

"Sweet Dreams are made of these"...not all dreams are sweet

Mental Health and You is provided as a service of the North of Superior Community Mental Health Program.

The purpose of these articles is to inform the community about mental health issues.

These articles will appear again once every two weeks and will cover a variety of mental

health issues.

We invite feedback from the community at large by writing the *News* office.

Any opinions expressed are not necessarily those of the management of the North of Superior Community Mental Health Program.

Sleep

"Sweet Dreams Are Made Of These..." *Annie Lennox/Dave Stewart*

Last week, I wrote about sleeping and its importance. This article will look at dreaming. Remember, there are two types of sleep; periods with Rapid Eye Movement (REM) and periods with No Rapid Eye Movement (NREM). It is during those periods of REM when we dream.

Many of our dreams contain lots of activity; however, we do not really move around that much. This is because our bodies are somewhat temporarily paralyzed during the REM stages.

Also dreaming is not merely a form of pleasant night-time entertainment. We need REM sleep and if we are deprived of it, we will try to make up for it at a later time.

Also, if you awaken someone during the REM dream-stage, their behaviour would be irritable and disorganized.

Many of us say, "Oh, I never dream" or "I never remember my dreams". However, we are always dreaming during REM stages.

Scientists have awakened subjects in experiments during REM sleep and they were able to remember their dreams.

When they awakened the subjects during the NREM stage, these subjects could not remember their dreams.

Thus, some of us do not remember our dreams because we awake from the deep sleep of the NREM stage as opposed to the shallow dream-sleep of the REM stage.

If you walk into a large bookstore in the psychology section, no doubt you will find many books on dream analysis or dream interpretations.

All cultures from prehistoric times have concluded that dreams mean something in the life of an individual or to the well-being of society.

Many have thought that dreams would tell the future.

With the discovery of modern psychology, more sophisticated and complex theories on dreaming came forth.

The famous psychiatrist, Sigmund Freud, (1856-1939) thought dreams were an expression of unconscious urges that we kept hidden from ourselves—mostly sexual urges.

His follower, Carl Gustav Jung (1875-1961) believed we should look for universal symbols in our dreams.

These symbols would tell us how we are getting along in life.

Unfortunately, none of these interpretations have been scientifically proven. However, it is somewhat clear that dreams may be a fulfillment of a wish which was not satisfied when we were

awake.

For example, if we did not receive our paycheque on payday because of an error at the office, we might dream about receiving it at night.

Some dreams are even more complex than this but it is hard to say what meaning it has.

It is possible that the meaning of dreams is personal; that is, the meaning lies within each of us and this meaning may be different from person to person.

For this reason, it is hard to really know what a dream means. For this reason, many mental health professionals do not interpret dreams.

You can contact the Community Mental Health Worker in Terrace Bay at 825-3238 or in Schreiber at 824-2597.



Terrace Bay resident, Karen Moskwa, above, supplied this week's tantalizing recipe below for you to try. Karen has lived in Terrace Bay for close to seven years now. She and her husband Roger have three children, Tonya, 17, Natasha, 11 and Michael who will soon turn 10. Karen is the Accounting Personnel Clerk at the McCausland Hospital. Karen told the *News* that she likes to curl in her spare time—when she has any. (Photo by Ken Lusk).

Chicken Cacciatore

Chicken Cacciatore

3 lbs. frying chicken, cut up
 ¼-cup cooking oil
 2 large onions, fine cut
 3 garlic cloves, minced
 1 green pepper, fine cut
 1 cup celery, fine cut
 1 can (1 lb.- 12 oz. size) tomatoes
 1 can (8 oz.) tomato sauce
 ¼-tsp. thyme
 ¼-tsp. oregano
 2 tbsp. sugar
 1 bay leaf, crumbled
 2 tsp. salt
 2 whole allspice

½-tsp. pepper
 ½-cup red wine (or ½ cup beef bouillon)
 ½-lb. mushrooms, sliced

In hot oil in large, deep skillet, brown chicken well on all sides. Remove chicken. Add onions, garlic, green peppers, celery and brown lightly.

Return chicken to pan and add remaining ingredients. Simmer uncovered about 45 minutes. 6-8 servings.

Serve over buttered spaghetti or rice. Great with tossed green salad and hot garlic bread.

Help the retarded

In Canada, the second week of May is National Week for the Mentally Retarded. It's a time when local associations seek funds to provide training programs so vital to these Canadians.

Your support is making schools, workshops, residences, and recreation programs available to these people so that they can be a part of their community.

we ask that you become a friend of the retarded.

Being a friend means YOU care enough to assist us by providing funds for their current and future needs. Locally, the Marathon and District Association for the Mentally Retarded sponsors the Marathon Skills Centre for disabled adults and helps support the students attending the Caroline McMorland Class in Marathon Public School.

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