



Sometimes I Feel Like I Could Crawl Into A Hole!

Dear Carole:
 Sometimes I feel like I could crawl into a hole and stay there. Everything I do seems to fall apart. No matter what I try to do, it just doesn't work out. If I told you everything that has happened to me it would fill a book. But during the last 5 years I have had 2 marriages fail. I have also just lost my third job in 5 years. For a while I blamed everybody else and everything else for what was happening. I have been so angry at everyone that I felt like exploding almost all the time. Well, now I don't blame anyone else but myself. And I find that now I stay angry with myself. Lately, I've been getting headaches. I was thinking of going to the doctor. But then I thought that maybe I'll ask you first. What do you think is wrong with me?

R.O.

Dear R.O.:
 I suggest that you go to a doctor for a complete physical examination as soon as possible. After you have talked to the doctor and obtained the results of your examination please write me again or ask for me through The Charlotte Post. Feelings you have expressed in your letter tell me that you are blaming yourself for situations which may have been beyond your control.

Please visit your doctor soon. The information you receive from that examination will help to determine what is bothering you. Ask your doctor to consider referring you for brief counseling.

Carole

Confidential to "Punching Bag":

No. You don't deserve to be punched by someone who claims to love you. Abusive behavior cannot be ignored. If hitting you has become a habit in your relationship, you need to decide how much longer you're going to let the habit continue. Ignoring the abuse will not make it go away. An abusive environment is a life-threatening environment.

You and your spouse may need some time away from each other while you both begin to get professional help.

Carole

Editor's Note: Carole B. Ricks, an M.S.W., AC.S.W social worker, has a private practice in Charlotte as a counselor.

If you have personal adjustment, parent-child or marriage problems that concern you, write:

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Will Blacks Save Mondale?

By Tony Brown
Special To The Post
 "Many Black Jesse Jackson convention delegates left San Francisco with the feeling that Mondale had not given Jackson's Black agenda enough -- to use Jackson's own word -- respect. On the other hand, those Blacks loyal to Mondale all along wonder if making peace with Jackson will cost them their power base," concludes Tony Brown as he poses the question on the next edition on "Tony Brown's Journal, 'Will Blacks Save Mondale In November?'"

Joining Tony Brown to grapple with this question in a lively and fast-paced discussion is Hazel Dukes, a Mondale delegate, a national director of the NAACP and a member of the National Democratic Committee. Joining Dukes and Brown is Percy Sutton, Finance Chairman for the Jackson For President Campaign and former Manhattan Borough President of New York.

The program reveals interesting insights into the Democratic Convention; explores what gains Blacks made at the convention; examines the reasons why the Jackson delegation booed Andrew Young and Coretta King; and analyzes the impact that the Black vote will have on a Mondale

victory. "When the Jesse planks were lost, there were a number of people who were saying that they weren't going to work with the Mondale people," explains Percy Sutton. "Well, some time has passed and I think we are not hearing as much of that now. But I still think there is a distance that Mondale-Ferraro must go to get the Black vote that

will give victory to Mr. Mondale."

"Tony Brown's Journal" is America's longest-running and top-ranked Black-Affairs television series. It has been sponsored by Pepsi-Cola Company for nine consecutive years. The program will be seen in this area on WTVI-42 at 5 p.m. on Sunday, September 9.

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