

NNPA FEATURE

COPING

by
Dr. Charles Faulkner



'DAMMIT, YOU CAN BE HAPPY'

Your happiness is in your hands. Use this advice and make it happen.

Choose to be happy. (Don't decide to let your emotions make you unhappy.)

It's your choice. Don't say, "I have always gotten angry and depressed when things have gone wrong, and I always will." Do not predict your own negative and destructive behavior. Predict the best behavior possible and try to achieve it. Tell yourself: "I may have become easily angered in the past, but the next time, I will try, very hard to keep my emotions under control."

It may very well be hard for you to keep your emotions under control, but it is not impossible. When you get angry, it is because you have made the decision not to control your emotions. If you are as mature as you say you are, you will control your emotions the way a mature person does. If you allow your emotions to explode in the presence of others, the way a child does, then you are a child emotionally. You can't fool your

feelings.

Since it's your choice, you should say, "I am going to stop letting my emotions control me at this very moment. I am in charge of my own feelings. It is silly and immature to let my emotions control me.

Since I am not silly and immature, I will carefully control my emotions in the future by being calm and rational. I promise."

Change your behavior. (Don't accept your behavior as being out of your control.)

You don't like your procrastinating? It's simple. Stop procrastinating.

You don't like your impatience? No Problem. Just stop being impatient.

You don't like getting angry all of the time? Fine! All that you have to do is control your emotions. Be patient.

You must take charge of your own behavior. You are responsible for the trouble it causes. Control it before it causes any one trouble—for you or others.

Change your personality. (Don't think that you are trapped

forever inside of a personality that you don't like.)

If you are nervous and don't like being nervous, stop acting nervous. Eventually, your personality will lose its nervousness. It probably will take a bit of time,

and it probably won't be easy, but it will work.

Make good things happen. (Don't expect magic, because it won't happen.)

The magic is in you. If you try hard to succeed, you probably

will, eventually. If you do not try to succeed, you will most likely fail. "Magic" is only a word.

Your success requires your continuous, everyday hard work. That's magic and it's easy to master.

Astrology, religion, palm reading and extra-sensory perception are theories.

Don't use them as a crutch. Don't depend on them to do what you are capable of doing yourself.

HEALTH

CONSUMER GROUPS SAY... MILLIONS OF AMERICANS UNINSURED

WASHINGTON (UPI) — Another 726,000 Americans joined the ranks of those who do not have health insurance in 1991, increasing the number of the uninsured in the United States to 35.4 million, consumer advocacy groups said.

The number of uninsured Americans increased from 33.4 million in 1989 to 34.7 million in 1990 and to 35.4 in 1991, according to the consumer groups Public Citizen and the Physicians for a National Health Program.

"We are witnessing the breakdown of the private health insurance system in America," said Dr. Steffie Woolhandler of the Physicians for a National Health Program, a Chicago-based group that endorses a health care system like Canada's.

"These figures are only the tip of the iceberg, since higher co-payments and deductible expenses, the growing exclusion of coverage for preexisting conditions, and the parallel growth of under insured Americans

means a catastrophic failure of the health care safety net," she said.

The increase in the number of Americans who do not have health insurance has been accompanied by an increase in the number of Americans enrolled in Medicare, the government-sponsored health program for the poor, the groups said.

Since 1989, the number of Americans who joined Medicaid increased by an estimated 5.2 million, the groups said.

"State and federal governments are scrambling to compensate for the breakdown of the health insurance system by expanding Medicaid," Woolhandler said. "Unfortunately, Medicaid coverage is often coverage in name only, providing care that is little better than that received by the uninsured," she said.

Dr. Sidney Wolfe, director of Public Citizen's Health Research Group, said the increase in the number of uninsured has been accompanied by increasing health care costs.

AMERICAN LUNG ASSOCIATION OF NEVADA OFFERS A FREE ASTHMA SUPPORT GROUP

The American Lung Association of Nevada offers a free Asthma Support group for adults and children with asthma.

The next meeting will be Wednesday, February 24, 1993 at 7:00 p.m. Dr. David H. Williams, D.C. of Raines Chiropractic office will be the guest speaker.

Children may participate in supervised learning activities.

Meetings are held regularly on the last Wednesday of each month at UMC's Education Building, 2040 West Charleston, in rooms C&D on the 6th floor.

For more information, contact the American Lung Association of Nevada at 454-2500.

"The continuing collapse of private health insurance has been accompanied by unprecedented increases in health care spending," said Wolfe, who co-founded his Washington-based group with consumer advocate Ralph Nader.

Hardest hit by the loss of health insurance have been Hispanics and African-Americans, the groups said.

Nearly 32 percent of Hispanics and 21 percent of blacks were uninsured in 1991, and blacks represented 57 percent of those newly uninsured. Even among those with family incomes above \$50,000, more than one-fifth of Hispanics and one-sixth of blacks were uninsured.

Overall, the number of people

earning between \$25,000 and \$50,000 who have no insurance rose by 1 million in 1991, the group said.

Nearly 90 percent of the increase in the number of uninsured in 1991 were concentrated in five states. In Texas, 186,000 lost their insurance, while the numbers were 134,000 in Indiana, 120,000 in Florida, 107,000 in North Carolina and 103,000 in Massachusetts.

President Bill Clinton has pledged to make health care reform a top priority of his administration.

Clinton has called for a "managed care" system that retains private health insurance but ensures health insurance for everyone.

STROKES

THERE IS GOOD NEWS ABOUT STROKE PREVENTION

(NU) - Most strokes can be prevented. That's good news for the half million people who might otherwise have strokes this year. But the bad news is, few Americans know how to avoid them.

To raise awareness, the National Stroke Association is trying to educate the public about risk factors. Especially important is recognition of early warning signs of a TIA — a transient ischemic attack or "brain attack" in which a sudden blockage temporarily shuts off blood flow to an area of the brain.

Just as angina or chest pain is a signal that the heart is at risk for heart attack, the distressed brain sometimes gives off warnings, in the form of a TIA, when its arteries become clogged or narrowed, and there is risk of stroke.

What Are the Signs?

A TIA is over in minutes or hours. But in about 20 percent of untreated cases, a stroke occurs within one month; in 50 percent, within a year, according to the American Heart Association. And the stroke may produce severe disability, loss of speech, paralysis or memory impairment.

Here's what to look for:

— Sudden blurred or decreased vision in one or both eyes.

— Sudden numbness, weakness or paralysis of the face, or in an upper or lower limb, occurring on one or both sides of the body.

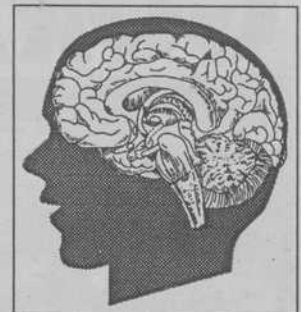
— Difficulty speaking or understanding.

— Dizziness, loss of balance or an unexplained fall.

— Difficulty swallowing.

— Headache (usually severe and sudden), or an unexplained change in the pattern of headaches.

Today, there's more incentive to



Karren Loeb for News USA

get prompt medical attention after a TIA. New medical breakthroughs, announced at a recent International Symposium on Stroke Prevention held at the New York University Medical Center, include:

— An experimental drug, ticlopidine, not yet approved by the Food and Drug Administration, was found to be almost 50 percent more effective than aspirin during the first year following a TIA.

— A surgical procedure known as carotid endarterectomy — cleaning out the arteries in the neck leading to the brain. The procedure is extremely effective in preventing stroke in high-risk patients whose arteries are severely narrowed.

"Stroke is called America's most neglected disease," said Gary Houser, vice president of the National Stroke Association. "We hope to help people prevent damage rather than learn to live with it."

For further information and a free brochure, call or write the National Stroke Association, 300 E. Hampden Ave., Suite 240, Englewood, CO 80110-2622, or call 1-800-787-6537 (1-800-STROKES).

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THE COS AND EFFECTS OF HIGH CHOLESTEROL



Bill Cosby knows how high blood cholesterol can lead to heart disease. He also knows how changes can help turn the problem around. To learn more, contact your nearest American Heart Association.

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American Heart Association

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