



Have You Heard?

By Doris Thomas
Lancaster Extension
Home Economist

Stress is not all Bad

Most people are under the impression that stress is something to be avoided because it is harmful to our physical and mental health. Actually, stress is a very important element in our lives.

Stress can be good or it can be bad. A certain amount of stress is necessary and a lack of it can possibly be harmful. Stress is the body's adaptation to life events and in moderate amounts it can be a benefit to the body. When it is severe, it overloads the body's ability to adapt and this is when it can have a negative impact on an individual.

When we experience a certain amount of positive stress it causes us to perform better. For example, disasters and wars create stress in a population forcing them to band together to survive. Therefore, stress is a very necessary ingredient in life.

The same kind of thing happens to an athlete. Getting psyched up for competition causes a certain amount of tension and anxiety. The athlete in this psyched up, stressful situation may out-perform the competitor who is emotionally flat.

Of course, stress can be hazardous if it is of the wrong kind or if there is too much of it. It is productive if it is not pushed past the body's physical endurance limit. Most people function effectively in the middle range of normal stress distribution. Experiencing distress for too long or too frequently can cause health problems, such as heart disease, high blood pressure, ulcers,

stomach cancer, skin blemishes, rheumatoid arthritis, diabetes, asthma, migraine headaches, chronic fatigue, inability to function, depression and accident proneness.

How to Care for Fiberglass Bathroom Fixtures

Many bathrooms today are furnished with fiberglass bathtubs, tub/shower combinations or shower stalls with either a shiny mirror-like finish or a textured surface for added safety. These molded bathing fixtures are installed without caulking and grouting. They require proper care in order to maintain their sparkling new looks.

Manufacturers of the fixtures offer the following suggestions for the regular cleaning of the bathroom units. Use a nonabrasive cleaning agent such as an all-purpose household cleaner, bathroom cleaner, liquid cleanser or baking soda. Abrasive cleaners and pads should be avoided since they may scratch, discolor or dull the surface of the fixture.

Liquid and spray cleaners can be applied full strength to the fixture. For a powdered product, use the following method: Wet the surface first. Make a water paste solution or apply the product to the fixture and let it remain on the surface for a few minutes. Then gently rub the area using a sponge, nylon brush or polyethylene pad. Rinse the unit thoroughly.

Stubborn stains may require a little extra attention. Sponge a stained area with any of the

Shared Holiday seeks host families

LANCASTER — Host families are needed for the 1986 Shared Holiday Program. Shared holiday is a program sponsored by the Lancaster County Council of Churches.

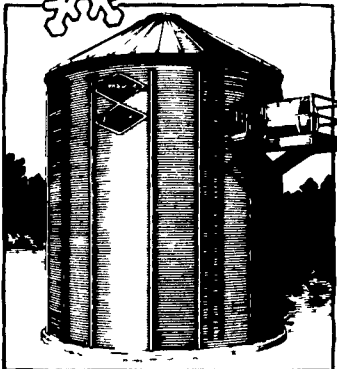
The program places low-income

children from Lancaster City and County, between the ages of 6 and 12, with families for 1 to 2 weeks.

Interested persons should contact Ellen Mellinger-Blouch at the Council of Churches office at 291-2261. Deadline for application is May 16.

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products mentioned above. Let the cleaner remain on the stain for about an hour, then rinse.

Other methods are necessary for some stains. For example, in hard water areas, a mineral deposit could build up. There are products available specifically designed to remove such deposits. Package instructions should be read and followed carefully.

Tough stains such as adhesives, tar, iodine, gentian violet and oil-based paints can be removed with acetone (nail-polish remover) or a paint thinner such as turpentine. Saturate a clean, white cotton cloth with the solution and lightly rub the affected area until the stain disappears.

Care should be taken when using these products. They are solvents that will not harm the fiberglass finish, but should be used sparingly. Solvents are highly flammable and should not be used near heat or any open flame. Do not smoke while using these products, and work in a well ventilated area. They should not be allowed to go down the drain or come in contact with a plastic drain grate. Use a dampened clean cloth or sponge to wipe off the

treated surface.

To maintain a lustrous finish, one manufacturer recommends conditioning the surfaces. Rub an automotive white polishing compound applied with a clean cloth to any scratched or dulled areas. Then buff the surfaces with a light application of an automotive white cream wax using a clean turkish towel. It is also suggested that this treatment be done about twice a year in order to maintain an attractive finish.



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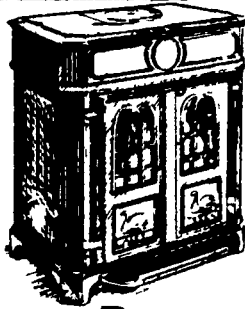
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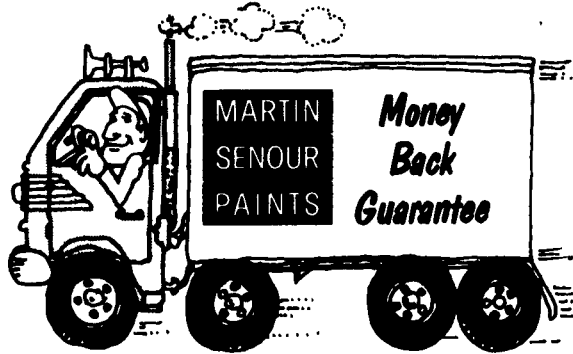
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