

AROUND THE
TRIANGLERALEIGH
9/11 ANNIVERSARY

A Peace and Solidarity event to commemorate 9/11 is Sept. 11, 8:30-10:30 a.m. at 515 Parnell Dr. in the Long Acres neighborhood. Call 744-2403.

VOTE RALLY

A Get Out the Vote rally is Sept. 12, 2-6 p.m. across from 500 Haywood St. in SE Raleigh. Several candidates will speak.

MUSEUM

Sept. 13, 10-10:45 a.m. Learn about the history of peanuts. For ages 3-5 with adult. Call 807-7992.

ALOPECIA TOUR

Sandra Dubose-Gibson will visit Cameron Village Library, 1930 Clark Ave., Sept. 14, 6:30 p.m. to discuss her alopecia experience.

MORRISVILLE
5K RUN

The Raleigh-Wake chapter of Jack and Jill of America will sponsor its inaugural Up the Hill 5K Run Sept. 17, 8 a.m. at Cedar Fork Community Center. Register at www.jackandjillraleigh.org.

DURHAM
9/11 CONCERT

Duke Chapel will host a 9/11 commemoration Sept. 11, 4 p.m.

FOSTER PARENTS

Durham Co. Dept. of Social Services will host a foster care information session Sept. 12, 6:30-8:30 p.m. at East Regional Library, 211 Lick Creek Lane. Call 560-8344.

FUNDRAISER

The Salvation Army Boys & Girls Club will host a Steak and Burger fundraising dinner Sept. 14, 6:30 p.m. at the Durham Convention Center. Contact: Carlene Byner, 688-7306, ext. 107.

CAREGIVERS

The Durham Center for Senior Life and Durham Cooperative Extension are offering a seven-week series to help caregivers de-stress. Contact: Peggy Kernodle, 560-0523. Deadline to register is Sept. 15.

CAROLINA THEATRE

Sept. 16, 7 p.m. - Retrofantasma Film Series at The Casbah. Contact: Jim Carl, 560-3040, ext. 232.

CONCERT

Jambalaya Soul Slam features Live at the Lounge Sept. 17, 8:30 p.m. at Lloyd's Lounge, 704 Rigsbee Ave. Call 295-0176.

GRANDPARENTS

The Dept. of Social Services will host a one-day conference for grandparents and other relative caretakers Sept. 20, 8 a.m. to 4 p.m. at Rogers-Herr Middle, 911 Cornwallis Rd. Contact: Diane Fening, 560-8398.

VOLUNTEERS

The Retired and Senior Volunteer Program of Durham County is seeking volunteers. Call 536-7247, ext. 5301 or 5303. Income tax volunteers are needed to help prepare income tax returns for low-to-moderate income tax payers and persons 60 and over.

BAHAMA

The Durham Co. Health Dept. will host a community discussion about the state of Durham's health Sept. 13, 6-7:30 p.m. at Little River Community Center, 8305 Roxboro Rd.

CHAPEL HILL
OBAMA SPEAKER

Robert Gibbs, former press secretary to President Obama, will speak Sept. 13, 7 p.m. in Memorial Hall on UNC's campus. Call (919) 966-5110.

HILLSBOROUGH
JAZZ FESTIVAL

The Hillsborough Jazz Festival returns Sept. 17, 11 a.m. to 6 p.m. at Moorefields' estate just outside Hillsborough. Visit www.hillsborougharts-council.org for more info. Volunteers can call (919) 643-2500.

BOOKS

Men and relationships

A COLD PIECE OF WORK
By Curtis Bunn
Atria Books, \$12 PB

With his latest novel, Bunn offers the most complex insight of a man revealing the depths of his soul, offering readers a journey that lends honest perspective, and provides the how and why men act as they do in relationships.

In *A Cold Piece of Work*, Soloman Singeltary is the ideal catch. However, he has always been known for avoiding relationships with women due to painful experiences in his past. Having had his heart broken when he was young and impressionable, he guards his heart at all costs as an adult, leav-

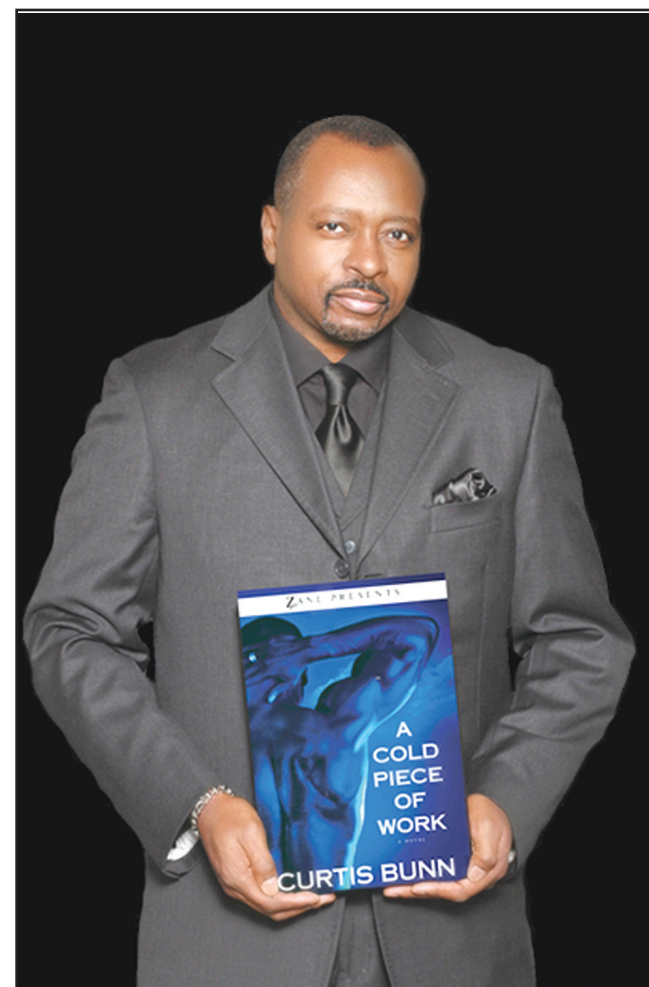
ing women before they can leave him - turning him cold, ruthless and non-committal. However, one day he meets Michelle Williams and his life is forever changed.

In the beginning of their courtship, Soloman persistently distances himself emotionally, but deep down he always had strong feelings for Michelle, more than any woman he'd ever been in a relationship with. However, once the opportunity presented itself, just as he had done countless times before, he makes an abrupt exit out of the relationship in the early hours of the morning as she sleeps, leaving Michelle confused and bitter for years to come.

Eight years later, a chance

encounter with Michelle and her young son, Gerald, sparks something in Soloman he never anticipated: to seek forgiveness - from her and himself. The quest for that forgiveness opens up character traits he never knew existed. And a surprise discovery regarding Gerald further leaves him full of questions and regret.

ABOUT THE AUTHOR: Bunn is a former national award-winning sports journalist from Washington, D.C., who became a literary phenomenon with the release of his debut novel, *Baggage Check*. When not writing, Curtis teaches in the journalism and sports department at Morehouse College.



KIDS BY DR. CARTER

Teen girls and conflict resolution

Every day, my 15-year-old daughter, Megan, comes home from school with another story of teenage girls being mean to each other.

She is in high school and struggling to cope with the rumors, backbiting and name calling that is so prevalent among high school girls. How can I help her cope? - Shelly, Cary, NC



WESLEY
CARTER

Shelly,

It is generally socially unacceptable for girls to express aggression physically.

Therefore, some girls resort to indirect and covert forms of aggression such as rumors, backbiting, name-calling, and manipulation to intimidate and harass. Fighting through words and body language can be just as oppressive as

physical altercations. Bullying of any type is a serious problem. We need only to follow the news for examples of girls compelled to commit suicide to escape girl-on-girl bullying.

Every woman has experienced some form of girl-on-girl aggression in high school and sometimes even as adults. Some stories of victimization continue even after confrontation. Indeed, we all possess the potential to be mean girls. Every day we make a choice to engage in positive social interactions. How your daughter responds will influence her experience in high school.

If your daughter is like mine, your intervention will be unwelcomed because she fears retaliation by the girls at school. It can be very frustrating to witness your daughter's pain and not be able to address the problem directly. But, in the long run, your daughter will gain con-

fidence if you teach her how to respond. Just be sure to inform Megan that you will have to intervene if she is physically threatened or overly troubled by the non-physical aggression. It is better to have an angry daughter that is alive than to conform to her wishes to her detriment.

If you are already involved, restructure your schedule so you can volunteer at the school to monitor the situation. Bullies thrive in secrecy, but they wither in the face of transparency and opposition. No need to say anything to the perpetrators, your presence communicates you are there for your child.

Encourage your daughter to model the behaviors of community and support. If she refuses to engage in negative behaviors, others will begin to recognize that bringing gossip to her will be unfulfilling. Rumors need fuel to thrive. Her first at-

tack strategy should be to ignore all rumors. Remind her not to engage in listening or spreading rumors of any kind. While it may be tempting to listen to rumors about others, it is not enjoyable being the topic of one. Conduct role playing with her to demonstrate how to redirect conversation or leave groups engaged in gossip.

If ignoring the negative behavior does not help, encourage her to identify a more positive group of friends to insulate herself from. If Megan finds herself the topic of conversation, encourage her to ask the perpetrator to stop. If she is unsuccessful at managing the situation herself, have her enlist the support of teachers.

Most importantly, keep the lines of communication open. If the situation continues to upset Megan, seek professional help to provide her with an outlet for her

feelings. Prepare to intervene quickly if you get the impression that the aggression is escalating. At no time should you ignore your intuition with regard to when to get involved. Your first approach should be to contact the parents of the other girls and talk about how you all can support the well-being of your daughters.

If that is unsuccessful, contact the school and seek remedy. Do not stop until you are assured that your daughter and the other girls are safe and secure.

Kids by Dr. Carter is an advice column that leverages successful business leadership strategies to common parenting issues. Always run every strategy by your child's pediatrician before executing. Follow us on Twitter @kidsbydr Carter. Email your question to wesley@kidsbydr Carter.com and visit www.kidsbydr Carter.com.

Exhibit highlights blacks and Germans

STAFF REPORTS

CHAPEL HILL - "The Civil Rights Struggle, African American GIs and Germany" exhibit will open Sept. 8 at the Sonja Haynes Stone Center for Black Culture and History at the University of North Carolina at Chapel Hill.

The exhibition of 54 photos, cartoons and political posters - illustrating how American and German history became intertwined in the struggle for civil rights - will be the first in an array of free, public programs this fall at the center on 150 South Road. "Legacy, Tradition and the Black Experience" is the semester theme.

Highlights will include the center's ongoing Diaspora Festival of Black and Independent Film; lectures by artist and filmmaker Zina Saro-Wina and Carolina School of Dentistry alumna Dr. Janet Southerland; a conversation with Mark Auslander, author of "The Accidental Slaveowner: Revisiting a Myth of Race and Finding an American Family"; and a symposium and film on Frantz Fanon, a

spokesperson for the Algerian revolution against French colonialism in the 1950s.

"The Civil Rights Struggle, African American GIs and Germany," through Oct. 28 in the center's Robert and Sallie Brown Gallery and Museum, will open with a reception at 7 p.m. Special guests expected will be local members of the National Association of Black Veterans, Tuskegee Airmen, Montford Point Marines and Buffalo Soldiers. Co-curator Maria Hahn, a history professor at Vassar College, will speak.

The exhibition traces the encounter between African-Americans and Germany from the mid-1930s through the 1970s. It depicts how African-Americans' demands for civil rights at home and abroad were framed in reference to the struggle against Nazi Germany, then played out in occupied Cold War West and East Germany. Martin Klimke, Ph.D., research fellow at the German Historical Institute in Washington, D.C., co-curated the exhibition.



PHOTO/LANDEARCHIV BERLIN

Dr. Martin Luther King Jr. and Ralph Abernathy at the Berlin Wall in West Germany.

A microscopic view of alopecia

By Dr. Linda Amerson

SPECIAL TO THE TRIBUNE

September is Alopecia Awareness Month. What is alopecia? It is the medical term for hair loss and a very broad umbrella for over 75 types.

I would like to educate many of you who may have never heard about the field of trichology. Trichology is the scientific study of alopecia and scalp disorder maladies, which began in 1902 in London, England. A board-certified trichologist is a person who has enrolled

and completed the required intense curriculum from a trichology institution.

A board certified trichologist will access internal and external factors to determine the root cause of the onset of alopecia and/or scalp malady. Compared to a cosmetologist who will only mask the problem with hair extensions, hairstyles, a trichologist will incorporate two microscopes during a consultation to determine the problem.

A polarized microscope will reveal the following:

- Clogged hair follicle

- Product buildup
- Nutritional and water absorption
- Chemical damage
- Nutritional deficiencies

A trichoscope will reveal:

- Scaly scalp condition (five types)
- Poor scalp circulation
- Erythema and inflammation
- Folliculitis and scalp lesions
- Cicatricial alopecia, and the list goes on.

The degree of severity may vary from mild cases to

severe per individual. Signs and symptoms are also important indicators of a scalp crisis.

Symptoms could include:

- Scalp tenderness
- An excessively itchy scalp
- Burning or tingling sensations
- Crawling sensations on the scalp
- The scalp itches immediately after application of bonding glue.

Signs could include:

- Black dots on it
- Abrasions of any kind
- A dry or oily scalp

- Patchy alopecia or other alopecia conditions
- Flaking scalp, etc.

Seek the professional expertise of a board-certified trichologist when you observe any sudden or unusual changes with your hair and/or scalp. Avoid home remedies and concoctions from friends. Knowledge of the onset of your alopecia and scalp malady is vital to resolving it.

For additional information, contact Amerson at (817) 265-8854 or dramerson@hairandscalpessentials.com.

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