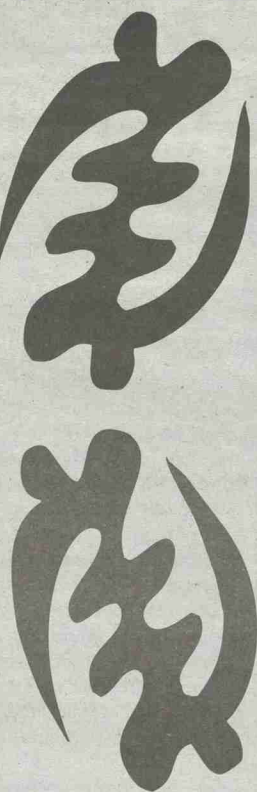
Always wash your hands with a natural, mild skin care cleanser or soap. When using soap, try to use an antibacterial soap with vitamin E in it. Remember, after washing your hands, you have removed the natural essential oils that help keep your skin soft. Therefore, you should apply a small amount of hydrating lotion to your hands after washing.

Exercise improves blood circulation and improves the tone of the skin, resulting in a healthy glow. It also improves the skin's elasticity, strength and firmness. Exercise

to be duped by the right-wing political machine that takes our votes by fomenting homophobic attitudes; the same fight that wishes to do away with productive measures such as affirmative action, and institute counter-productive programs like racial profiling? Black people, we need to wake up. The issue is not that of whose morals are correct. It is an issue of Human rights. The same question of human rights that was taken with apathy in reference to black folks is the same question that is taken with apathy today as it pertains to gays.

If the same person who commits a hate crime against a man because he is black, commits a hate crime against a man because of his sexual orientation then we need to realize that there is a common enemy trying to curtail our rights as human beings and American citizens. The man committing these crimes is the same man putting the blacks against the gays, while going under the radar and making policy oppressive to both groups. This will no doubt continue until we stop wasting our time flipping the pages of our Bibles trying to prove that homosexuality is an abomination, and unite with an oppressed group fighting for the same Human rights black folks once had to, and in some cases are still fighting for.

stood on the shoulders of many to accomplish their achievements. For example, Harriet Tubman, Fredrick Douglass, Booker T. Washington, W.E.B Dubois and Marcus Garvey to name a few. They are all examples of how we can overcome the many struggles that we face as African Americans by being united. This day of remembrance should also be a day of Thanksgiving for how we are the recipients of their hard work and how faith and perseverance



Resolutions
from page 5

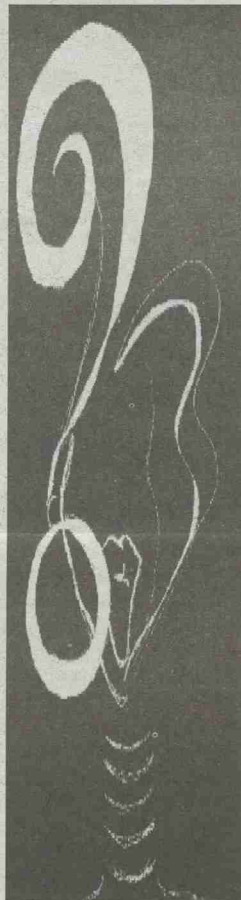
you must make your goal a habit so that it becomes a natural part of your life and your routine. Therefore if you are aiming to save money...make budgeting and balancing your check-book a habit, then it will become a natural part of your life. Habits are developed through repetition, and once something becomes a habit it is much easier to do.

The easiest way to create a habit is in a two to three week span. If you do something consistently for three weeks it is usually a lot easier to continue doing. In addition to making your resolutions into good habits, make realistic goals that can be achieved with minimal work.

Set a plan that has short term and long term goals, this will allow you to met goals quicker while still

years previous of 2006, think about how you celebrated the holiday this past Monday and how you may celebrate MLK day different in the year 2007.

having bigger goals to work towards. The next thing to remember is that change does require perseverance. Most New Year's Resolutions require conscious change which means it takes time. If we can get past the need to see immediate change rather than progressive changes, we will all be more likely to see our resolutions into reality. Make it happen, here is to Happy Resolutions & Happy 2006!



Products you may want to try:

Mistral Verbena Shea Butter, \$22, www.mistralsoap.com

Clinique Acne Solutions Emergency Lotion, \$13.50, Clinique counters nationwide

Nivea Body Renewal Night Crème, \$10, drugstore nationwide

Neutrogena Healthy Defense SPF 30 Daily Moisturizer, \$12, drugstores nationwide

Biore Shine Control Foaming Cleanser, \$6, drugstores nationwide

Ponds Age Def Eye Anti-Circle, Anti-Puff Eye Therapy, \$14 drugstores nationwide

skin strong and healthy. Exercise encourages capillary performance, which can decrease early aging. It also increases oxygen to the tissues, which helps your skin appear young. With age, extra weight can accumulate in areas under the chin, the neck or cheeks, giving the skin an older look. A combination of healthy nutrition, exercise, and proper use of skin care products can greatly improve the appearance of the skin. Drinking enough water is also important to keep you sufficiently hydrated as your skin is primarily made up of water.

The skin is the largest organ of the human body with several important functions to perform. The skin protects us from the sometimes-harsh external environment (e.g. microbial invasion and physical injuries), regulates our body

temperature, provides sensory input and eliminates waste. The skin can lose its ability to perform these functions when compromised or damaged. Stress, sunlight and pollution can affect people with darker skin tones just as much as it can affect people with light skin tones. Lots of exposure to the Sun without protection can cause dryness, texture changes, and uneven color.

DISTRIBUTION LOCATIONS

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D.H. HILL LIBRARY
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