

COPING

Control your own anger

By Dr. Charles W. Faulkner
Special to Sentinel-Voice

Below are a couple of letters I recently received from readers. One of them highlights the serious problem of uncontrolled anger, which is a leading cause of violent behavior in today's society. I think my response to both letters is worth sharing with you.

Letter #1

Dear Dr. Faulkner:

Ms. B. (from Washington D.C.) was absolutely right when she said that black men are no damn good. They should not depend on the black woman to give them emotional support. They ought to depend on themselves, just like white men do. Black men need to affirm their own manhood.

I have raised four young men. They are lazy, inconsiderate and damn right arrogant. They spend 24-hours a day rebelling, rejecting females, and trying to hold onto a false pride. My former husband was the same way — no damn good!

Ms. L. — Oklahoma
Dear Ms. L.:

Your letter may be more of an indictment of yourself than

of black men. The most notable thing about your letter is that you criticize the important men in your life, but you say nothing about your treatment of them or your relationship with them. Certainly, your sons had to have been influenced by someone, or something. Parents are the most influential elements in the personality of their children. Also, you cannot logically say that all black men are "no damn good," simply because you feel this way about your sons and your former husband. You must examine your own behavior, as well as that of other important people in your life. Your sons may be the very opposite of black men, generally.

Letter #2

Dear Dr. Faulkner:

Most of the people I know really piss me off. They make me angry and I am disgusted with them. One of these days I am going to hurt somebody real bad. You know, as well as I do, that there are a lot of people who need to be put in their place. What's your opinion?

Mr. J. — Tennessee
(See Coping, Page 16)

TIPS TO BE FIT

Lupus strikes minorities more often

By Vince & Yolanda

Lupus is a chronic human disease originally identified by the rash it causes, but now known to involve your internal organs in many cases. The red patches occur on exposed areas of the body. Patches on the cheeks and the bridge of the nose somewhat resemble a butterfly with open wings. Lupus strikes women nine times as often as men. Young females are most often afflicted. More people have lupus than AIDS, cerebral palsy, multiple sclerosis, sickle cell anemia and cystic fibrosis combined. Between 1.4 to 2 million people have been diagnosed with lupus. Most people only develop a mild case of lupus affecting only a few organs. For others it may cause serious and sometimes life-threatening problems. Thousands of Americans die each year from complications caused by lupus.

The disease is thought to be a result of the malfunctioning of the immune system. The blood of a Lupus patient contains

antibodies against many normal tissue components. Your body's immune system makes proteins called antibodies to protect the body against viruses, bacteria and other foreign materials called antigens. With an autoimmune disorder like lupus, the immune system loses its ability to tell the difference between antigens and your own cells and tissues. The body then begins to make antibodies against your own body's cells. Damage caused by these antibodies produces the disease symptoms which can include the characteristic butterfly rash on the face, arthritic

joint disease, heart damage, shortness of breath and impairment of kidney function. Lupus is sometimes called a connective tissue disease. One symptom of Lupus, especially Lupus of the face, is quite common, often with a history of sensitivity to sunlight. The red blood cell count is also elevated. The condition follows an irregular course of remissions and flare-ups; but is often disabling. Treatment seldom halts the disease's progression. Lupus was thought to be invariably fatal, but increased knowledge has shown that the disease can exist

in a very mild form for many years. Even patients with severe disease can lead relatively normal lives.

Scientists believe that environmental and genetic factors are involved in the cause of lupus, but to date no study can find a cause. Environmental factors that may trigger lupus include infections, antibiotics (especially those in the sulfa and penicillin class), ultraviolet light, extreme stress and certain drugs.

Lupus can occur within a family, but no gene has been (See Lupus, Page 14)

Protest

(Continued from Page 5)

attend the hearing this time and support the bill.

He will request that the hearing takes place in Las Vegas but he could not guarantee it.

The Coalition's demands also include: that US Department of Justice bring charges against Brady

and Mortenson under the hate crime law; that Sheriff Keller publicly acknowledges the problems with rough Metro officers; that Clark County elected officials make a public statement condemning the murder of Mendoza and that they support the creation of the civilian control board.

GRAND JURY TESTIMONY

Cop: "I asked Ron why he did it"

Special to Sentinel-Voice

Grand jury testimony released Monday revealed that Las Vegas police officers, Ronald Mortenson and Christopher Brady were drinking heavily, driving erratically and acting wildly the night of Dec. 28 when 21-year-old Daniel Mendoza was shot to death.

Brady told the grand jury this month the two off-duty policemen drove to the area of McKellar Circle to "harass dopers and bangers."

Mortenson was indicted by the grand jury Jan. 16 on a single count of murder with use of a deadly weapon in connection with Mendoza's death. However, Brady who drove the vehicle that night has not been arrested or charged. It was Brady who came forward 36 hours after the shooting.

Brady told the grand jury that Mortenson told him to stop the vehicle, that he saw Mortenson stick his gun out a window and he heard the shots. He said he did not see where they went.

When they drove off, he said, "he (Mortenson) said he was just shooting up into the trees or

the building," according to the testimony.

"I asked Ron why he did it. He kept saying he was sorry," Brady said.

Brady and Mortenson had been out drinking to celebrate Mortenson's 31st birthday the night of the shooting. They were going to meet friends at another bar, but instead of going straight there, they wound up "driving around the neighborhood recklessly."

In the three hours before the shooting, Brady drank about four shots of tequila and six or seven beers. He assumed Mortenson had done the same, he said.

"I went up several alleys and done things like slam my brakes on to get the truck to do a 180 (degree turn)," he said.

He described one stop at a convenience store in which they pulled up near a man who looked as if he was involved in a drug deal. They stared at the man until he became visibly nervous, Brady said.

Brady said he and Mortenson considered it funny because, "just the simple fact that there was so many people there selling dope, so many people that are like your bangers and your dopers that are out there, and it was just easy to pull up and talk to them or sit there and look at the and harass them."

Brady testified he saw no threat to Mortenson when he stopped in the McKellar Circle area and did not know why his partner pulled his gun and stuck it out the window.

"At this point, I was looking forward and just stepped on the gas, and I felt the truck lurch. At that time, I heard the first shot and then there was a slight pause and then I heard four more shots after that," he said.

The two then went to another bar, and later Brady drove Mortenson home.

Brady said he planned to report the incident to his supervisor, which is required every time a police officer fires a gun. But the following day, he saw Mendoza's body on television.

"I felt horrible that I had been there, driving the truck, where my friend had shot someone, he said.

He testified that he then called his father, Michael Brady, a longtime member of the Metro Police Department. Then, he said, he called Mortenson and asked, "Have you see the news? You killed that guy."

Brady said Mortenson at first was silent but later said, "Oh man."

Brady testified that his father told him to go straight to homicide detectives rather than report to work. Brady remembered taking out his contact lenses and body piercing ornaments because "I assumed I would probably go to jail that night."

Brady's lawyer, Stephen Stein, testified that the police didn't make any promises in exchange for his testimony. Had Brady not come forward, Becker said, it was unlikely the shooting would have been solved.



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