

Advice & More

Wedding attendance is your call

DEAR ABBY: Your response to "Furious in Vancouver, Wash." (5/30), about adults-only weddings, was right on.

My brother is being married in two weeks. We were informed, via e-mail, that children were not invited. The note said that baby-sitting was being arranged, but that each couple would be responsible for the baby-sitting fee.

My wife and I are upset about it, because we have an adopted 16-year-old and an 8-year-old who will be in the wedding party as the ring bearer. We also have a newborn, but because baby sitters are being arranged we didn't have a problem leaving him with them.

As you suggested, I called my brother to ask about it. They relented, and now the plan is for no children under 7. This will result in excluding only two children from the guest list.

In the end, it was better for me to talk to my brother first than to go off half-cocked and create a potentially ugly situation for what should be one of the happiest events in my brother's life. - Mike in Indiana

DEAR MIKE: Readers from both sides of the aisle wrote to agree that the writer was being unreasonable and that she should attend her brother's wedding - with or without her husband. Read on: **DEAR ABBY:** The letter



Jeanne Phillips

Syndicated advice columnist

from "Furious" made ME furious. She implied that her brother should not allow his son at the wedding because "if no kids are allowed, then there should be no exceptions." She must be joking! Not to allow his own son at his wedding is much different than not allowing a couple of nephews. There are many reasons why her brother and soon-to-be wife might have reached their decision. She should grant her brother's wish and stop complaining that her young children - who would be bored anyway - can't attend. She should make it a date night out with her hubby and enjoy herself! - Furious in California

DEAR ABBY: The woman whose children were not invited to her brother's small wedding needs to check an etiquette book.

It is also rude for guests to ask to invite extra guests, or to bring them anyway, especially to a small wedding.

- Etiquette maven, Fort Worth, Texas

DEAR ABBY: As a wedding singer and tour guide for a historic home that hosts weddings, I'm appalled at the

behavior of children at weddings. I am even more disgusted at the lack of parental control I have seen exercised. By the way, I have four children of my own whom I love, but I don't take them to weddings. - Big brown singing tour guide in the South

DEAR ABBY: Sorry, I must disagree with you on this one. It's the brother who has done something he'll regret. The sister is reacting to his disrespect for her family.

My wife and children are my world, and other family members are simply satellites around that world. If they refuse to recognize my world, then to me, they're just insignificant comets flying through my universe. - Doug in Blanchard, Okla.

DEAR ABBY: Not every occasion is designed to give parents the opportunity to parade their kids around like show dogs.

Sure, your kids are sweet and adorable in their parents' eyes, but not everyone shares that opinion.

Deal with it!

The wedding couple has the final say on who is invited to their wedding.

Either hire a baby sitter or stay home.

The choice is yours. - Child-free in Tennessee

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

Community Life Bulletin Board



Nalley of Brunswick honors local teacher Posted by Jim Weidhass



Nalley of Brunswick has presented a check for \$2,500 to Glynn County 2007-2008 Teacher of the Year Betsy Albright of St. Simons Elementary School. Each year Nalley recognizes

Glynn County's Teacher of the Year, who is selected from all schools and will represent the county in the state Teacher of the Year Competition. Pictured is **Betsy Albright**

left, who teaches kindergarten and is in her 10th year of teaching in Glynn County, being presented the check by **Mark Hall**, general manager and vice president of Nalley.



Darien youth group participates in special Mass Posted by Marie Schoettle



Young people from Darien's Nativity of Our Lady Catholic Church recently visited the Carmelite Monastery in Savannah to participate in one of the special Masses July 16.

The Carmelite Monastery in Savannah is home to five sisters who are very joyful when the public shares in the special feasts with them. The Rev. John Michael Payne is the Carmelite priest who

celebrated the mass. Pictured are: **Chris Porquiao**, from left, **Kristian Payne-Haddock**, **Ericson Moore**, **Rev. Payne**, **Paula Collado**, **Geraldine Moore** and **Julius Collado**.

'Spotting' is effective for balance

DEAR DR. GOTT: Regarding balance problems in senior citizens, I too am experiencing diminishing balance abilities, complicated by mild neuropathy in both feet. I would like to share a couple of tips my wife, a former ballerina, gave me.

DEAR READER: Anyone who has seen a ballerina spin has perhaps observed that her head does not turn with her body; instead, it snaps around, always ending at the same place it started. She is gazing fixedly at a distant spot and returning to that spot with each spin

This is called, not surprisingly, "spotting," and it is a ballet trick both to keep from getting dizzy and to maintain balance. Applying this principle at home when drying my feet, putting on trousers, etc., I gaze at any convenient spot well above the floor and about 6 to 10 feet away.

I find that this is very helpful. The other tip is called "point of reference."

Anyone who has seen skilled ballet dancers exercising at the barre may have noticed that they do not actually grip the



Peter Gott

Syndicated medical columnist

barre; instead they rest their hands on it lightly, not to steady themselves but to provide a reference point for verticality, hence for balance.

This technique can, of course, be combined quite successfully with spotting.

I hope these principles from the world of ballet prove helpful to your readers.

DEAR DR. GOTT: I am delighted to welcome the arts to a medical column.

Your wife's suggestions make sense and may help some readers with balance problems. Thanks for your letter.

DEAR DR. GOTT: What can you tell me about rectoceles? I've had one for about six months.

My physician recommended that I go see an OB-Gyn, who inserted a pessary, which I'll apparently have to use for the rest of my life.

I can't imagine the thought of using this for the rest of my life.

Although I've never heard of a rectocele before, I'm told that it's fairly common. Shouldn't I be seeing a colo-rectal specialist for this problem instead of an OB-Gyn? I'd like to know more about the possibility of surgery for this. The OB-Gyn isn't too keen on this. How effective is it?

DEAR READER: You are suffering from a common condition that is marked by a sagging segment of your intestine that tends to drop into the vagina.

Although I agree that you should get a second opinion from a colorectal surgeon, I'd hold off on surgical repair while you give the pessary a trial.

If, after several months, your rectocele has worsened or continues to plague you, a surgical option is definitely something to consider.

Remember that a rectocele is not a hazard to your health; it is just a nuisance.

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

Don't correspond with convicts

DR. WALLACE: I'm a 16-year-old girl who needs your advice.

Two months ago I started writing to a guy who is in prison.

I got his name from our church.

Our minister felt it would be good for convicts to be pen pals with members of our church.

My parents didn't want me to write to a convict, but I talked them into allowing me to correspond with someone behind bars.

We have exchanged about 10 letters each.

At first his letters were sweet.

He wanted to know about my school, my family and if I had a boyfriend.

His last two letters have been very personal and he signs his letter "Love, Al."

My heart keeps telling me that he is lonely and that I should continue being his pen pal, but my brain tells me to stop writing to him.

I'd like your opinion, please. - Nameless, Lake Charles, La.

NAMELESS: I never encourage teens to corre-



Robert Wallace

Syndicated advice columnist

spond with a prisoner unless the person incarcerated is a relative or a close family friend.

I believe your minister made a mistake in allowing you to correspond with a prisoner. The invitation to be a pen pal to someone behind bars should have been for adults only.

Send one more letter saying that you will no longer be writing.

DR. WALLACE: I'm thankful that my parents give me \$7 a week for an allowance to spend anyway I so choose. Of course bad things - drugs, alcohol, and tobacco - are not an issue. I'm a good kid.

I spend all \$7 every week. In fact, I could spend more if my parents would give me more.

My grandmother lives with us and I love her dearly, but sometimes we don't see

things "eye to eye." She thinks that I should save some of my allowance and open a bank savings account. She keeps "encouraging" my parents to get me to save some of my allowance.

She even said that she would match everything I save, but I couldn't take it out unless a huge necessity would arise and then my parents and she would make the final decision. It would take two of the three to agree to allow me to take out the money.

I still don't like the idea of saving, at least not now. - Angela, Plattsburgh, N.Y.

ANGELA: I think that you should accept grandma's generous offer. It's time you learned how to budget and to save - at least \$2 a week. Be thankful that you would still have \$5 weekly to spend as you so choose.

Many teens are given less than \$5 weekly as an allowance and some receive no allowance at all.

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



STAR Foundation bolsters community support Posted by Leslie Lamkin

For more than 10 years, the STAR foundation has helped provide the community with a quality workforce.

As an agency of the United Way, it has been dedicated to teaching people how to increase their income by learning or updating their business skills.

The Georgia Association of Chamber of Commerce Executives recently presented the STAR Foundation with a \$250 award for its work.

Pictured accepting the award at the annual convention on Jekyll Island are Executive Director **Ellen Murphy**, shown with GACCE Board Chair **Bill Mitchell** of the Toombs-Montgomery Chamber of Commerce.

THIS SECTION

How to submit news for Community Life

Community Life reports on news closest to your life.

You may submit information and photographs about the civic or charitable activities of individuals or groups to Community Life by:

- Mail The Brunswick News, 3011 Altama Ave., Brunswick GA 31520
- E-mail comlife@thebrunswicknews.com (including photographs as attachments)
- Fax 280-0926 (information only; faxed photographs are not of newspaper quality)
- In person at either News location, 3011 Altama Ave., Brunswick or Edwards Plaza, 1701 Frederica Rd., St. Simons Island

Please include your name and daytime telephone number.



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