

Advice & More

There's a reason for awkwardness

Dear Abby: I am a stay-at-home mother with three young children. I have become friends with another stay-at-home parent. We share many things in common, and our children are great playmates. The problem is, my friend is a man.

Even though both of us are happily married, sometimes we feel awkward spending time together. Our spouses are not thrilled about us hanging out together, but they haven't forbidden it because they trust us to be faithful.

Is it appropriate for a man and a woman to spend time together while their spouses are at work? — At Home with Another Woman's Husband

Dear At Home: It depends upon the individuals involved and whether there is a physical attraction. In your case, because you "sometimes feel awkward spending time together," I suggest you limit it — because what you're feeling may be sexual tension.

Has it occurred to you to include other stay-at-home parents in these visits? That might be a way to diffuse the situation without ending the friendship.

Dear Abby: I have a courtesy question regarding personal (not business) e-mails.



Jeanne Phillips

Syndicated advice columnist

Dear Abby

Should a person's e-mail be "private" and accessible to others only after they are asked and have given permission? Or are e-mail messages "open season," in that anyone with access to someone's PC and password can open the e-mail and browse at will?

I recently discovered my wife reading my e-mail, and I was upset that she had opened it without asking my permission. Her response was, "Well, I've got nothing to hide," but that misses the point of privacy and courtesy between married partners.

Shouldn't courtesy require someone — even a trusted spouse — to ask before opening someone else's e-mail? — Feels Invaded, St. Peters, Mo.

Dear Feels Invaded: If you and your wife share a joint e-mail account, and the e-mail is addressed to both of you, then your wife is within her rights to read it. If not, she should respect your privacy. And vice versa.

Dear Abby: My husband and I are having a minor disagreement, and I hope you'll respond to this letter in the paper so he sees it. (We're both frequent readers of your column.)

We're arguing over what would be an appropriate curfew for our 18-year-old son. My husband believes 2 a.m. is appropriate for weekends, as long as we know where he is and what he'll be doing. I believe it should be 1 a.m.

Our son is a good person. He dabbled with alcohol when he was a bit younger, but he hasn't done it since and is doing well in life. He also has good friends.

Of course, he thinks the 2 a.m. curfew is better. Like father, like son, huh? Abby, which time do you believe is more appropriate as a curfew for our son? — Curfew Patrol Mom

Dear Curfew Patrol Mom: At 18, your son has become a young man. There is very little difference between a 1 or 2 o'clock curfew on a weekend night. Why not split the difference and make it 1:30?

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

Eating dirt could pose health risks

Dear Dr. Gott: I have a habit that I have developed off and on for the past two years. I love the taste of clay. It's not dirty as far as I can see. I eat almost a 1/2 cup at least once a week. I know this is not normal behavior. Tell me a bad side of this problem that might make me stop the habit. I live in South Carolina, where clay is easily found. Please help.

Dear Reader: As I have written before, pica is a compulsive craving for eating, chewing or licking nonfood items, or foods containing no nutrition, including clay, chalk, baby powder, paint chips, ice and more. This condition may be a marker for anemia, or a link to mineral deficiencies such as iron or zinc.

Complications can include lead or mercury poisoning and more. Visit your doctor for a complete blood count (CBC). Your habit may be cured if this simple blood test reveals anemia or other related abnormali-



Peter Gott

Syndicated medical columnist

ties.

Dear Dr. Gott: I've had a terrible problem with bruising on my forearms for the last few years. I merely touched my arms on something, and it resulted in a large bruise to the point my forearms were constantly covered in ugly welts in various stages of healing. Both my mother and grandmother had the same problem.

When I saw my dermatologist a short time ago, her nurse asked me about the bruising. When I explained, she said she had a vitamin regimen for me to try, but not to get discouraged because it takes four to six weeks for improvement to be seen. At her recommendation, I

take 1,000 milligrams vitamin C, 50 micrograms selenium, 400 units vitamin E and 1,000 milligrams bioflavonoids, all with a meal. It's like a miracle! After just one week of her vitamin therapy, I stopped getting bruises, and the old ones healed faster. I now enjoy bruise-free forearms. I can't explain it but can now certainly enjoy wearing short sleeves, especially in the summer.

Dear Reader: Spontaneous bruising often accompanies the normal aging process; thus, it may be difficult to cure. Your pattern and family history suggests that your bruising may be inherited. You should have blood tests to check your clotting factors.

With respect to your interesting experience with alternative therapy, I am publishing your letter in hopes that it may help other readers.

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

Top tips for raising great kids

Dr. Wallace: I am 19, married, and the mother of a beautiful 3-month-old son. My husband and I want to be the best possible parents to our son and to any children who follow him. Both my parents and my husband's were considered bad parents because they never gave us direction and never really cared what we did. Luckily, we turned out to be good citizens anyway.

We don't want to take this chance with our children. We would like some advice. What are a few very important things we should be aware of when raising our children to be honest, law-abiding citizens? I promise I'll cut your column out and tape it to our refrigerator as a constant reminder. — Kelly, Holland, Mich.

Kelly: I could list five dozen valuable rules of wise parenting, but three of the most important are:

- Lead by example. Children are very observant. They'll notice what you do far more than they'll pay attention to what you say. Your lifestyle will greatly influence theirs.
- Be a good listener. Listen carefully to what your children are saying. Most of us have no trouble talking, but while we're busy working our



Robert Wallace

Syndicated advice columnist

Between 12 & 20

jaws, we forget to use our ears, or our hearts.

- Most importantly, give unconditional love every second of every day!

Dr. Wallace: I'm 19 and have been smoking for over five years and I'd like to end this habit, but I'm also overweight. I'm afraid that if I quit smoking, I'll gain more weight. I know that I can't stop smoking and lose weight at the same time. What should I tackle first?

I am committed to stopping smoking and losing 35 pounds. I will succeed in both. — Melody, Goshen, Ind.

Melody: I checked with a local chapter of the American Cancer Society, where the consensus was that you should work on quitting smoking first. This will require all the willpower you have, because nicotine is a highly addictive drug. If you need help, stop by the local Cancer Society and ask for all their pertinent literature which is available at no cost.

After you are smoke-free for 30 days, start losing those excess pounds with proper diet combined with regular exercise. Please write to me in a couple of months to let me know your progress.

Dr. Wallace: Why are guys afraid to say, "I love you?" I've gone steady with three guys and none of them will say these words, even if they do, in fact, love me. At a tender moment, I will tell the guy, "I love you" and all I get is, "I care for you, too." My best friend has encountered the same thing. Guys say, "I love you" in the movies, but not in real life. This really bothers me a lot. — Mandy, Vicksburg, Miss.

Mandy: Blame it on society. Guys are taught to be rough and tough, so they find saying, "I love you," somehow un-masculine.

It's really nice to hear those three little words, but be wary if you only hear them in the heat of passion. At such a moment, they may be uttered with an ulterior motive.

When a guy tells a girl, "I love you," while they're walking hand in hand along the beach, then he's sincere! — Write to Dr. Wallace c/o Copley News Service, P.O. Box 120190, San Diego, CA 92112 or at rwallace@galesburg.net.

Locals complete basic military training

• Navy Seaman Recruit **Dewan Lewis**, son of Yolanda Y. Lewis and King Lewis Jr., both of Brunswick, recently completed U.S. Navy basic training at Recruit Training Command, Great Lakes, Ill.

• Navy Seaman Recruit **Melissa Strom**, a 1998 graduate of Camden County High School in Kingsland, recently completed U.S. Navy basic training at Recruit Training Command, Great Lakes, Ill.

• Navy Seaman Recruit **Bradley Williams**, son of Cherry and James Monroe of Darien, recently completed U.S. Navy basic training at Recruit Training Command, Great Lakes, Ill.

Community Life Bulletin Board



Student art show opens at Ritz Theatre

Posted by Rob Nixon



Golden Isles Arts and Humanities Association (GIAHA) opened one of its most popular exhibits, the annual Glynn County Student Art Show, recently, bringing more than 100 students, parents and teachers to the Gallery at the Ritz Theatre in downtown Brunswick to the opening reception to view hundreds of works by K-12 students throughout the county.

Once again, students from

Glynn Academy created art "on the spot" during the reception, inspired by what they found in and around the theater. At the end of the night, these newly created pieces took their places among hundreds of other works of student art.

"The visual arts are not only a great means of self-expression but an excellent way to enrich learning and understanding," said GIAHA Executive Director Heather

Heath. "We're so glad to be able to encourage students in their creative efforts and offer them the opportunity to show their work in a real gallery setting."

Pictured is Burroughs-Molette Elementary School fifth-grader **Tashay Lee** with her submission to the show.

The exhibit will be open through Dec. 21. Hours are 9 a.m. to 5 p.m. Tuesdays through Fridays and 10 a.m. to 2 p.m. Saturdays.



STAR Foundation graduates record class

Posted by Leslie Lamkin



Twenty-three students completed the STAR Foundation's Employment Training Program in November, representing the largest graduating class in STAR's 11-year history. The eight-week computer-based training prepares those with limited income to obtain long-term, meaningful employment.

The new graduates have already seen some positive results from their training. Twelve have full-time jobs, seven are working on their GEDs and two have enrolled in college. Five students with perfect atten-

dance received rebuilt computers as a reward.

The STAR Foundation, a United Way agency, trains students in computer literacy, life skills for professional and personal growth, and job readiness — at no cost to participants.

STAR is now accepting applications for the next class. Interested individuals need to apply in person by Jan. 9. Interviews will take place on Jan. 10. Classes begin Jan. 14. The office is located at 1907 Gloucester St., Brunswick.

Shown above at the cere-

mony are, front row from left, Brunswick Housing Authority Director **Angela Lemmond-Strickland**, **Felicia Chatman**, **Annie Forbes**, **Beverly Sellers**, **Selenta Jackson**, **Asia Myrick**, **Shannon Law**, **Joqueta Nixon**, **Chassity Jenkins** and **Claudia Alexander**, and back row from left, **Brunswick Police Chief Edna Johnson**, **Mary Miculek**, **Atta Mae Brown**, **Cheryl Wintrow**, **Maria Adams**, **Hilary Daniels**, **Krystal Moore**, **Shaneika Hershaw**, **Ursula Alvin**, **Laura Boone** and **STAR Executive Director Ellen Murphy**

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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