

## Holidays often bring depression

**MEDIA** — The holiday season often brings an unexpected, unwelcome visitor—depression. Suicide attempts and depression-sparked breakdowns peak during December and January, and hundreds of persons suffer milder forms of depression.

Holiday depression doesn't discriminate. It can hit anyone, says extension home economist Greta C. Vairo. It may plague the mother who wants to create a spectacular holiday for her family, whether they want it or not.

It affects the parents who cannot

afford the expensive gifts they think their children want. It hits the young couple caught between demanding in-laws. Those millions with no place to go are particularly vulnerable to the holiday blues.

The romantic image of the holidays as a loving, joyous, family-oriented time contributes to holiday depression. Everyday problems and irritations are somehow supposed to disappear and usually do. Many people are convinced that everyone else is happy and they alone are depressed. An important key to

avoiding holiday depression, is simply knowing that it is common and shared by many others. Keeping expectations at a reasonable level and limiting the time and energy invested in holidays may also help some people. Others will find their best tactic is to get involved.

Depression can be regarded as a state of feeling sorry for yourself. It is best overcome by dealing with causes of the self-pity.

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## Tobacco imports study set

WASHINGTON, D.C. — Secretary of Agriculture John Block has announced formation of a task force to prepare the U.S. Department of Agriculture's study and testimony for the U.S. International Trade Commission's investigation of tobacco imports.

The task force, which includes tobacco experts from several USDA agencies, will be headed by Alan T. Tracy, deputy under secretary for international affairs and commodity programs.

Other members of the task force are Daniel Brinza, Office of the General Counsel; J.T. Bunn, Agricultural Marketing Service; Verner M. Grise, Economic Research Service; Robert G. Harper, Kenneth E.

Howland and Jane L. Laupus, Foreign Agricultural Service; Robert H. Miller, Agricultural Stabilization and Conservation Service; and W. Scott Steele, Office of Budget and Program Analysis.

The investigation, to determine whether imports are interfering with the price support and production adjustment programs for tobacco administered by USDA, was ordered by President Reagan following advice from Secretary Block. The President's directive was issued pursuant to Section 22 of the Agricultural Adjustment Act of 1933.

The International Trade Commission is expected to complete its investigation and report its findings and recommendations to the President early next year.

## Livestock markets sought

WASHINGTON, D.C. — A campaign to increase the export of U.S. livestock has been launched by the U.S. Department of Agriculture and the Livestock Exporters Association of Bloomington Ill.

The venture calls for resolving differences in animal health regulations between the United States and countries where U.S. livestock and embryos are now excluded, said Richard A. Smith, administrator of the USDA's Foreign Agricultural Service.

Such health agreements would remove unintended barriers to the importation of U.S. animals and could increase significantly American livestock exports, Smith said.

The Livestock Exporters Association and the Foreign Agricultural Service will work to convince foreign officials and scientists of the

adequacy of U.S. health testing measures. When necessary, the export group will bring foreign veterinarians to the United States to work directly with their USDA counterparts. As a last resort, new health tests could be developed to satisfy foreign buyers.

"Arriving at marketable solution is the key," said Smith. "U.S. livestock are probably the world's healthiest, yet several of the diseases we have here do not appear in some countries. We must assure buyers that the animals we export are indeed healthy. And we must do it without adding significantly to the costs of American exporters."

In fiscal year 1984, U.S. exports of cattle, swine and breeding horses are likely to total \$68 million.

Additional information may be obtained from the Livestock Export Association, Box 2901, Bloomington, Ill. 61701.

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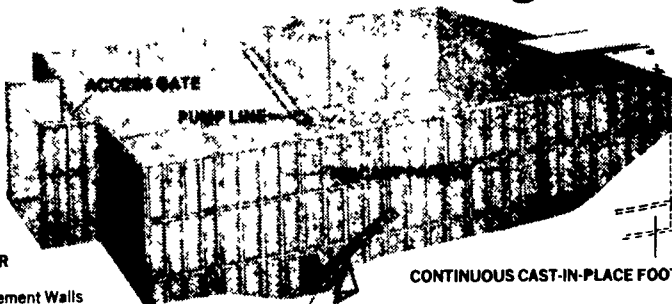


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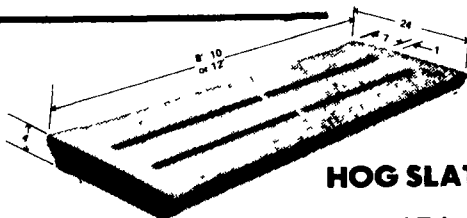
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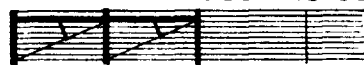
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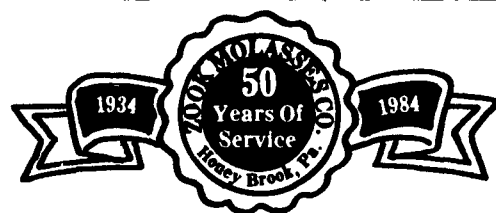


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