

Advice & More

Tell co-worker what's on your mind

DEAR ABBY: One of my female co-workers regularly scrutinizes the wardrobe and accessories of all the other co-workers, male and female. Her scrutiny is so detailed that she notices the littlest thing — even a change in nail polish color, or the buttons on a jacket.

Every time she sees some new clothing or jewelry, she moves in for a closer look and often touches the item. Her comments are not casual, but very detailed. I feel like I am in the army and going through uniform inspection and that she is constantly judging everyone.



Jeanne Phillips

Syndicated advice columnist

Dear Abby

Another co-worker has commented to me about this in a joking way, but I suspect she resents it, too. I want to say something to the offending co-worker so that she will stop examining me from head to toe every day. On the other hand, it's a small office and I want to maintain harmony. Any ideas?

— Under a microscope in Florida

DEAR UNDER A MICROSCOPE: It would not be unharmonious to tell this co-worker that her comments and touching are making you uncomfortable, and to please stop.

Once you have done that, you have put her on notice. If she continues after that, then it's time to say something to your boss — because this person's behavior could be considered a form of harassment.

— Write to Dear Abby at P.O. Box 69440, Los Angeles, CA 90069 or at www.DearAbby.com.

Peppermint treatment won't work

DEAR DR. GOTT: I'm confused about peppermint as a hiatal-hernia healing food. One book says don't use peppermint oil and another says drink peppermint tea or use peppermint oil in water. Who's right and who's wrong?

DEAR READER: Both are wrong. Although peppermint is a tasty addition to many edibles, it has no known effect in the treatment of hiatal hernia or any other medical ailments. The form of peppermint is inconsequential.



Peter Gott

Syndicated medical columnist

A more useful therapy would be over-the-counter Pepcid AC, Tagamet or other medication that reduces the formation of gastric acid, which can burn the esophageal lining. If this approach is not successful,

ask your doctor to prescribe more powerful antidotes.

Also, remember that persisting symptoms of hiatal hernia (indigestion, gas and others) can indicate that the chronic exposure to powerful gastric acidity has caused pre-malignant changes in the esophagus (called Barrett's esophagus). Therefore, in the case of persisting discomfort, a referral to a gastroenterologist is a good idea.

— Write to Dr. Gott c/o United Media, 200 Madison Ave., 4th Fl., New York, NY 10016.

You borrowed the car; you pay

DR. WALLACE: Last week while on a date I was involved in a minor automobile accident. I should say, my dad's car.

We had the damage estimated at \$800. Dad's insurance covers everything but \$200. That's where I come in. He wants me to pay the \$200. I don't think I should have to. The accident wasn't my fault and there was nothing I could have done to avoid it. Who do you think should be responsible for the \$200, my dad or me? I could pay



Robert Wallace

Syndicated advice columnist

my dad because I've got over \$1,000 saved in the bank from summer jobs, but I need every penny to buy my own car next year. — Richard, Oakland, Calif. **RICHARD:** It seems a bit

unfair, but you borrowed the car and should be responsible for all damages to the automobile not covered by insurance while the automobile was in your possession. Besides, you might want to continue borrowing the family car in the near future and your chances will be much better for a favorable answer if you produce the \$200.

— Write to Dr. Wallace c/o Copley News Service, P.O. Box 120190, San Diego, CA 92112 or e-mail to rwallace@galesburg.net.

Community Life Bulletin Board



Girl Scouts plant seeds for beautification Posted by Terry Williams



Girl Scout Troop No.463 was involved in one of their service projects, planting plants at Glyndale Elementary School in Brunswick.

Pictured are: front row, Amber Williams, Alexis Underwood, Emily Jackson, Savannah Jackson and Emily Spence; back row, Tiffany Water,

Amber Thompson, Ashley Williams, Elizabeth Doty, Morgan Goodbread, Brittany Heri, Anna Fennel and Sabena Overman.



STAR Foundation announces graduates Posted by Leslie Lamkin



As an agency of the United Way, STAR Foundation has helped change the lives of people with limited incomes by teaching them skills to become financially stable. A new program will begin July 2 and applications are at 1907 Gloucester Street, Brunswick.

Attending the recent graduation were: back row, Mayor Bryan Thompson, from left, Brunswick Police Chief Edna Johnson, Kelly McClure and Horace Shurling, Brunswick Housing Authority; middle row, STAR training director Katie Orrel, from left, Charles Wilson, aide to U.S.

Rep. Jack Kingston, R-1, Christy Whitten, Idella Gibbs, Shunkisa Hughes, Gale Hobbs, Brunswick Housing Authority and STAR director Ellen Murphy; front row, Cheryl Jackson, from left, Simone Hughes, Tasha Collins, Malilin Hayward and Melissa Hutcherson.

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Saturday June 23rd, 2007 from 10 a.m. to 4 p.m.

Lexington Place is located in Brunswick
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The event will include:

- door prizes
- fun activities for the kids
- free stainless refrigerator

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Call Regency for event details,
directions or to RSVP at 261-1045

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