

# His Opinion

## Letting Go: Resolving Past Issues

BY ULLYSSES TUCKER, JR.

Relationships are difficult to establish and maintain these days when you consider certain social and economic conditions that exist, but when you add in a few past pains from old relationships or encounters, it only gets more complicated. How many people do you know who have lost their ability to trust, bond, take risks, love, or believe in another (maybe you?) human being because of a bad (or several) experiences? Are you that type of person? Needless to say, we are all that person at some stage of development in our lives and if positive personal growth is to occur, it is imperative that we all learn to let go.

Now, what type of circumstance would cause someone to resist, deny, or reject the love of another human being with good intentions? Sadly, you can look as close as your immediate family or your last relationship to potentially answer that question. Rightfully so, people do not enjoy being used or hurt for that matter and when it does happen to them, usually they vow to never allow the situation to develop again. A defensive posture is established and the battle is started. The battle to avoid being hurt again. In the process of this internal struggle, a person can truly miss out on wonderful experiences or a great human being because of such intense paranoia. Some of the methods

people use to cope with unsettling or unresolved past experiences are totally dysfunctional. These issues are woven so deep into the fabric of people's personalities that it limits their view of the world around them and about others. Everything they think, feel, and do is/ may be colored in some way by old pain or unfinished business from the past. Whether you suffered losses as a child or were neglected by your parents, rejected by your lover, abused verbally by your peers/friends, or hurt in any other way, did you not find the strength or make attempts to get on with your life in spite of the pain and dark moments? You did what you had to do, but in the process of getting on with your life, did you let go or create anger within?

Let us explore some of the personality types that need to take a long hard look at themselves and the relationships in which they might be involved. The "intimidator" is the emotionally guarded and suspicious type. Constantly on the lookout for signs that other people are going to use or abandon them, they usually attempt to get the first blow, one which shocks the recipient because he/she never sees it coming. A total shock. Convinced that they can count on no one but self, the "intimidator" needs to see himself as strong and independent.

Next, we see the type of person who walks through life feeling that they are the "victim," and this can be a self

esteem issue more than anything. If you operate from this stance, you cannot imagine why someone would be interested in someone as hopeless and helpless as you perceive yourself to be. Only someone who is not good enough to attract anyone better would choose you, you think, and the relationship never gets off the ground. Poised for rejection, you are easily hurt and offended. The more you whine and moan, the more lonely you will be. Chill out.

There are other types like the "footloose escape artist," who has a deep fear of commitment and feeling suffocated. Genuine intimacy is something he or she fears because it exposes the real person and you'll dance away before that happens.

You also have those from dysfunctional families and the "desperately seeking" type who gets involved in relationships for the sake of a relationship for all the wrong reasons. You do all the giving and make great attempts to fulfill your mates every need. Balance is important for this type.

Whatever the reasons for your inability to let go of past pains or reasons that prevent you from functioning properly in a relationship, you need to just do it. It will definitely enhance your self esteem, and relationships with family and friends. Maybe then you'll be able to see clearly the love that's been there all the time.

## Portland Photographer Wins Sears Outdoor Photo Contest

Deborah A. Davis, an amateur photographer from Portland, Oregon, was chosen as one of 20 winners in the OshKosh "Discover the Great Outdoors" national photo contest sponsored by Sears, Roebuck and Co. The theme, "Discover the Great Outdoors," inspired photographers from all 50 states to focus on their favorite visions of the great outdoors. Davis' winning photo is of the side of Dog Mountain, in the Columbia River Gorge, covered in purple, yellow and red wildflowers. "Here, Mother Nature has blessed us with one of her most brilliant displays of color and form," commented Davis.

Davis, 26, has practiced photography for 8 years. "As an outdoor enthusiast, photography is a way to bring nature home and an excuse to explore new places," she said. "My current dream is to go trekking to Nepal." With her camera, of course.

"People interpreted 'the great outdoors' in very different ways," said Stephen Ross, national manager for product development, men's apparel at Sears. "For instance, among the subjects of the twenty winning photos were a snow-covered desert in Arizona, a century-old grist mill, Texas' El Capitan in the moonlight and a midwestern sunflower. A few entries were even of people wearing OshKosh clothing while enjoying 'the great outdoors'."

Each of the 20 finalists received more than \$400 in prizes including OshKosh men's sportswear and Sir Edmund Hillary camping equipment from Sears, membership in The Nature Conservancy, a wildlife and wilderness preservation organization, and a one-year subscription to USA Today. The winning photos may be used in Sears store displays and advertising.

The grand prize winner, Dr. Dolores Fernandez, of Champaign, Ill., also won a week-long trip for two to The Nature Conservancy owned-and-operated Pine Butte Guest Ranch in Choteau, Mont.

OshKosh men's sportswear, sold exclusively at Sears, sponsored the contest to celebrate the natural beauty of America's wilderness and wildlife. More than 3,000 contest entries were received before the Dec. 31, 1990 deadline. Contest judges included art directors, photographers and photo editors.

## Wigland

One of the Northwest Largest Wig Displays  
Wigs and Hairpieces For all Nationalities

EVA GABOR

NAOMI SIMS

RENEE OF PARIS

Synthetic & Human Hair  
For Braiding & Weaving

Mon - Fr. 10 a.m. - 6 p.m.  
Saturday 10 - 5:30 pm

Near Lloyd Center

282-1664

1105

N.E. Broadway



## DAD'S OIL SERVICE

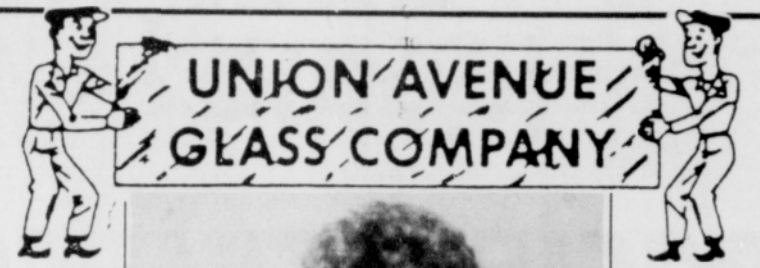
heating oils



Best Cash Prices

104 NE Russel St.  
Portland, Or 97212  
(503) 282-5111

Speedy  
Service  
Friendly  
Call for Quote!



LORRAINE HLAVINKA

All Types of Auto Plate and Window Glass

Storm Doors and Windows

4709 NE Martin Luther King, Jr. Blvd  
Portland, Oregon 97211

Woman-Owned

Phone 249-5886

### PORTLAND OBSERVER SPECIAL

even you  
can afford  
a Limousine!



\$1.99 PER HOUR

\* WHEN YOU PURCHASE 2 HOURS AT REGULAR RATE  
(EXCLUDES CHAUFFEUR TIP)  
FOR DETAILS AND RESERVATIONS:

- WEDDINGS
- RECEPTIONS
- SPECIAL EVENTS
- GRADUATIONS
- V.I.P. GUESTS
- CONVENTIONS
- ON-THE-TOWN
- BUSINESS
- HOTEL GUESTS
- TOURS
- AIRPORT SERVICE
- SURPRISE
- BIRTHDAYS
- ANNIVERSARY
- EMPLOYEE AWARDS

SPECIAL PRICE  
GOOD FOR 1 HOUR  
ONLY

288-1756

READER APPRECIATION SPECIAL - EXPIRES: JULY 30, 1991

## Town Hall July 1991 Schedule

### July 14 Scar Wars

Each week an estimated 100 or more Portlanders head to the operating table for cosmetic surgery. Cosmetic alterations are as common today as root canals. Is our nation too caught up in superficial values? Or is cosmetic surgery a legitimate way to improve both on looks and self esteem?

### July 21 Cheaters!

One-fourth of Americans cheat on their taxes. It's estimated that more than half of all students today have cheated in school. 70% of married men and 40% of married women say they've had an affair. Have we lost our ethics?

### July 28 Back From Death

Imagine being clinically dead, then being brought back to life! A Gallup poll revealed that 8 million Americans have had some kind of near-death experience. Have these survivors really peered into the afterlife?

For further details contact the KATU Television Center, 231-4620.

## North Portland Library Summer Kids' Programs

Summer Reading Club: There will be a meeting each Tuesday at 3:30 p.m. for club members. Members will talk about books and do other fun things!

Preschool Storytimes: Tuesdays at 11 a.m. for ages 3-5, through July 23.

For more information call 284-5394.

North Portland Library  
512 N. Killingsworth St.  
Portland, 97217

Tuesday-Thursday 10 a.m.-8 p.m.  
Friday/Saturday 11 a.m.-5:30 p.m.

# Summertime Savings!



Be Sure To Look  
In Your  
**This Week**  
MAGAZINE

for your Safeway  
Shopping Guide for  
a complete list of  
specials on sale this  
week at Safeway!



## Flav-R-Pac Orange Juice

Enjoy delicious  
and nutritious  
Orange Juice for a  
refreshing treat in  
the morning or  
any time. 12-Oz.,  
Frozen.

69¢ Ea.



## Red Ripe Strawberries

Enjoy the  
deliciously sweet  
ripe strawberries  
with whipped  
cream piled high  
on a slice of  
pound cake!

59¢ DRY PINT

Prices Effective 7/10 Thru 7/16/91

See the Difference  
EXPECT THE BEST!

COPYRIGHT 1978, SAFEWAY INC.



SAFEWAY