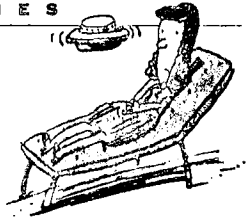


From New Age
Mag.
8/92



Psychiatrists: Help the Abducted

The psychological aftereffects of reported UFO abductions should be taken more seriously by mental health professionals, argues noted Harvard psychiatrist John Mack. After speaking with some 60 people about abduction experiences, Mack, founding director of the Center for Psychology and Social Change, helped organize a recent conference and is now focusing his research efforts in this controversial area. And as part of his peer education effort, Mack wrote the preface to a report mailed last spring to 100,000 of his colleagues that suggests that hundreds of thousands, if not millions, of Americans may have experienced UFO abductions or abduction-related phenomena. "When abductees have turned in their distress to mental health professionals," Mack wrote, "they have often become still more troubled when an attempt is made to place their cases in a familiar psychiatric category or to attribute their experiences to some other sort of trauma."

But even if the FDA had serious questions about Wright's methods and medications, its aggressive use of force remains hard to explain. The FDA's Lowell maintains that "the forced entry was executed by the Sheriff's department," and "we did not see any activities on the part of the Sheriff's department to which we objected." Sheriff James Montgomery, contradicting the reports of several clinic employees, told those at a public hearing called by county council members that only one officer drew his gun during the raid, pointing it at the ceiling, because he felt that his safety was threatened, a comment that drew catcalls and boos from the audience. Wright's employees present a wholly different story—of a raid that continues to haunt them. "This did not stop that day," said allergy technician Julie Gallegos. "This is affecting my family, and it goes on and on."

Perhaps the most revealing account, however, appeared in the watchdog publication "Food and Drug Insider Report," attributed to a King County police officer: "The FDA guys were all pumped up. It pumped us up. We were told to break down the doors. We didn't have any idea who we would encounter. We knew that illegal drugs were involved. But FDA didn't tell us it was for old ladies with allergies. The whole incident has been extremely embarrassing. We look and feel like class A idiots."

—Jonathan Adolph

I D E A S

Swapping Time for Dollars

SEVERAL TIMES EACH WEEK, Gloria Feldstein, a 68-year-old retired housewife from Brooklyn, New York, travels to the apartment of a fellow senior citizen to offer empathy and counsel related to issues such as bereavement and loneliness. She's not a psychologist, and she receives no pay for her efforts. But she's not exactly a volunteer, either.

That's because for every hour she contributes to elders



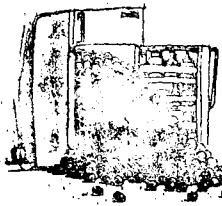
Now people can help others—and themselves.

in need, she racks up an hour's "service credit" in her own computer-banked account with Elderplan, a local health-maintenance organization whose innovative "Member to Member" program has afforded Feldstein and some 150 other "time-workers" the chance to help others while helping themselves.

Feldstein can "spend" her

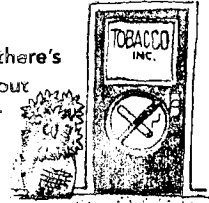
Too Many Tomatoes?

Gardeners with a bumper crop but a full refrigerator may want to take a tip from the Maine Organic Farmers and Gardeners Association (MOFGA) this fall: Share your surplus harvest with a local soup kitchen or food bank. The group this spring urged its members to "grow an extra row for the needy" and provided a list of Maine food distributors to make donating easier. "Some people think soup kitchens only want canned goods," notes executive director Nancy Ross. "But they want all kinds of food."

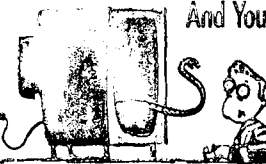


A Non-Smoking Gun

The tobacco industry has long held that there's no link between cigarettes and disease, but it seems the top brass at the three major US tobacco companies don't buy it. As noted in the anti-cigarette newsletter "SmokeFree Air," the ranks of the non-smoking now include Philip Morris chairman Michael Miles (who quit 20 years ago), R. J. Reynolds chairman Louis Gerstner (a former member of Memorial Sloan Kettering Cancer Institute), and the entire board of Loews Corporation, parent of Lorillard Tobacco Company. How does the industry's public relations machine respond? Don't ask Tobacco Institute spokesman Tom Lauria—he doesn't smoke either. Hmmm.



And You Thought It Only Rots Your Mind . . .



A team of California researchers has found that kids who watch two or more hours of television a day were twice as likely to have high cholesterol than were those who watched less. And couch-potatoes-in-training who watched more than four hours a day were four times as likely to have high cholesterol. They were also less likely to eat lean meat or engage in physical activity outside of school—channel surfing excluded.