

# COPING

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people in America. Having constantly been told that they are inferior, denouncing each other as "no good niggers," being locked away from the rest of the world in the isolation of a depressing slum neighborhood, being surrounded by people who have lost all hope of achieving success, and watching five hours of television daily that exempts Blacks from many positions of dignity, Blacks have begun to act like the inferiors they are told they are. Not knowing what caused the inferior behavior, Blacks think that they were born inferior and cannot, therefore, do anything to change it.

That's the bad news. The good news is that you do not have to be that way. You were not born as an inferior. You can remodel yourself completely.

If you are unhappy with your life, you must create the life situation that you want. Don't spend a lot of time complaining about it. Don't

wait for conditions to change or for someone else to help you. Do it yourself.

First, submerge yourself in the company of people who support you and who have a wholesome, positive, enlightened approach to life. If you feel stuck in a depressing environment in which you live or socialize with negative people who keep you in a constant state of insecurity, stress, anxiety and depression, stay away from them (even negative family members). Lock them out of your life. Surround yourself with the best people you can find, who support you.

Second, stop feeling guilty and rejected. Observe your own behavior. Are you

unnecessarily troubled by things that happen in your life? Most likely you are reacting with feelings of inadequacy because you let yourself feel this way. Bring that propensity to a screeching halt.

Third, change your pattern of behavior. If you change your appearance and environment, your behavior will automatically change. So wear different clothes; style your hair in a new, creative way.

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## National Forest Firewood Available

Each year fires, insects, disease, lightning, and old age take their toll on the trees within the Toiyabe National Forest at Mt. Charleston. As these trees die, some become important homes for wildlife. Others become a fuel resource for use by area residents.

Permits for the collection of firewood for personal use will be available beginning Sept. 23 for the Oct. 1 opening of fuelwood season. The season will run through December 31, 1985. Permits and information are available by visiting the U.S. Forest Service at their new office in

the Charleston Office Park, 550 E. Charleston in Las Vegas, or by calling them at 388-6255.

This wood is intended for personal use only, not for resale purposes. Permits will be issued for one cord per family per year, \$12 per permit.

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