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OPINION

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Jealousy: A Cancer Within

BY CM BROOKS

If my memory serves me correctly, I can recall being in jealous state of mind only once. This is not to say that I have not been envious because I have been from time to time. As a matter of fact, I have probably been stricken with envy more times than I ought to admit! Jealousy, however, is an emotion that truly escapes me. After one bad experience, I well-learned my lesson.

Envy takes on a different flavor from jealousy in that it means you covet someone or something. Merriam-Webster accurately defines envy as a "grudging desire for or discontent at the sight of another's excellence or advantages." Jealousy, on the other hand, means that you already have someone or something that someone else wants to covet. Once again Merriam-Webster defines jealousy as, "suspicious at a rival."

Jealousy and envy differ mainly from their responses given to it. For example, many Americans are envious

of the wealthy. Donald Trump is one such figure in popular culture that most despise because of his fortune. In our dislike for Donald Trump, we secretly cheered his financial woes, yet at the

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same time we all dream to obtain what he has worked for. As a matter of fact, we work just as hard, if not harder, than Donald Trump to secure our financial future. Americans are funny that way and so is envy!

Jealousy is more irrational and manipulative in the outcome than envy. If someone takes a strong liking to your mate or job even, panic sets in. Instead of doing the things needed to keep your mate or job before hand. We wait until the last minute to take inventory to try to

change or modify the situation. Instead of focusing on internal problems and finding solutions to them, we direct our attention to the external forces. The perceived bone of contention-real or imagined. In trying to hold on to what you have, you eventually wind-up destroying with counter productive behavior.

You can avoid being jealous or envious by letting that negative energy motivate you to achieve the goals that you set for yourself. If its more money you want, find new ways of investing and saving. If you want to maintain your relationship do the little things on a daily basis that is needed in building a stronger relationship. Don't wait until the last minute to realize that something is wrong in your life and think that maybe a last ditch effort will improve your circumstances because it'll be too late by then. If you take inventory everyday, you'll keep the green-eyed monster away!

BY: ULLYSSES TUCKER, JR.

Jealousy has been described by some as the cancer that erodes spirituality, self-esteem, confidence in other humans, trust, and a host of other elements essential to personal growth or health interaction in relationships. Jealousy can be unjustified, petty, unhealthy mentally, or even provoke unnecessary violence. We all know of situations, possibly in our families or those of friends (maybe in your own life?), where we have witnessed or been victimized by jealousy. It, coping with jealousy, can be a highly painful and most humiliating experience.

Jealousy is an unconscious or conscious desire to experience or blame others for pain. The mind and heart work in very mysterious ways when you consider that both can tell you how empty your life is, but on the other hand-tell you that rejection or heartbreak will come sooner or later. When will you people learn to trust other people or their feelings? Sometimes, trusting people and your feelings can be the very thing that gets people in trouble-that's if those feelings are the jealous ones. Trusting others is essential if a relationship is going to grow and develop. If people learn to control their ego, it would be much easier to control the anger or behavior associated with jealousy. People get jealous for the most stupid reasons. Things like another man or woman looking at your mate with affection (in your eyes), a friend or family member obtaining a promotion or a

new job and much more. Jealousy is also an insecurity that seeks control over another human being. That is wrong. Attempting to control what a person does, who they see, where they go or their personality can only get you in trouble. And those who allow themselves to be controlled or manipulated should seek professional help. I would go so far as to

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submit that some people do not know that they are being controlled or manipulated. There are others who use you to satisfy their own selfish needs. Even parents, some of them, are at fault in the ways that they raise their children. "I want you to be successful, but not as successful as me" is the covert attitude. Unknowingly, a youngster can have his or her growth stagnated and not realize it until later in life.

No one is immuned to jealousy. Like a cobra snake, it can strike at anytime or anyplace. It can, again, happen at school, on your job, in your family, or with your best friends. Like a dark cloud, it just lurks and hangs there, waiting to rain on your parade. How do you overcome jealous thoughts or handle jealous individuals? First of all, jealous people should realize and accept the fact that they are the real problem. They are the problem because they inflict their fears and insecurities on to others or implement into a

relationship. Though there are some people in the world, who for countless reasons, can not be trusted-jealous people should realize that everyone is not out to use or abuse them. At some point, you, the jealous person has to trust someone with your feelings or walk the earth totally paranoid/defensive. Please, get a grip before you hurt someone. As for handling the jealous individual, my only advice is to be patient. Reinforce to them how much you care about them and if push comes to shove, call the Portland Police Bureau and get a peace warrant. Some jealous people just refuse to let go.

Relationships are suppose to be based on honesty and trust. Two words that are over-used in our vocabulary, but they are important to the foundation of any relationship, be it family, intimate or professional. Personally, when a relationship progresses to the point where I can not trust another individual, it is then time to seek other options. Learn to be, again, honest with people about your innermost feelings. I can only laugh at some of the elements that some use to provoke jealousy in me. My jealousy was based on my own fears, not how the other person was acting or behaving. You can look as far as oneself to learn how jealousy can be dealt with. However, I would be lying if I suggested that some people's behavior patterns may cause concern in others or create problems. This is totally different from jealousy. People who trust others will make fewer mistakes than those who distrust them.

Oregon's Unemployment Trust Fund Outpaces Many In Nation

Oregon's unemployment trust fund is ranked in the top ten in the nation in terms of its solvency, according to Employment Division officials.

Currently, Oregon has a \$970 million fund on deposit with the federal government, according to Oregon Employment Division actuary Mike Clark. The U.S. Department of Labor recommends state unemployment trust funds have an 18-month cushion during a re-

cession and Oregon is nearing that target, Clark said.

"The credit for our fund's solvency is due largely to changes made by the legislature following tough recessionary times in the 1970's," Employment Division Administrator Pamela Mattson said.

Recently released government figures show that as many as 28 states may need to borrow from the federal government to pay unemployment benefits during

a recession. Oregon does not fall into that category largely due to changes made by the legislature in this state's standards, according to Mattson.

The legislature increased the solvency requirements for the state's fund so that it would remain healthier during poor economic times. Oregon employers have paid at a higher tax rate during the "good times" so that the fund would not run in danger in bad times, Mattson said.

That means its likely that during a recession taxes won't need to be raised on employers in order to pay out necessary benefits, according to Clark.

Oregon employers are paying from 1.6 to 5.4 percent on the first \$16,000 of payroll. The rate decreased in 1990 and 1991 and could drop again in 1992, even under the scenario of a continued slow-down or mild recession, Mattson said.

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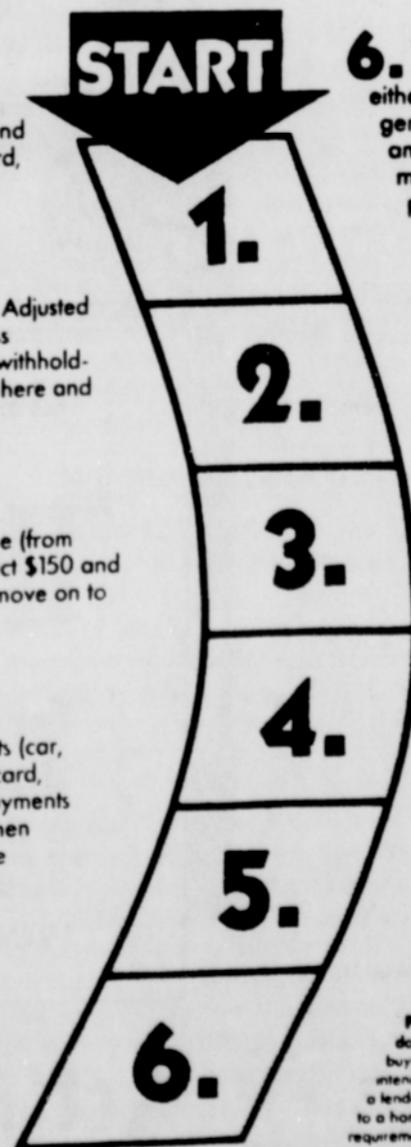


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