

**Coping**

# Taking charge of your life

By DR. CHARLES FAULKNER  
Syndicated Columnist

Would you be upset if any of these people did not speak to you? (be honest): Your spouse, your next door neighbor, your employer, a person who works in your office, or girl-friend/boy-friend? Would you be upset if anyone didn't speak to you?

Most people would, in fact, feel quite rejected if other people did not like them as much as they liked the other individual. The need to be accepted is one of the most powerful of all human needs. The fear of being rejected is even more potent.

This can easily be traced to the way you feel about yourself. If you like yourself, are confident that you are capable person and can stand on your own emotional feet, you are likely to be essentially unaffected by the way other people feel about you. You are likely to dismiss other people's rudeness as their problem rather than your own. You sleep well at night.

On the other hand, if you are insecure, lack confidence and basically do not feel good about yourself, you will probably feel offended and intimidated if nearly anyone snubs you. Highly insecure people regard the world, and everyone in it, as their enemies. Not only do they feel terribly hurt if you do not speak to them, but they might even verbally or physically attack you. They might assume that you are going to dislike them and, therefore, attack you before you even get the chance to reject them. And if you do snub them, they will find it impossible to get a good night's sleep until they get back at you. In some cases, they might interpret any form of behavior, whether positive or negative, as rejection. Even when it is not actually directed toward them.

In this behavior logical? Is it really important if other people like or dislike you?

The answer to both questions is that it depends upon who the person is. For instance, if your husband or wife snubs you it might be logical to take some steps to find out why. And if you really care, it might be wise to take the proper steps to resolve the problem that led to the rejective behavior.

It is not uncommon to find someone who is so afraid of being rejected that an unintended failure by the mailman to speak becomes a devastating occurrence that drives the victim into near depression. It is easy to predict how such a person might react if a love affair fails, they are fired from a job or they are not invited to a party. Depression can be long, deep and health threatening. This is the kind of person who is suicide prone because life is too difficult to handle. Or, they might become overly reactive, rejective and abusive to other people who are thought to be "better."

You must examine yourself honestly and logically. Does the failure of someone to accept you have an important impact in your life? Usually, if you are honest, you will find that very few people really matter in your life. Most of the people whose favor you desire are, in realistic terms, insignificant.

Stop allowing other people to determine whether you will be happy or unhappy. You can and should stand on your own two feet -- physically and psychologically. Take charge of your own life. Successful people are calm, confident self-motivators. And you can be the very same way.

The most important questions that you must now ask yourself in every case of social contact is: Does it really matter in my life if this person does or does not accept me? If the answer is "no" (which it will be in most cases), forget about that person and get on with your life.

# Yolonda

From Page C1

**Dear Hilliary:** That sounds like now instead of the year 2000.

**Dear Yolonda:** The divorce statistics that you cited don't bring up the real tragedy. The real problem is that we have so many youngsters growing up in single-parent homes.

I'm divorced, and the father of three. I'm the first in my family to divorce. Right now I don't know what's worse -- staying in an unfulfilling marriage or leaving your kids. Since I was one of the ones who divorced last year, I was definitely one of those statistics.

John

**Dear Yolonda:** If my husband and I separated every time things went wrong, we would have been divorced 20 years ago. We've been married 22 years.

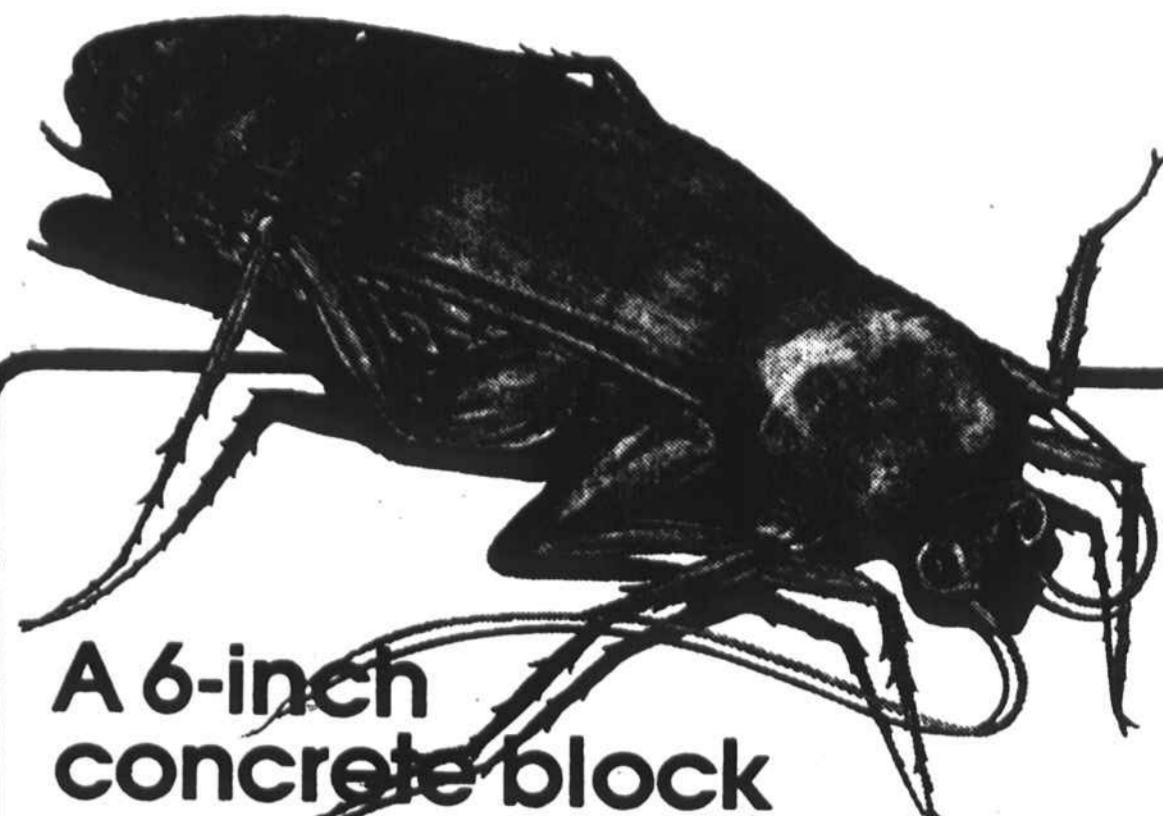
The young people of today don't know what love and marriage is all about. They think it's all being happy when things are fun, and filing for divorce when the fun stops.

My daughter, age 21, grew up with the young man she married. She had her father and I spend a small fortune on her wedding. And, you know how long they stayed together? Eight months. Oh, brother!

W.E. Webster

**Dear Mrs. Webster:** At least once a week someone comes up to me and says that what young people today need is a course in love and marriage. I tend to believe what's needed first is a course in respect. Thanks for your letter.

Got a problem or a gripe? Write Yolonda Gayles, P.O. Box 19112, Chicago, Ill., 60619.



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# Make Baby's Ride A Safe One

The suitcase is packed, baby clothes assembled and Dad has practiced the route to the hospital. Is everything ready?

"You are ready to bring a baby home from the hospital only if you have a crash-tested safety seat installed properly in your car," says Dr. Frances Wagner, extension human development specialist, North Carolina State University.

Never use cracked or dirty eggs, milk or cream of questionable quality. Make sure all freezer parts are clean, and be sure to cook the ice cream mix if the recipe requires it. Then dig in and enjoy.

WICKER

Wicker furniture and summer days just seem to go together, but wicker can become tired and dirty.

Dust it with a clean cloth or vacuum cleaner attachment, suggest Dr. Wilma Hammett, extension home furnishings specialist, North Carolina State University.

Safety restraints for infants and toddlers are now required in the family car in this state. "It's a law, and it is a good one. The automobile accident is the greatest single threat to the lives of North Carolina children, and they should be protected beginning with their first trip in the car," the extension specialist says.

Infant-seat loaner programs have been set up by community groups across the state. Contact your county agricultural extension home economist for help in locating such a group.

ICE CREAM

Hot weather is ice cream weather, and many North Carolinians prefer the homemade kind.

Just be sure to avoid food poisoning, says Dr. Robert Brackett, extension food safety specialist, North Carolina State University.

Raw wicker, which has no applied sealer, can also be washed. Spray it with a very fine spray from the garden hose. Be careful not to get the wicker too wet. If further cleaning is needed, use a mild detergent solution or soap, rinse well and dry thoroughly.

Dry the furniture upside down to help it retain its original shape. A coat of shellac once a year will enhance the beauty of raw wicker, the extension specialist says.

Painted wicker is cleaned the same as a piece of painted furniture, but do not get it too wet or the paint may peel or crack.

**CITY OF WINSTON-SALEM PUBLIC NOTICE**

On May 21, 1984, the Board of Aldermen of the City of Winston-Salem authorized the submission of the FINAL Statement of Community Development Objectives and Projected Use of Funds for Program Year 1984-1985 to the U.S. Department of Housing and Urban Development.

Total Community Development Program expenditures for the year beginning July 1, 1984, are \$3,950,000. Of these expenditures, 75.6 percent are projected to benefit low-and moderate-income households.

The FINAL Statement will be available for review, on or about May 30, 1984, at the following locations during regular business hours:

<b>Forsyth County Library Branches:</b> Main Library - 660 West Fifth Street East Winston - 1110 East Seventh Street Thruway - Thruway Shopping Center Reynolds Manor - 2851 Fairlawn Drive	<b>Piedmont Bible College Library</b> 716 Franklin Avenue
<b>Winston-Salem Housing Authority</b> 901 Cleveland Avenue	<b>Winston-Salem State University Library</b> WSSU Campus
<b>Martin Luther King Recreation Center</b> 501 Burton Street	<b>City Secretary's Office</b> Room 114, City Hall

Copies of the FINAL Statement may be obtained, at no cost, from the Department of Community Development, 310 West Fourth Street, Suite 1300, Winston-Salem, N.C. 27101, telephone (919) 727-8595.

Inquiries concerning the FINAL Statement, or comments relating to Community Development Program performance, may be directed to Joseph Sauser, Assistant Community Development Director, at the above address.

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