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University of Dayton. Black Action Through Unity

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The Disease of Society
By Shannon Shelby

Just like the flu is a disease of the body, racism is a disease of society. Just like many diseases, racism can be very contagious and can affect a lot of people. No one is immune from it, so it is up to society to try to prevent it. The disease does not just infect the Caucasian population, like many people may believe, but all ethnicities. A person is not born with hatred in their heart; but they can learn it as they grow up. If a person is put into a society that only interacts with people who are just like them, then they will have prejudices towards those people because that is what they see everyday. Racism is a disease and it should not be punished but cured.

Racism is not just restricted to evil people. Racism is found in ignorance and in those who have had limited experiences. If a person has not been exposed to others who are not like them, then they do not know that society is multi-cultural. Like a contagious disease, racism can be spread in all types of ways. One of the most common ways is through other people. If there is a family or a community where racism does exist, there is a good chance that it will spread individuals in that family or community. Children aren’t open to the elements of racism and do not see the differences in other people until they are exposed to someone who does.

Continued on page next page

*To contact The Black Perspective staff in regards to opinions, responses, and to become a guest/permanent writer contact us at: BlackPerspective@yahoo.com
What is the School of America?
By Rachel Lawson

I attended a lecture by Father Ray Bourgeois, MM. for the purpose of informing the public of the atrocities carried out by the former School of America and to hopefully gain moral and physical support in his mission to have the school closed, permanently. Father Bourgeois began his passion to bring awareness to actions carried out in Latin American countries in the early 70's as an ordained priest. These actions center on the practice of keeping the rich in power and the poor without a voice to complain against the lack of schools, medicine, and hospitals. Not only did this anger him but the open reality that the U.S. not only encourages and contributes by taking advantage of the exploitation of labor and natural resources in these poor countries.

Continued on page 4

The Disease of Society
(Continued)
By Shannon Shelby

People who have racism in their hearts usually want others to believe their same beliefs. These beliefs divide and destroy society. Racists live in their own fictional world and are not aware of the true reality. They seem to live in closed up boxes that consist of nothing but people just like them. When they are exposed to other things outside that box, they think they something is wrong with society.

The U.S. government should work on getting rid of racism. It seems that they are only worrying about punishing those who commit hate crimes. Society has to make up for the negative effects of present and past racism. People should be punished for extreme hate crimes, although those people who are acquitted for those crimes should be put into mandatory anti-racism programs or given a psychologist. The U.S. government should continue to offer the treatments we already have, especially through education and community awareness programs focusing on the prevention of racism.

Continued on Page 3
The Disease of Society (continued)

By Shannon Shelby

People who have racism in their hearts usually want others to believe their same beliefs. These beliefs divide and destroy society. Racists live in their own fictional world and are not aware of the true reality. They seem to live in closed up boxes that consist of nothing but people just like them. When they are exposed to other things outside that box, they think they something is wrong with society.

The U.S. government should work on getting rid of racism. It seems that they are only worrying about punishing those who commit hate crimes. Society has to make up for the negative effects of present and past racism. People should be punished for extreme hate crimes, although those people who are acquitted for those crimes should be put into mandatory anti-racism programs or given a psychologist. The U.S. government should continue to offer the treatments we already have, especially through education and community awareness programs focusing on the prevention of racism. They should also make more efforts in developing programs for those people in which racism has already taken root. Racists should be challenged to expand their limited boundaries and become more aware of their surroundings. People do fear what they don’t know; therefore, if a person has limited experiences they will gain prejudices about things beyond their boundaries.

It is also not just up to the U.S. government to prevent racism, but it is up to us as individuals. A good start could be just having open dialogues with people of different ethnic backgrounds to talk about issues that divide races or simply paying attention to children who are not aware of other’s differences. It would also be a good idea to talk with children in schools about the issues dealing with racism so they can understand it better before it affects them. Also, if a person sees that there is discrimination around them due to racism, it is that person’s responsibility to stand up and speak out against it. Racism will still go on in our world if society just sits back and lets it happen.

Racism, like many diseases, has no cure, but society is still racing to figure out a solution to the problem. Hopefully society will soon offer a greater path that will lead to a solution. If society raises awareness about the history and origins of racism, it can help heal racism in individuals, and communities. Racism is a disease and it should not be punished but cured. It eats away at the meaning of humanity itself. People who have hatred in their hearts shouldn’t be shunned away, but sympathized for and helped.
Starting his protests in Bolivia, he was eventually kicked out of the country and denied a passport to gain reentry in the country. He soon turned his attention to El Salvador as he noticed the difference in rich people who were owners of land and a small elite, in comparison to the majority that was and is poor. He soon discovered that the U.S. proved to be once again an ally to these actions as a result of the U.S.’s contribution of guns and soldiers to support a country that is mostly at war against its own people. School of Americas was started in Panama and trained over 50,000 soldiers. This school taught commando skills, psychological warfare, etc. so that soldiers could carry out these very actions on their own countrymen. Eventually the school was closed from Panama and reopened in the United States of America.

As a result, Fr. Bourgeois turned his attention to what was going on in America with the School of America’s.

In a protest, he was arrested and sentenced to 15 months in jail by the same man who arrested Martin Luther King Jr. for protesting. Each time that Fr. Bourgeois has been arrested, he was found guilty by the same judge, Judge J Robert Elliot. The school’s name has been changed now to the Western Hemisphere Institute of Cooperation.

I think what Fr. Roy Bourgeois is doing is not only commendable but also heroic. It takes more than effort and sacrifice to be concerned about an issue that probably would never have any affect on you. Not only is he bringing awareness to other protestors but he is also educating the very soldiers who are being trained at the school. In his effort, there is a gradual tolerance for ignorance, by not only those soldiers but also the American population. I deeply enjoyed his sense of humor and his ability to educate everyone in attendance.
*In the following issues to come, this section will be dedicated to
ingforming the readers of the Black Perspective of various health tips.
This particular article will be centered on informing students of
Religious Awareness.

The purpose of this article is to inform the readers of the Black
Perspective of different religious avenues in the Dayton Community. It
is good idea to have a place to interact with someone who might be
able to offer Spiritual Guidance. The following is a list of different
churches and religious denominations:

<table>
<thead>
<tr>
<th>Catholic Worship Services:</th>
<th>Phillips Temple Christian Methodist Episcopal Church</th>
</tr>
</thead>
<tbody>
<tr>
<td>The Chapel (on campus)</td>
<td>Rev. James E. Washington</td>
</tr>
<tr>
<td>Sunday service: 6 pm and 10 pm</td>
<td>Sunday worship: 8:00 am and 10:45 am</td>
</tr>
<tr>
<td>Weekdays: 8 am</td>
<td>(Sometimes evening and night services)</td>
</tr>
<tr>
<td>Ethan Temple (Seventh- Day Adventist)</td>
<td>2050 Germantown Ave</td>
</tr>
<tr>
<td>Pastor Joseph Harris</td>
<td><a href="http://www.phillipstemple.org">www.phillipstemple.org</a></td>
</tr>
<tr>
<td>Saturday service: 11 am</td>
<td></td>
</tr>
<tr>
<td>4519 Oakridge Drive</td>
<td></td>
</tr>
<tr>
<td>Mt. Zion Baptist</td>
<td></td>
</tr>
<tr>
<td>Rev. William Harris</td>
<td></td>
</tr>
<tr>
<td>Sunday service: 11 am</td>
<td></td>
</tr>
<tr>
<td>Omega Baptist Church</td>
<td></td>
</tr>
<tr>
<td>Rev. Dr. Daryl Ward</td>
<td></td>
</tr>
<tr>
<td>Saturday service: 6 pm</td>
<td></td>
</tr>
<tr>
<td>Sunday services: 8:15 am and 11:15 am</td>
<td></td>
</tr>
<tr>
<td>1821 Emerson Avenue</td>
<td></td>
</tr>
<tr>
<td><a href="http://www.OmegaBaptist.org">www.OmegaBaptist.org</a></td>
<td></td>
</tr>
</tbody>
</table>

Interdenominational Worship Service
Any and every religion is welcomed
The Chapel (On campus)
Rev. Karl Penn
Sunday service: 2:30 pm
This month’s BP Spotlight goes to Cincinnati native, Lawrence Flack. Lawrence is a sophomore here at the University of Dayton and majors in Entrepreneurship and Spanish. He was chosen as the focus of the Black Perspective’s Spotlight section because of his involvement in activities and organizations on campus. Lawrence’s involvement includes organizations such as the National Society of Black Engineers (NSBE), Black Action Thru Unity (BATU), National Society of Collegiate Scholars (NSCS), Latin American Student Association (LASA), and the Student Government Association (SGA). As these organizations may take up much of his time, he still finds time to participate in INROADS Greater Cincinnati/Dayton and the Entrepreneurship Club (ENT Club) as well as being a tutor and big brother in Big Brothers Big Sisters (BBBS). Yet, Lawrence’s most recent accomplishment is being appointed African-American Senator in SGA this year. His duties as a Senator focus on bringing the issues of the African-American population into the spotlight. When asked about the differences he hopes to make within the organization, he replied, “I plan to learn more about other cultures represented on campus and to teach them what I know about the African-American culture, to hopefully help everyone learn to respect one another more”. As you can see Lawrence Flack is very much involved within our campus and prides in benefiting the African-American students and how we work as a community. After graduating, Lawrence’s plans are to begin his own business and/or help a young business come into prominence as well as continuing to be a force with the community.

*In the upcoming issues, The Black Perspective will select students that are active within our community and/or stand out on campus. The Black Perspective Spotlight, otherwise known, as BP Spotlight, is not refrained from spotlighting any one person or group. This section can include organizations, athletes, couples, professors, etc. If you want to read about it, BP will do its best to publish it within the newsletter. Feel free to contact any member of BP, to highlight someone in the spotlight.*
Written Words

Paneless Eyes

By Scot
Sleepless
for fifty-four
hours, but holding
you for
three
while a respirator
sighed; the valley
between your
chest and hips
rose and shifted
like the leaves.
Fifty-four hours
spent
watching
through
windows
of a
cynical sweet stare,
mind
extinguished,
turned
back,
exposing
a cotton
lattice
across
your
back,
imbued
with
a sweet
sweat.

* Scot's poem suggests the shape
of a woman.

An Inspirational Thought

By Khadijah Qadeer

I am believing,
Therefore I am succeeding.
I am learning,
Therefore I am excelling.
I will not quit,
Therefore I cannot fail.
I am still on a journey to succeed,
Therefore I already am on the path to success.
I am aspiring,
Therefore I shall never stop dreaming.
I see hope in all things,
Therefore I'm living in that brighter day.
I am constantly thinking,
Therefore I am an innovator,
And because I am a child of God,
I give all mighty praises to the creator.
As I lay here thinking about you and I,
The tears that I held back for so long began to run down my face.
The tears ran as I thought of your deceitfulness,
Your infidelities,
Your dishonesty,
These are the things that cause the tears, which come from my face.
I think about the time I sat by the door and prayed that you would walk through it,
The times I laid beside you after you tiptoed into our bed,
The times that I sat by the phone waiting on your call,
The tears came down my face.
Most nights I cried myself to sleep,
While you slept so peaceful and serene.
Not once did I question the tears that soaked my pillow
And not once did I question you about where you've been,
Who lies beside you?
Who caressed your head when you were tired?
Who comforted you at night?
I knew all along,
I knew it was her you went to when you had a secret,
It was her you went to when you wanted to be held,
It was her you went to when you wanted to be loved,
Though I knew, I let the tears keep coming.
I was your shelter,
And I was you safe place.
I was the one you took to church on Sunday,
But you laid with her on Friday.
Yet, I am here beside you hoping that you'll wipe my tears away.
"Untitled"
By: Kevin L. Clark (A Known African-American Poet)

Changes divert like when the wind shifts,
Differences in our emotions causes rifts,
Eyes no longer looked towards your in admiration,
Hands no longer yearning for the touch of your being's sensation,
Lips feeling emptiness -- and yet, the spark remains in one place,
The heart -- the only thing that has yet to adjourn your face,
When you touched me -- emotions ripped into rivers of memories,
Full of the deceit, lies, and malicious tendencies,
That plagued our relationship -- but the sensation still felt pure,
But... the motives displayed left me puzzled and as I strayed, unsure,
Of what I was leading myself into again,
I reminiscenced and recalled the words of a trusted friend,
"Love has went wrong in this life -- being anew, and with that find strength in your being,"
You were all that I was and I felt that without you my life would be fleeting,
Seething with troublesome anger towards the way you've hurt my heart,
And you knew you did it -- and now you were trying to play the "rescuer's" part,
But I can't let you save me... I have to save me,
Because if I don't -- then I'll be left to uncertainty,
About where this can lead to -- will there be any more turmoil?
Will my heart shatter a little bit more, pieces flirting with the floor?
I can control my future -- I understand that I know I want more...
But those eyes looking at me delved deeper than just my hearts' core,
Revealing the shattered hopes of a man who hurts more,
Than he's supposed to in his relatively young existence,
But you keep on... with amazing accuracy and pertinent persistence,
Reminding about the times shared where times were more serene,
Where smiles were exhibited over the negativity,
Truth blinds those who wish not to believe,
And my soul no longer speaks volumes, its voice is on reprieve,
Whispering its words to a heart not longing to let the truth in,
I had loved you -- in every sense of the word,
But you disrespected our love in the eyes of the Lord,
Now, I must journey on -- into an adventure only taken by me,
A trip mired in maturity, with an emphasis placed on individuality,
Knowing who I am and what my capabilities are,
Because loving you is what I yearned for,
But loving myself is how I learned more...
Do you know all the black people on campus? (first off it's not that many. And do you?)
I like how your hair stays still, (I don’t like how I am expected to straighten my hair to meet standards set by your hairstyle)
Rhythm comes to you naturally, (life comes to you naturally)
Why can’t I say the n word? (why can’t I say the h word?)
Look at the 4 darker faces in class, (and look at the 30 paler faces)
I am not racist because I had black friends in high school, (the key word is had)
How do your people feel about slavery? (how do your people feel about being the slave owners?)
I have a ghetto booty like black girls, (doesn’t even deserve a reply)
How come you have organizations for black people? (because college originated as an organization for white people)

Website of the Month

This is a simple search engine for African-American websites:

www.everythingblack.com
ELMI: The ELMI program sets international students from Korea, Japan, Mexico, and Russia with students at the University of Dayton. It gives them the opportunity to use their English language skills and learn about American culture. Some of the activities that are planned are a cook out (social mixer) prepared by the internal students, the Halloween party, an International Brunch, and many more activities. However, the students are encouraged to meet on their own personal time and interact by having lunch/dinner or going to the movies, or anything to introduce the international students to the American culture. If you are interested in becoming an ELMI conversation partner feel free to contact either myself, Rachel Lawson, through email at rasaj13@aol.com: subject ELMI partner, or Randall Felts (Activities and Programming Assistant, ELMI).

Alpha Kappa Alpha Sorority, Inc. Illustrious Epsilon Chi Chapter: Alpha Kappa Alpha Sorority, Incorporated is the oldest Greek-letter organization established in America by Black College women. Alpha Kappa Alpha Sorority, Inc. was founded on Wednesday, January 15, 1908 on the campus of Howard University in Washington D.C. Alpha Kappa Alpha Sorority, Inc. was founded on the principles of sisterhood, scholarship, and service to all humankind. The Sorority was incorporated on January 29, 1913 and has gradually branched out and become the channel through which selected college-trained women improved social and economic conditions in their city, state, nation, and the world. Today, that tradition has continued—internationally, nationally and locally. Alpha Kappa Alpha Sorority, Inc. serves all mankind through a nucleus of more than 140,000 women in over 860 chapters, including chapters in United States, the Caribbean, Asia, Europe, and Africa. Our National Program Targets include: Education, Health, The Arts, The Black Family, and Economics. Epsilon Chi Chapter, which includes The University of Dayton and Wright State University, was founded on November 25, 1970. The membership now consists of 12 members. Those that attend The University of Dayton are as follows: Kinah Patton-President, Ciara Nelson- Secretary, Ashley Scott- Ivy Leaf Reporter, Kristen Johnson-Treasurer.

Continued on next page
Epsilon Chi Chapter has maintained the high goals of Alpha Kappa Alpha Sorority, Inc. by providing leadership on campus as individuals as well as a sorority. A continued emphasis on academic achievement has resulted in several years of chapter recognition for the NPHC for the highest GPA among Black Greek letter organizations on campus. It is the excellent leadership, enthusiastic support, and participation combined that allow Epsilon Chi to continue functioning as a very dynamic and outstanding undergraduate chapter. The ladies of Epsilon Chi Chapter are the only Black Greeks that have a Sorority House on the Universities campus. It is located on 411 Stonemill Road.

Some of the past and upcoming programs include “AlphaKappacino”-Open Mic and Karaoke Journey Through Time-Black History Celebration, Health Week, and Mr. Pink Panther Pageant. Some of the famous AKA sorors include Maya Angelou, Rosa Parks, Eleanor Roosevelt, and Jada Pinkett-Smith.

For more information contact, Kinah Patton or any of the members listed above, or our chapter website at www.udayton.edu/~aka/ or our national website @ www aka1908.com

Finally...

By Sarah Harris

“Sister, you’ve been on my mind,
Oh, sister. We’re two of a kind.
So, sister, I’m keeping my eyes on you
I betcha think I don’t know nuthin
But singin the blues
Oh, sister, have I got news for you
I’m something
I hope you think that you’re something, too!”
“Miss Celie’s Blues” The Color Purple soundtrack.

The first annual Sister-to-Sister retreat was probably one of the most relaxing and rewarding experiences I have ever had at the
University of Dayton. It was a night of fun, laughter, singing, and togetherness. I would love to go into detail with all of you about it...but I was told that I couldn’t (sorry)!! You should’ve been there, honey! Love ya!

Say Happy Birthday to Me!
By Sarah Harris and Rachel Lawson

November
2 - Anne Legaspi and Lachelle Barnett (Scorpion)
5 - Jerron Parker (Scorpion)
10 - Deon Alexander (Scorpion)
11 - Cliff Parks (Scorpion)
12 - Latisha Williams (Scorpion)
28 - Ricky Durr (Sagittarius)
29 - Rachel Lawson (Sagittarius)

December
4 - Arturo Forrest (Sagittarius)
21 - Ivory Penamon (Sagittarius)
25 - Carmen Rice (Capricorn)
30 - Lauren Beck (Capricorn)

(If you would like your birthday to be included in upcoming issues email: BlackPerspective@yahoo.com)
*We apologize for any names not included
Music Reviews
By Shannon Shelby

Eve – *Eve-olution*

Having her last two albums going at least platinum, Eve has done it again and she is demanding respect. This album is definitely a club banger, but her lyrics are more complex and deeper than usual. She talks about a lot of different issues on this album, such as disease and war. She also expresses the issue about overcoming all the negativity that surrounds her. While keeping your head nodding to the beats, you also get a taste of Eve’s world. This is an album that is worth your time and money.

India Arie – *Voyage to India*

This is definitely not any fabricated, cookie cutter, r&b music. Her music is so soulful, positive, and beautiful. I liked her last album, and believe that this one is even better. She has kept her neo-soul roots, and leaves you with a positive vibe after you listen to her music. Her new album continues to have that natural touch. Some of the songs that stand out are “The Truth”, “Slow Down”, “Good Man”, and her current single, “Little Things”.

Jay-Z – *Blueprint 2: The Gift and the Curse*

Ok, I admit, I thought that this album was going to be his worst, but to my surprise it is pretty good. This man certainly has plenty to rap about, being that this is a double CD that tops his first blueprint album. I thought that he would have a lot to say about Nas, Gucci, diamonds, and women, but surprisingly it seems as if mister Jay-Z is on a whole different game plan. This album isn’t filled with club bangers, but the lyrical content is on point. He definitely proves that Rocafella is still running things, and to be honest, I do believe that this one is a hip-hop classic.

Dave Hollister – *Things In the Game Done Changed*

I admit that Hollister’s last album was really good, but not as good as this one. This is one of the few albums that I can play without having to use the skip button. The album is beautifully constructed and his voice seems to create magic. Even though he has very few up-tempo songs on the album, the ballads very well make up for it. It is rare to enjoy an artist’s up tempo songs as well as their ballads. He has surely taken his skills to a different level, just as all artists should.
In the world of football, it seemed that Notre Dame was not going to lose a game, but they did lose a game, a defeat given to them last Saturday by Boston College. That took the Irish’s rating down to ten this week. The undefeated teams that remain are 1) Miami, 8-0, 2) Oklahoma, 8-0, 3) Ohio State, 10-0, and 16) Bowling Green, 8-0. With only four teams remaining, who deserves the number one ranking in college football and how far will they go. There are so many polls to go by when it comes to rating the best team. We have the Associated Press (AP) Poll, the ESPN Coaches Poll, Bowl Championship Series (BCS) Poll, the Fans Poll, CBS Poll, and ABC Poll.....Frankly there is to many polls and there should be just one. The confusion with the polls, not just in football but all sports, is that they rank teams according to schedule and conference strength. So in any event, who’s to say which teams is actually the toughest and rated highest? I’ll tell you.

Ohio State could possibly have a 13-0 season and end the season 1 or 2. As long as the buckeyes run their offense like they have been and keeps the yardage as well as possession down for the opponent, they could be looking forward to a championship game. Special teams and defense have been keys for the Buckeyes. Miami is having a good season. For it to be even better, the Hurricanes must make it through the Big East Conference. If the Hurricanes stay on the right path, they could go a long way. The key for Miami is that they cannot defeat themselves on the field. Also, look for Oklahoma to dominate the Big 12 Conference; their key this season has been its defense. Being consistent may take the Sooners to the National Championship. However, with all this talk about key teams, look for teams that may surprise everyone as the season comes to a close. In my opinion, teams to look out for are Georgia, Michigan, and Notre Dame. The Georgia Bulldogs are off to a good start in the SEC and may be a force if they get by higher ranked teams and Alabama. The Michigan Wolverines are also off to a good start and if they stay consistent they may go further than most would have thought. Besides, it’s always good to have an Ohio State and Michigan game in the making. Last, but not least, is Notre Dame. The Fighting Irish have lost one game, but it may be difficult for their next opponents to hand them defeat. Keep a lookout for Notre Dame as well as other teams that might be climbing their way to number one.
What’s up, Black Perspective Readers? Some of you may not know us yet, but throughout the year, you’ll begin to love us. We’re Jhaun and Jayne Doe, you’re neighborly advisors. Any problems or questions you have, please email them to blackperspective@yahoo.com

Q: I’m a freshman and I didn’t realize that there’d be so much work! In high school, I was able to balance my schoolwork and social life, but in college, I can’t do it anymore. Do you have any advice about how I can relax and have fun, and still get A’s?

Jhaun: Do things when they are supposed to be done. Try to make deadlines at least (2-3) days in advance. When it comes to homework, do the homework that’s do at a later date first, then complete the immediate assignments. After awhile, you’ll always be a step ahead of the game. You can do this, because you know that you have to do the immediate assignments first, you have to get the immediate assignments done right after. Do this, and you’ll decrease your work time, and increase your “true” leisure time.

Jayne: Alright, what I do is simple (I think)...I try to do all my work Sunday through Thursday, during the day. So I’ll have leisure time at night and on the weekends. It’s really hard for me to concentrate in my room because the computer is so close by, I would want to get on IM. If you’re not the type of person that can study by yourself, I suggest that you get a group of friends and go to the library. A great place to study is in The Blend. The advice I was given during my freshman year was to study in between classes--make school a 9-5 type thing. You should have plenty of time to kick it with your friends if you do this.

--And does it get easier?

Jhaun: Things will “never” really get “easier”. You’ll just become more comfortable in dealing with situations, and then you’ll be more at ease on a greater interval.

Jayne: Yes!! You’ll get used to all the exams and papers you have to
do. You’ll learn how to manage your time better throughout your college career.

Q: Why do guys act like they want to be friends, but then they always try to hit on you and get you to do stuff? And when you let them know that you just want to be platonic, they don’t want to be friends with you anymore!

Jhaun: I don’t think guys know how to be “just friends”. Because every time they meet a girl or they’re around a girl, the only thing in their minds is how to go far with the female. The whole purpose of males being friends is to see if he could get with her. Not all males are dogs, but some college boys, and especially college boys are very...ummmm...lustful. There are good guys out there, somewhere. But the ones I know about are taken. Try to focus on you though—if a dude is telling you that he will not be a friend to you because you won’t have sex with him, is he really being a friend? Do you really want a dog like that in your life? Don’t ever lower yourself to someone else’s expectations.

Jayne: It’s not fair to simply say that only guys do this, women also engage in this “pattern” of behavior. It is fair, however, to say that the reason both sexes engage in this type of pattern, is that they are uncomfortable expressing to the other person what they are really feeling inside. As a result, they approach the other person with their true feelings disguised as platonic. If you feel that someone is making unwanted advances at you, the best thing is to first, validate the persons feelings towards you, express your honor. Secondly, express to them your true feelings towards them and their advances. Thirdly, if this applies, express to the person the value of their friendship to you. And finally, take them through a guided tour of your life thus far, and the reasons why a non-platonic relationship with them isn’t the best decision for you. If the person truly cares for you, they will understand, and you won’t have to inadvertently crush their heart, or valid feelings towards you.

Q: I broke up with my ex-girl almost a year ago, but she still wants me be with her. She cries and calls all the time. I love her, but I don’t want to be with her and I’m trying to move on with my life, but I do want her in it. How can I keep her as a friend, but help her realize that I don’t want a relationship?
**Jhaun:** The answer is you can’t. You can’t keep her as a friend. Not now at least. Obviously, you meant a lot to her and she is really deep into you. I know it’s hard letting go of someone that you have had in your life for so long, but you have made the decision to end the relationship, and as a result, you have to deal with the consequences. The consequences are that you will either, completely and emotionally scar this young woman for the rest of her life, or you will have to lose her as a friend/confidant for an incalculable time. Again, this decision will be yours to make. If you ever really loved her, and if you still care for her feelings, then there’s only one way to go. You have to completely remove her from your life; decrease the number of times you talk to her, gradually eliminate seeing her; don’t even IM her, or email her. You have got to completely wean her of you. If you really care for her, you must let her go, so that she can move on from you, and once again find her one place in the world. If you don’t give her the space and distance, she needs to naturally do this, however, you will forever condemn her once sacred companion to a life of “waiting on you”. You no longer want to give her your all. Be a man, and allow your once sacred flower to blossom in fields that don’t include you.

**Jayne:** It’s understandable that she still has a longing for you; it’s hard to let someone who you’ve loved for so long go. But if she truly loved you, which she doesn’t, she would let you live your life. I know that you want to keep her as a friend, but it’s obvious that she doesn’t want to be “just friends”, so the only option you have is to let her go. It seems that she doesn’t have much confidence in you or herself for her to be harassing you like she does. If she realized in your heart that you truly did love her and if she had self-esteem, then it would be easier for her to move on with her life. Maybe if you leave her alone for a while and let her get herself back on track, you two will be able to be friends in the future.

Any questions, problems or comments that you have for “Jhaun & Jayne Doe: He Said/ She Said”, please email them to blackperspective@yahoo.com. However, not all questions will be answered. Thank you for reading the column. God Bless.
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