

Coping

(Continued from Page 12)

Dear Mr. J.:

I agree with you that there are a lot of troubled people in this society. Statistics prove it. These are demanding times, financially, psychologically and otherwise.

Your statements, however, suggest that you need to seek counseling that will show you how to control your anger. The fact is that no one "pisses you off." No one makes you "angry." There may be other people whose opinions, or even whose behavior, you don't like. But it is you who makes yourself angry. You are responsible for controlling your own behavior. Such control is known as emotional maturity.

No one else makes you angry. You do it to yourself. Therefore, your anger is your problem. You cannot pass this responsibility to anyone else. If you don't want to get angry, then ignore and stay away from those people who intimidate you. Your real problem may be your personal insecurity. Perhaps when you are around certain other people, you admire them but hate yourself. You might be blaming them for making you hate yourself.

Remember, if you sometimes feel like harming other people, simply because you cannot control your own anger, you might someday find yourself at the end of somebody else's fist, or worse, you could end up in jail where you will be forced to control your anger. So, seek competent counseling now.

If you would like to contact Dr. Faulkner, write him at 1635 Nathaniel Mitchell Road, Dover, Del. 19901.



Harlem memorabilia

During a recent performance in Las Vegas some members of the Harlem Globetrotters dropped by the newly opened Official All Star Cafe to donate their famous red, white and blue basketball along with a team jersey.

Photo special to Las Vegas Sentinel-Voice

Wine

(Continued from Page 3)

making sure there is something for students due to federal cutbacks with grants, loans and college work study," said organizer Joni Flowers. There are scholarships available for African-American students that have been established in honor of community leaders that have made significant contributions such as, Dr. Paul Meacham, Mabel Hoggard, Horace Dickerson, Margie Morris and Dick McGhee.

The event is being coordinated by the Black History Scholarship Fundraising Committee, Flowers and Deborah Brown, CCSN faculty members; Darryl Hilliard, student government vice-president; and event will benefit the general scholarship fund and a newly created scholarship for single parents.

In the fall of 1997, the new scholarship will be awarded. The scholarship was designed specifically for single parents so they would not have to compete with the masses of students. The

award will be for single parents, male or female, who maintain a certain grade point average and are enrolled for less credit hours than would be required for other students.

CCSN encourages parents to return to school and bring their children. The Boys and Girls Club provides child care services on the Cheyenne campus for parents attending evening classes. The program is arranged so that part of the time is spent on academics, and the other doing recreational activities. "It's so touching to know that they (parents) are there and trying very hard to achieve. The children are not only in a safe haven, but they are in a college educational environment," Flowers said.

The event is being billed as an "elegant multicultural affair." There will be food, live jazz by surprise special guests, a fashion show and an art display. Tickets can be purchased at the Nicholas Horn Box Office after 3 p.m. For more information call 651-LIVE or 651-4440.

The Glamorous Life

By Barbara Robinson

MLK Committee, Motown host first-class events

Happy New Year. The Martin Luther King Jr. Committee had a wonderful kick-off banquet for the Martin Luther King Jr. Week, January 11, at the Mirage Hotel. The crowd was beautiful. I was most impressed with the video showing the teenagers explaining their lives and how the MLK Jr. Committee has helped them. This year the Committee picked Mike Tyson, Verlia Davis and Frank Hawkins as Grand Marshals. All three deserved the honor. Dr. Lonise Blas the mother of the late basketball star Len Bias gave a very informative and inspiring message. Everybody who is somebody was there.

Unfortunately, Adilah Barnes presented an excellent one woman show "I Am That I Am: Woman, Black," at the West Las Vegas Library on the same night at the same time.

I lucked up and got an invitation shaped like an old 45 rpm to the Motown Cafe's grand opening Sunday, January 12. When we arrived 45 minutes early there was a tremendous crowd outside waiting to see the stars arrive. It took me all of an hour to park. Then we walked through New York New York to the entrance to Motown. The entrance was also mobbed. We were told to go outside and after being checked in we were escorted into Motown on a red carpet. What a dramatic entrance. Once inside we were unable to find seats because the tables and seats were reserved for the stars. I saw Babyface and his wife; Sinbad, his children, sister and mother; Bob Johnson, CEO of Black Entertainment Television (BET); James McDaniel, of "NYPD"; model Tyra Banks; Malcolm Jamal-Warner and Queen Latifah. There were stars everywhere. Governor Miller, wearing a "bad" Motown leather jacket was accompanied by his staff. Sig Rogich, and his classy wife Margo hosted. Also spotted County Commission Chairwoman Yvonne Atkinson-Gates, County Commissioners: Lance Malone also sporting a Motown jacket accompanied by his wife; Mary Kincaid and her son; Bob Bailey and his lovely wife Anna; Lee Morris, Elsie Harris and Jack the Rapper; KCEP's disc jockey "L.C."; NAACP representative Stan Washington. And our own Rev. Chester Richardson was sipping champagne with Martha and the Vandellas. The bars, one upstairs and one downstairs, were open and waitresses everywhere constantly served drinks. The waiters were walking around with an assortment of finger food that included barbecued spare ribs, fried catfish pieces, fried chicken fingers and assorted Japanese sushi. The food was wonderful, the music was great. At 11 p.m. the floor was cleared and dancing to Motown music began. It was a memorable night.

Martha Jordan, Louis Jordan's widow has been ill. Send cards to hasten her recovery.

Didi Jasmine's mother is quite ill. Send your cards and prayers. Call 380-8100 or fax 380-8102 and tell us of upcoming event. See you around town.

Lupus

(Continued from Page 14)

even with treatment. Most doctors believe that people who progress to systemic lupus from discoid lupus probably had systemic lupus from the start. Problems with skin and joints are the main characteristics associated with systemic lupus. People with systemic lupus can develop other problems that include trouble with your joints, lungs, kidneys, blood and other tissue or organs. As severe as systemic lupus can be, it can also go into partial or complete remission and then suddenly flare up again.

About four percent of the people who take the drugs hydralazine (used to treat high blood pressure or hypertension) and procainamide (used to treat irregular heart rhythms) will suffer from drug induced lupus. Of this four percent only a very small number of people will develop a more severe case of lupus. The symptoms will usually disappear when the drug use stops.

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