

Advice & More

Dad says daughter's interest in girls means no sleepovers

Dear Abby: My 14-year-old daughter, "Melissa," is bisexual. Most girls her age have sleepovers, but my husband says that any girl Melissa likes should be considered the same as a boyfriend, so it is not appropriate for her to spend the night.



Jeane Phillips
Syndicated advice columnist

Dear Abby

that the food is "his" and that I shouldn't eat any.

Abby, his "take-home" will stay in the refrigerator for a day or so, and I have to see it every time I open the door.

It often looks delicious — not the kind of thing we usually have for meals at home. Don will then eat it in front of me, and it kills me that he won't share.

I have tried telling my husband that he should share his food, but it throws him into a rage.

He claims the food is his because it was part of a meal he didn't finish and brought home to eat.

I'd like your opinion because I consider this cruel. Who's right? —Jayne in Miami

Dear Jayne: You are, and I can see how your husband's behavior is hard to swallow. His actions are not only selfish but also intimidating.

People who won't share food are usually selfish about other things as well.

Allow me to share a bit of advice: On the nights when your husband is socializing, make some plans with some of your women friends. Because you're not getting your treats at home, get them elsewhere.

Dear Abby: As the years have passed, my brown hair has slowly been replaced by threads of silver. Friends and relatives have teased me about it. I don't let their remarks bother me, but certain individuals do irritate me with their remarks. So I came up with a comeback to address their comments.

I tell them with a smile that each of my white hairs represents a "seed of wisdom" in my "field" of knowledge. I love seeing their expressions when I say this. Perhaps this will help other seniors. What do you think, Abby? — R.J.P. in Maine

Dear R.J.P.: The decision to color one's hair — or not — is a personal one. Some people prefer to let nature take its course while others would rather "curl up and dye" than show any gray. I respect not only your refusal to be "teased" into doing something you don't want to do, but also that you do it with humor.

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

Community Life Bulletin Board



Exchange club honors students

Posted by P.J. Blanchard



The Brunswick Exchange Club recently recognized Students of the Month for Sept., Oct. and Nov. for Brunswick High School and Glynn Academy. The students are chosen for their academic achievement, high grade point average and community service.

Chosen were **Nadia Vining**, from left, **Brittney DeLaCruz** and **Alex Rumer**, all of Brunswick High School; **Paul McKenzie**, chair, Exchange Club Student of the Month Committee; and **Vanessa Vakili**, **Aaron Kranc** and **Alisa Moran**, all of Glynn Academy.



Star Foundation announces graduates

Posted by Reida Davis



With the purpose of finding employment or a better job, these 19 students made an eight-week commitment to themselves and the STAR Foundation's Employment Readiness Program. At graduation, eight students were employed and eight are pursuing higher education with the remaining graduates actively seeking employment. Ten students achieved perfect attendance and 12 received donated, recycled computers for meeting certain criteria.

Civic responsibility is an important part of the STAR program and these students experienced first hand how one person can make a difference by volunteering at MAP International

al packing medical supplies, donating blood for the American Red Cross and helping The Salvation Army Kettle bell ringing.

Pictured are **Leah Yglesia**, first row, from left, **Lainey Roberts**, **Jeannette Taylor**, **Barbara Gamble**, **Monicke Jones** and **LaTonda Cohen**; and **Kathleen Knowles**, second row, from left, **Nicole Thomas**, **DeBora Bostick**, **Erica Neely** and **LaKeysha Roberts**; and **Ellen Murphy**, director, third row, from left, **Sherril Cherry**, **Andriella Hershaw**, **Ke'Ana Rhett**, **Van Merrell**, **LaPete Seals**, **Emily Figueroa**, **Shonta Holland** and **Katie Orrel**, instructor. Not pictured is Kareena Grossen.

System disorder hurts toddler

Dr. Gott: My 3-year-old grandson has been diagnosed with Guillain-Barre Syndrome. Could you please enlighten me on this mysterious disorder?



Peter Gott
Syndicated medical columnist

He has undergone MRIs, spinal taps and more.

We were told it could come from a previous respiratory infection. We've also been told he is not to have any more flu shots, as this could sometimes trigger the condition.

He's unable to walk or use the fine movements of his hands, and it seems to have affected his speech. His face looks tired. He has physical and occupational therapy three times a week. Will he recover fully? I hurt just seeing him hurt.

Reader: Guillain-Barre Syndrome is a rare disorder in which the body's immune system attacks a portion of its central nervous system.

It can affect anyone at any age. About one person in every 100,000 suffers from the syndrome. It is unknown what sets the disease in motion. It has been known to occur a few days or weeks after symptoms of a respiratory or gastrointestinal viral infection appear. Because vaccination can trigger the condition, your grandson's physicians are correct in denying flu shots.

Initial symptoms include a

tingling sensation in the legs that can spread to the arms and upper body. The intensity can increase until certain muscles cannot be used at all. Symptoms can progress over the course of a few hours to a few weeks. The greatest degree of weakness is generally observed within the first two weeks following initial symptoms, and most patients are at their weakest point by the third week.

During the progression, patients may require the use of a heart monitor, respirator or other equipment that can help the body function. Because of the sophistication of the equipment, patients are most often treated in a hospital. Recovery can occur in as little as a few weeks with adjunct equipment.

There is no cure for Guillain-Barre, but there are several therapies that can lessen the severity of the illness and speed recovery in most patients.

Plasma exchange is one form of therapy. It removes whole

blood from the body. The blood is then processed so the red and white cells are separated from the plasma. The blood cells, without the plasma, are then returned to the body, and the body then quickly and naturally replaces the plasma.

With immunoglobulin therapy, a physician gives small quantities of proteins intravenously that the immune system uses to attack invading organisms.

Both procedures are equally effective, but immunoglobulin therapy is easier to administer.

Steroid therapy has also been used to reduce the severity of symptoms. However, clinical trials have determined the treatment is ineffective.

Scientists continue to concentrate on researching new treatment while expanding and refining the ones that are currently in existence. The physical and occupational therapy your grandson is undergoing is appropriate. It appears he is tapped into a good system, and I recommend he stick with it.

For additional information I recommend you write to NIH Neurological Institute, P.O. Box 5801, Bethesda, MD 20824, or call them at (800) 352-9424.

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

Friend needs to pay her share

Dr. Wallace: About two weeks ago, my best friend and I went out for pizza after a basketball game. When it came time to pay for her share, she said she'd forgotten her money and would pay me later. Luckily, I had some extra money.



Robert Wallace
Syndicated advice columnist

Between 12 & 20

Last night she pulled the same "I forgot my money" routine, but this time I didn't have enough money to pay for her share. When that happened, she started crying — the manager said he would give us the pizza free. Even I didn't have to pay, but all this made me very embarrassed.

When I told my father what happened, he and I returned to the pizza place, thanked the manager and paid for the pizza. I know my friend will not pay me back for the first time I paid her share, plus she thinks she got a free pizza this time.

Should I tell her my father paid for the pizza and that she owes me \$5 for both times she had no money, or should I just forget about everything and chalk it up to experience? I'll never go out with her again for food unless she "shows me the money." — Ripped, Rockford, Ill.

Ripped: Tell your friend your father paid for the last pizza and that the treat was on him, but she still owes you for the first one.

Then ask her when she's planning on paying you back, and make sure she does.

Dr. Wallace: I've got a huge problem. Jarret and I have been dating for over four months and everything was just great. He's 16 and I'm 15. Would you believe that his family bought the house directly across the street from ours? That was three weeks ago. Already my dad and his dad got into a huge argument because his dad parked their camper on our side of the street in front of our house. It boiled over and my mom and his mom started arguing. When it ended, the women were swearing at each other.

To make matters worse, Jarret and I got into a huge fight last night because he was defending his parents and I was sticking up for mine. The argument ended when Jarret told me he never wanted to see me again. I assume that means our relationship has ended — all because he moved close and our parents couldn't get along.

I don't need any advice because I'm just going to wait awhile to see if our families realize how silly they are to become enemies over something as stupid as parking a motor home. Please print my letter so everybody can, hopefully, "kiss and make up," especially Jarret and me. — Kim, Frederick, Okla.

Kim: I've done my part. Let's hope all the family members will do theirs. Seeing in print how immaturely they've been behaving should be the start of a few, "I'm sorry," admissions.

Dr. Wallace: My best friend and I like the same boy. We agreed to flip a coin to see who would be the one to pursue him. We agreed it would be foolish for both of us to go after the same boy. We flipped and I called heads, but the coin came up tails.

That happened last week, so I let Becky go after this boy. So far, she hasn't caught him. How long do you think I should wait before I go after him if my best friend fails? — Rita, Atlanta.

Rita: You lost fair and square; therefore, I think Becky should have a full 30 days to land her prize. Then it's your turn, unless Zach, Josh or Matt has caught your eye by that time.

— Write to Dr. Wallace at rwallace@galesburg.net.

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