

Lifestyle



Be brave, patient; you will endure

Snow and cold frustrating

By Kathryn Cates Moore
Journal Writer

Through chattering teeth, everybody's talking about the weather. It's cold outside. The car won't start. Shoveling snow is hard work. The heating bill is going to be sky high this month. The sidewalks are icy. Will spring ever come?

Those winter-worn topics of conversation are usually heard more in February than in December. But this year, the sub-zero temperatures came early. The question of having a white Christmas was moot. Instead, people wondered just how white it would end up being.

Weather, as most Nebraskans know, does make a difference. Psychologically, financially and physically, the snow and cold takes its toll on everyone, experts say.

A long way

Talking about it might hurt more than help, according to Carlton Paine, a clinical psychologist. If the talk is consistently negative, it may add to the unpleasantness, he said.

Add a little talk goes a long way. Those who started complaining in December will probably make everyone tired of listening if they continue through February with their gloomy weather conversations, he said.

The weather has a tendency to make people feel that they have lost a certain amount of control over their lives, Paine said. They have unpleasant crises, like frozen pipes, traffic jams and being late because of icy roads. All of these can cause stress, subtle anger and anxieties, he said.

Fear of falling

Fear and isolation are two effects of the cold weather that focus on older people, he said.

Many senior citizens are afraid of falling if they go outside. That can create an isolated feeling. Not seeing neighbors and friends is hard for those who like to socialize. There's no stimulation or change of environment, Fraser-Kontz said.

Financially, cold weather can put a freeze on your checking account. The \$30 for a low tow truck, \$40 for a new battery and the extra \$50 for heating costs can create a budget havoc.

Financial experts recommend having an emergency fund to cover those expenses, but many can't afford that.

More caraches

Dr. Richard Hammer, chief of the Lincoln-Lancaster

County Health department, said the low temperatures are associated with more caraches in children and upper respiratory infections.

Injuries from falls on the ice are up, especially broken wrists, he said. Complaints of pains in joints and arthritis aches also increase.

Cold weather causes blood vessels to constrict and those with a tendency toward heart attacks should not help push cars out of the snow or overexert by shoveling snow.

The only good thing, Hammer said, is that colds are often transmitted in large groups, such as school rooms and shopping crowds. The recent cold weather came when children were on Christmas vacation and less than usual were braving the weather to shop, he said, so maybe there will be fewer colds.

Hypothermia, a significant drop in internal body temperature, can be life-threatening. When your body begins losing heat faster than it is produced, blood vessels constrict and hands and feet tingle, then become numb.

Sudden shivers

It can strike inside as well as out and may be signaled by involuntary shivering, forgetfulness and drowsiness, Hammer said.

So how do you deal with the cold?

For physical relief, dress in layers to trap the warm air. Protect all exposed skin from the elements. Older persons should keep their thermostat set at 70 degrees.

Mentally, the solution is not so simple. Different things work for different people, Paine said. Table games, a common solution for coping with cold-weather doldrums, may not appeal to some. Winter sports, another possibility, is good for the athletically inclined.

He said fantasizing about a warm place may help for a few minutes, but then finding out your neighbor is actually headed to a warm vacation spot might then make matters worse.

Many ways

Sue E. Sorenson of the Community Mental Health Center, developed a Cold Fever Survival Kit with more than 100 ways to beat the mid-winter blues.

Basically they are divided into categories such as: try a change, explore, create something, record and organize and finish something.

Within each category there are lists of activities that fit the occasion.

But one of the easiest is suggested by Fraser-Kontz. Think about the January thaw. It's bound to come, when the mercury climbs up the frosty thermometer to 20 degrees, celebrate. Remember spring is coming and you will endure, he said.

1984 health and hangover prevention tips

By United Press International

Health experts offered some tips for those who resolve to beat gluttony or smoking addiction in 1984, and honey was suggested by one as a way of preventing hangovers for New Year's Eve celebrants.

Resolution guidelines for the overweight come from diet expert Sylvia Fargnoli in Berkeley, Idaho.

"Resist to avoid crash diets. They crash your lifestyle, your spirits, and often your health, but are useless in the long run," she said. "Set realistic goals. Impossible promises are broken promises."

"Look at yourself in the mirror. Tell yourself that you owe it

to yourself to become the very best you possibly can. Resolve to eat controlled portions of nutritious foods and increase your activity."

Dr. Seymour Diamond, executive director of the National Migraine Foundation in Chicago, said inhibitors on New Year's Eve should drink and eat in moderation to avoid a hangover. He said people who get migraine headaches should abstain from alcohol.

"Spreading the honey on a cracker or a piece of toast either before or after drinking may prevent a hangover," the headache specialist said.

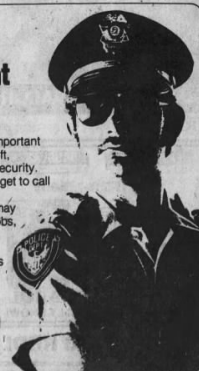
Shoplifters get to meet very important people

Shoplifting isn't kid-stuff anymore. Some very important people are getting tough. If you decide to shoplift, chances are, you'll get to meet them all. Store security. The local police. A sentencing judge. You even get to call home and involve your family.

Shoplifting can give you a criminal record that may never be erased. It can keep you from getting jobs, winning a scholarship, or borrowing money. So before you trade your future for a piece of merchandise, just remember that shoplifting has some very important consequences.

Shoplifting is a crime. And shoplifters will be treated as criminals.

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VCR straining marriage

Dear Ann: A new enemy has invaded our family life. It is the home-TV movie recorder.

We bought the darned thing to film our daughter's acrobatic compilation. My husband's three sons from a previous marriage used to drop over every other weekend to help me out of their father. (They never had time to stay for dinner.) Now, since the video cassette recorder arrived, they are here every weekend, each bringing a friend or two, sprawled on the living room floor for hours on end. Of course, they sleep over and eat like the Russians are on the lawn.

From Friday evening to Monday morning 16 movies were viewed — porn, sick comedy and horror garbage. My husband and I are beginning to fight. He says, "These are MY kids and they are welcome in my home any time. At least I know where they are." Any ideas? Sign me Ready to Kick the Tube in.

Dear Ready: Any chance of planning some weekends away? (Second honeymoon style?) If not, you need a professional counselor to mediate this war before these kids and the VCR break up your marriage. They should not be permitted to take over the house every weekend. It's a criminal.

Dear Ann Landers: I have a wonderful old aunt who is sweet as she can be but a rotten cook. She makes a noodle pudding that is like leather, and what that woman can do to a perfectly good pot roast is criminal.

Her specialty is a rhubarb pie. To begin with, I hate rhubarb. The crust (which she boasts are made "from scratch") are like layers of tar.

The problem: This darling aunt brings out of her "specialties" at least once a month. Everything gets dumped into the garbage can. This has been going on ever since I moved to her neighborhood two years ago.

My husband says I should be honest and tell her we can't eat her cooking. He feels it is a sin to let the woman waste her money like this (she is on a food income and hasn't much to spare).

Dear Ann Landers: I am a college freshman and have grown up reading your column. You have been very helpful in helping me form some of my ideas on many issues. And now will you help me again?

Please explain how whole, non-violent people can sit in front of a TV screen for hours and enjoy professional wrestling.

My father is a fine man. I am baffled by the way he gets caught up in this brutal (and often phony) so-called sport. Help me understand.

Dear Bell: Sorry, I also am baffled. And the mid-racing and women in the ring simply drive me nuts. Any answers out there?

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'No-alcohol' wine tested by Seagram

SARATOGA, Calif. (AP) — A wine containing almost no alcohol is being test-marketed for the first time by an American company for people who want to sip without getting tipsy.

Joseph E. Seagram & Sons Inc., the nation's largest distiller and second-largest wine producer, is selling its St. Regis Vineyards product in Sacramento, Stockton and major Arizona cities in the first such venture by an American company.

The product is regular wine — crushed, fermented, aged — and then de-alcoholized with a heat process. It contains less than 0.5 percent alcohol by volume, compared with the 1 percent to 14 percent alcohol content of conventional wines.

St. Regis is making the wine in Modesto from French colubard and chenin blanc grapes and bottling it in screw-top jug-like type containers at the Seagram-owned Paul Masson plant here. The price is \$2.99 for a 20-ounce bottle.

Similar drinks have been introduced by Italian and Australian producers.

Ed Reiter, marketing director for St. Regis, declined to say how much of the wine had been sold in the tests.

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