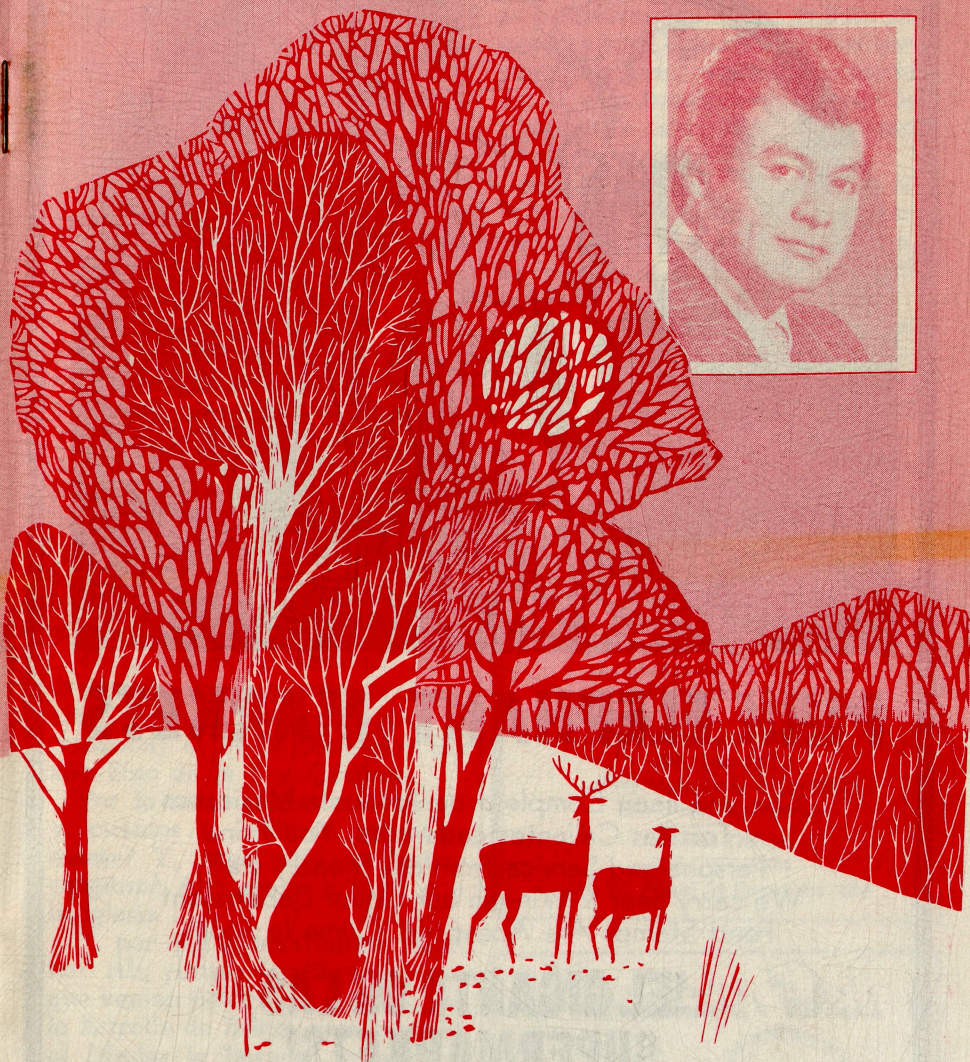


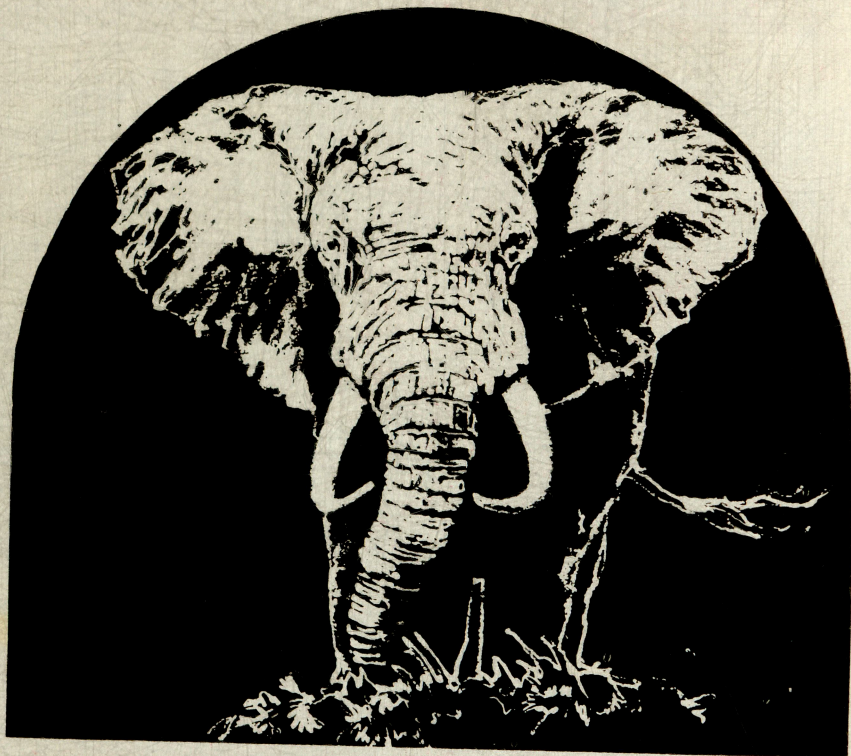
El Excentrico

29th Year

No. 18/December 20, 1978



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FELIZ NAVIDAD! FELICIDADES!!! Y, que quiere decir ésto de Feliz Navidad? Significa que debo ser feliz in Navidad? Y, que es Navidad? Bueno, todos sabemos que se celebra el 24 en la noche y el 25 de Diciembre. Sabemos, además, que se acostumbra cenar muy rico y que viene Santa Claus, y que hay que regalar, y que vamos a recibir, y que el 25 no se trabaja, etc., etc.

Pero, que es la Navidad? Ah!, se festeja el nacimiento de Jesucristo, porque nació (según la tradición) el 24 de Diciembre del año Uno de la Era Cristiana.

Por lo tanto es fiesta religiosa; y, cuantos la celebran religiosamente? Y, como sería un festejo religioso? Ah! yendo a misa o a la iglesia . . .

Y, por que se acostumbra regalar? Ah, porque los Reyes Magos que venían de Oriente guiados por la Estrella de Belén para conocer al Mesías le llevaron regalos, y probablemente de ahí se derivó que al no poderle regalar al niño Jesús se le regale al niño de casa, o sea al hijo, aunque se llame Juan. Y la costumbre se extendió a los niños del Poniente, y luego a los del amigo, y a quien no le gusta un regalito y claro el come-

rcio se encargó de lo demás por medio de la publicidad (actual medio educativo). Entonces lo que originalmente fue un tributo a Dios, en particular al Niño Dios, se ha convertido en un tributo de unos a otros. Esto no significa que sea malo, pero, nos damos cuenta de lo que hacemos y porque lo hacemos, o solo lo hacemos como parte de la rutina?

Quizás por lo del regalo y la cena decimos Feliz Navidad, que quiere decir que estés bien ese día, que seas feliz. Y eso que tiene que ver con Jesús y su nacimiento?

Supongo que el nacer de Jesús, el Hijo de Dios, El Salvador, es motivo de felicidad pero, quien estará de acuerdo conmigo? El que se sienta feliz porque se celebra el nacimiento de Jesús, que renazca con Él, y en efecto tendrá una Feliz Navidad.

por Guillermo Torres

WILLIAM STAHL

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Richard Diaz

EL FOTOGRAFO DE LAS ESTRELLAS



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Lupita Ortiz

San José was again chosen for filming by Arnulfo Delgados' "El Rey Productions." The latest film being shot will star Julio Aleman and Fredrico Villa. Entitled "La Cara Parchada" it is scheduled to be released next spring. All filming was put aside on Tuesday, December 22 to celebrate the birthday of Lupita Ortiz, actress and singer. San José's own Blockers' Hall was a filming location and also used for the star-studded

party. Among the well known faces were Fredrico Villa, King Clave, Julio Aleman, Freddy Fernandez, Olivia y Patricia Royal, Norma Herrera, Lorenzo de Monteclaro, Lilia Prado, Alberto Mariscal (director). The gracious young star was also accompanied by the Rodriguez family - (Garden Theater). Cake and champagne, friendship, laughter and music were enjoyed by all who attended the celebration.

Richard Diaz

EL FOTOGRAFO DE LAS ESTRELLAS



292-329



Lupita listens pensively as Norma Herrera, Fredrico Villa, Alberto Mariscal, Olivia Royval,

Julio Aleman and King Clave sing birthday cheer to her.



Friends and admirers surround birthday girl, Lupita Ortiz and cake.



Patti Royval and Norma Herrera look on as Lupita shows one of her gifts.

Merry Christmas Y PROSPERO AÑO NUEVO



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NOSTALGIC CHRISTMAS SHOPPING

I started my Christmas shopping this year unusually early, the first week of November, by spending a couple of twenty dollar bills — inflation bills — in the five and ten cents store of the common folks of this people's Republic of the United States, Woolworth's (in Country Village of Sacramento).

Sheer nostalgia suddenly lifted me to a high of thrilling exhilaration.

I felt within me the 15-year-old girl I had been, talking over my feelings — and I was back in Laredo, Texas.

... Coming fresh from a few hours Greyhound bus trip from my home town, Monterrey, Mexico, with a bunch of hard earned dollars converted from pesos,

money from my first job, to spend on my first visit to the United States.

A few yards from the congested entrance at the border line, there they were: the gates to Paradise, Kress and Woolworths!

That was another November, another time in an oasis of goodies.

This girl who was I was amazed. Inside the store, her heart beating fast, she was ready to buy happiness for her loved ones. She halted, impressed, before that stand loaded with wonderful Christmas cards.

"To father," "To Mother," "To Sister," "To a Special Friend," "To Someone Dear Across the Miles" ...

Each card was bought with infinite care, after wrestling with messages written in English, a language I was just beginning to learn.

For me, then, those Christmas cards were beautiful, precious ... and expensive!

Far from knowing that only a few years later I was to consider such cards, cheap, vulgar, flashy, unbelievable low class as well the places where they dwelt, the five and ten cents stores.

You see, I had become an affluent suburban Mercer Island, Wa., housewife. I lived on the waterfront of Lake Washington! I bought Christmas cards in Frederick and Nelson (a high class store in Seattle) or else in Museums of Modern Art, artistic winner America by Currier and Ives, no touch of the manger ... no hint of the Birth!

They were sent complete with printed "Mr. and Mrs. So and So" to be exchanged with some other 250 other "Mr. and Mrs. So and So's" — cold, elegant, "sophisticated" Christmas cards.

I remember some rich friends who bought two sets of cards—one for the "in" group and another for the crummy "outs" such as an old aunt in a nursing home, the janitor in the husband's office, the cleaning lady in their home . . .

Whatever happened to my 250 "friends" to whom I used to send Christmas cards?

Do many still go to Christmas parties to get drunk and exchange gossip?

Are they sending impressive, fancy Christmas cards?

Live and learn! In direct proportion to losing money and status through divorce, suddenly you don't have to send that many Christmas cards.

A few diehard faithful friends remain, a few new ones gladden one's life.

For me, there are not, any more "Remorse Cards" (so and so sent us a card and we didn't send one—next year we must have 300 printed.)

The whole thing looked as a chore, a duty, part of the Christmas rush, just more pressure, more tension.

But this year is this year, this Christmas season.

As I linger around this five and ten cents store, I am invaded by the true spirit of Christmas, I smile often to other common folks like me, not to rich acquaintances, not to obsequious salesgirls . . . people smile back sincerely.

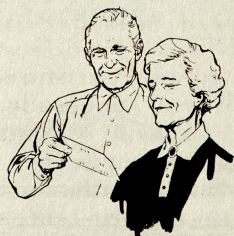
Here are no softly modulated carols about "Rudolph" elaborate Santa Claus' village (avoiding the

true meaning of Christmas) but here are the old cards that moved me so in Laredo, Texas. . . . A Babe in the manger a "Wishing you blessings in this holy Christmas Season" . . . Born the King of Anegls, o come let us Adore Him". . .

How childlike can one get! So simple! So natural! You love Christ, you love some here on earth, you send him, her, them, a Christmas card reminding us, all, that Christ was born and died for us.

And didn't He say that to enter the Kingdom of Heaven, one must become as a little child?

Well, all is well? Ciao bambino! Au revoir, hasta la otra che! "The wine of Life keeps coming drop by drop, the Leaves of Life keep falling one by one . . ." (Omar Khayam). Cheers! Happy Holidays! Peace, love and joy. □



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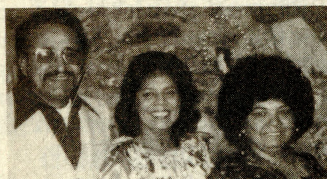
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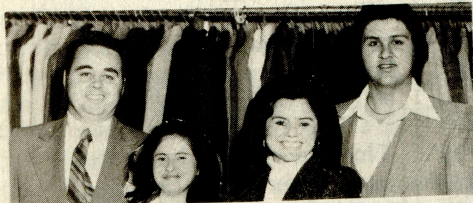
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Ride On!

by ANDY PORRA



Well, it's that time again. Time to bring out the old tinfoil/aluminum tree from the caja with all the green trim and broken red balls. Then it'll be off to La Pulga to see what items are real cheap. to give to our tíos and tías we either don't know or like very well. Soon la jefita will be up to her elbows in maza for the traditional tamales for the Noche Buena. The little carnalitos will be popping firecrackers and smelling like last year's bird nest. Oh, the joys of Navidad in the barrio!

While down in the cantinas all the jefitos are playing Jingle Bells en espanol on the old jukebox by the corner. Some of the younger vatos are try to call their rucas on the phone to see if they can get together for the baile de Christmas coming up. The bartender, an old gordo who probably played football before he was

kicked out of school, asks a drunk guy to leave the place. The drunk guy pulls out a ten and says "Que las pongan pa todos, yo pago!"

The bartender smiles and shows off a couple of gold teeth and proceeds to set 'em up . . . because the customer is always right. Out in the parking lot some dudes are hassling over what is better, Columbian or home-grown organic stuff. A lowrider eases into the parking lot and the sound of Little Joe fills a void in the night. A bus screeches to a halt to avoid running into a wino wearing an overcoat much too large for him. A siren drowns Little Joe's song about some clouds . . . Somewhere someone is telling his children about Christmas. The little ones nod and keep asking when they can open their presents.

The chimes keep beat to the little old ladies hurrying to the Misa de Gallo. A few of the husbands accompany them. None of the children could come. Some are sick with too much cerveza in their panzas other, less fortunate will never see the nice watch their madrechitas bought for them at the loan shop for almost nothing.

Among the many churchgoers are several chavala sw hose men are far away in the rancho. Men whose destiny took a different turn in the eyes of society and its laws. They too look out at the estrella de paz and wonder what it's like in the old barrio tonight. They wonder about their viejas and their chavalitos and jefitos. Some just wonder.

En los hospitales and casas de viejitos many old people just sit there and try to recall the days of la Navidad en casita. The older ones are shedding a few tears

more Christmas . . . just one more time, Diosito. Somewhere in the barrio la musica de Navidad brings more primos together. It is a time for joy and good cheer. It is a time to let happiness flow from el corazon and make promises that probably won't be kept . . . but nobody cares because they sound good and that's good enough.

May you find peace within

yourself and your loved ones. May you find time to look up at the estrella de paz and sigh a little gracias for being able to walk, look and breathe. Because, in reality, the greatest gift we've ever gotten has come from that source of inspiration.

Es la Navidad, Raza. And wherever you live, whatever you do, whether you've heard of me or not . . . I wish you a Feliz Navidad. □



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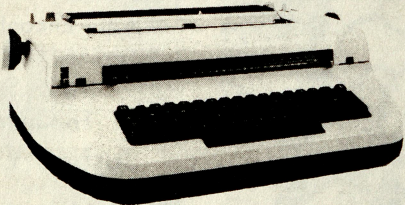
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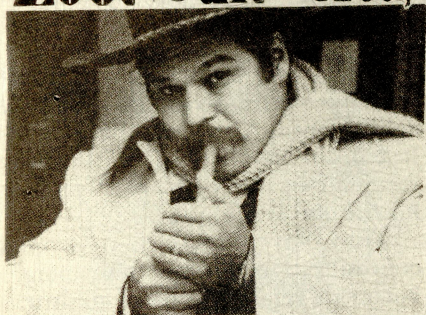
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● JOHN ZAMORA



"Zoot Suit" era,



NO TIME FOR PLAY

A new play called "Zoot Suit," now playing in Los Angeles, is a hit. It is expected to go to Broadway soon. The play was written by a San Jose Chicano, Luis Valdez.

The Zoot Suit era, however, is a chapter in the history of the Mexican - American in California that many of us would rather forget.

The Zoot Suit riots of 1943 in Los Angeles is an episode in the history of the Mexican-American few people remember these days. Yet, this event developed into a major crisis that shocked the city for more than a week.

Unfortunately, the socio-historical antecedents leading to the crisis, the unfolding events and the perception of those affected by it have until now been given only cursory attention by social scientists and historians.

In the first years of World War II, a seemingly spontaneous phenomenon occurred in many large American cities of the Southwest: Youth gangs were formed around the unifying factor of an exaggerated dress code called "Zoot Suits."

The Zoot-Suiters, known as "Pachucos" in the barrios, were made up of youths who were of pre-military draft age or who had been rejected for military service.

The Zoot-Suiters formed a youth gang subculture with a specified dress code, an esoteric language system and a prescribed peer group behavior. Their dress style was based roughly on the fashions of the 1910s and early 1920s with gross exaggeration of the style's features.

These gangs were formed primarily of Mexican - American youths that came into being as groups at a time when, because of the war and existing racial attitudes, anyone who was seen as "foreign" was suspected of un-Americanism.

In June 1943 in Los Angeles, clashes developed between the Zoot-Suiters and military servicemen.

The news media, as well as reports by city, county and state officials, labeled the clash between Mexican-American youths and military servicemen as "riots." The actions of the Mexican-American youths and were described in terms of "delinquency" and "gang behavior," while the action of the military servicemen was seen as "defensive."

The first incident took place on June 3 when a group of 11 sailors was assaulted by a group of Mexican-American youths while walking along North Main Street in Los Angeles, a predominately Mexican-American area.

Later that evening, the second incident occurred when a group of Mexican-American youths was 15

beaten by a group of sailors. The assault took place after a meeting was held by the Mexican-American youths at the police station to discuss their concern about maintaining peace in the barrio.

These two separate, though not unrelated, incidents set the stage for the outbreak of the "riots," loosing the growing and pent-up tensions between servicemen and Mexican-American youths.

On the evening of June 4, about 200 sailors roamed through the downtown Los Angeles area, Belvedere, East Los Angeles and other Mexican - American areas in caravans of taxi cabs and private cars searching for Zoot-Suiters.

As this caravan drove through streets, sailors stopped to "beat up every" Mexican - American youth they could find, leaving many of them injured.

The sailors of June 4 were joined the night of June 5 by soldiers and Marines. They marched through downtown Los Angeles in "squads," stopping anyone dressed in Zoot Suits and ordering them to "take them off by the following day or face the consequences."

By Monday evening, June 7, full-scale "riots" erupted and continued through June 8. A mob, composed of thousands of sailors, soldiers and civilians marched through downtown Los Angeles beating every Mexican-American they could find, Zoot-Suit or not.

The victims were pushed into the streets to be beaten, disrobed in what was described as a "sadistic frenzy." "The citizenry," reported Time magazine, "pushed back to give them room while victims were beaten and stripped naked." Today, former Zoot-Suiters remember their lives of

ty in the barrios which forced many of them to drop out of school. Racial discrimination and harrassment by the police led them to find, in their groups, a sense of "belonging," a way of life, and to a great extent, survival.

The former Zoot-Suiters did not perceive themselves as juvenile delinquents. One of them contested: "I saw myself as battling tremendous forces to survive in a hostile environment."

They saw themselves as men committed to defend their neighborhoods against attacks or intrusion by non-Mexican-Americans.



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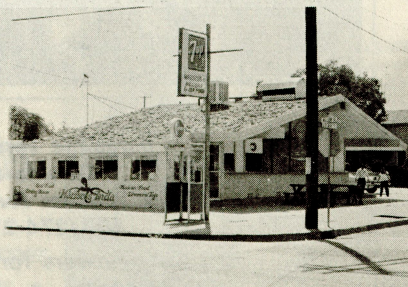
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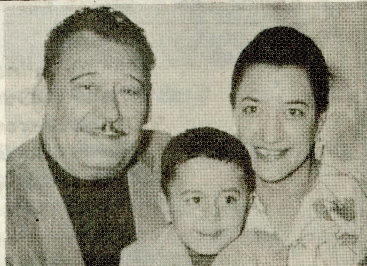
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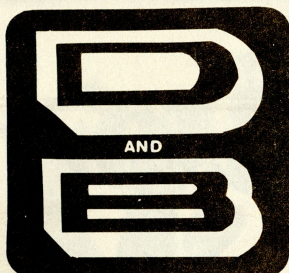
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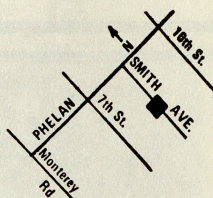


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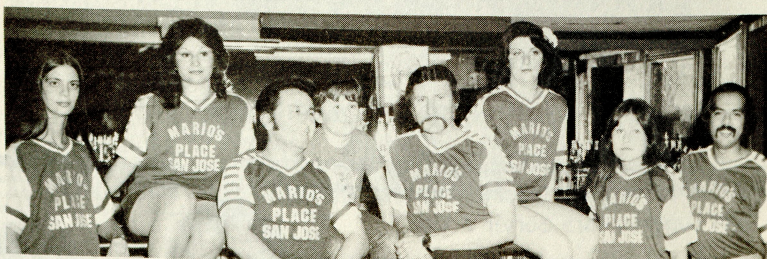


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MUCHAS GRACIAS

YOLANDA DEL RIO



Desde lo más profundo de nuestro corazón la damos las más sinceras gracias a Yolanda del Río.

El Chaparral Super de 1001 E. Santa Clara St. en San José, Ca. se vistió de gala para recibir la visita de la mimada artista que ha filmado algunas de las escenas de sus películas en San José, estas películas se han exhibido en el Teatro Garden de 1165 en la Ave. Lincoln.

La famosa estrella donó un vestido folklórico que uso en una de sus películas para que fuera rifado entre el público y los admiradores de la famosa estrella; la rifa fue gratis, el vestido se lo sacó el Sr. Felipe Suarez y su familia. Yolanda estuvo presente

durante la rifa en el Teatro Garden, también estuvieron El Papucho José Luis López y López, una de los humildes actores: Conrado Zonetto, Francisco Capetillo Morua.

Todo el personal del Chaparral Super agradece la gentileza de la famosa, joven y guapa estrella del cine en Español Yolanda del Río.

También damos las gracias al Famoso Fotógrafo de las Estrellas Richard Diaz y ambos que nos dieron su apoyo.

Conrado Zonotto y Fred Zonotto, Propietarios.

Francisco Capetillo Morua, Gerente General.

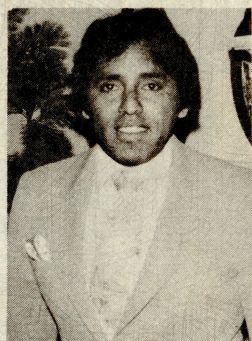
Clodo Carrazana, Yanna Duprel y todo el personal de CHAPARRAL SUPER. □



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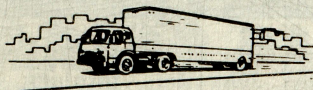
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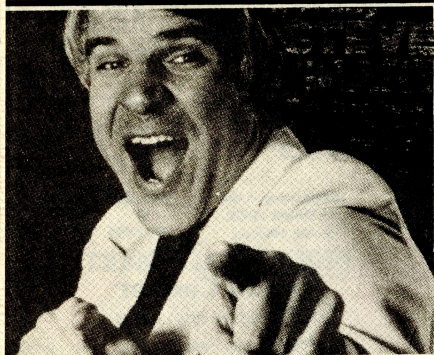
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"Did I say that?"

FALSE COGNATES IN
SPANISH AND ENGLISH



GUADALAJARA, Mexico —

Thank goodness most Mexicans have the delightful capacity to be gentle with speakers of English who are trying to learn Spanish, because sooner or later you're bound to trip on a false cognate and catch yourself sounding foolish.

When that happens, it does no good to try to excuse the blunder by explaining to your Mexican friend that you are embarazada for your mistake. You have just announced you are pregnant.

Embarazada is only one of the false cognates, words that sound alike in two languages but have different meanings, that exist between English and Spanish.

The reason false cognates are so deceptive is that there are many true cognates in the language, and linguistic experts recognize that one of the important stages in learning a new language is the stage in which the speaker learns to use the cognates.

For instance, policia in Spanish means police, bebe is baby, madre is mother, sandwich is sandwich no matter which language it is spoken in. True cognates such as these can be very helpful in language learning, and there are

many of them.

Not only are there noun cognates, but verb, adjective and adverb similarities, too. Graduarse means to graduate (oneself). Conversar is to converse. Entrar is to enter. If a person is violento, he is violent. Preocupado means worried or preoccupied, and mi means my. Mucho can hardly be mistaken for anything but what it means, much. The list goes on and on.

At the point where the language learner gains confidence with these true cognates and begins blythely tossing them about in conversation, it is inevitable that false cognates will loom up to shake the confidence. Then some strange things can happen.

On your first trip to Mexico, don't be surprised if a druggist there offers Contac or Four-Way Cold Tablets when you complain of constipado. In Spanish, the word means "with a bad cold or flu." And if the doctor examines you and pronounces you sano, he is merely saying you are healthy, not making a judgment on your mental condition.

When your friend introduces you to his sister as a bachiller, he doesn't mean to make you squirm. The word simply means (one who has finished preparatory school.) And if she confides to her brother that she thinks you are bizarro with a fine complexion, she's not describing your behavior or bringing attention to that bothersome pimple on your nose. She thinks you are handsome with a fine bone structure.

Later if you decide to take ad-

vantage of the introduction and follow up with an invitation to dinner, don't ask the charming señorita out for dinero. It means money. If it looks as though your chances are slim but still possible with a little smooth talk, it won't charm her to add you really think she's a grande person (you've just told her she is large or big), and a beautiful woman who deserves to be set up in Lujuria, which means lust, sensuality. Your best bet is to forget this attempt and and make a speedy exit.

Unfortunately, the list of false cognates is long and tricky. With luck, you will avoid falling into all the traps waiting to snare you, but language misuse can cause some molesto (uncomfortable) moment.

It is best to be aware that until you know a language well, misunderstanding can occur. In that case, you had better hope your Spanish quickly improves or lean to run rapidamente, and that's a true cognate in both languages!

Lois Cecil is an American now living in Mexico. □

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Daniel Saldaña

FELIZ NAVIDAD Y
PROSPERO AÑO NUEVO 1979



Festejamos con alegría el nacimiento del Niño Jesús y recordamos otras Navidades de los años que han pasado a ser parte de la historia; de la historia de la humanidad, la especie a que pertenecemos y que tiene fechas gloriosas y fechas sombrías, ella conserva fechas y nombres de los acontecimientos que se han desarrollado a través de la existencia del hombre en la tierra. Pero la fecha que se celebra por la mayor parte de la humanidad es la Navidad; por que el mundo cristiano recuerda con veneración y respeto al Redentor y piensa en el mensaje de amor, perdón y paz que el Martir del Gólgota dejó con su ejemplo.

En estos días todos nos sentimos más dispuestos a perdonar a los que nos han ofendido, buscando la tranquilidad y la paz en nuestro espíritu; amamos y compadecemos a aquellos que sufren,

crece la bondad en nuestro corazón.

Familiares, amistades, conocidos y hasta personas desconocidas reciben de nuestros labios la felicitación ritual, Feliz Navidad, a algunas personas no las hemos visto antes y tal vez no las volveremos a ver, pero de todos modos les deseamos de corazón una Feliz Navidad con el deseo verdadero de que sean felices.

Hacemos nuestras reuniones familiares o con parientes y amigos, nos felicitamos mutuamente intercambiando regalitos.

Una semana después viene El Año Nuevo; este es otro motivo de alegría, empezamos un año más en nuestra existencia y nos alegra ver la aurora de un nuevo año. Recordamos con tristeza a los que ya no pueden estar con nosotros, pero nuestra memoria no los olvida. Hacemos propósitos para el año que empieza, preparamos programas para alcanzar nuestras más ambicionadas metas; pensamos mejorarnos para nuestro propio beneficio y también para beneficio de las personas que nos rodean. Si hemos sido egoístas, tartaremos de enmendar nuestro egoísmo; si hemos sido altaneros, trataremos de domar nuestra altanería; si hemos sido déspotas, doblegaremos nuestro despotismo; si nuestras obras han sido perversas, trataremos de enfilear nuestros pasos fuera de camino de la perversidad. Si logramos alejar o por lo menos tratamos de enmendar nuestras actitudes negativas, habremos conseguido mejorar nuestras relaciones con nuestros semejantes y tendremos la satisfacción 25

de pensar que nos hemos hecho mejores, más humanos, más útiles y más nobles.

Anidemos en nuestro corazón el deseo de servir y hagámoslo para todos aquellos que necesitan de una mano amiga en sus horas de penas angustias o dolores; invirtamos nuestros mejores esfuerzos en beneficio de la humanidad. Ya se ha dicho que: "En los momentos de doloar todos los hombres somos hermanos".

No puede haber mayor satisfacción, ni mejor premio a nuestros esfuerzos, que lograr por medio de esos esfuerzos la felicidad de los que sufren. La bondad de las personas se mide por las obras que han hecho en beneficio de sus semejantes.

EL EXCENTRICO desea a todos sus lectores, clientes y amigos
UNA FELIZ NAVIDAD Y UN PROSPERO AÑO NUEVO 1979.

Dr. Juan De Heras, D.C.

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STRESS

- A 19-year-old girl learns her boyfriend has been killed in an auto accident.

- A businessman loses an important business deal to his competitor.

- An athlete receives a first-place award for his efforts in a track event.

- A 15-year-old boy approaches a girl to ask her out for the first time.

What do all of these people and situations have in common? *Stress*. This may surprise you because the last two situations both involve happy events. The fact is that it doesn't matter whether the situation is pleasant or unpleasant, according to Hans Selye, M.D. What counts is the intensity of the demand it places on you to readjust. Dr. Selye, a Montreal, Canada, physician and author of several books on stress, calls these incidents "stressors."

He states that the physical reaction of the body to stress is basically the same, regardless of the stressor. Furthermore, he feels that the only complete freedom from stress is death. Humans thrive on stress because it makes life more interesting.

No matter what you are doing, you are under some amount of stress. Even while you sleep, your body must continue to function and react to the stress imposed by dreaming. Stress comes from two basic forces — the stress of physical activity and the stress of mental/emotional activity. It is interesting to note that stress from emotional frustration is likely to produce disease, such as ulcers,



than stress from physical work or exercise. In fact, physical exercise can relax you and help you deal with mental stress.

STRESS OR DISTRESS

Then would it be true to assume there is no such thing as bad stress? Dr. Selye feels that there is a type of stress that can be harmful. He calls it *distress*. Distress is continual stress that causes you to constantly readjust or adapt. For example, having a job you do not like can be constantly frustrating, and frustration is "bad" stress. If this distress lasts long enough, it can result in fatigue, exhaustion, and even physical or mental breakdown. The best way to avoid it is to choose an environment that allows you to do the activities you enjoy, that are meaningful to you. Your friends, your work, and even your future mate can be sources of challenging good stress or harmful distress.

Dr. Selye also believes that the absence of work is not necessarily a way to avoid stress. An example of this is the retired person who has nothing to do. Boredom then becomes an enemy capable of causing tremendous distress. Work is actually good for you as long as you can achieve something by



doing it. It will only wear you out if it becomes frustrating because of failure or a lack of purpose.

To avoid distress, you should seek work or tasks that:

- a. You are capable of doing
- b. You really enjoy
- c. Other people appreciate

BODY REACTIONS TO STRESS

Regardless of the source of stress, states Dr. Selye, your body has a three-stage reaction to it.

Stage 1—Alarm

Stage 2—Resistance

Stage 3—Exhaustion

In the alarm stage, your body recognizes the stressor and prepares for fight or flight. This is done by a release of hormones from the endocrine glands. These hormones will cause an increase in heartbeat and respiration, elevation in blood sugar level, increase in perspiration, dilated pupils, and slowed digestion. You will then choose whether to use this burst of energy to fight or flee.

In the resistance stage, your body repairs any damage caused from the stress. If, however, the stressor does not go away, the body cannot repair the damage and must remain alert.

This plunges you into the third stage — exhaustion. If this state continues long enough, you may develop one of the "diseases of stress," such as migraine headaches, heart irregularity, or even

mental illness. Continued exposure to stress during the exhaustion stage causes the body to run out of energy, and may even stop bodily functions.

Since you cannot build a life completely free from stress or even distress, it is important that you develop some ways of dealing with stress.

GETTING A HANDLE ON STRESS AND DISTRESS

Recognizing that stress has a lifelong influence on you, what can you do about handling it? Doctors have come up with a few suggestions on how to live with stress.

1. Work off stress—If you are angry or upset, try to blow off steam physically by activities such as running, playing tennis, or gardening. Even taking a walk can help. Physical activity allows you a "fight" outlet for mental stress.

2. Talk out your worries—It helps to share worries with someone you can trust and respect. This may be a friend, family member, clergyman, teacher, or counselor. Sometimes another person can help you see a new side to your problem and thus, a new solution. If you find yourself becoming preoccupied with emotional problems, it might be wise to see a professional listener, like a guidance counselor or psychologist. This is not admitting de-



feat. It is admitting you are an intelligent human being who knows when to ask for assistance.

3. Learn to accept what you cannot change—If the problem is beyond your control at this time, try your best to accept it until you can change it.

4. Avoid self-medication — Although there are many chemicals, including alcohol, that can mask stress symptoms, they do not help you adjust to the stress itself. Many are habit-forming, so the decision to use them should be long to your doctor.

5. Get enough sleep and rest—Lack of sleep can lessen your ability to deal with stress by making you more irritable. Most people need at least seven to eight hours of sleep out of every 24. If stress repeatedly prevents you from sleeping, you should inform your doctor.

6. Balance work and recreation

—"All work and no play can make Jack a nervous wreck." Schedule time for recreation to relax your mind. Although inactivity can cause boredom, a little loafing can ease stress.

7. Do something for others—Sometimes when you are distressed, you concentrate too much on yourself and your situation. When this happens, it is often wise to do something for someone else, and get your mind off of yourself.

8. Take one thing at a time—It is defeating to tackle all your tasks at once. Instead, set some aside and work on the most urgent.

9. Give in once in awhile—If you find the source of your stress is other people, try giving in instead of fighting and insisting you are always right. You may find that others will begin to give in, too.

Dr. Ivan T. Hendren / Quiropractico

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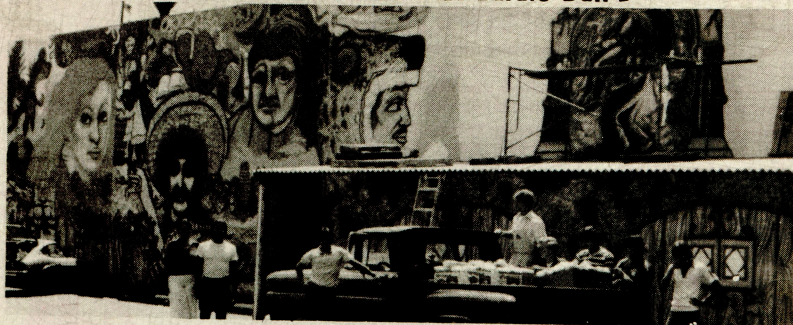


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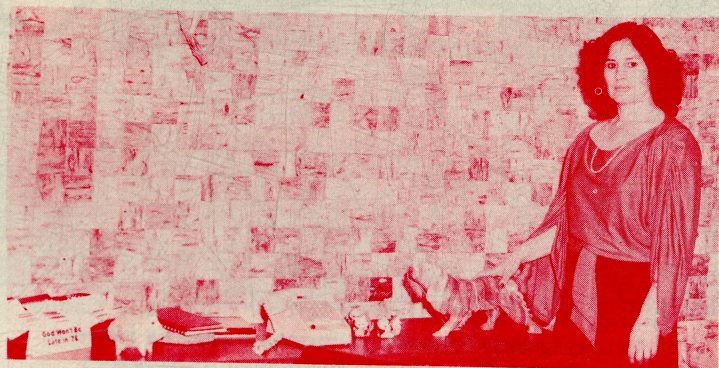
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