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THE PSYCHOLOGICAL

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PSYCHOLOGY CORNER

Today, people are really trying to discover the question "What makes you tick" as they are bent on looking for individual differences in other human beings whom they come across. Some of these individual differences can be beneficial or detrimental to one's personality because we all react differently in our own way to any given circumstance. As people are different, so are neurotics. You ask what are neurotics? Isn't that a type of mental illness like being "wacky" or insane? Nope, neurotics are a special breed of people who have doubts and fears, who accuse themselves for their shortcomings, who feels a lot of guilt inside and added with that feelings of inferiority. The trouble with neurotics is that they don't realize their situation but they go on believing what other say they are.

Hundreds of thousands of neurotics exist all over the world and there are not enough psychiatrists to treat them; but since the majority of neurotics have mild states, they don't need to be treated by psychiatrists or specialists because once they realize what they are, they can help themselves to lead better lives without the sufferings that is plaguing their lives. So if you have a mild neurotic state and not of the severe disorder type- then you don't (at least, try) let the neurosis do you in!

What do mild neurotic states do? Well besides it being annoying and handicapping, whatever it is, they filled a person up with worries when he becomes uncertain of himself, bothering and making a person unhappy and inefficient at his work; it makes him timid and nags him with self questioning thereby making him self-conscious and oversensitive; it gives a person fatigue and blocks the natural expression of love. These are some of the things mild neurotic states can do and these states can do it to you if you are ignorant of what it means to be a neurotic. The miseries in life can vanish if we understand the mild cases of neurosis and act to be informed and not be shrouded in a cloud of ignorance. Don't let misconceptions as to what causes neurosis come from people who are ignorant of facts because most people who are ignorant of facts because most people have heard something dreadful about this condition - "neurosis." They think it means being insane. But a neurotic is vastly different from a lhh/ insane type. The insane person believes the whole world is wrong and that he is right. He sees the world as unreal. The neurotic on the other hand becomes neurotic because he wants to be like other people.

Most often, all of our troubles start in childhood and because of circumstances which we have no control over, whether it was trivial or not, we can't blame it on anybody. What we must do is use our own efforts to overcome neurotic troubles. Sure, we have unrest inside us but this sign of unrest means we haven't found ourselves yet. We must learn to respect our neurotic condition by obtaining knowledge of

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what is ailing us so that we can stop being ashamed and afraid if we understand ourselves. In the next issue, we will focus on 2 topics that are extensions of this paper. One, will be on the "normal" person and two, don't hate yourself for what you are.

.....Henry Goon

Lo Que Causa La Marihuana

El consumo de la marihuana si cuiciera un riesgo considerable, si produce danos y no trae beneficios a cambio. Muchas personas se empujan a creer que es beneficiosa, a pesar de que sus calificaciones cada vez peores y que disminuyen su capacidad para vivir en comunidad.

Segun resultados de calculos hechos acerca de los fumadores de marihuana la mayoria son fumadores ocasionales es decir: aquellos solo la prueban por curiosidad y constituyen mas de la mitad de los consumidores.

Entre los danos que llega a causar la marihuana se encuentran los problemas psicologicos que los fumadores con el tiempo llegan a tener; otro de ellos es llegar a esclarecerse totalmente a drogas mas peligrosas, tambien los fumadores de esta hierba llegan a sufrir una depresion intolerable y cronica.

Es un hecho que la marihuana provoca un estado de pasividad extrema, por esta sola razon el consumo de esta puede traer graves danos en el futuro, tanto para el individuo como para la sociedad y si no ayudamos a establecer fin a este problema va a traer muchos mas problemas de los que ahora tenemos, pero sin embargo para un numero considerable de personas la marihuana es una aficion continua que estorba sus ocupaciones. Y estos no son buenos rasgos, ni ayudan al buen funcionamiento de una sociedad sana y util.

.....Jaime Suarez

COMMENTARY.....

The Fishbowl has improved considerably in the last six months. Articles have more depth and careful consideration is given to major issues, and occasionally there is concise analysis.

However, in the last issue a part of an article was omitted. Only questions about the meaning of the article brought this fact in the open. No explanation has yet been given. My question is simple-----is this censorship?

I consider it a serious issue. The article under question is an excellent and humorous "put-on" without the dedication, deleted by the staff, the very quality of "put-on" is missing and the poem confusing.

At least in the field center issue we had the poem, but for the campus mailing list the entire page was taken off.

This is far more than editing. I consider it censorship. The only way to correct this is to publish the poem in its entirety in this issue.

.....R.V. Dumont, jr.

NAC NEWS

The Native American Committee (NAC), sponsored a Pow-Wow on Oct. 20-23. Indians from all over Canada and the United States were sent warm invitations to participate both in the Arts and crafts show and all dance contests. Cold green cash was offered for 1st, 2nd, and 3rd place winners of the contests. All North-eastern students involved with NAC worked diligently with the help of other and non-Indian Northeastern students. A heap big thanks to all the volunteers.

Now that the Pow-Wow is over, everyone is settling down to their regular everyday "nose to the grindstone" routines. At this point we'd like to introduce another Indian that's been showing her pretty little face around the Field Center Classes lately. She is Marlene Whitehead, a Sioux from North Dakota and sister of Bill Whitehead. She is 18 years old and has a genuine interest in entering the GED program. Hope this becomes a reality Marlene. We're all behind you and want to wish you the best of luck in whatever you choose to do.

Ask Stan Newman what his nickname is. Its not everyday an anthropological white man is so greatly honored by Indians.

... ..Nancy Dumont
"NOTAS ESTUDIANTILES"

El Play Care-Duidado De Ninos.

Es Parte del Uptown center este objetivo que tiene como unica finalidad de atender los ninos mientras los padres se encuentran en sus respectivos trabajos, es esta una noble y muy delicada mision puesto que requiere responsabilidad y atencion para los ninos, actualmente unos 23ninos son atendidos. El director señor Leonard; Mach tiene asu cargo el programa con el.

Colaboran los siguientes estudia

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antes, Sara Criollo, Carmen Ayala, Roger Willis, Kathy Cech. Ademas de cuidar a estos ninos se les ensena a dibujar practicar juejos infamtiles, contar ect. Solo se requiere una donacion por parte del padre o acudiente que es de la modica suma de 10\$ mensual, ademas durante el verano los ninos son paseados al parque museos y a centros de recreacion.

Existe gran entusiasmo por parte del director para continuar con este proyecto que es de vital importancia para la comunidad.

Para las personas que esten interesadas en este servicio pueden comunicarse con el director o alguna persona de Uptown field center el cual le atenderan con mucho gusto, nuestro telefono es 784-5145.

.....a.b.

CREATIVE CORNER "

where is it that we're going,
what plans or dreams have we?
there's comfort in the knowing
or do you just want to be free?

I was dreaming of a child of love
she would be yours and mine
created in all beauty
that we call summertime

I could even learn to cook
your favorite dish of all
but I cannot read of that book
that says that we must fall or
stall
or call your name in the night

the blending of my hart with yours
has done strange things to me
it makes me dream of a higher chord
known as eternity

"but trials are for the loney and
and decision make some weep
for vows are yesterdays makings
only love was meant to keep."

.....cathy cech

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CREATIVE CORNER

The Death

today, the day of unforgettable dreams
that death has approached and it seems
to overwhelm your body and make your
blood run cold
but God whose body have they sold
that man I loved had gone to war
and when I got lonely I said, "what for"
but when I was happy and having fun
I never dreamed he'd get shot with a gun
when I found out, I almost lost my head
over my soldier who now is dead
and the pain is tomuch for one person to
stand
so you look for that helping hand
and somehow you make it alive
your courage is up and so is your strive
so never meet a man who is going to war
so you can say "what for"
and never fall in love with a man that
might die
so you can say "oh hell why?"

..... cathy cech

Requiem for Wolf Creek

Robert V Dumont

From the old people one man came forward
to meet the stranger, neither the first nor last
man and whose name they did not know. Silence
shrouded the sacred rites of their meetings...
but it was make clear men cared for each other,
traveling through the distance between Indian
and white and through the prairie in ritual
bargain to reclaim their captured lives.

Few men travel the distance and those that have
are legend. They are rare as the prairie spring is
long--a silence spreading over the countryside, into
the coulees, ravines, and washes, over the hills,
blossoming chokecherry, currant, sprouting wild tur-
nip, and shooting out the firs, waxy-hard cottonwood
leaf from the old man whose huge veined limbs are
twisted from winter cold; but as quickly as it trans-
forms the land it is stampeded into dry air like dust
rising from horses shied into fear filled retreat at
the strike of the rattler; and the long, steady, dry,
furious heat drowns the prairie, dissolving into low
hanging clouds of dark clothed Indian women in mourn-
ing who portend the winter.

excerpts from "All my Relations"