

Around Charlotte

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will hold its annual toy, book and blanket drive at First United Presbyterian Church. Music will be provided by jazz flutist Michael Porter, West Charlotte Gospel Ensemble and Asiahn Bryant, a

member of Shiloh Institutional Baptist Church. Participants are asked to bring a donation of which will be distributed to needy families. The drive begins at 6 p.m.

• The Charlotte Choral Society Festival Singers will perform at 8

p.m. at Holy Comforter Episcopal Church, 2701 Park Road. Tickets are \$10 for adults and \$5 for youth.

Deadline is Friday at 5 p.m. for Dec. 23 issue of *The Charlotte Post*.

Death makes holidays dreaded time

Loss of loved ones conflict with joyous celebrations

THE ASSOCIATED PRESS

ALBUQUERQUE - Chaplain Bill Dorman says people dread the holidays after a loved one dies.

"There are all these smiling faces on TV, the jingles, the happy people in malls," said Dorman, director of pastoral services at Presbyterian Hospital here. "It doesn't fit. It's jarring, incongruous."

Albuquerque psychologist Maryhelen Snyder got through last Christmas - her first after her husband died - with the help of friends and family.

"What I found to be very useful was to associate myself with people who are very close and who knew him," she said.

That made it easier for her to speak of her loss, she said.

"Otherwise, it's an unspoken reality that everyone is doing without that person," she said.

Grieving people can feel a wide range of emotions: disappointment, sadness, anger, pain, longing, guilt, confusion. Sister Arlene Einwalter, bereavement minister with Berardinelli Mortuary in Santa Fe, said people need to recognize those feelings, feel them and let them go when they're ready.

She said a niece could not stand to stay home the first Christmas after her mother

died, so she spent the holiday on a beach in Florida. Other people find time-honored traditions comforting.

"You have to leave room for variation," said Snyder. "Grief for me was different than for other people I've known. ... People just have to trust their own needs."

Dorman said sometimes people find comfort in developing a new holiday ritual to honor the missing person.

"You don't need to feel a sacred obligation to the dead by not changing anything," he said.

If caroling or exchanging gifts

is too painful, don't do it, he said.

"But I would be worried about them if they didn't find something to replace it, to come up with a new ritual," Dorman said.

Einwalter said people could recognize their loss with a meaningful ornament added to their tree, a special candle lit in memory, a token left at the grave or a tree planted in the spring.

Dorman said people dealing with grief need someone who can listen about how hard the holidays are without saying, "Haven't you gotten over it yet?"

Balloon insertion can ease menstrual bleeding

Continued from 1B

icant part of the endometrial lining of the uterus - the source of the bleeding - but that lining is vital for the implantation of an embryo. So future pregnancies could endanger both mother and fetus, the FDA said.

The entire procedure takes just a half-hour and patients resume normal activities the next day, said Dr. Brian Walsh of Brigham & Women's Hospital in Boston, who studied the device.

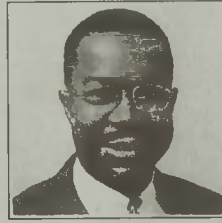
"I felt practically no pain ... and was able to go home the same day," one study participant, Californian Robin Katsaros, said in a statement. "The amount of blood lost during my period has decreased significantly, allowing me to lead an active lifestyle every day of the month."

Gynecare said ThermaChoice would cost \$2,500 to \$3,000, similar to surgical ablation but far below the \$6,000 to \$12,000 cost of a hysterectomy.

The FDA did order Gynecare to continue studying the 125 patients to check ThermaChoice's long-term effectiveness.

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