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TO YOUR HEALTH

Daily Journal staff report

Workshop addresses safe food-handling practices

A two-hour food safety workshop will be conducted from 9 to 11 a.m. Feb. 28 at the Johnson County Extension office in the Oren Wright Building, 80 S. Jackson St. in Franklin.

The free class is designed to teach safe food handling for food-service employees and managers. To register, call 736-3724.

See how your grandma's kitchen might have looked

An educational program about kitchens of the 1940s will be offered at 1 p.m. Feb. 8 at the Johnson County Extension office in the Oren Wright Building, 80 S. Jackson St. in Franklin.

The program is free. Registration: 736-3724

Cancer session for patients, caregivers

A free seminar for cancer patients and their families will be from noon to 2 p.m. Feb. 17 in Classroom 1 at St. Francis Hospital Indianapolis, 8111 S. Emerson Ave.

The session includes lunch for all registered visitors.

Participants will learn how tumors grow and how treatment decisions are made. Time will be provided for questions.

Registration by Feb. 15 is preferred. Call 257-1505 or visit cancer.stfrancis.hospitals.org.

Click on "Classes" under the "To Learn More" heading on the right side of the Web page.

Weight-loss options offered at medical center

The St. Francis Medical & Surgical Weight Loss Center offers programs for people who want to lose weight.

Options for medically supervised weight loss as well as weight-loss surgery will be discussed at 6 p.m. Feb. 9 and Feb. 20 and noon Feb. 15 at the center, 700 E. Southport Road in Indianapolis.

There is no charge for admission, but advance registration is required.

LEARN, a program about lifestyle, exercise, attitude, relationships and nutrition that assists participants with weight loss and maintenance, meets at 6 p.m. Mondays beginning next week at the weight loss center.

The 10-week program teaches skills for lifelong behavioral changes, including coping with stress, staying physically active, dining out effectively and modifying recipes.

Cost is \$310, but insurance may cover some of the fee.

To register for either program, call 782-7525.

Workshop gives female cancer patients beauty tips

A free Look Good Feel Better workshop for women with cancer will take place from noon to 2 p.m. Feb. 6 at St. Francis Hospital Indianapolis, 8111 S. Emerson Ave.

Volunteer beauty professionals lead small groups through practical, hands-on experience. Women learn about makeup techniques, skincare, nail care and options related to hair loss.

Registration is required at 782-6704.

Blah moods beg for spring to blossom

Take steps to chase away seasonal depression

By SHERRI EASTBURN
DAILY JOURNAL STAFF WRITER

A few days after the Christmas decorations are packed away every year, Karen Morgason feels her mood shift.

"I guess it's all that anticipation about Christmas," the Shelby County resident said. "And then you feel let down afterwards. I think a lot of people are like that."

The end of the holiday season isn't the only thing that gets Morgason down. She dreads the gray days between January and April.

"I don't like the gloom," she said. "I'm not a winter person. I have to be active, busy, planning and doing something all the time to keep my mood up."

As winter arrives, many people recognize a definite change in their mood, said Kerry Minnis, a clinical social worker at St. Francis Behavioral Health. But there are ways to combat the cold-weather depression known as seasonal affective disorder.

Morgason's work as a floral designer makes surviving the winter blues easier for her.

"It definitely helps me to be around the flowers," she said. "Nature is wonderful to be in tune with when you have seasonal depression."

Amateur florists benefit from the winter lift flowers can bring as well.

People with high-stress jobs, chronic pain and winter blahs enroll in her floral-design classes, said Pamela Parker Tucker, owner of J.P. Parker Co. in Franklin.

Sifting through a pile of colorful tulips is heartening in the midst of winter, Tucker said.

Students attending her workshops at White River Gardens in Indianapolis and her continuing education classes at Franklin College are often referred

"It definitely helps me to be around the flowers. Nature is wonderful to be in tune with when you have seasonal depression."

Karen Morgason, a floral designer who feels melancholy during winter



Karen Morgason of Shelby County relies on her work as a floral designer to keep her mood up when seasonal depression hits. "I don't like the gloom," she says. "I'm not a winter person."

by their physicians as a way to ward off winter depression, she said.

"In the classes, they lose themselves," Tucker said. "You can have a touch of spring when it really isn't spring."

People with seasonal affective disorder face extreme melancholy during winter, Minnis said.

Sufferers may experience insomnia or sleep too much. They crave sweet and starchy foods. They get irritated easily. They often report weight gain.

Avoiding regular activities, such as outings with friends, is also common, Minnis said.

Lack of exposure to the sun during winter is one theory about the cause of seasonal affective disorder.

Bright rays help the body produce vitamin D and serotonin, a neuro-transmitter

in the brain that fends off depression, Minnis said. But by late fall, people often go to work in the dark, sit all day inside of a building and drive home after the sun has gone down.

Exposure to artificial light is a way to tackle daylight deprivation, Minnis said.

Some patients find their moods improve when they sit with a book or man the TV remote near a device called a light box. The electrical source of sunlight is slightly bigger than a shoebox with white florescent light tubes covered by a plastic screen.

Once plugged in, the burst of light provides ultraviolet rays.

Minnis' clients sit about 20 inches away from the light box for 30 minutes a day during winter. Many people report improvement in their mood after two weeks of consistent light therapy.

For others, anticipation gets them through seasonal depression.

"The only good thing about winter is looking forward to spring," Morgason said.

Think floral design could lift your mood? A class meets from 6:30 to 8:30 p.m. Wednesdays from Feb. 15 through March 15 in Franklin. Cost is \$160. Call 738-8094 to register.



Infectious bug totes yucky baggage

Most kids catch group of puke-inducing germs

By MICHAEL WOODS
TOLEDO (OHIO) BLADE

Influenza gets most of the headlines, but its wicked stepsister spins off regular epidemics among young children every flu season.

From late autumn to early spring, rotavirus infections sweep through homes, play groups, day-care centers and schools.

Rotaviruses are a family of germs named for their wheel-shaped appearances when viewed through a high-powered microscope.

Most children catch a rotavirus by age 4. It usually means three to eight days of misery for the victims. Children start with a fever and vomiting and continue with several bouts of watery diarrhea a day.

About 3 million cases occur every year among kids under age 5, according to the U.S. Centers for Disease Control and Prevention, making rotavirus the No. 1 cause of severe vomiting and diarrhea in young children.

At least 500,000 kids get badly dehydrated and need a doctor. About 50,000 need hospital treatment.

Medical care for rotavirus costs about \$300 million a year. Add in the time Mom and Dad lose from work, and other costs, and the national bill for rotavirus infections may top \$1 billion.

The illness causes only about 20 deaths a year in the United States. It's a different story in poor countries, where rotavirus kills about 450,000 children annually.

Until a safe vaccine is available, prevention of rotavirus infections rests in the hands of children and adults.

The virus spreads to other children by what doctors delicately term the "fecal-oral route."

Hands that appear perfectly clean still can carry invisible specks of fecal material that can cause illness.

People who care for young children should wash their hands and children's hands often.



LIQUID LIBRARY PHOTO ILLUSTRATION
Rotaviruses usually affect children with fever and other symptoms for three to eight days.

Icon of American white bread promotes whole-wheat varieties

By J.M. HIRSCH
THE ASSOCIATED PRESS

But will kids still be able to wad it up into sticky, glutinous balls and throw it across the cafeteria?

Wonder Bread, that icon of squishy, oh-so-American white bread, turned a nutritional corner Monday with the launch of two whole wheat versions intended to look, taste and feel just like the spongy original.

It's part of a plan to resuscitate Wonder Bread's baker, the bankrupt Interstate Bakeries Corp. — also the maker of Hostess Twinkies — which has struggled as consumers went from rejecting carbs outright to demanding they be whole grain.

The launch comes as concerns about skyrocketing obesity rates and the preponderance of highly processed foods in the American diet (such as white bread) have fueled campaigns by government and health officials to get consumers to eat more whole grains.

Stan Osman, vice president of market-

ing at the Kansas City, Mo.-based Interstate Bakeries, said his company aims to make it easier for people to do that by turning whole wheat into something more easily stomachable by fans of white bread.

"These are soft breads. They don't have any grains or stuff in them that you can see," he said. "You couldn't find anything in them. They don't have any toppings on them. They're very much like what you would expect from Wonder Bread."

The change is made possible with white whole wheat flour, which has a milder taste, texture and color than traditional wheat but a similar nutritional profile. The new breads contain 2 grams of fiber per slice; the original Wonder Bread has none.

The new breads include Wonder White Bread Fans, which is 100 percent whole grain, and Wonder Whole Grain White, which is part whole grain, part white flour. The company also is introducing Wonder Kids, a highly fortified white bread.

Osman doesn't worry that consumers won't take whole grains seriously from a company defined by white bread, a term

Wonder Bread has added two breads containing whole grains. From left are Wonder White Bread Fans, made of 100 percent whole grain; Wonder Whole Grain White, with part whole grain flour; and the original Wonder Bread.

that has become a pejorative and not just to those with carbohydrate phobias.

"White bread America" isn't exactly a term of endearment.

"The nutrition facts speak for themselves and I have to believe that the taste of the products, using the products, if anybody has that hurdle, it will get them past that," Osman said. He declined to discuss sales expectations.

Others aren't so sure it's a good move. "Healthy Wonder Bread? That's an oxymoron," said Darra Goldstein, editor-

in-chief of Gastronomica, a journal of food and culture. She said it sounds more like a marketing ploy than a good bread.

"Whole grain is just such a buzz word that even a bread like Wonder Bread, the antithesis of everything that is natural" is going in that direction, she said. "They just want to make sure that peo-

ple still continue to buy their bread."

But American Dietetic Association spokesman David Grotto welcomes the new breads.

"For the general public this is a nice, kind of covert way of introducing whole grains and not beating them over the head," he said.



AP PHOTO