

NNPA FEATURE

COPING

by
Dr. Charles Faulkner



BLACK, BEAUTIFUL & SINGLE

Several weeks ago, I printed a questionnaire that readers could fill out if they wanted to join the **WINNERS CLUB** for Successful Singles. The purpose of the Winners Club is to introduce single men and women to each other.

I have received hundreds of questionnaires from you and they reveal very interesting information about single black men and women in America. My column appears in more than 250 newspapers across the country, so I have heard from people who live in nearly every major city.

Here is what I discovered:

1) There are thousands of eligible men and women who would do anything to have a compatible mate. I was surprised at the wide variety of single people who are "available." A female insurance broker from Ohio, a male gym teacher from Connecticut, a female college professor from California, a male postal supervisor from New York, a female registered nurse from Florida, a male laborer from North Carolina. There are just a

few of the single people who joined the **WINNERS CLUB**.

2) The average single lady who wrote to me is between 33 and 47 years old. She got married at the age of 18 and got divorced at the age of 39. She has been divorced for 8 to 10 years. She has 3 children who now live by themselves. She wasn't able to go to college because she got married so young, therefore she started working in a government job or with a private company. She will retire in a few years. And, she is lonely. And having trouble meeting eligible black men.

3) The average single male is between 27 and 37, divorced, working in a middle-income profession, living alone and unhappy with the women he has met.

4) Of the hundreds of letters that I have received from single men and women, almost all of them drink occasionally. However, only one person admitted to ever having used drugs. This person is a recovering addict and recovering alcoholic who has

BOOZE

(Continued from Page 12)

cigarettes compared to 38% in middle and upper-income neighborhoods, which also have fewer billboards.

• Malt liquor, which contains 20% to 100% more alcohol than regular beer, is marketed primarily to Blacks and Latinos. Blacks consume one-third of all malt liquor.

The video features interviews with African-American health activists, including Representative John Conyers (D-Michigan); Peter Bell, Institute on Black Chemical Abuse; Dr. Reed Tuckson, now Vice President, March of Dimes Foundation; Alberta Tinsley-Williams, Coalition Against Billboard Advertising of Alcohol and Tobacco; and Dr. Walter Faggett, National Medical Association.

"Marketing Booze to Blacks" encourages people to join together and take action — to inform citizens, improve education and prevention programs, strengthen treatment opportunities, and challenge the alcoholic beverage industry to change its marketing practices. A discussion guide provides background information, talking points, educational activities, and a resource list of organizations.

Copies of the "Marketing Booze to Blacks" video are available for \$29.95 for individuals and \$79.95 for organizations from CSPI-MBTB, 1875 Connecticut Ave. NW #300, Washington, D.C. 20009.

The Center for Science in the Public Interest, a non-profit health-advocacy organization based in Washington, D.C., has led efforts to reform national policies concerning alcoholic beverages.

The Institute on Black Chemical Abuse is a multi-program substance-abuse agency that focuses on the African-American community.



DEAR DIALOGUE: My grandmother used to say that if we went outside with wet hair in cold weather, we'd "catch our death of cold." Any truth to that? With the cold weather here, I want to avoid catching a cold like I did last year.

D.G., Niantic, CT
DEAR D.G.: Granny probably had this one wrong. Most health experts believe that colds are caused by viruses usually passed on by an infected person. The current issue of *Men's Health* magazine says, "So the best ways to keep from catching a cold are to be careful with whom you shake hands and to wash your hands frequently."

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DEAR DIALOGUE: I've tried everything in the supermarket and drug store, and still suffer from eczema and rosacea. Can you help?

S.C., Jacksonville, FL
DEAR S.C.: Easy for Dialogue to say, but it could be that you're overdoing the treatments. Also, you could be one of the increasing numbers of rosacea (chronic inflammation of the skin, especially the nose and cheeks) sufferers whose problem begins with stress, diet and the nervous system. Ask a dermatologist (recommended by your local medical society) who is a specialist in psychological factors.

★★★★

been "clean" for 10 years. Are other people refusing to admit that they use drugs?

5) Most women said that they were gentle, affectionate, confident, easy to get to know, but lonely. A few women said that they were assertive or shy. Most men said that they were confident, quiet, easy to get to know and lonely.

6) Most men and women sent their pictures along with their requests to become members of the **WINNERS CLUB** for Successful Singles. I was shocked and overjoyed to see the pictures of so many extremely at-

DEAR DIALOGUE: I switched from regular to decaf two years ago. Now they're saying that regular coffee with caffeine is not bad for your heart?

B.K., Placerville, CA
DEAR B.K.: That's the finding of Walter Willett who conducted an investigation at the Harvard School of Public Health. According to him, in general, three or four cups of coffee a day seem to be safe for virtually everybody. But many coffee drinkers consume more than that. So for them, decaf appears to be the choice.

★★★★

DEAR DIALOGUE: My state just made it mandatory to wear a seat belt while traveling in a car. I think that's stupid and I hate seat belts.

D.O., Glendale, AZ
DEAR D.O.: Why not take a positive attitude? In a recent Chicago-area tally, beltless crash victims suffered twice the number of injuries to face, head and teeth, than those who had buckled up. Once you've experienced an accident you may change your mind, but it may be too late. So. Buckle up.

★★★★

Do you have a question about personal hygiene or wellness? For a personal reply, write The Dial Corporation, Greyhound Tower, M.S.1616, Phoenix, AZ 85077.

tractive faces.

7) Most people said that the basic things that they wanted from the opposite sex were honesty, affection, trust, and someone to enjoy their lives with.

There are hundreds of thousands of wonderful eligible men and women who are unable to meet the mate who can fulfill their lives. If you would like advice about a personal problem or if you are single and would like to join the **WINNERS CLUB** for Successful Singles, please write me at P.O. Box 50197, Washington, D.C. 20004. Be sure to send a picture.

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HOW TO AVOID COLDS & FLU: WASH YOUR HANDS

The cold and flu season is hard upon us and more and more medical professionals are realizing that mom was right. "Wash your hands," she would say. Sounds simple, but many of us don't know how to wash our hands effectively.

The average person spends just 10 seconds hand washing. Not long enough, experts say. In fact, many people barely wet their hands and wipe most of the germs and grime off on a towel.

In order to do a good job, you need to spend about 30 seconds. Those few additional seconds give you time to apply soap and scrub between the fingers and around the nails where most germs abide.

The makers of Liquid Dial antibacterial soap offer the following tips for proper hand washing.

HAND WASHING TIPS

- Use soap and warm running water.
- Scrub hands vigorously for at least 30 seconds, paying special attention to the back of the hands, wrists, between fingers and under fingernails. A nail brush helps.
- Rinse well and dry hands with a clean paper or cloth towel. Change towels often so they don't harbor germs.
- In public rest rooms, use the towel to turn off the water.
- If possible, use your elbow to open the public rest room door on your way out. That way, you emerge with clean hand.

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