

HEALTH & WELLNESS

Healthbeat

WFU professor: Young men not all about sex

In his new book, "Challenging Casanova: Beyond the Stereotype of the Promiscuous Young Male," Wake Forest University psychology professor Andrew Smiler challenges the idea that young men only want sex and don't care about relationships.

He provides the research to counteract the image reinforced in movies like "American Pie" and "Superbad," in TV shows like "How I Met Your Mother" and in the news with sex scandals involving political leaders and well-known sports and entertainment figures.

"It seems guys who sleep around are expected to act that way," Smiler says. "Even though the research shows a majority of young men do not, these cultural expectations can create a self-fulfilling prophecy."

To combat what he calls, "The Casanova Complex," Smiler argues that the perception of boys and young men needs to shift and parents and teachers can play an important role.

A visiting professor at Wake Forest, Smiler has been featured in The New York Times and USA Today for his groundbreaking research in teenage and adult sexual behavior and ideas about masculinity. For several years, he was a family therapist.

Income gap grew in N.C.

Income gaps widened in North Carolina between the late 1990s and the mid-2000s, as they did for the country as a whole, according to a new study by the Center on Budget and Policy Priorities and the Economic Policy Institute.

North Carolina ranks 12th-worse among states for the greatest increase in income inequality between the top fifth and middle fifth from the late 1990s to mid-2000s. Among the eleven states for which data is available, North Carolina's ranking drops to 6th-worse for the greatest increase in income inequality between the richest 5 percent and the middle fifth over the same period.

"As state policymakers prepare for the coming legislative session and tax reform, they should propose policies that narrow—rather than widen—the income gaps between the richest and lowest- to middle-income residents," said Alexandra Sirota, director of the Budget and Tax Center, a project of the North Carolina Justice Center. "Tax policies have an important role to play in fighting growing income inequality. Proposals to fix the problems with our revenue system should not benefit higher-income taxpayers at the expense of middle-income taxpayers."

The report, "Pulling Apart: A State-by-State Analysis of Income Trends," was released in North Carolina in coordination with the Budget and Tax Center and finds that low- and moderate-income North Carolinians did not share in the most recent economic expansion. In fact, it found that the incomes of the richest fifth of households grew by 5.5 percent (\$8,054) while those of the poorest fifth fell by 3.7 percent (\$735) from the late 1990s to the mid-2000s.

In the late 1990s, the income of the richest fifth of North Carolina households was 7.4 times the income of the poorest fifth, but by the mid-2000s that ratio had grown to over eight, according to the report.

MAA honors go to ...

The Medical Alumni Association (MAA) of Wake Forest School of Medicine recognized the achievements of Dr. M. Robert Cooper, Dr. Patricia H. Petrozza and Terri M. Welfare during its annual Dean's Leadership Circle dinner on Oct. 28.

Cooper, a 1962 graduate of the medical school and a resident of Winston-Salem, is professor emeritus of internal medicine, section on hematology/oncology, and director of emeritus affairs at the School of Medicine. He was presented with the Distinguished Achievement Award.

Petrozza, a resident of Statesville, is professor of neuroanesthesiology at Wake Forest Baptist and served as associate dean of graduate medical education from 2001-11. She received the Distinguished Faculty Award.

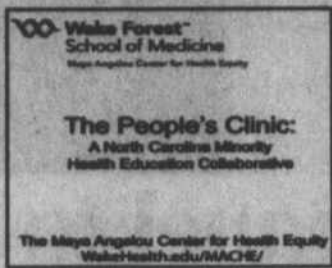
Welfare, a resident of Winston-Salem, was senior director of alumni development at Wake Forest Baptist from 1996-2010, and had served in alumni relations with the Medical Center since 1991. Welfare took home the Dean's Leadership Circle.

All of the honors were presented by Dr. Edward Abraham, dean of the School of Medicine.



Abraham

Holiday Blues



The holidays are often seen as joyous occasions to come together with friends and family. Many individuals and families, however, will have a difficult time this holiday season due to various reasons. Instead of feeling joy, many people experience the "holiday blues" and do not feel like celebrating. This could be because of the loss of a loved one, difficult economic times, health issues that prevent someone from doing activities they enjoy, among many other things. However, there are ways that you can reduce stress and unpleasant feelings. It is important to take care of and support all those in our lives that may be experiencing difficult times.

Below are some tips from which everyone can benefit during this holiday season:

- Set realistic goals for the holidays. Keep expectations simple for yourself and others.

- Make a budget and stick to it. Financial worries add more stress. Spend what you can afford.

- Do not overeat or drink alcohol excessively to escape stressful feelings. Eat healthy foods and get plenty of exercise. Excessive use of alcohol only increases your feelings of sadness and can put you at high risk of harming yourself and others.

- Allow extra time when traveling. Delays will occur because of possible increased security coupled with a high number of people traveling during the holidays. Practice patience.

- Remember that the holidays are more than one day. The holidays are part of a whole season. Pace yourself. Do not focus entirely on one day.

- Try a new way of celebrating. Attend a celebration of another faith; give the gift of your time.

- Helping others can help you feel better. Volunteer at a homeless shelter, buy a present for a child in need or visit people in nursing homes.

- Reach out - get involved in the community. Contact local clubs, religious groups or community centers to see if they are holding activities that may interest you.

- Allow yourself some time to feel sad, angry or lonely. These are real, legitimate feelings. Nurture yourself. Take some time out each day to care for and celebrate yourself.

- Stay in the present; look forward to the future. Prioritize what is currently important in your life. Come to terms that life brings changes; embrace the future.

Signs to Seek Help

Having the "holiday blues" will pass with the season. However, you or someone you love may have profound feelings of sadness or depression that do not go away. Symptoms of clinical depression are:

- Persistent sad, anxious, or empty mood;
- Sleeping too much or too little with middle-of-the night or early morning waking;
- Reduced appetite and weight loss or increased appetite and weight gain;
- Loss of interest or pleasure in activities once enjoyed,

See Blues on A7

After school program offers abstinence lessons

CHRONICLE STAFF REPORT

The Goler Institute for Development & Education (GIDE) Youth Education Academy (YEA) is facilitating a series of classes about adolescent sexuality designed to encourage young people to delay sexual activity and reduce risky behavior.

The program also enlists the help of parents, who are instructed to utilize better methods when interacting with their teenagers. While the program encourages abstinence, it also makes both parents and teens aware of places where they can access health information and contraceptives.

The classes are integrated into the Youth Education Academy, an after school program that meets from 4-7 p.m. Teen pregnancy prevention classes for girls are held every Tuesday at 7 p.m. and for parents and every Thursday at 7 p.m. Beginning in December, the Academy will offer Wise Guys, a male-oriented teen pregnancy prevention program.

The teen pregnancy prevention classes are made possible by a mini-grant from The Women's Fund of Winston-Salem. The GIDE/YEA/21st Century



Submitted Photo
Family Involvement Coordinator Tamara Patterson helps to facilitate the program.

Learning Center is headquartered at West Salem Square, 1001 S. Marshall St. The GIDE/YEA facilitators include Family Involvement Coordinator Tamara Patterson, Velma Terry, Site Coordinator Hazel Neely and Operations Manager Paula McCoy.

Helping students graduate and become successful, contributing members of society is one of the main goals of GIDE/YEA. The pregnancy prevention component is an essential piece of the puzzle, say program officials.

In 2010, 367,752 infants

were born in this country to women between the ages of 15-19. The Forsyth County teen pregnancy rate remains high. The county is 25th in the state, with a rate of 68.5 pregnancies for every 1,000 girls ages 15 to 19.

"Through these sessions, our YEA after school program hopes to impact our youth in such a way that they will make good choices and delay sexual activity; their futures (and) their lives are absolutely at stake," said McCoy.

For more information about GIDE or YEA, call 336-655-5411.

Comforter in Chief

Official White House Photo by Pete Souza



President Barack Obama hugs Glenda Moore at a FEMA Disaster Recovery Center tent in Staten Island, N.Y. on Nov. 15. Also pictured is Damien Moore. The couple lost their two small children, Brandon and Connor, earlier this month when they were swept away during Hurricane Sandy, which devastated Staten Island and much of the Tri-State (New York, New Jersey and Connecticut) area.

Men, women to share dwellings at UNC

SPECIAL TO THE CHRONICLE

The University of North Carolina at Chapel Hill will implement a gender non-specific housing option for students next fall.

"Gender-neutral housing is an important project that is vital to protecting the safety of our students," said Chancellor Holden Thorp in his remarks to the board, urging them to support the option. "Last year, I told students I supported the idea, but wanted to make sure external stakeholders understood what it means."

Gender non-specific housing at Carolina will mean providing an option that allows a student to live in a suite or apartment - but not



Winston Crisp

the same room - with students of any gender. Roommates will still be required to be same sex. It will be an application-based,

opt-in only program and would only apply to a small number of suites and apartments in student housing on campus.

Many believe the option will help gay and lesbian students, many of whom have reported episodes of bullying and harassment while living in traditional dorms.

Thorp said he was proud of the students supporting the option and the presentation given to the committee by Kevin Claybren, student coordinator for the Gender Non-Specific Housing Coalition, and Terri Phoenix, director of the University's LGBTQ Center. The presentation included personal stories of students who had

See UNC on A7

Nursing students serve at shelter

SPECIAL TO THE CHRONICLE

A group of nursing students from Davidson County Community College recently opened their hearts by offering food and fellowship at the recent "Turkey, Trimmings & ADPIE (Assess, Diagnose, Plan, Implement and Evaluate)" event.

The students provided a traditional Thanksgiving dinner as well as gift bags filled with comfort and personal hygiene items for their guests - individuals from Crisis Ministries, a shelter in Lexington.

Melissa Whitt, a nursing student at DCCC, says the group was especially grateful for all of the support the community provided for the project. Many businesses partnered with students to make the event a success, including food and catering equipment by Catering by Ricks in Denton, Flowers Bakery in Jamestown, BBQ Center and Southern Lunch in Lexington and the Thomasville City Schools. Freedom Baptist Church of Lexington provided the buses and drivers to transport people from the shelter to DCCC's campus. Musical per-



Students serve the holiday meal.

DCCC Photo

See DCCC on A7