



## Have You Heard?

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Patience and time are required to successfully cope with change. We have to improve areas of weakness within the family so that when change is required, the family system will respond and adapt rather than crumble.

People can experience four kinds of change, each causing differing degrees of stress.

Expected and wanted changes, like marriage or a vacation, cause minimal stress. Expected and unwanted changes, like the physical changes of growing older or paying taxes, are more stressful. Unexpected changes that are pleasant are still stressful, but easier to take; these include

promotions at work or inheriting a lot of money.

Probably the hardest to cope with are the changes that are unexpected and unwanted, like the death of a loved one, a tornado that damages property and lives, or an accident.

The amount of stress to a family caused by a change depends on the number of stressful events occurring. Usually, one stressful event can be handled. But if several occur simultaneously this is called stress pile-up and can be difficult to handle.

It is also more difficult to cope with a stressful event that lasts a

long time. Losing a job and not finding another one and a long-term illness are examples of this type of stress.

Building family strengths before and after changes occur will help families cope with the stress those changes bring.

Family members should concentrate on individual strengths and family strengths rather than weaknesses, and in times of stress that's hard to do.

In times of stress and change the family needs to keep the lines of communication open. They need to make time to talk to each other, listen to each other and work out the difficulties. From this they may get ideas for solving the problem.

Staying flexible about who does what and when is a key factor in coping with shifting times of change.

Finally, families can plan strategies to cope with some crisis before they occur. If possible, anticipate what changes you may encounter, such as a death in the family, and adapt before they happen.

Families Can Cope  
With The Stress  
Of Change

Families may not be able to

predict the changes they will face in the future, but there are ways to help them cope with the stress those changes cause.

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### Is There A Low-Fat Cheese?

For many health-conscious people who wish to lower their fat intake, the hardest choice is to reduce their cheese intake. Besides having appealing variety, great taste, compelling convenience which makes it an excellent sandwich and snack food, and social acceptability with wine, cheese is a reasonably good source of calcium and protein. Unfortunately, between 65 and 75 percent of its calories come from fat. A typical 1.5 ounce serving, which is equivalent to two slices of American cheese, contains nearly the same amount of fat as 3.5 pats of butter, and most of it is saturated.

What about low-fat cheeses? Well, the low-fat natural cheeses are not really very low in fat. Part-skim mozzarella contains only one-fourth less fat than its normal counterpart, so only 55 percent of its calories come from fat. Part-skim ricotta contains 10 grams of fat per half cup instead of the 16 found in the full-fat product, which means that it is not exactly low in fat.

Low-fat natural cheese is actually hard to make since fat is what gives cheese its consistency. Processed cheeses, in which water is added to a cheese blend, are lower in fat. Many of the "lite" cheeses, for instance, contain only 3 to 4 grams of fat per 1.5 ounce serving. Their drawback is their sodium content. That 1.5 ounce serving will contain from 340 to 700 mg of sodium, a significant amount if you are concerned with keeping your sodium intake to the 3300 mg recommended by the National Academy of low spoilage rates, so they are handy for brown-bag lunches and travel well.

If, like most people, you like cheese and still want to watch your fat intake, eat small servings or eat it on days when you are eating an otherwise low-fat menu. Save cheese for special-occasion menus, and if you use it when cooking, pack it loosely when measuring and do not add that "extra" for good measure.