

# Anger . . .

Continued from Page 4

Messer said that, as elementary as it sounds, confessing and explaining one's anger to the person responsible for that anger, or writing an "anger letter," can "take 30 pounds of pressure off a person. He can actually feel that pressure being relieved inside."

Another, even simpler method is to determine to give anger a pass, Messer said.

"It's not as hard as it sounds," he said. "When you feel the anger building up, stop what you're doing for a second. Consider the source. Think about your response. Decide whether

it wouldn't be more pleasant to forget the whole thing. And then just forget it."

Of course, he realizes that most people will be completely unable to accept his suggestions. "For some reason, people can't manage their anger with the same skill they manage their time or their money," he said. "They know that they don't like to be angry—but they spent a large percentage of their time being angry anyway. Life makes some people angry every 10 minutes. Ten minutes? Five minutes."

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## Letters

### Column kudos

Applause for Bill Allen's column on Western Nebraska (Daily Nebraskan, Oct. 17). I grew up in Mitchell, a thriving community named after Fort Mitchell. Here is a little city in the heart of rich farmland where rarely a farm changes hands unless it is necessary to settle an estate.

The North Platte Valley has been referred to as America's Valley of the Nile, but I think you would find these Scotts Bluff County citizens much friendlier and industrious than those who populate the North African country.

As a Boy Scout, I climbed the east face of Scotts Bluff National Monument, using only hand and footholds. I wouldn't advise to try that now, but the monument is impressively beautiful in its rugged command of the valley.

You can drive to the top, passing through two tunnels and from the top, on a clear day you can see forever. Then at the west end of the monument is Mitchell Pass, the big features of which are ruts of the heavy Conestoga wagons as the pioneers drove west on the Oregon Trail.

I also would like to congratulate your editorial and production staffs on the very professional appearance of the Daily Nebraskan. It is a far cry from the "Rag" of which I was one of the editors. Keep up the good work. Your quality speaks highly of UNL's journalistic product.

Warren Joyce Ayres  
Lincoln

The Daily Nebraskan welcomes brief letters to the editor from all readers and interested others.

Letters will be selected for publication on the basis of clarity, originality, timeliness and space available. The Daily Nebraskan retains the right to edit all material.

Anonymous submissions will not be considered for publication. Letters should include the author's name, year in school, major and group affiliation, if any. Requests to withhold names will not be granted.

Submit material to the Daily Nebraskan, Nebraska Union 34, 1400 R St., Lincoln, Neb. 68588-0448.

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The Daily Nebraskan (USPS 144-080) is published by the UNL Publications Board Monday through Friday in the fall and spring semesters and Tuesdays and Fridays in the summer sessions, except during vacations.

Readers are encouraged to submit story ideas and comments on the Daily Nebraskan by phoning 472-2588 between 9 a.m. and 5 p.m. Monday through Friday. The public also has access to the Publications Board. For information, call Mary Conti, 472-6215.

Postmaster: Send address changes to the Daily Nebraskan, Nebraska Union 34, 1400 R St., Lincoln, Neb. 68588-0448.

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