

# ACCENT

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## Wal-Mart continues move to organic products

By **MARCUS KABEL**  
THE ASSOCIATED PRESS

**BENTONVILLE, Ark.**

Wal-Mart Stores Inc. is throwing its weight behind organic products, a move that experts say could have the same lasting effect on environmental practices that Wal-Mart has had on prices by forcing suppliers and competitors to keep up.

Putting new items on the shelf this year, from organic cotton baby clothes to ocean fish caught in ways that don't harm the environment, is part of a broader green policy launched last year to meet consumer demand, cut costs for things like energy and packaging and burnish a battered reputation.

Organic products are one lure for the more affluent shoppers Wal-Mart is trying to woo away from rivals like Target,



AP PHOTO

Organic grocery items such as chicken could get a boost when Wal-Mart stores increase the number of organic products on shelves within the next month.

said Alice Peterson, president of Chicago-based consultancy Syrus Global.

A new supercenter that opened this week in the Dallas suburb of Plano fea-

tures more than 400 organic foods as part of an experiment to see what kinds of products and interior decor can grab the interest of upscale shoppers.

"Like many big companies, they have figured out it is just good marketing and good reputation building to be in favor of things that Americans are increasingly interested in," Peterson said.

Wal-Mart plans to double its organic grocery offerings in the next month and continue looking for more products to offer in areas such as grocery, apparel, paper and electronics.

Stephen Quinn, vice president of marketing, told an analysts' conference this month that Wal-Mart would have 400 organic food items in stores this summer "at the Wal-Mart price."

Some Wal-Mart critics call the effort a public relations move, but others say the retailer could make a real difference if it brings a critical mass of organic products to market and pushes enough suppliers to adopt green practices.



Carol Juergensen Sheets

LIVE BETTER

## Keep it real on day for valentines

Are you one of the millions of people who fears a disappointing Valentine's Day?

Maybe you don't have a date, and it feels like the rest of the world is celebrating the "love holiday" without you.

Perhaps you have a date, but the relationship lacks zest and passion so consequently you think that everyone else will be celebrating in style while your Valentine's Day fizzles like a sparkler that has gone bad.

You may realize you are going through the motions of the holiday preparation, but you just can't seem to find the enthusiasm that typically cultivates romance.

The reality of the situation is that millions of people will be disappointed with Valentine's Day because it doesn't measure up to what they think a romantic holiday is supposed to be about.

Did you know that Valentine's Day can be the most disappointing holiday of the year? I see an influx of couples and individuals who are situationally depressed after this holiday.

Undoubtedly, their depression is a result of an anticlimactic Valentine's Day. Although this day is set aside as a celebration of love, for many couples it turns out to be just another day.

Many of my single clients report that they typically don't have a date for Valentine's Day, which leaves them feeling discouraged and lonely.

It reminds them of their fear that they will never find Mr. or Ms. Right. I tell them that their work is to enjoy their single life and ignore the holiday that focuses on being part of a couple.

I reassure them that this holiday is a disappointment for many couples. I explain that at least 50 percent of the clients I talk to have no plans for Valentine's Day. I urge single clients to put a new spin on the day by expressing love to people who hold a special place in their life.

My married clients complain that the holiday does not meet their need for romance as well.

They hope for a special evening with dinner, a thoughtful present and passionate kisses, but the evening invariably does not match their hopes. Their expectations are too high. As a result, they end up feeling disappointed, unappreciated and lonely even though they were with the one they loved.

Although I am not against celebrating Valentine's Day, I believe there is too much hype about creating the perfect night, which sets up people for disappointment. I often see the same thing with people who expect a perfect relationship.

Do you expect too much from your partner?

In developing a healthy relationship, be realistic about what you need and want from your partner. Many people enter a relationship hoping that the other person will complete them. Although having a partner may make you feel like you are a better fit in society, most often a partner will challenge you emotionally.

Marital therapists believe that the greatest insecurities, wounds and unmet needs manifest when people couple up.

Often, you will see a pattern where your spouse disappoints you in the same way that a parent did. It is not uncommon to pick a partner who unconsciously triggers the same issues you experienced in childhood.

The good news is that you get a second chance to work out the conflict that originated in childhood. When you are in a one-on-one relationship you have the greatest opportunity to grow. Why? Because being part of a partnership requires that you figure out how to resolve issues new and old.

Regardless of whether you agree with this premise or not, it is important to have realistic expectations, whether you are single or married.

No wonder Valentines Day can trigger so much disappointment. It is the only holiday that glorifies the perfect relationship. And hopefully, we all know that there is no such thing as the perfect relationship.

Have a wonderfully realistic Valentine's Day.

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# Heed heart warnings

## Indicators of cardiovascular disease varied in women

By **ANNETTE JONES**  
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When it comes to matters of the heart, women are at risk. Unhealthy lifestyles and hereditary indicators put women at risk for heart attacks.

Every year, more women than men die of heart attacks, and more women die from heart disease than from breast cancer.

Women often are busy taking care of everyone else and don't take care of themselves, especially their hearts, says Dr. Marc Gerdisch, director of cardiothoracic surgery at St. Francis Heart Center in Indianapolis and an assistant professor of cardiac surgery at Loyola University Medical Center.

Gerdisch will conduct a free program about women and heart disease at 6:30 p.m. Feb. 20 at the Inn of St. Francis at St. Francis Hospital Indianapolis, 8111 S. Emerson Ave.

Jean Hafley, a nurse in the office of Indiana Heart Physicians, was the queen of denial. She had several indicators of heart disease.

She suffered from obesity and had everyday life stresses.

She woke at night with shortness of breath and feelings of anxiety.

She suffered from tightness in her throat, a cough and increased feelings of indigestion and fatigue.

She had excuses for everything, until she felt light-headed and shaky at work one day.

Another nurse took her blood pressure, but it was only slightly elevated. Hafley was taking medicine for hypertension but was stable.



STAFF PHOTO BY SCOTT ROBERSON/sroberson@thejournalnet.com

Dr. Marc Gerdisch is director of cardiothoracic surgery at St. Francis Heart Center in Indianapolis and an assistant professor of cardiac surgery at Loyola University Medical Center.

"My goal is for people to be healthy and happy, so they can enjoy their family. I don't want them crippled by heart disease," Gerdisch says.

A short time later she felt tightness in her chest.

An electrocardiogram indicated further testing was necessary. A stress test showed possible lack of blood flow to part of the heart.

When a cardiac catheterization showed a 95 percent blockage in one of the main arteries, she was surprised.

She immediately had a stent placed in the blocked artery.

"This prevented me from having a major heart attack," she says.

Over several decades, deaths from heart attacks have continued to climb, especially for women, Gerdisch says.

"When you look at sudden death, 50 percent of men with no previous symptoms drop dead of a heart attack. It's 60 percent in women," Gerdisch says.

That can all be changed, and women can enjoy a quality life by adjusting their lifestyle and seeking a cardiovascular specialist if they have any risk

factors, he says.

A specialist can analyze their predisposition to cardiac disease. If it is recognized early, it can be treated.

For instance, a leaky valve can be repaired before the leak becomes substantial enough that it has to be replaced, he says.

Once repaired, there is a 95 percent chance of needing no further surgery.

Fluttering in the chest or chest pain are indications of a leaky valve.

Physicians need to be sure the patient takes some responsibility for their health, Gerdisch says.

Women need to be aware of their cholesterol levels and their blood pressure. Controllable diseases such as obesity and diabetes also put women at risk.

"My goal is for people to be healthy and happy, so they can enjoy their family. I don't want them crippled by heart disease," Gerdisch says.

### IF YOU GO

**'Heart Matters: What every woman should know about heart disease'**

**When:** 6:30 p.m. Feb. 20

**Where:** Inn at St. Francis at St. Francis Hospital Indianapolis, 8111 S. Emerson Ave.

**What:** Marc W. Gerdisch, director of cardiothoracic surgery at St. Francis Heart Center in Indianapolis will present the program. Free cholesterol screening will be available by appointment from 5:30 to 6:30 p.m. Participants will receive free giveaways; those who wear red will receive another gift.

**Registration:** Recommended for program by calling 782-4422; for cholesterol screening, call 782-4422 by Friday

## TO YOUR HEALTH

### St. Francis Hospital offers classes in February

St. Francis Hospital Indianapolis is sponsoring the following events:

- Oncologist nurse practitioner Janice Leak will present "Tired of Thinking or Too Tired to Think: Managing Fatigue and Chemo Brain," at a free seminar for cancer patients and their families from noon to 2 p.m. Friday at the hospital, 8111 S. Emerson Ave. The session includes lunch for all registered participants.

Registration is preferred by Wednesday at 257-1505.

- A Freedom From Smoking class will meet from 6 to 8 p.m. Tuesdays for seven weeks beginning today at St. Francis Community Relations, 3145 E. Thompson Road, Indianapolis.

Cost is \$50 and may be reimbursed by insurance.

Reservations: 782-7999

### Workshop in March will cover open adoption, costs

The Independent Adoption Center will host an adoption information session from 9:30 a.m. to 1 p.m. March 3 at the center's Indiana office, 5162 E. Stop 11 Road, Suite 1, Indianapolis.

The session will discuss open adoption from initial stages through finalization, as well as costs associated with adoption. Reservations are required by calling 887-2015.

### Buy fresh flowers to support cancer research

Johnson County residents can support cancer prevention, detection and patient-service programs by buying flowers during the Daffodil Days fund-raiser.

For a donation of \$10 or \$15, the American Cancer Society will provide individuals and area businesses with a bouquet of 10 fresh-cut daffodils or

daffodils and a glass vase.

The society also will offer to deliver daffodils delivered anonymously to local cancer patients, treatment centers and nursing homes in central Indiana for \$25.

Flowers will be delivered March 13 to 16. The minimum order for delivery is \$50. Information: 347-6670

### Nursing scholarship founded to encourage doctoral students

The National League for Nursing's Foundation for Nursing Education will offer scholarships for nurses studying for doctoral degrees in nursing.

According to a faculty census survey, fewer than half the full-time faculty in baccalaureate and higher-degree nursing programs holds doctoral degrees.

To address the issue, the foundation will offer four \$2,500 scholarships to offset dissertation expenses for doctoral

candidates whose dissertations focus on nursing education research.

Information: Nicole DeMent, (212) 812-0348 or [foundation@nlm.org](mailto:foundation@nlm.org)

### Mothers-to-be can learn about babies, win gift certificate

A free presentation for expectant mothers and their families, "Ready or Not, Here I Come," will take place from 6:30 to 9 p.m. Feb. 22 at Johnson Memorial Hospital's 1155 Building lobby.

The presentation by the Partnership for a Healthier Johnson County is free.

The program will feature local experts talking about nutrition, breastfeeding, budgeting, food safety, early childhood literacy, secondhand smoke, healthy relationships and immunizations.

A \$200 gift certificate from Babies R Us will be given away, and all moms will receive a gift.

Registration: 346-3728