

Dealing With Stress After Major Storm

RUTGERS, N.J. — A natural disaster such as a hurricane not only leaves a trail of property destruction in its wake, many times it leaves thousands of its victims with a destroyed sense of balance. In addition to restoring buildings and replacing material possessions during the recovery period, victims may need to devote time to restoring their own emotional equilibrium. This can be especially important for children who do not have years of life experience to guide them.

Be extra patient. Determine what's really important, keeping in mind that your mate's viewpoint on what should be considered top priority may be different from yours.

Don't expect things to instantly restore themselves. Accept that restoration (both physical and emotional) takes time.

Realize that disaster victims have suffered losses and it's natural for them to express disbelief, anger, sadness, anxiety, and depression afterwards.

Realize that the emotions of victims will rollercoaster and moods can change unexpectedly.

Don't overlook the feelings of children as you deal with the situation. They need to feel that they

can count on you for the extra attention, love and support needed to get through. Reassure them, making sure they understand they are not responsible for the prob-

Robert J. Bulger, M.D. (NAPS) — Some sick chickens may help keep people healthy.

In the 1940's, researchers noted that chickens with Marek's disease developed hardening of the arteries similar to that seen in humans with arteriosclerosis. Fifty years later, researchers are using this clue to help unravel the still mysterious process of how heart disease develops, and have implicated another contributing factor — the herpes virus.

In persons with arteriosclerosis, the arteries that supply the heart gradually become narrowed by a buildup of a hardened material called plaque, made up of cholesterol fats and cellular debris. A heart attack occurs when a clot blocks the artery and cuts off the supply of oxygen to the heart. How this process begins, and a connection between forming plaque and clots have remained largely unresolved.

Dr. David P. Hajjar and his col-

leagues you face.

Try to keep your family diet as nourishing as possible under the circumstances.

Refocusing on the big picture, instead of the little details and the little problems, will give you a sense of competency.

Talk with friends, family, min-

isters. In crisis situations, a supportive network is essential.

Be aware of the tendency to resort to bad habits when you are under stress.

Chickens Help In Heart Research

leagues at Cornell University Medical College have proposed a molecular mechanism for the development of heart disease and the role of the herpes virus. In 1978, scientists showed that Marek's disease was caused by an avian herpes virus, which caused clogged arteries even in chickens fed a cholesterol-free diet. Dr. Hajjar found that when a herpes virus type 1 (the kind that causes cold sores in humans) infects a cell lining in the interior of arteries, it causes a molecule called glycoprotein C to be produced. Glycoprotein C then triggers the biochemical reactions leading to a clot. Moreover, white blood cells called monocytes respond to this clotting process, invade the arterial wall, absorb cholesterol and fats, and form the nucleus of an incipient plaque.

Does this mean that people who get cold sores will necessarily develop heart disease? Absolutely not — it is estimated that 90 per-

cent of Americans develop a herpes infection sometime in their lives, yet not all develop heart disease. However, herpes infection may contribute to aggravating the condition in people with other risk factors such as smoking or high cholesterol levels.

Preliminary test-tube experiments aimed at interfering with glycoprotein C have been promising, and follow-up animal tests are planned. On a broader scale, this research contributes to defining why certain individuals, even some with normal or low cholesterol levels, develop heart disease. By better understanding the complex interplay of its several contri-

buting factors, comprehensive and effective prevention and treatment of heart disease can more readily be developed. And until that day arrives, it's probably wise to stay away from too many french fries.

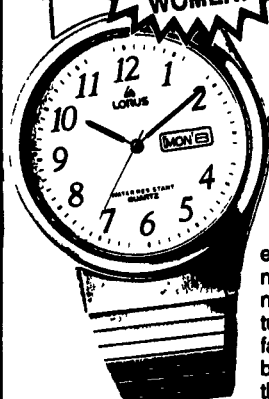
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New Weigh Of Life Workshop

DAUPHIN (Dauphin Co.) — New classes of a weight management program, developed by Penn State Cooperative Extension begin, Tuesday, September 21. Ten (10) weekly sessions are designed to provide accurate information about food, nutrition, and physical activity. Learn how to change behavior patterns which

lead to overeating and how to take care of yourself and manage food choices. Registration cost is \$45. Each session will begin at 5:30 p.m., at the Dauphin County Cooperative Extension Office, Agricultural and Natural Resources Center, 1451 Peters Mountain Road, Dauphin. For more information call (717) 921-8803.

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