

# A last message from Carl Hild

This is my "last chance" to convince you to take care of yourself. Whenever you get to a "last chance" it is obvious that you have made a decision and will make at least one more.

This is my "last chance" to lose weight, stop smoking, get off drugs, stop driving fast, etc.

"Last chance" statements are sometimes made out of frustration due to not having been able to succeed in earlier attempts. During next summer's Olympics I am sure athletes will be put into the position of "she has failed her first two attempts to set the world record. This is her "last chance" for gold and a new world record."

At the same time "last chance" statements are signs of previous failure and yet still hoped success. You do not have a "last chance" unless you are willing to try at least one more time. It denotes an air of confidence, an air of positivism. Many children's stories have the main characters failing twice and giving their all and succeeding on the "last chance."

Have you ever wanted to lose weight but could not? Have you ever wanted to stop

smoking but could not? Have you ever wanted to stay on an exercise program but could not? Have you ever wanted to be healthier but just could not? Come on, give it one "last chance."

I will be leaving my position as Deputy Director of Social Health Services as of November 11. I could have skipped this article in the rush of closing out my duties but I wanted one "last chance." One "last chance" to impact you. One "last chance" to convince you that prevention and staying healthy is far better than ever getting sick getting hurt, or trying risky activities. One "last chance" to convince you that you are responsible for your own health.

I am leaving the Arctic and cold environment as a "last chance." I had to make a decision about my own health. Stay here in Barrow and risk further rapid deterioration of my health or move and leave friends, home and job. This is my "last chance" to salvage the results of an old injury. I think I can be healthier. I decided to take definite action.

Sometimes "last chances"

are hard to take and have within them their own hurt. My leaving Barrow and friends is an example. However, I am responsible for my own health and that, above all else, must come first. If I am not caring for myself, and I am not honest with myself then how could I ever expect to try to help others and be honest with them?

There is one other interesting part about a "last chance." If you try and are successful that effort becomes your "last chance." Example. If you have tried to quit heavy drinking, but each time ended up getting drunk, then one day you tried again to quit your heavy drinking. That was ten years ago, and you haven't been drunk since then. As long as you are a responsible drinker then that effort, ten years ago, becomes your "last chance" to avoid being a heavy drinker.

Take care of yourself. Be healthy in mind, body and spirit.

Giving it my "last chance."

Naturally,

Carl M. Hild

Deputy Director SHS

P.S. This is also your "last chance" to respond to my newsletter.



*Life is fragile. Handle with care.*