

Learn to be true to yourself and gain happiness

by Robert Evans Wilson, Jr. (www.jumpstartyourmeeting.com)

One afternoon, back in eighth grade, I was hanging out with my pal Charlie, when I noticed copies of Sports Illustrated and Car & Driver magazines on his desk.

"Hey, I didn't know you were into cars and sports," I said.

"I'm not," he replied.

"But these magazines are addressed to you."

"I read them, because that's what the guys at school are talking about, and I want to join in. I want them to like me."

"Why don't you talk about what you like?"

Charlie just shrugged.

I couldn't believe Charlie would waste his time doing something he didn't like or care about, but a year later I was guilty of the same thing – only worse.

I was looking wistfully at pictures of cute girls in my high-school yearbook when I said to my friend Tony, "I sure wish I knew how to talk to girls."

Tony replied, "The girls always talk to guys on the football team, you should go out for football."

It was all the motivation I needed. So, without ever having played the game before, without even knowing the rules, I joined the football team. I immediately found that I hated it. I had to run, in full pads, two or more miles every day in the hot

sun. I had to lift weights, do sit ups and push ups, but the roughest part was tackling. I was six feet, two inches tall and weighed 150 pounds; I was a skinny bag of bones with no cushion and getting my body slammed to the ground really hurt. And, I was getting bruised for nothing; the girls still weren't talking to me.

I wanted to quit, but that would've meant losing face, so I stuck it out. Then one day, because of my height, I was asked to scrimmage on the defensive line with the Varsity team.

"Ten, twenty-two, seventeen, hut!" The quarterback yelled. I burst through the line and lunged forward to tackle him. I was inches from grabbing him, when suddenly I was hit so hard it lifted me in the air. I crashed to the ground face first, and when I tried to stand, I felt an explosion of pain that made me black out. Seconds later, I came to, but my leg would not move. When I looked down, it was bent in the wrong place, and I could see the bone pushing against my skin.

My decision to pursue a sport, not for the joy of it, but instead to impress someone that I did not even know, put me in the hospital for two weeks. I had two surgeries, screws put into my bone, and a cast on my leg for six months. Adding insult to injury, walking on crutches didn't get the girls' attention either! It was a Lose/Lose situa-

tion.

You would think that I might have learned a lesson from that experience, but for years afterward, I repeated it again and again. I would pursue jobs, relationships, even leisure activities for the wrong reasons. In short, I was not true to myself. Sometimes when others are persuading us, we find ourselves doing things that make us feel uncomfortable. We ignore those feelings because we want to be accepted. Peer pressure doesn't end at age 18, it continues until we learn to listen to our feelings.

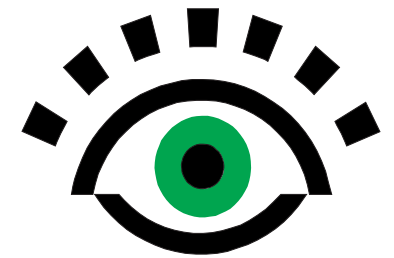
Grow a nutrient rich garden

A garden can be large, small, or simply in containers. There are some vegetable and fruit varieties which are best for containers. When planning and planting your garden, plant seed that will produce vegetables rich in nutrients. Since garden seed packets aren't labeled with nutrient labeling, here is a listing of different nutrients, followed by the vegetable which produces that nutrient.

- Vitamins A and C: Spinach and broccoli along with many greens like turnip, kale, collards and mustard.
- Vitamin A: Carrots, sweet potatoes and winter squash.
- Vitamin C: Tomatoes, peppers, cabbage, cauliflower and kohlrabi.
- Fiber: Fresh vegetables and fruits are excellent sources of fiber. And while some vegetables don't measure up on the nutrients, they do when it comes to fiber. This is where our green beans, peas, pota-

When we are motivated by something that makes us feel anxious, nervous or ill at ease, we need to pay attention to that feeling, and find its root. When we do, we will most likely find that we are uncomfortable because we are living a lie. I have learned that pursuing interests that bring me joy, also give me confidence. My confidence then attracts people who want to be with me for who I am; and situations that generate greater satisfaction. I have finally found the formula for a Win/Win situation!

Cataracts will be topic of free talk



Cataracts, a free 90-minute presentation by Dr. Garrett Scott, an ophthalmologist, will be held on Thursday, June 23, at 11:30 a.m. at the Tuality Health Education Center, 334 SE 8th Ave., Hillsboro.

A cataract diagnosis used to mean a significant decrease in quality of life for the elderly. Not anymore. Cataract correction surgery, which removes the cloudy lens and replaces it with a synthetic clear lens, is generally viewed as a safe, effective procedure to resolve problems with driving at night, reading or other routine tasks.

This is a free presentation. Those planning to attend are asked to call 503-681-1700 to reserve a spot.

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