

NUBIAN MESSAGE

Sentinel of the African-American Community

February 8, 2005

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DuBois would be disappointed with lack of black progress

Aniesha Felton
STAFF WRITER

The recipient of two Pulitzer Prizes, David Levering Lewis, told the audience that W.E.B. DuBois would be dismayed at how impotence and omnipotence are destroying America at the Cultural Center's annual Lawrence M. Clark Lecture on Thursday.

Lewis, the winner of the 1994 and 2001 Pulitzer Prize for biography for two volumes on DuBois, told the audience that DuBois would be gravely concerned with America's condition at this point in its history were he to return to 2005.

"First, DuBois would be concerned with America, then he would be concerned with African-Americans in America," he said. "He would regret where we are now. To him, we would have made little progress in the last 42 years socially, economically and educationally," he said.

Lewis' speech titled, "Revising the National W.E.B. DuBois," gave a historical account of DuBois' Encyclopedia of the Negro (1946) to a mixed audience of 75 students and faculty members in the Multipurpose Room.

"This book was met with much opposition," said Lewis. "DuBois had to jump so many hurdles to find someone to conduct the study of Negroes and to publish the book. For the public to accept



Jerry L. Blackmon II • staff

Dr. David Levering Lewis shows off AACC's Sankofa gift.

CLARK see page 2

Large gender gap among blacks in higher ed

Victoria Edwards, Michael Kan
MICHIGAN DAILY, U-WIRE

(U-WIRE) ANN ARBOR, Mich. — While the University's race-conscious admission policies aim to diversify the racial makeup of the student body, an issue of gender diversity still exists, especially among black students — with black women making up a much larger percentage of college students than black men.

According to University of Michigan enrollment numbers, of the 1,875 black students at the school, 60 percent are female and 40 percent are male. This gender gap is more than double the 8 percent gender gap in the Hispanic student population.

The black gender disparity stands out even more dramatically when compared to the white gender breakdown of 48 percent male to 52 percent female.

It is a trend sophomore Lee Powell, who is black, has not only seen at the school, but also in his educational experiences for much of his life.

"Black men have always been the men in the academic circle the least," he said.

The University's gender gap is just a microcosm of the entire black population as a whole, he added.

Associate Dean of the School of Social Work Robert Taylor, who has published works on black

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Ossie Davis, activist actor, dead at 87

Staff Report
NUBIAN MESSAGE

Actor, producer, and writer, Ossie Davis was found dead in a hotel in Florida last Friday, according to CNN. He was 87.

Davis, known for his activism, superb acting, and his marriage of more than 50 years to acclaimed actress Ruby Dee, was shooting a film when he was discovered by his grandson, according to CNN.

Davis is known for his Broadway appearances in "Jeb" (1946) and "A Raisin in the Sun" (1959) as well as roles in Spike Lee movies such as "School Daze" (1988), "Do The Right Thing" (1989), "Jungle Fever" (1991) and "Get on the Bus" (1996).

Davis also appeared in "Roots: The Next Generation" (1978), "Malcolm X" (1992), "Queen" (1993), and "Miss Evers' Boys" (1997).

Davis and his wife were deeply committed to the civil rights movement and were influential in promoting equality for black actors and actresses in Hollywood. Through fundraisers, Davis and his wife raised money for families of lynched victims, according to the Washington Post.

Davis, who delivered the eulogy at Malcolm X's funeral, was also acquainted with such influential black greats as Martin Luther King, W.E.B. DuBois, A. Philip Randolph, Langston Hughes, Richard Wright and Jackie Robinson, according to CNN.

Davis was born on December 18, 1917 in Cogdell, Georgia. In 1935, Davis hitchhiked to Howard University, where he studied drama, according to CNN reports.

The Search for a New Director

AACC Director Candidate

Dr. Dwayne Mack

• The four finalists for director of the AACC will be visiting campus over the next month. Each week, we will profile each candidate and publish an in-depth interview to give the community a closer look at who will be the Cultural Center's driving force.

Aniesha Felton
STAFF WRITER

The first candidate for the African-American Cultural Center director search sees the Cultural Center and himself as "the best of both worlds."

Dwayne Mack, a professor at Brea College in Kentucky, shared his vision for the Cultural Center on Tuesday in Witherspoon.

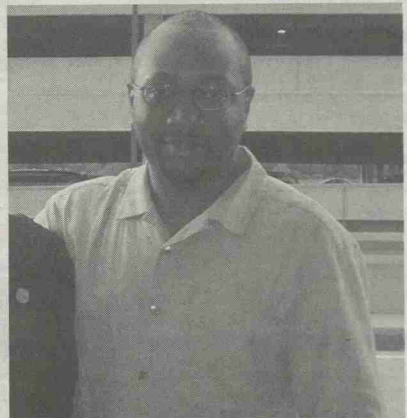
"I think of the Cultural Center as Jay-Z and R. Kelly — as the best of both worlds," Mack said. "I want the Cultural Center to be an academic center as well as a place to socialize and call home," he said.

Mack also said that because he is 36 years old, he is not so old that he cannot relate to students, but he's not too young that he would be considered illegitimate or a "naïve lightweight" among academics.

Mack, who hails from Brooklyn, envisions the Cultural Center as a venue able to gain national recognition.

"I see the Center as being comparable to the Wright Museum of African-American History in Detroit," he said. "I want it not only to be a resource for scholars in Raleigh, but I want scholars from around the nation to flock to the Cultural Center for information on our culture," he said.

In order to do this, Mack said that one of his

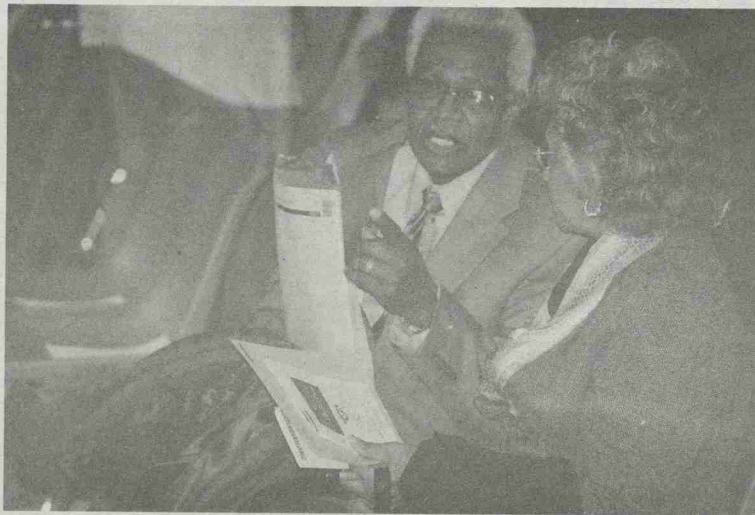


Dr. Dwayne Mack
Ph.D., American History

- M.A., N.C. Central University
- B.A., Methodist College, Fayetteville N.C.

"Without a name, [the Cultural Center] doesn't have an identity. You might as well call it 'boy'."

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Dr. and Mrs. Lawrence M. Clark discuss Lewis' speech in the Multipurpose Room.

Jerry L. Blackmon II • staff

CLARK from page 1

that the Negro was an essential part of American history and not just a problem was a bit much for some people to take in the 1940s," he said.

After an extensive chronicle of the encyclopedia, Lewis was asked by Ervin Johnson, a sophomore in political science, about the title of the first volume and the making of the second volume of DuBois.

"The title of the first volume [W.E.B. DuBois: Biography of a Race] endured much controversy, thank goodness," he said. "A number of people didn't like it because it came off so strong.

"As for the second volume, I had no intentions of writing it. After I started writing the first volume in 1990, I said to myself that there is no way that I can fit this man's remarkable life in 350 pages," Lewis said.

The second volume, according to Lewis, was also controversial because it told of DuBois' conversion to communism and how he rescinded his U.S. citizenship at the dawn of the Civil Rights Movement.

Lewis, a former Rutgers professor and current NYU professor, commented that he has many reasons to be impressed by DuBois, but that one characteristic stands out.

"I really admire his refusal to compromise his principles, his ideas and integrity — even when presented with seductive temptations," he said. "This one minute portion of his character is the most appealing and greatest inspiration to me," Lewis said.

Lewis also said that, although he doesn't feel he is a creative genius, he is honored to

be considered one.

"I can't personally say I am a genius, but I am very honored that the Cultural Center believes that I am," he said. "Who am I to contest what these very exceptional persons think of me?" he asked, laughing.

Lawrence Clark, the man for whom the lecture is named, said he enjoyed the program because he is a fan of DuBois.

"DuBois and his writings helped me understand myself," Clark said. "He taught me to see myself through my own eyes. Because of his influence on my life, I always kneel at his gravesite in Ghana when I visit," he said.

Clark agreed with Lewis that an African-American student is not properly educated if he doesn't know the contributions of DuBois. He said Lewis educated him more on the process of getting the Negro encyclopedia published.

Clark noted that DuBois died the day before Martin Luther King's legendary "I Have a Dream" speech, and said, for him, that symbolized a passing of the baton.

"DuBois' time of death was remarkable because it represented one generation of social changers handing the baton to the next generation of social changers," he said. "As they did, I, myself, must pass the baton to the next generation of movers and shakers so that the progress of our people will continue to go forth," he said.

The L. M. Clark Lecture aims to educate people on the contributions of African and African-American peoples throughout world history.

MACK from page 1

first duties is to find a name for the Cultural Center.

"Without a name, it doesn't have an identity. You might as well call it 'boy,'" he said.

Mack wants to establish an endowment for the Center, and the person who contributes most to the fund will have the naming rights.

While searching for a name, Mack wants to continue the Cultural Center's tradition of being a place where the concerns of African-Americans are heard.

"Our issues are not being addressed," he said. "I want the Cultural Center to be a place where we can talk about issues that affect us."

"Race, racism, discrimination, profiling, stereotypes, AIDS, diabetes, education of my brothers and sisters — I want all these things to be addressed openly," he said. "I want us to talk about our issues and make progress toward eradicating them," he said.

Mack, who feels the Cultural Center should be free-standing, also said he wants the Cultural Center to be a community builder and a place where generations can come together.

Mack, a father of three "with one on the way," says that he wants the Cultural Center to have a family-like atmosphere. While he wants to see students and faculty socializing, relaxing and learning, he really wants to see more children in the Center.

"There are a lot of ignorant people walking around; some people don't even know about civil rights," he said. "I want to make sure that our youth are not those

people," Mack said.

Wanting to reach out to the population of unwed mothers, Mack suggested that there be a place where their children can come to the Cultural Center and have activities. One idea he proposed is that athletes come to the library and read to the children.

Mack, after saying that athletes are "humans first, student second, and athletes third," said he wants the children to be at a place that makes them feel comfortable and allows them to see positive role models.

Continuing the theme of the AACC being family-oriented, Mack said there is an essential piece that must be present.

"Ms. Toni," he said.

"We need strong black women like her to give out hugs to students. I am sure that her hugs have been the saving grace of somebody's day," he said.

He compared AACC Program Coordinator Toni Thorpe's love for the students to his own appreciation for them.

"I love students, I love my people and I love my culture," he said. "This culture is bigger than me; the Cultural Center is bigger than a director," he said.

"I want people to inquire about us, yearn to know who we really are, outside of what the media portrays. I want people to be able to come to the Cultural Center to discover these things," he said.

The search for the next director of the African-American Cultural Center will continue with interviews throughout the month and into March.

We're always looking for writers. If you got game, and you want the rest of the campus to know you all that, you should be working here.

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NUBIAN MESSAGE

Sentinel of the African American Community

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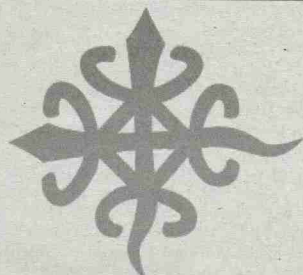
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Only with the permission of our elders do we proudly produce each edition of the Nubian Message.

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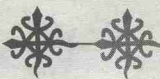


Siamese Crocodiles

FUNTUNFUNEFU-DENKYEMFUNEFU

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.



OPINION

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February 8, 2005 • Nubian Message

Defending the Cultural Center

As the African-American Cultural Center searches for a new director, an old argument has been resurrected: should the mission of the Cultural Center be changed from African-American focused to multicultural?

Apparently there must be some overwhelming, unspoken demand for this to happen. We've seen no reports anywhere of the Asian Student Association marching on the chancellor or staging a sit-in outside the vice provost for diversity and African-American affairs' office.

The Bisexuals, Gays, Lesbians and Allies (BGLA) organization has not protested outside Witherspoon for the right to call the Cultural Center theirs.

Neither the Iranian Student Association, nor the Islam and Dialogue Student Association, nor Lambda Pi Chi Sorority has protested the African-American Cultural Center. The question must be asked, therefore: exactly who is fighting for the rights of these other groups, and why are they fighting?

The Women's Suffrage Movement was motivated by women seeking the franchise, so one might understandably conclude that if one wants something, one must ask, demand and pursue.

Many have said since N.C. State has an African-American Cultural Center, it must also have an Asian-, Islamic-, Arabic-, and Hispanic-American Cultural Center as well. We say: why not? If these groups want cultural centers of their own, let them have them. But don't try to make ours "multicultural" in the name of political correctness.

The Cultural Center is not a place of exclusion. There is no rule that says different ethnic groups are barred from holding events in the Center. Understand however, that it was black students who rallied for change and demanded fair treatment. Black students marched, and advocated, and demanded a place to call their own. That's why there's an African-American Cultural Center; it was not something that was handed to us gratis.

The Cultural Center is a reflection of our struggle to find a haven on campus where we could hold programs and events in an atmosphere supportive of our culture. All groups should have what we have in the Cultural Center, but that cannot be accomplished by taking the C.C. away from black students.

The African-American Cultural Center is more than a place to hold meetings. It is a monument to those who fought for our civil rights. Each brick pays homage to Harriet Tubman, Paul Robeson, Mary McCleod Bethune, The Scottboro Nine, Maya Angelou, Huey Newton, Gwendolyn Brooks, The Little Rock Nine, Ella Baker, Emmett Till and the four girls from the Birmingham bombing of 1968.

— 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.
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Jerry L. Blackmon II • Staff

It's a hairstyle not a lifestyle

Hair is one of the most sensitive and controversial subjects that the African-American female deals with on a daily basis. Whether it be another sister asking whether or not your hair is twisted or even real, or people of other races who are so intrigued with this kinky textured hair; hair is one of the biggest mysteries of the African-American female anatomy.

The mystery of natural hair versus chemically processed hair is that of whether hair is simply a hairstyle or part of a holistic lifestyle. Many people associate locks or "dreadlock" hairstyles with the Rastafarian subculture, when in actuality people have been locking their hair since 2500 B.C.

Universally, dreadlocked hair has become a symbol of holistic and spiritual lifestyles originally adopted in the Far East. Thousands of years before the Rastafarians of the early 1900s, and Bob Marley adopted the dreadlock, traditional peoples



Joy Johnson
COLUMNIST

expressed the notion that spiritual, mental and physical energies were released through the hair.

Thus by knotting or locking the hair together, one maintained the energy needed for a strong, healthy life.

Examples of this include Samson from the Bible who is often used by natural hair institutes and websites as an

example of the loss of energy, in this case physical, through the cutting of locked hair. Over the years, natural hair including locks, twists, cornrows and afros have made various trends. People like Whoopi Goldberg, Lauryn Hill, Kelis, Cornel West, Kid-n-Play and many others made it "fashionable" for African-Americans to wear their hair natural.

People like Angela Davis, Stokely Carmichael, and Assata Shakur wore the afros as political

HAIR see page 5

What Technician didn't run

• Our sister paper touched off a firestorm last week with a heavily edited version of Mr. Brunson's article. We thought our readers might like to read the original.

I was walking through campus last week passing out the Nubian Message to everyone I encountered. Many individuals claim that, "blacks often complain about race." I'm here to say that, in this year of 2005, race still matters.

Why is it that white students and professors were the only people I encountered who said, "No thank you," to receiving a newspaper? All Asian-, Native- and African-American students were willing to take a Nubian Message newspaper simply because they relate to African-Americans as a minority, with an appreciation for the culture.

I commonly ran into white students who repeatedly said "No thank you," or those who took a newspaper I handed them, but left the newspaper in the same place they were sitting. This made me think about Peggy McIntosh's "White Privilege"



Johnathan Brunson
EDITOR-IN-CHIEF

article.

Dictionary.com defines privilege as "a special advantage, immunity, permission, right or benefit granted to or enjoyed by an individual, class or caste." I began to think about privilege in terms of white culture being highlighted 11 months out of the year, with black culture emphasized

only during February, the shortest month of the year.

I began to think back to when I was in middle school, sitting in a classroom of mostly African-American students. I clearly remember the class period when Mrs. Hatley (a middle class white female teacher) gave us the assignment to write a poem about Christopher Columbus finding America.

She never told us that the Indians were on American soil when Columbus and the Spaniards arrived, or the fact that Columbus did not intend to

BRUNSON see page 7



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MIND, BODY & SOUL

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Confronting Endo: Treatments and coping

Melissa R. McLean
STAFF WRITER

Treatment for endometriosis is usually dependent upon how much pain is experienced or if infertility has become an issue. Research is still being conducted on exactly how endometriosis causes so much pain.

During a woman's cycle, if she does not become pregnant, the endometrial tissue that has grown inside her uterus will break down and shed as her menstrual period. If there are endometriosis sites that have grown outside the uterus, they will also go through a similar cycle of growing, breaking down and shedding each month. However, because this tissue is not in the correct areas of the body, it does not leave the body as a woman's period should.

During this unusual cycle, it is believed that chemicals are created that may irritate the areas surrounding the growths, thus causing pain. This continued process can cause lesions, bumps, or nodules to grow on the surface of the uterus, ovaries, or other pelvic areas, or become cysts on the ovaries. These growths can cause scarring in the pelvic area over time. The scarring can become so severe that the pelvic organs can

appear to be one huge organ.

Even though the cause of pain has not been pinpointed, there are a number of treatments being used for maintenance of the symptoms.

There are three treatments used today: pain medication, hormone therapy and surgery. Pain medication usually works for mild pain and can range from over-the-counter drugs like Ibuprofen, to stronger prescription medications.

Hormone therapy is common when the pain is minimal. Therapy can be administered by pill, injection or a nasal spray. Hormones, moreover, cause endometriosis to go through a cycle just as the menstrual cycle, so its use proves to be highly effective in treating the symptoms.

There are a number of hormones used to alter the menstrual cycle in some way that is beneficial to the endometriosis sufferer. Oral contraceptives — birth control pills — are used to impede the growth of the tissue lining the uterus, thereby decreasing the amount shed during a period. The two hormones generally used are estrogen and progesterin.

Birth control pills will usually work as long as they are taken con-

ENDO see page 5

Mary Jane Exactly how harmless is it?

A. Michelle McLean
MBS EDITOR

Recent studies have deemed marijuana the culprit in low volume and abnormal behaviors of male sperm. Furthermore, it has been discovered that smoking marijuana could cause possible infertility in both males and females.

According to research conducted at the University of Buffalo-SUNY, tetrahydrocannabinol, the main active ingredient in marijuana, adversely affects sperm in a number of ways that, in the long run, lead to infertility.

Not only does it cause lowered sperm count levels, but marijuana use also produces considerably less amounts of seminal fluid as well as warped behaviors in swimming patterns.

As if the aforementioned drawbacks were not enough, marijuana and its constituent chemicals also inhibit the fertilization of an egg. In a user's inability to fertilize eggs, the sperm will suffer exhaustion before it has even reached the egg, further inhibiting fertilization.

It remains unknown what exactly occurs in the sperm to inhibit its proper functioning, however, from

the study at UB-SUNY, two possibilities have been postulated. It may be that THC is triggering inadequate timing in sperm operation as a result of its direct stimulation or the substance could be blocking the natural mechanisms of inhibition altogether.

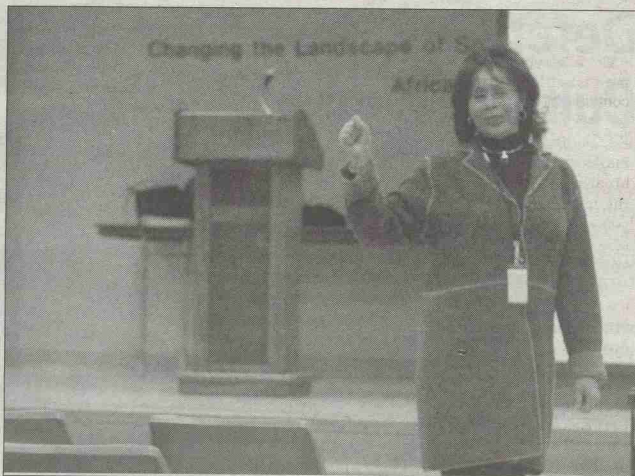
Regardless of the cause, the erratic behavior or patterns of sperm mobility have been associated with problems with fertility, including the premature and rapid swimming patterns in the sperm of regular marijuana smokers.

Moreover, for women, marijuana use negatively affects fertility as well. THC appears in both vaginal fluids and reproductive organs of regular marijuana smokers. When females smoke marijuana or any other drugs, the reproductive fluids become filled with these drugs.

In addition to reproductive fluids, THC enters a woman's cervix as well. In the event where the only smoker involved in a sexual encounter is the female, the sperm that goes into her body will be directly affected by the THC that is contained in the female vagina, uterus and oviduct.

The THC in her system alone

JANE see page 5



Shanton Cherry, outreach coordinator for Project DIRECT.

Tiffany Key • staff

Deadly diseases stalking, killing minorities worldwide

Kyle Alston
STAFF WRITER

• SAAC program tackles health issues facing African-American community. HIV/AIDS and Diabetes pose significant threats not only to blacks, but to all minorities.

African-Americans suffer from HIV and diabetes at a rate disproportionate to the overall population, according to health statistics.

The Society of African-American Culture hosted a program last Monday confronting these issues. More young African-Americans are testing positive for HIV than ever, according to Caressa White, an official for Alliance of AIDS Services Carolina.

"Overall we make up 37 percent of AIDS cases," she said.

That statistic is startling because African-Americans comprise only 12 to 13 percent of the overall population, White said. So who's at risk? People who engage in unprotected sex and intravenous drug users are most at risk. Men who have sex with other men are among those at risk as well.

White drew a sharp distinction between AIDS and HIV, the Human Immunodeficiency Virus that leads to Acquired Immunodeficiency Syndrome.

White blood cells are the backbone of the human immune system. The blood contains "CD4" white blood cells that tell the other white blood cells what to do in case an infection is coming into the body. A normal CD4 count in a person ranges from 500 to 1300 cells per cubic millimeter of blood. HIV looks for these CD4 cells so it can inject its genetic code into them and make more copies of itself. It generally takes six weeks for the body to produce antibodies to HIV, the first indication of infection.

There are also T-cells in the

blood. When the number of these cells is reduced to 200 or lower, the body becomes unable to defend itself against the attack of many different diseases. The HIV-infected person has developed AIDS.

"There is no such thing as the virus lying dormant or a person being a carrier of HIV," White said. "Once a person has it, they have it."

AIDS can be transferred three ways: via blood, through sex, and from mother to unborn child. Fortunately, transmission of the virus from mother to child can be prevented.

"In a mother who has never experienced any type of treatment, there's a 25 percent chance that she will transmit the virus to her unborn child. But if they find out early on - the earlier the better - then that chance can drop from 25 percent to less than two percent," White said. Even given this, White warned "there is no vaccine for HIV at this time, so once you have it, you have it."

People who have not tested positive for HIV should take the necessary preventive measures. These include abstaining from sexual activities, staying away from infected blood, and not using drugs - especially those that involve needles.

"If you're not doing anything, you don't have to worry about it," White said.

Nearly one-in-four sexually active young people have an STD. Over the past three years in North Carolina, 84 cases of HIV infection involving male college students have been reported. 73 of the male college students are black.

But STDs are not the only dangerous diseases affecting blacks.

"Diabetes is very serious. It is a poison or a toxin in the human bloodstream," Shanton Cherry, the outreach coordinator for Project Direct,

HEALTH see page 7

sleep apnea A Thief in the Night



Ticora E. Jones
STAFF WRITER

• We're sure you were wondering what happened to the rest of the story. It was so good, we decided to continue it this week. Nubian apologizes for the error.

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 one-hundred 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 until the doctor told me that I could eventually die if I didn't lose weight."

She then states, "After finding that out, I knew that I had to make a change for myself and my family. I want to remain here on this Earth as a well-rested and healthier person."

If someone is diagnosed with sleep apnea, there are several treatment methods that doctors may propose. The most common treatment is nasal continuous positive airway pressure (CPAP).

During this procedure a patient wears a mask that blows a constant stream of air through the nose which forces the throat to remain open and not collapse during sleep. If the machine is abandoned or not used correctly, apnea episodes will return.

Another option is surgery. During the operation, a doctor may remove the adenoids, which is the mass of tissue in the upper part of the throat behind the nose, or the tonsils to open up the patient's airway.

In extremely rare cases of sleep apnea a tracheotomy is performed. During this procedure, a small hole is made in the windpipe and a tube is inserted into the opening. This tube stays closed during waking hours and the person breathes and speaks normally. It is opened for sleep so that air flows directly into the lungs, bypassing any upper airway obstruction, according to the NSF.

Sleep apnea is a silent thief that that slowly steals away life. This article was intended to inform people about this disease. Every symptom was not listed nor was every treatment method, just the most common ones.

HAIR from page 3

statements defending the rights and identities of African-Americans.

However, unlike the people of Eastern India and Rastafarian cultures in the islands, natural hairstyles for the celebrities and activists aforementioned is not their lifestyle.

Myciah Wilson, a sophomore in biomedical engineering, has opted to wear her hair naturally not due to a matter of paradigm shift or spiritual lifestyle but simply for practicality. For Myciah the choice to go natural was one of necessity since her hair was reacting negatively to perms by breaking off and thinning.

She also saw many people in the North who have adopted a wide variety of stunning natural styles.

Although it has not changed her life, natural hair has allowed her to realize that, "Beauty is being satisfied with oneself and with what God has given you." But, for those considering allowing their natural hair to grow she suggests that you, "think about it, pray about it and realize that it is a commitment."

Many people today have preconceived notions about natural hair and the people who wear it. Myciah and I were frequently mistaken for one another because many people falsely believe that twisted hair is locked.

Locked hair, unlike twisted hair, cannot be "undone." You do not

have to go bald, but locks must be cut off, they cannot be simply unraveled like twists. Another myth about natural hair is that those who wear it are of the belief that people who use chemicals are succumbing to the Eurocentric view of beauty by wearing it blonde and or bone straight.

This is also not true. Personally, I think that natural hair complements my personality as well as my busy lifestyle (being in engineering, I have very little time for hair maintenance, and natural hair requires only one hair appointment a month).

The last preconceived notion is that all people who wear their hair naturally are ultra-positive, pro-black power and ready to convert everyone to a holistic, Rastafarian lifestyle. That is definitely not the case!

It is a subjective topic and personal choice; for many people, hair is the beginning of a new healthy life, and for others it is a break from the smell of lye and that great burning sensation they get at the salon.

Please do not judge people simply by their hair, because many times it has nothing to do with who they really are. So, however you choose to wear your hair, make sure that it is you and it makes you feel confident, beautiful and free. That may be blonde or bald, but make sure that it is truly you!

Value your hair.
response@nubian.ncsu.edu

ENDO from page 4

sistently. Stopping the pills will cause you to be able to get pregnant and symptoms of endometriosis may return. They can be taken continuously by skipping the inactive sugar pills and continuing on with the active ones. This may stop your period completely which helps reduce or stop the pain. Mild side effects from the pill use are possible including bloating, spotting between periods, and weight gain.

Some hormones used will reduce or stop a woman's period completely. Three that are used are: progestin, progesterone, and danocrine.

These hormones can be taken in pill form or injected every three months. As with birth control pills, stopping this treatment will cause your period to return, as well as the ability to get pregnant.

Use of other methods of birth control, such as condoms or a diaphragm, are strongly suggested while on these drugs since they do not offer 100 percent effectiveness against pregnancy. Depression, skin problems, muscle cramps and weight gain are common side effects of these drugs.

Gonadotropin-Releasing Hormone (GnRH) Agonists prevent menstruation which will

slow or stop endometriosis growth. It can be used in an injection once to every three months or in a daily nasal spray. Injection of these hormones is suggested for usually six months.

After stopping the injections, around fifty percent of women begin to experience endometriosis symptoms again.

"Surgery is considered when the endometriosis causes severe pain and can be major or minor depending on the severity."

Side effects of these drugs are harsher than other hormones. They include headaches, hot flashes, depression, bone loss and tiredness.

Surgery is considered when the endometriosis causes severe pain and can be minor or major depending on the severity.

One surgical treatment was introduced in last week's article called a laparoscopy. This procedure is usually used to diagnose

endometriosis. During the laparoscopy, the doctor can excise the endometriosis areas or cauterize the areas which destroy them with heat and seal the blood vessels. This process does not harm the healthy tissue around the areas.

A laparotomy is considered major abdominal surgery that involves a recovery time of one to two months. During this procedure, a doctor will either remove endometriosis or perform a hysterectomy (removal of the uterus).

If the damage is severe, a hysterectomy may also include the removal of the ovaries and fallopian tubes. Doctors recommend this procedure as a last resort for treatment of endometriosis. However, this surgery is not a guarantee that the endometriosis will be cured or that it will not return.

A more drastic procedure can be considered in extreme cases where the nerves in the pelvic area are cut to alleviate the pain. This procedure can be done during laparoscopy or laparotomy, but it is irreversible.

Melissa McLean is an alumna who majored in mechanical engineering and graduated in 1999.
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JANE from page 4

changes the male sperm in a way that warps chances of conception. An additional disadvantage involves the disturbance in the female hormonal cycle.

Conversely, the active substances in marijuana are exceedingly soluble in fat. Because of this, these substances collect and become stored in body fat. So, the more one smokes marijuana (and other drugs), the more of the active ingredients are going to accumulate in the body. The longer one smokes marijuana, the longer it will take to rid the body of its remnants.

Other significant effects stemming from marijuana use include

reduced sexual desire performance and testosterone.

If one conceives successfully, one's offspring may be subjected to low birth weight, poor growth, physical abnormalities, lower IQs, difficulty with language, memory, and comprehension and behavioral problems.

So, before you light up to get that momentary high, think long and hard about whether you want children. If you do, think about their health. Now, think about their futures. How bright do you want their light to shine for the future generations?

Share your thoughts.
response@nubian.ncsu.edu

February 8, 2005 • Nubian Message

Lenny Wilkins resigns Knicks

Cedric Pickett
STAFF WRITER

After their ninth defeat in 10 games and a current 17-22 record, the 67 year old Hall of Fame coach Lenny Wilkins resigned as coach of the New York Knicks last Saturday.

Being one of the top coaches in the NBA in wins, Lenny Wilkins is one of the most successful black coaches in the league.

Herb Williams will direct the team for the rest of the season. He has had experience with coaching the Knicks between Don Chaney's firing and Lenny Wilkins' hiring last season.

Lenny Wilkins was perceived by many New York fans as the second biggest acquisition by General Manager Isiah Thomas last season next to point guard Stephon Marbury.

Both were featured on the front page of Sports Illustrated magazine last year as the duo that could lead the Eastern Conference division. However, late game breakdowns and a 17-22 record have changed the minds of many.

Late-game breakdowns have been the Knicks downfall throughout the season. The latest last-second disappointment came at the hands of the Houston Rockets' Scott Padgett.

His buzzer-beater came after New York's Jamal Crawford was unable to cleanly handle a pass from Stephon Marbury. This led to a shot-clock violation with 10.2 seconds left.

The Knicks were also outscored 17-2 in the final 4:55 of a 17-point loss to the Raptors on Wednesday night and lost on a last-second basket by Chicago's Ben Gordon two nights earlier.

Since Lenny Wilkins still carries two years on his contract, he was still offered an opportunity

to work for the team in a front-office position.

Thomas said that the team will still honor Wilkins, \$10 million contract whether he decides to take the position or not.

Wilkins had success with the Knicks team last season. He led the team to its first playoff berth since 2001 and went 23-19 after Chaney's firing. The Knicks were later swept by the New Jersey Nets.

Wilkins also won his only NBA title with the Seattle Super Sonics in 1979 and coached the United States Olympic team to a gold medal in 1996. He was a nine-time NBA All-Star in his 15-year playing career with St. Louis, Seattle, Cleveland and Portland. Wilkins and John Wooden are the only Hall of Fame members elected as both a player and coach.

He got his record 939th victory in early 1995 with Atlanta, passing former Boston coach Red Auerbach. In 1997, Wilkins was the only man selected as both one of the 50 greatest players in NBA history and one of the 10 greatest coaches. This is the first time a Hall of Fame coach stepped down or was fired during a season.

Wilkins carries the record for the most wins and losses as a coach in NBA history. Wilkins' record is 1,332-1,155 in 32 seasons with Seattle, Portland, Cleveland, Atlanta, Toronto and New York.

Before he worked with the New York Knicks, his previous coaching job was with the Toronto Raptors. His victory total in Toronto went down every year, from 47 to 42 and 24. In addition, the Raptors' playoff runs got shorter, from the second round in 2001, to a first-round exit in 2002 to the lottery in his final season, 2003.

Bethel Returns to Pack

Deandra Duggans
STAFF WRITER

After battling illness for more than a month, Tony Bethel celebrated his return to the court with a five-piece box of Bojangles chicken, dirty rice and macaroni and cheese, a testament to his ability to eat real food again.

The Wolfpack's return from the west coast was followed by a string of illnesses for Bethel. He would miss four games as a result and lose 15 pounds in the process. He was restricted to a diet consisting of mainly fluids, with the option of Jell-O and crackers from time to time.

For Bethel, it felt like a repeat of last year, when he sat out the entire season after transferring from Georgetown.

"It was tough sitting out and not being able to help the team, but I knew it would some day go away," Bethel said.

The doctor's prognosis was that Bethel could be out anywhere from a week to six months, a prospect neither Coach Herb Sendek, the team, nor Bethel relished.

Bethel attributes his recovery to his own faith, the help of his family, the motivation from friends and teammates and the concern from Coach Sendek.

"My brother kept telling me to keep my head up and look for better days," Bethel said.

"Better days" would finally come as the team prepared for its Jan. 29 showdown with Clemson. Bethel played a total of nine minutes in the two previous games against Maryland and Florida State because he was not 100 percent healthy.

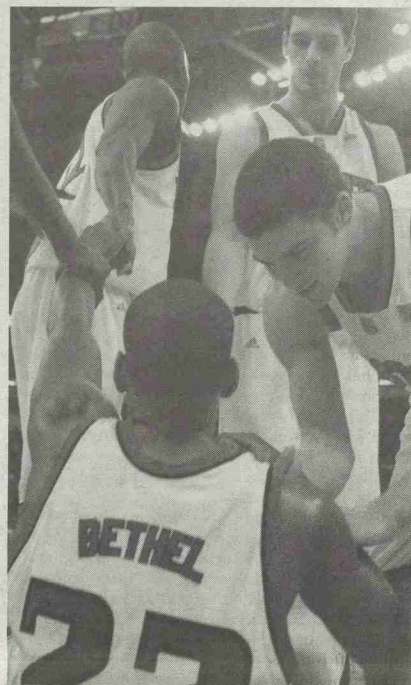
"I trained on the bike to get my cardio in when the team was practicing, but I hadn't run for almost three weeks and my legs were weak. The toughest part was getting my legs back," he said. Bethel is aware of the ups and downs of life that everyone endures.

"Everyone goes through a struggle and this was my struggle. Things happen for a reason."

Bethel played 28 minutes in the Clemson game and scored 14 points, 12 of which came from behind the arc. True he was not 100 percent, but it was clear that he was on his way.

"Coach [Sendek] gave me 28 minutes to prove that I was ready, and I felt that I did that" Bethel said.

Bethel's return gives the Wolfpack (13-8, 3-5) more depth on the court, taking the job of bringing the ball up the court away from Julius Hodge and



Templeton • special to Nubian

Down but not out, Tony Bethel returns from illness.

giving Engin Atsur a break.

Coach Sendek knows the value of a player like Bethel and is happy to see him play again.

"His presence changes the flow of things. He gives us an emotional spark to help boost our confidence, he brings quickness, a skilled-set offense and he's just a good all-around guard. We are a better team with him."

With the season winding down, the Wolfpack has put its struggles behind it and looks forward to finishing successfully. They have had their share of obstacles with the short loss of Bethel and the latest losses of Cameron Bennerman (elbow) and Levi Watkins (ankle). The team has not played as a complete unit since early in the season, but there is still time left and the players are hopeful.

GAP from page 1

social organization, said the black gender gap is a recent phenomenon researchers have yet to fully understand.

"I don't know what the reason is. From what I've gathered, it is part of a national trend — both in schools like Michigan [and] historically black colleges. But I don't know why this is going on," Taylor said.

But from his own experiences, Powell said the gender gap in part results from the perception among some black men that higher education is not necessary.

"Black men sometimes feel they have to assume the father figure and so have to work after high school. Or just the fact that there is a less necessary need to have a higher education in their communities may also

be reasons for the gap," he said.

Despite the lack of scholarship on the subject, Political Science Prof. Vincent Hutchings said the higher education gap between black males and females has serious implications for the future of the black middle class.

At a time when studies have revealed a strong correlation between college education and membership in the middle class, Hutchings said the gender gap implies the number of black men entering the middle class is on the decline.

He added that the nationwide gap between college-educated black males and females is especially pertinent because black females are the least likely of any demographic to marry outside of their race. According to 2000 U.S. Census data, of the 4,097,000 black women who are

married, 108,000 are married to a spouse outside of their race.

Therefore, if there are not enough college-educated black males, college-educated black females simply will not marry, Hutchings said.

"Assuming black women continue this trend, there will be no replication of the black middle class. All these black women are getting B.A.s (and they have) no one to marry, because for the most part people want to marry others of the same class," Hutchings said.

The shortage of two-parent families has serious economic effects on the middle class as well. Taylor said the middle class is traditionally made up of families with two wage earners. But if black women are more likely to be alone, it is harder for them to achieve middle-class status.

BRUNSON from page 3

land in America, but that he "discovered" it on his way to find the shortest route to India and its spices.

I remember my opening line of the poem, "Columbus, Columbus sailed the ocean blue, he began his voyage in 1492." I put all of my thought and energy into that poem, thinking that Columbus was one of the main anchors of history. We never heard anything about our own culture, with the exception of brief stories about slavery. In the words of Carter G. Woodson: I was miseducated.

My teacher took me outside of the classroom and said, "Johnathan I love your poem and I would like you to think about entering your poem in a national contest." I went home and excitedly told my mother about my poem, what it was about, and the chance that it would be entered in a national contest.

She smiled and congratulated me. I later regretted that moment as I learned more and more about my own culture in college. I later regretted the fact that my mother was miseducated and blind to the fact that her history was often skimmed over in her classes as well.

The school system is designed in such a way that many African-American students never have the opportunity to say "no thank you" to white culture. This is but one example of white privilege within mainstream society.

In middle school, I remember the teachings about Columbus finding America, Davy Crockett being a hero and Indians being savages, when in actuality, Crockett was the savage killing off Indians.

I thought about last semester when a white professor passionately said to the students in the classroom, "The truth, is white universities will most likely land you a prestigious job compared to going to a historically black college or university. It is a sad

conclusion, but it is reality."

Educational statistics say that in college, 80 percent of a student's learning is on his or her own. Why is it that during my college experience, I have only been taught about African-American culture by African-American professors?

I, along with staff members from the Nubian Message, handed newspapers to everyone because black history is not solely for blacks or of blacks, it is for everyone. The Nubian Message honors black history not only because our primary audience is black, but also because black history is a significant part of American history.

It is a sad fact that there are only 1,000 Nubian Message newspapers circulated on this campus of 30,000 (not including faculty and staff), and every week, there remain old editions of Nubian Message newspapers in the green bins.

This is an indication to me that not only are there white students not picking up the newspaper, but black students as well. With such a large number of people on this campus, there is no real reason for Nubian Message newspapers to remain in any bins.

As we think about the month of February, it is important for us to understand that black history is not about who can put up the most Martin Luther King, Malcolm X, Rosa Parks and Harriet Tubman posters, it's about acknowledging the contributions of a culture in which we all participate on a daily basis.

For those of you who may think "black culture does not apply to me," when you're paying that cell phone bill, I would like you to remember, of the many inventions conceived by African Americans, the cell phone was patented by Henry Sampson on July 6, 1971.

Not quite as inflammatory, eh?
response@nubian.ncsu.edu

We're always looking for writers. If you got game, and you want the rest of the campus to know you all that, you should be working here.

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<http://chancellor.ncsu.edu/aides.html>

Applications for 2005-06 are due March 4th.

HEALTH from page 4

said. Project Direct is an organization focused on educating the African-American community about diabetes.

Diabetes is a chronic disease that affects minorities - African-Americans, Native Americans, and Hispanics - more than any other ethnic group.

"That does not mean that Caucasians don't get diabetes. It simply means that because of certain lifestyles, situations, or issues, we are affected by diabetes at a much larger rate partly because of our lifestyles related to the way we eat," Cherry said.

There are two types of diabetes. Type One primarily affects people who are 20 or younger and requires regular injections of insulin. Type Two, also referred to as Adult Onset Diabetes, typically affects people beginning in middle age. Diabetes is caused when a person's body has difficulty regulating the level of glucose in the blood.

Cherry asked the audience if anyone knew what the body's normal blood/sugar ratio is.

"It's between 80 and 120," she said, after no one guessed the correct answer. "If someone is checking your blood pressure you know 120 over 80. If you flip that, that gives you your [optimal] blood/sugar [ratio]."

"If it's 126 or greater, that doesn't mean that you have diabetes. It means that you could have it. If it stays above 130 for five or six hours, that means you have diabetes because it's supposed to go back [to normal] after a certain period of

time," Cherry said.

Some of the symptoms of diabetes include extreme thirst, being hungry all the time, blurred vision, having a sore that is slow to heal, and constant grogginess.

Victims of diabetes need to take insulin and prescribed medications in order to stay alive.

"The more you eat, the more insulin your body needs," Cherry said.

Diabetes is a very costly disease. Not only does diabetes take a toll on a person's body, it also takes a toll on a person's wallet. Patients can end up paying hundreds of dollars for medication, tests, and check-ups.

"Once you've been diagnosed with diabetes, you're not cured. That means you're going to have to live with it for the rest of your life. But you can manage it," Cherry said.

Management is important because diabetes is a very dangerous disease. Some of the major effects of diabetes include dehydration from the increased amount of urination that will occur, and permanent damage to the eyes, heart, kidneys, and nerve endings.

Diabetes has been reported to be the third leading cause of death among most of the world's populations.

Cherry said the best way to avoid diabetes is to watch what you eat.

"Keep your blood sugar under 200," she said.

Kyle Alston is a freshman reporter for NBS.

response@nubian.ncsu.edu

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thinking about moving
off-campus. • I need
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& Dad are strapped for
cash. • What if tuition
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AACC Events

AACC DIRECTOR FORUMS

Dr. Lawrence Potter

Feb. 11, 2005, 1:15 – 2:15 p.m.
Multipurpose Room, AACC

Janet Howard, M.Ed.

Feb. 16, 2005, 3 p.m. – 4 p.m.
Multipurpose Room, AACC

Dr. Fred Hord

Feb. 22, 2005, 3:30 – 4:30 p.m.
375 AACC

AACC Book Club

The Third Life of George Copeland
by: George Walker
12 p.m. – 1:30 p.m.
375 AACC

ΦΒΣ Week

Monday, Feb. 7

12 p.m. – 2 p.m.
The Brothers will be passing
out free candy on the
Brickyard.

7 p.m. – 9 p.m.
Melting Pot Food Program
Multipurpose Room.

Tuesday, Feb. 8

7 p.m. – 9 p.m.
Top Ten Reasons To Go Greek
Multipurpose Room

Wednesday, Feb. 9

12 p.m. – 2 p.m.
Women's Appreciation Day
The Brothers will be passing
out red carnations on the
Brickyard.

Thursday, Feb. 10

7 p.m. – 9 p.m.
Black With Envy: Why Are We
So Divided?

Co-sponsored with SAAC, the
forum discusses the divisions
among black people.

Friday, Feb. 11

8 p.m. – 10 p.m.
Family and Friends Night at
Applebee's on Western Blvd.

The Brothers and Sisters of
Zeta Phi Beta Sorority invite
you to join them in ending
Sigma Week

New AACC Library Books

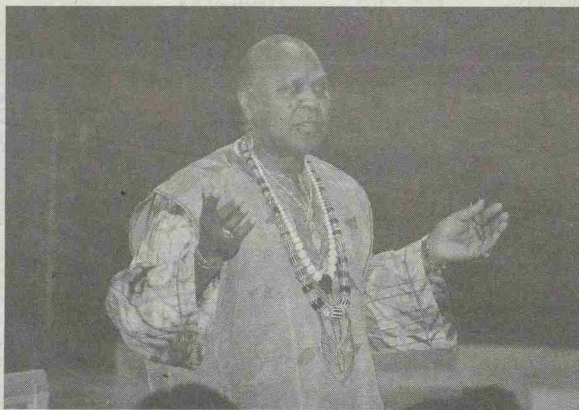
Million Dollar Divorce
R.M Johnson

**Pushkin and the Queen of
Spades**
Alice Randall

Would I Lie to You?
Trisha Thomas

**Year the Colored Sisters
Came to Town**
Jacqueline Guidry

The AACC Library is located
on the second floor of
Witherspoon, adjacent to the
Gallery. Any student with a
student ID is welcome to use
its resources and check out
books.



Dr. Kwabena F. Ashanti speaking to students at the gold-diggers program.

Jerry L. Blackmon II • staff

Gold-digging program uncovers black genius

Johnathan Brunson
STAFF WRITER

"There would be no need for Black history week or month if we knew our own history," Kwabena Ashanti, adviser of the Kemeti Benu Order said last Wednesday at his program "Goldiggers: the tale of our stolen legacy," part of SAAC week.

How much do we know about the history of Africans in America? Do we believe things simply because professors with "Ph.D." behind their names affirm as truth? Do people take time out to research African history for themselves?

For instance, how many know that through historical research, it has been determined that mankind was born along the banks of the Nile in Egypt? What percentage of the population knows that the alphabet was created by African Egyptians? Many students are not taught that the Egyptian Book of the Dead included 47 commandments.

Back before there was an N.C. State school of engineering, Imhotep designed and built the great pyramid without a team of engineers with college degrees.

"If there is one thing we should be mastering as black people, it is mathematics and engineering, because mathematics and engineering are huge in our legacy," Ashanti said.

Ashanti gave an example of how history repeats itself in

regards to black culture.

"Slaves were first called black niggers by white slave-owners and now brainwashed black rappers and descendants of slaves call each other niggers," he said.

Have African-Americans progressed in regard to how they address and respect each other, or is the issue of self-hate among the race one of the determining factors in the problems that persist in the African-American community? Why do African-Americans argue and justify the use of the "n" word when there are many unused words in the dictionary that describe and affirm black people?

Many have theorized that the "slave mentality," which is the idea that African-Americans do not take advantage of things they fought for, is so prevalent within this society, that it blinds many to injustices that they project on themselves. Many black ancestors died fighting for African-Americans right to vote; now many do not vote.

Black people must step out of their comfort zones in order to make a difference. They must read more and be leaders that the African-American youth can follow. Ashanti concluded by suggesting that if black people continue to be followers in society, they will fall victim to the predicted fate of the African proverb, "You go to the river the same way everyday, you will end up in the belly of the beast."

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OVERWHELMED BY EXTRACURRICULARS

Sometimes I find myself so tired from extracurricular stuff, that I barely have time to even think about my classes. How can I stay involved and do everything that I want to do without burning myself out?

Overwhelmed

Junior, Communications

Dear Overwhelmed,

Make a schedule. This will help you balance your time between academics and extracurricular activities. My second tip would be to not "over work" yourself in the extracurricular area.

Sometimes too many activities may affect your academics. It all depends on your willingness to divide and balance your time. Set a time during your day specifically for homework. Also, it is helpful that you know exactly when your extracurricular activities will take place.

Pace yourself, make schedules daily, get plenty of rest and you'll be fine.

DAZED AND CONFUSED

I have a black friend that will talk slang and stuff whenever he sees me and my black friends, but whenever he gets around his white friends, he does a complete turn around, and it comes off as phony. How do I tell him that this is not cool at all?

Friend In Need

Sophomore, Computer Science

Dear Friend in Need,

Pull him to the side and have a private conversation with him. You will be able to avoid any embarrassment he may feel from what you're about to say. Simply tell him that you recognized his change of speech whenever he is around others, and that the change is not cool to you or anyone else who hears it.

It is best to ask why your friend changes whenever he is around you and your black friends. He may view the stereotype of talking slang around black friends as cool, and that talking slang around white friends is not.

He may feel that he is only practicing what society has taught him. It is an unfortunate reality. Many of us do the very same thing today, but we do not call it phony, we call it "talking proper" or "sounding educated."

If he feels that this is the only way to connect with both races, then so be it. Try to be an understanding friend, while encouraging him to be himself. That's most important.



StreetWise is Nubian's brand-spanking new advice column offering advice you can't get from Meg or Abby. Got a problem?

response@nubian.ncsu.edu