

Health

INPA FEATURE

COPING

by
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SHYNESS

Many shy people are emotionally tortured by their shyness. They think they are not normal. This perception drives them away from people and into isolation. So the person who isolates himself actually loses some of the skills that are needed to interact with other people. They can lose their normality, in this way.

What is shyness, and what causes it? The infant is very inquisitive and very uninhibited. And, being unaware of danger, investigates everything from the knobs on the television set to the parent's breakable plates and dishes. The infant might even try to eat the salt and pepper shakers. At this time (between ages 1-3), the child does everything without considering (or, even being aware of) the consequences. He is completely unrestrained and uninhibited. Fearing that the child will hurt himself (or ruin valuable property) the parent's reprimand him by saying: "Stop, don't do that. You are a bad child."

After the child hears this criticism over and over again, he begins to think of himself as a bad child and thinks of all of the trouble that he could possibly cause by doing anything, at all. So, before doing anything else, he says to himself, "I am a bad child, so what damage will I cause if I do anything?"

Before he was reprimanded, he never questioned his behavior. Now, after having been constantly criticized about his behavior, he thinks of himself in negative terms and criticizes himself before doing anything, even before doing good things.

When he becomes an adult, the negative experiences that he had as a child are deeply-implanted in his subconscious and he not only questions his behavior, but he criticizes it. He thinks, "I am a dumb person and I will make a fool of myself, so I am not going to do anything at all unless I am certain that I will not be criticized or laughed at." Since anything that he might do could be criticized, he refuses to carry out normal behaviors.

His opinion of himself is so negative that he is too emotionally unstable to tolerate even the slightest criticism. If he has even the most minute impression that someone will not like him, he will try to avoid them. If he cannot avoid them, he will do everything possible to make them like him. Such a person may be so overwhelmingly courteous that you might find his courteous behavior disgusting. You will reject him and this will just make him even shyer.

He will be tormented by sleepless nights if he has a mild disagreement with someone. He will refuse to go to a job interview because he "knows" that he will be rejected. He will refuse to approach a young lady because of fear of rejection.

To sum it up, shyness is the result of childhood rejection and constant reprimands. Everyone exhibits some degree of shyness or, to put it differently, everyone fears being rejected and will avoid situations that are challenging and unpredictable. Even some people who appear to be extremely confident use this "act" as a means of hiding or disguising their overwhelming shyness.

OLD COMMUNITY HOSPITAL BECOMES LAKE MEAD HOSPITAL MEDICAL CENTER

Community Hospital has changed its name and identity to Lake Mead Hospital Medical Center, hospital officials announced Monday.

And that's not the only change the hospital, located in North Las Vegas, is undergoing. It's Phase I renovation and expansion has just been completed and a new medical office building has been masterleased.

Ernie Libman, chief executive officer of Lake Mead Hospital said, "With the rapid growth of southern Nevada and especially North Las Vegas, our community needed as first class facility. This is the pinnacle of the North Las Vegas redevelopment plan providing quality health care."

The hospital's Phase I expansion and renovation included such things as adding an additional operating room, providing an industrial medical clinic and creating a special entrance for ambulance patients.

"We tried to make the hospital more efficient and provide the kinds of health care services our local community requires," said Jack London, Lake Mead Hospital's marketing director.

More than 2,500 square feet of space was added to the Emergency Room and the front facade was given a facelift, creating a more modern looking

entrance.

The acquisition of a new 26,000 square foot medical office building, located on

McDaniel Street, across from the hospital, will provide more office space for doctors providing specialized health care services.

Hospital officials hope to begin breaking ground on the Phase II expansion and renovation sometime this summer.

GUIDE FEATURES AFRICAN-AMERICAN WHOLISTIC HEALTH PRACTITIONERS

"More and more African-Americans are interested in learning about wholistic health, from acupuncture and reflexology to vegetarianism and herbology," says Wista Johnson, publisher and editor in chief of THE FIRST ANNUAL GUIDE TO WHOLISTIC LIVING: DEVELOPING AFROCENTRIC HEALTHSTYLES.

"Alternative approaches to health care are increasingly practiced in the Black community because many of us are dissatisfied with traditional health care systems disregard for our health needs and its failure to adequately respond to our health problems," says Johnson, who also publishes BEST OF HEALTH newsletter whose motto is, "Building healthier Black families."

"This guide is needed to explain what wholistic health is about and how it's practiced in our communities. It's also a guide to help readers find out

who's practicing wholistic health care in the African-American community nationwide."

"Hopefully, it's a way for wholistic doctors and practitioners to find out about each other and begin networking," says Johnson. The guide is available by mail order and for wholesale

distribution. It will be distributed through bookstores, restaurant, health clubs and gyms.

For additional information, call (718)756-2245 or write: GUIDE, Best of Health, P.O. Box 1232, Brooklyn, N.Y. 11240-1232. Cost is \$9.95, plus shipping and handling, \$2.50.

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