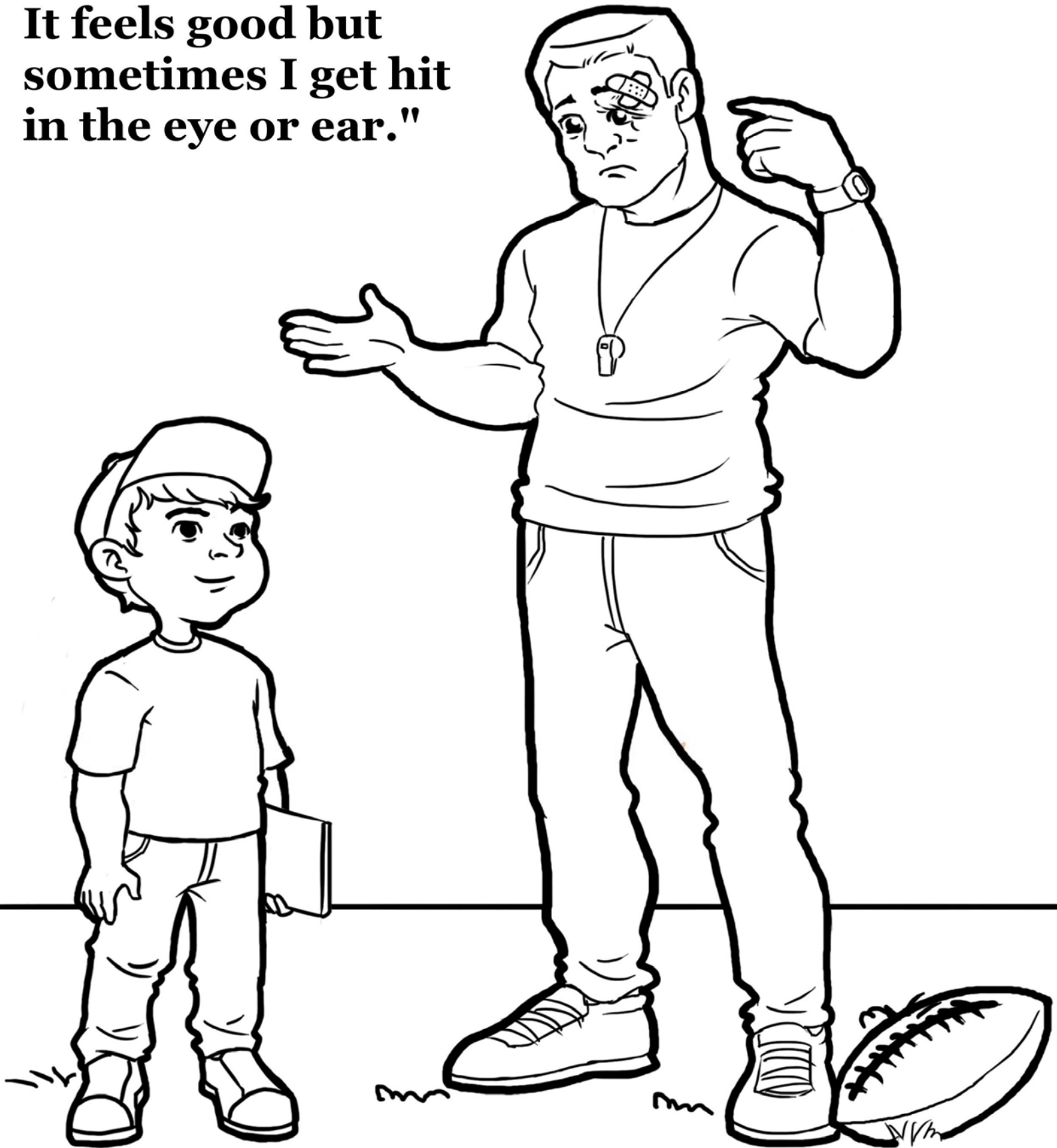


Uncle Jake a football coach said: "I just tell people straight out when I am angry with them. It feels good but sometimes I get hit in the eye or ear."



Anger begets anger. It may feel good to let it out but it usually comes back in ways we will not like.