

Terugblik



Heilbron Herald, Vrydag 6 Mei 2011 - "POT-HOLES" DALK 'N DOEL
Die slaggate in ons paaie het dalk 'n doel! Een van ons lesers het Sondag hierdie foto geneem van 'n man wat besluit het om een van die gate in Langmarkstraat Heilbron te gebruik vir 'n verfrissende bad. Die nuuskierige blikke van die verbygangers het hom min geskeel.

Heilbron • Edenville • Frankfort



Hugo Groenewald
082 569 7205

Kontak hom gerus vir enige Lewendehawe bemerking, Uit-die-hand-transaksies of veiling navrae!

www.vleissentraal.co.za



JJ Hadebestraat 97,
Frankfort, 9830
Sel: 082 569 7205
Kantoor: 058 813 1067



Raak deel van ons lekker-lees gemeenskaps-koerant en stuur vir ons jou foto's van mylpale wat bereik is, asook ander aktiwiteite. Ons plaas dit graag.

Vir enige nuus wat jy graag met die lesers wil deel, skakel kantoorure by 058 852 3033.

Elsstraat 44
Heilbron • 9650
Tel: 058 852 3033




Briewe aan:

Redakteur

Die volgende skrywe is ontvang van **Heléne Howell van Huis Bron-van-Heilgerig aan die redakteur.**

Die spieël van ons lewe:

Die invloed wat ons op 'n ander se lewe het, is 'n skrikwekkende verantwoordelikheid. Ons krenk sonder nadenke. Ons kan met een onbedagsame woord of daad die lewe van 'n medemens onherroepelik van koers af stuur. Ons kan Jesus daaglik met ons voorbeeld verloën. Ons mag die verkondiging van Sy liefde, genade en soendood nie ontteer deur die lewe wat ons lewe nie, iewers, elke dag langs die pad, sien ons broer of suster ons. Hy kyk na ons en ons moet sorg dat wat hul sien sy geloof en sy respek versterk. Die lewe is die spieël van ons binneste, van ons belydenis en van ons geloof. Om die Genade van God se liefde waardig te wees, om Sy liefde te verkondig soos Hy ons beveel, moet ons biddend en verantwoordelik lewe sodat ons nie ons broer of suster wat dalk swakker as ons is, die afgrond afstuur nie. Ek kan byvoeg aftakelende woorde, of beledigende woorde, het al baie hartseer en aftakeling veroorsaak, in baie se lewens, met groot skade, wat onherroepelik verby is.

Bron: *Thea Schutte "Lewende Lote"*
Petrus Steyn - Ingestuur deur Heléne Howell

Planne word beraam



Die lede van Heilbron Dienssentrum is hierdie week hard aan die beplan vir volgende week se verkope van braaibroodjies en wors, boereworsrolle en poeding. Om die tafel sit van voor links: Bets Nortier, Gerda Theron, Alta Claasen, Willie van Tonder, Susan Smit, Joggie van Vreden, Rita Groenewald en Ivy Fourie. Tydens hierdie samekoms is daar baie reëlings wat getref moet word voor die aanbreek van die dag.

HEILBRON Kliniek - Anxiety Disorder

• Heilbron Clinic

ANXIETY DISORDER

Everybody knows what it's like to feel anxious - the butterflies in your stomach before a first date, the tension you feel when your boss is angry, the way your heart pounds if you're in danger. Anxiety rouses you to action. It gears up to face a threatening situation. It makes you study harder for that exam and keeps you on your toes when you're making a speech. In general, it helps you cope.

But if you have an anxiety disorder, this normally helpful emotion can do just the opposite - it can keep you from coping and can disrupt your daily life. Anxiety disorders aren't just a case of "nerves". They are illnesses, often related to the biological make-up and life experience of an individual and they frequently run in families. There are several types of anxiety disorders, each with its own distinct features.

An anxiety disorder may make you feel anxious most of the time, without any apparent reason, or the anxious feelings may be so uncomfortable that to avoid them you may stop some daily activities. Or you may have occasional bouts of anxiety so intense they terrify and immobilize you. Anxiety disorders are the most common of all mental disorders. Many people misunderstand these disorders and think individuals should be

able to overcome the symptoms by sheer willpower. Wishing the symptoms away does not work - but there are treatments that can help. This brochure gives brief explanations of generalized anxiety disorders (which are sometimes accompanied by agoraphobia), specific phobias, social phobias, obsessive-compulsive disorder and post traumatic stress disorder.

GENERALIZED ANXIETY DISORDER

Generalized Anxiety Disorder (GAD) is much more than the normal anxiety people experience day tot day. It's chronic and exaggerated worry and tension, even though nothing seems to provoke it. Having this disorder means always anticipating disaster, often worrying excessively about health, money, family, or work. Even though sometimes the source of the worry is hard to pinpoint, simply the thought of getting through the day provokes anxiety.

PANIC DISORDER

Panic Disorder is associated with panic attacks that occur from time to time and can be very debilitating.

PANIC ATTACK SYMPTOMS

Pounding heart, chest pains, light-headedness or dizziness, nausea or stomach problems, flushes or chills, shortness of

breath or a feeling of smothering or choking. Tingling or numbness, shaking or trembling.

Feeling of unreality, terror, a feeling of being out of control or going crazy, fear of dying, sweating.

You may genuinely believe you're having a heart attack, losing your mind, or on the verge of death. Attacks can occur any time, even during non-dream sleep.

OBSESSIVE - COMPULSIVE DISORDER

Obsessive-compulsive disorder is characterized by anxious thoughts or rituals you feel you can't control. If you have OCD, as it's called, you may be plagued by persistent, unwelcome thoughts or images, or by the urgent need to engage in certain rituals.

You may be obsessed with germs or dirt, so you wash you hands over and over. You may be filled with doubt and feel the need to check things repeatedly. You might be preoccupied by thoughts of violence and fear that you will harm people close to you. You may spend long periods of time touching things or counting; you may be preoccupied by order of symmetry, you may persistent thoughts of performing sexual acts that are repugnant to you, or you may be troubled by thoughts that are against your religious beliefs.

POST-TRAUMATIC STRESS DISORDER

Post-Traumatic Stress Disorder (PTSD) is a debilitating condition that follows a terrifying event. Often, people with PTSD have persistent frightening thoughts and memories of their ordeal and feel emotionally numb, especially with people they were once close to.

PTSD, once referred to as shell shock or battle fatigue, was first brought to the public's attention by war veterans, but it can also result from any other number of traumatic incidents. These include kidnapping, serious accidents such as car or train wrecks, natural disasters such as floods or earthquakes, violent attacks such as mugging, rape, or torture, or being held captive. The vent that triggers it may be something that threatened the person's life or the life of someone close to him or her. Or it could be something witnessed, such as mass destruction after a plane crash.

TREATMENT OF ANXIETY DISORDER

Treatment for anxiety disorders includes medication and psychotherapy. Treatment may take long but is effective.

For help and more information contact you nearest health care provider.

Department of Health