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SEE ENTRY FORM ON SPORTS PAGE





HEALTH VIEWS

RAGAN HARPER

Peace is a choice

Any of the three common over-the-counter pain relievers - aspirin, acetaminophen, and ibuprofen - should help to quell a tension headache, but awareness may help avoid them. Consider this quote from Gerald G. Jampolsky, M.D.:

It's not the situation that's causing your stress, it's your thoughts, and you can change that right here and now. You can choose to be peaceful right here and now. Peace is a choice, and it has nothing to do with what other people do or think.

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