Nurse Assistant Certification Course

Huntersville Oaks/Brookwood

In affiliation with CPCC, will be offering a three week Nurse Assistant Certification Course, June 10-June 28, 1991, during the hours of 7:30 a.m.-4:00 p.m. Tuition will be provided by Huntersville Oaks/Brookwood. Registration will begin April 29, 1991 and end May 17, 1991. Registration and inquiries must be made in person in the Personnel Dept. of Huntersville Oaks/Brookwood.

Cultural Views Shape War Outcome Views

This material was written by Dr. Larry McGehee, vice president for development and professor of religion at Wofford College. It was provided free to newspapers by the Spartanburg, S.C. School.

Post-Desert Storm claims of victory by Iraqi media struck many of us as funny, sounding like something written by Franz Kafka or George Orwell.

The more we understand the Middle East mentality, however, the more seriously we have to take their claims for what has happened there. The best Middle East scholars warn us that people there think differently from the ways to which we are accustomed.

For example, in the Middle East the whole society is built around very complex and very old tribal concepts of honor and shame. In such a system, sometimes the shame of "losing immediately" is more than offset by the honor of "winning in the long run".

American southerners know exactly what this means. The region's military loss of the Civil War was quite secondary to the long-term victories of the South in retaining its political independence and property rights. Psychological and political compensations more than offset the shame of surrender.

One expects big cultural differences between a dominantly Chirstian and industrial Euro-American society and that of a dominantly Islamic and nomadic Middle Eastern society.

One essential difference, however, may have missed the casual observer's eye. It occurred to me while watching the opening of yet another daily segment of the television soap opera, "Days of Our Lives".

That show opens with sand running in an hourglass. Seeing that familiar scene during the recent "quick war" made me think that the basic cultural difference between western civilization and Middle Easter civilization is in how each of them thinks of Time.

To us, time is measured by clocks and watches—the gadgetry that has combined the seasonal changes of the year and the pulse rates of the human body into a machine. If anything symbolized the American war effort in Kuwait, it was the machine. The measures of that war machine's success were its precision and its speed.

To the Middle Easterner, however, time is measured by shifting sands. Seasons don't change over there, and human life is less individualistic and less medically measured. The masses of people are seem as masses, like the sands upon which they live. Nationhood and authority are more important than people, for people are not essential to the economy. Staying alive is tolerated there, but not treasured. Sometimes people serve as war materials, as they did in Iraq's war with Iran and in this most recent encounter. But defeat and victory are not measured there by body counts. Time and people are expendable.

Few of the surrendering or dead Iraqis shown on television were wearing watches. What good would watches be in a society that takes the long view, that has no employment for its masses of people, no factories to be operated, no school hours to be kept? The only reason for watches there are for the calls to Islamic prayer five times day—but since all heed the call together, and since those houyrs are announced by vocal calls from the minarets, watches are really unnecessary.

The strength of the Middle Eastern philosophy is its belief that Time is its ally. The rest of the world is handicapped by its race to beat the clock—by the race to reach certain goals within specified time limits. What that means is that Arab nations view Time as their not-so-secret weapon. The sands will always shift. Given enough time, the encroachers will ultimately be overcome and covered by the sands.

When the U.S. announced at war's end, as it did, that its troops were being withdrawn because "they probably will be needed elsewhere in the world", it was precisely the message upon which the Iraqis had counted. They had never really expected their SCUD Missiles to protect them at all; but they had counted on our withdrawing rapidly once we had "won". They also count on the western willingness not to hear grudges or to wreak revenge.

They keep score a different way over there. A soccer match for them doesn't end when the clock runs out; it merely pauses, and the game continues some other place or time later on. The way to play "Beat the Clock" is not by rushing but by outwaiting it; it runs down before we do.

"Weeping is but for the night; joy comes in the morning. Trade your sackcloth for raiment of gaiety." Those are Old Testament messages straight out of Middle East traditions. Enduring leads to prevailing. Faulkner said that about the South and especially about black people of the South. The American Civil Rights Movement sang that message in "We Shall Overcome, Someday". The Viet Cong practiced that endurance for decades against the Japanese, the French, and then the Americans. John Calvin understood that kind of providence.

It is difficult to beat an underdog. Defeat is almost impossible to impose upon people who have known little else but defeat. Deprivation and depravation are the seedbeds for perserverence and for a philosophy and theology of timelessness.

What a strange thing it will be if somehow everyone involved in the recent Iraqi situation comes out with honor.

Count on just that happening. What matters is the long run. Clocks just get in the way of rationalizations. Time heals and explains all.

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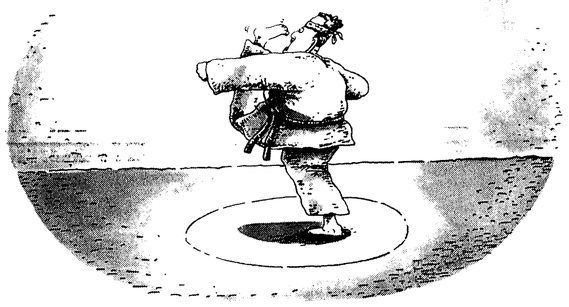
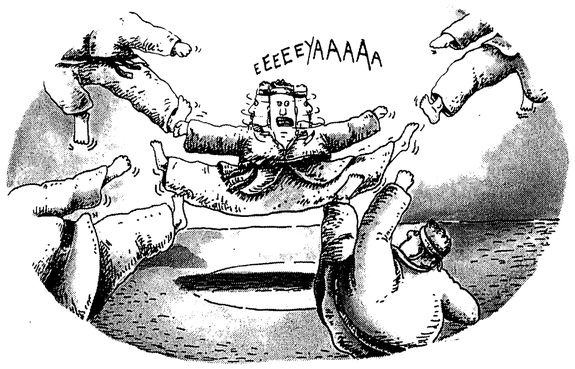


Karate instructor kicks himself for not placing ad in ALLTEL Yellow Pages.



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To find out more about the Mooresville and vicinity directories call 1-800-241-2657.

ALLTEL Directories by GTE

Stress, Time Management Focus Of May 14 Seminar

The Mooresville/South Iredell Chamber of Commerce and Mitchell Community College - Mooresville Center will be cosponsoring a seminar entitled "A Positive Approach to Stress and Time Management."

This seminar will be held May 14 from 6:30 p.m. until 9:30 p.m. at the Mooresville Center in room 106. Sandi Miller, a business consultant from Cobb, Miller and Associates, will be the guest speaker.

In a world of constantly increasing pressures and demands, many business people find it difficult to accomplish everything that needs to be done, and tough to handle the stress and that results from our busy schedules.

Everyone has the same time available every week — 168 hours — but it seems that some people are accomplishing more and rushing less than others. Why? Because they have discovered the way to manage their time to suit their needs and lifestyle.

This is an informative, practical course for every businessperson that must meet deadlines, make decisions and resolve conflict. Learn how you can recognize stress in your environment and redirect it for positive results. Learn how to get more done in the same amount of time with less stress.

Item covered during this seminar will include: the dynamics of external (and internal) stress, a self-assessment to help you identify your stressors, twelve techniques to managing stress, proven methods to that you can use now, a positive analysis of your time management practices and powerful steps to set time and life goals.

This seminar is designed for business managers, professionals, supervisors, small business owners and operators, department heads and all high achievers that want to handle stress and manage time.

The maximum number of participants allowed for this session is 25. Please call 663-1923 for additional information or to preregister. There is no charge for this seminar.

IRS Service Doesn't End At Tax Time

Although the April 15 deadline is past, the Internal Revenue Service still provides assistance to North Carolina taxpayers.

"We will return to the normal hours of operation for assistance until next filing season," said J.R. Starkey, district director of IRS.

The Internal Revenue Service office is open Monday through Friday from 9 a.m. to 3:30 p.m. The Greensboro Headquarters office is open Monday through Friday from 8 a.m. to 4:30 p.m.

"Taxpayers who are unable to visit an IRS office may get assistance with their tax questions or notices by dalling toll-free 1-800-829-1040, Monday through Friday from 8:30 a.m. - 5:30 p.m.," said Starkey.

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Knowing High Blood Pressure Facts Could Save Your Life

High blood pressure can kill. And that's a fact.

It's also a fact that nearly 61 million Americans, young and old, are living with high blood pressure. And living with high blood pressure can be easy as long as you know the facts.

Blood pressure is the force created by the heart as it pushes blood into the arteries and through the circulatory system. When pressure in the arteries rises above normal, the heart must work harder. If the pressure increases above normal and stays there, the result is high blood pressure.

"I Just Love To Talk To My Grandmoms On The Phone"

Maria Nichole Turner is the 14 months old daughter of Jennifer Stilwell and Mark Turner. Her grandparents are Jan Cook, Henry Stilwell, Pat Turner and Steve Turner.

Unfortunately, high blood pressure usually has no symptoms, hence gaining its reputation as "the silent killer." High blood pressure that remains uncontrolled can lead to stroke, heart attack, congestive heart failure and kidney failure. So it is important that you and your entire family have your blood pressures checked by a physician regularly.

According to the American Heart Association, North Carolina Affiliate, high blood pressure, also called hypertension, is indicated by a blood pressure reading of 140 mm Hg/90 mm hg, or "140 over 90." The first number (140), called the systolic pressure, is the pressure generated as the heart contracts. The second number (90) is called the diastolic pressure and represents the pressure in the arteries while the heart is filling and resting between beats.

If you must face the fact that you have high blood pressure, be sure to follow your doctor's advice to help you get your blood pressure under control. And keep these tips in mind:

• **Control your weight.** Studies have shown that obesity (20 percent over the normal body weight) is a risk factor in the development of high blood pressure. As you lose weight, you blood pressure tends to go down.

• **Control your sodium intake.** The first step is to take the salt shaker off the table. The average American consumes about 6 to 18 grams of salt each day, although your body only requires about a half a gram daily. Table salt is 40 percent sodium. An excess of sodium can lead to high blood pressure in some people.

• **Limit your consumption of alcohol.** Some studies have shown that regular, heavy consumption of alcohol can increase blood pressure.

• **Be aware of the risk of taking oral contraceptives.** Increased blood pressure is a risk some women take when they use birth control pills. That risk increases even more when those women smoke.

• **Get plenty of exercise.** A regular exercise program will help control weight, thus reducing the risk of high blood pressure.

Some risk factors for high blood pressure can't be controlled. One is race. Black Americans have an almost one-third greater chance of having high blood pressure than whites. High blood pressure also tends to be more severe in blacks than in whites. Another risk is heredity. High blood pressure can "run in the family." So, be aware of your family's history of high blood pressure. Age is a risk as well. Older people are more likely to develop high blood pressure.

For a copy of the free brochure, "About High Blood Pressure," write the American Heart Association, North Carolina Affiliate, P.O. Box 2636, Chapel Hill, NC 27515-2636.

Seminar On Teaching Outdoors

"Investigating Your Environment" workshop with emphasis on methods and processes of teaching in an outdoor environment will be conducted by North Carolina Division of Forest Resources, according to Lyle Cassell, agricultural extension agent.

Activities will center around field investigations in forest, soil, water and wildlife as well as land use and community planning simulations in the five-day, 30-hour workshops. The workshop is open to teachers K-12, natural resources personnel, Scout and 4-H leaders, and anyone involved in outdoor education. Teachers may receive 3 Certificate Renewal Credits:

1) June 17-21 - Clemmons Education State Forest, Clayton (919) 553-5651. 2) June 24-28 - Tuttle Educational State Forest, Lenoir, (704) 758-5645.

For additional information, contact the numbers above or call Mrs. Virginia Bass, Raleigh, NC (919) 733-2162.

First Aid, CPR Class Set At MCC

Mitchell Community College - Mooresville Center will offer a course in "American Red Cross Standard First Aid and CPR" beginning May 7 and ending May 16.

This class will meet Tuesday and Thursday evenings from 7 to 9:30 p.m. at the Mooresville Center.

This course is designed to prepare participants to respond to emergency situations. Course content includes: first aid for breathing difficulties, control of bleeding, care for shock, and care for additional everyday emergency situations. CPR principles will also be covered. Participation in the class leads to certification, following performance of selected skills and passage of a knowledge evaluation.

Registration fee will be $25 and will be collected at the first class meeting. The student will also pay $3 to cover for certification cards received at the end of the class.

Students 65 years or older will not be required to pay the registration fee. The instructor of this course will be Debra Pfeil a health instructor from Mitchell Community College who is certified in CPR and First Aid.

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