

Advice

Father's walk down the aisle is fraught with family strife

Dear Abby: In response to "Resentful in Michigan" (Aug. 2), I think you missed the mark. Etiquette and social mores may dictate that it's acceptable for a man to give his future daughter-in-law away, but "Resentful" was speaking from a place of pain that is valid.

Her father didn't walk her down the aisle because her mother's job was more important to them, which made her feel she was second to the job in her parents' hearts. Now her emotions are telling her that her brother's fiancée is more important as well.

If she doesn't speak her mind, her resentment could be redirected to her brother and his new family and cause irreparable damage. She should address this with her brother to help them understand that sitting and watching her dad walk another woman down the aisle under these circumstances would be devastating. The brother's fiancée could ask another relative to escort her — or walk down alone since this is her third trip to the altar.

At least the father, while not understanding "Resentful's" pain, is taking her feelings into consideration. Now, if her brother and his fiancée will try to understand her feelings, they'll be validated and an amicable solution can be found. — Heather in Richardson, Texas



Jeane Phillips
Syndicated advice columnist

Dear Abby

Dear Heather: You are not the only reader who disagreed with my response to that letter. I reasoned that the writer did not have the right to decide what role her father would or would not play in her brother's wedding. I also suspected that the reason her parents did not attend her wedding — much less participate — may have been they did not approve of the groom or the circumstances under which she was being married.

However, because many people felt my answer was insensitive to the writer's feelings, I'll share some reactions from readers:

Dear Abby: The father was "too busy" to walk her down the aisle but now he'd do it for his son's future wife? Her father didn't even offer an apology or try to understand.

He said only that he wouldn't walk his son's fiancée down the aisle if "Resentful" was hurt by it. If he had apologized and admitted he was wrong not to have done it for his daughter, she could have forgiven him. I don't blame her for being resentful! — Alondra in London, Ontario

Dear Abby: Speaking from personal experience, there are few things worse than being rejected by your parents.

You should have rebuked them in the strongest possible way. To deny their daughter on her most important day, then grant the same privilege to an outsider (on her third wedding, no less) is the height of insensitivity. Her parents are horrible.

Her feelings are normal, natural, justified and deserved validation. Shame on you for siding with the parents! — Patrick in Mesquite, Nev.

Dear Abby: That woman has every right to feel as she does. Her brother was selfish for not considering his sister's deep disappointment on the biggest day of her life. As a minister, I encourage family members to work through their hurts with each other. But forcing someone to pretend all is well when it isn't doesn't help the healing process. It could drive the family even further apart. — Paul T. In New York

Dear Abby: I have a suggestion. Since the brother's fiancée is on her third marriage, why not ask one of her ex-husbands to give her away. I'm sure he'd be happy to. — Joanne in Watertown, Wis.

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

Pleasing everyone is impossible

Dear Dr. Gott: In regards to the person who was irritated because he or she thinks your answers are too long, thus he or she did not enjoy your column as much as when the answers were shorter, I think if this person wants only short answers, he or she should get a medical encyclopedia.

I hope you keep your answers just as they are. This person obviously does not have a serious health issue right now or has not had a health concern, whereas many letter writers have suffered for months, if not years, and are still suffering after seeing many doctors and specialists without relief.

Maybe if more doctors would give an in-depth explanation to their patients as you do, the world would be better off. I enjoy your column very much, so please keep it as is. Thank you.

Reader: And thank you. It's difficult at any time, but particularly in today's society, to satisfy people. We all think differently, finding some things acceptable and others totally unacceptable. We are less tolerant, more opinionated and want things done our way, which, of course, is the best way. What a fickle society we've become.

If I have pleased you with what I am doing, it's all worth it. Thank you again for making my day.

Dear Dr. Gott: I have had re-



Peter Gott
Syndicated medical columnist

curing nausea for several years that occurs only in warm weather over 75 F. It starts in April and continues until September.

I've been to six doctors, including a cardiologist, neurologist, physiologist, ear-nose-and-throat specialist and the VA. I've had all their tests but no diagnosis.

Reader: It may be a surprise to you to discover that heat-induced nausea is rather common. These illnesses occur when a person's body-temperature control system overloads. We cool our bodies by sweating. With some of us, sweating is inadequate and body temperatures rise.

This may occur because of high humidity that prevents sweat from evaporating as quickly as it ordinarily would, or we may have a fever, be dehydrated, be overweight, have poor circulation, be on specific medications, or use alcohol to excess. When any of these things occur, nausea may result.

There may be steps you can take to prevent this. Hydrate by drinking additional fluids, whatever your level of activity. Consider sports drinks to keep

your mineral and electrolyte levels up. By all means, avoid as much sun exposure as you can. Choose lightweight fabrics that will allow your skin to breathe better. When possible, avoid warm outdoor temperatures and keep your home air-conditioned. It's obvious we cannot walk around in a bubble; however, these are simple suggestions that might get you through days with higher-than-acceptable temperatures for you.

When you feel a bout of nausea coming on, consider eating olives, crackers or a lemon. In fact, keep ice water in the refrigerator and rub the edge of the glass with a lemon wedge. These food items may settle your stomach acid and help with the nausea. Then you might consider light exercise, yoga or tai chi for additional support.

To provide related information, I am sending you a copy of my Health Report "More Compelling Home Remedies." Other readers who would like a copy should send a self-addressed stamped No. 10 envelope and a \$2 check or money order made payable to Newsletter and sent to Newsletter, P.O. Box 167, Wickliffe, OH 44092-0167. Be sure to mention the title or print an order form off my website at www.AskDrGottMD.com.

— Write to Dr. Gott *clo United Media, 200 Madison Ave., 4th floor, New York, NY 10016.*

Mom gripes about teen's friends

Dr. Wallace: I'm 15 and so are my two best friends, Lindsey and Tiffany. All three of us are members of our school spirit club. Tiffany is the club president and Lindsey is the club secretary. The three of us have fun times when we are together. Tiffany lives in a big house with a large game room, so the three of us spend a lot of time there studying and just hanging out.

My mother has never seen my friends, but she doesn't like them. I keep telling her that the three of us are very happy, but she said she still is "uncomfortable" with them being my closest and best friends. What can I do to get mom to quit complaining about my friends? This makes me feel very uncomfortable. — Nameless, York, Pa.

Nameless: Why does your mother complain about you being best friends with Lindsey and Tiffany? It's time to find out. Have a talk — not an argument — with her and point out all the positive qualities of each girl and why you are happy spending time with them. Suggest inviting the girls to your house, so mom can



Robert Wallace
Syndicated advice columnist

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get to know them. The better she knows them, the better she can evaluate them.

I'm assuming, of course, that Lindsey and Tiffany are good kids and are not involved in questionable activities. If they are, then Mom should stop complaining and demand that you stop seeing them. In any case, as with so many family problems, communication is the key to a solution.

Dr. Wallace: Please help me. I am hooked on crack cocaine and can't shake this habit by myself. When my wife died, I turned to drugs to drown my sorrow. Sadly, all that happened is that I got myself into a lot of trouble.

You have written about the National Institute on Drug Abuse information and treatment hot line. Somehow I misplaced their telephone number. Is it possible

you can give it to me again? I'm in and out of jail. Your help will be deeply appreciated. I'm trying desperately to get my life turned around. — Jake, Jacksonville, Fla.

Jake: The number for the National Institute on Drug Abuse is 800-662-HELP. The institute will send you information on drug or alcohol addiction and direct you to the nearest treatment center.

I wish you all the best. The first two steps in overcoming drug addiction are to admit you are addicted and to ask for help. You are now ready for step three — meeting with people who will help you through the recovery process.

Please contact me after you have spent a month in rehabilitation and let me know how well you are doing. Breaking the hold that crack cocaine has on you is going to take total commitment on your behalf. In simple terms, it won't be easy! But I'm positive that you will whip this powerful addiction and live a productive life from then on.

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

Community Life Bulletin Board



STAR graduates recognized

Posted by Peter Boyton



Recently 19 students graduated from the STAR Foundation Employment Readiness Program. Eleven students were recognized for perfect attendance. The program is an eight-week commitment, with daily classes and more than 30 hours of lab work required to graduate. In addition to the STAR Foundation Certificate of Completion, many of the students also earned the Georgia Work Ready certification.

Established in 1997, the STAR Foundation is a Brunswick, Georgia based nonprofit 501 (c)(3) organization that equips adults in Coastal Georgia for growing self-sufficiency through its programs of job and life skills training. The program curriculum

consists of computer literacy, financial literacy, life skills, and job readiness. To enroll, or to obtain additional information, stop by the training facility at 1907 Gloucester St., Brunswick, call 554-0540 or visit the web site at www.starfoundation.com.

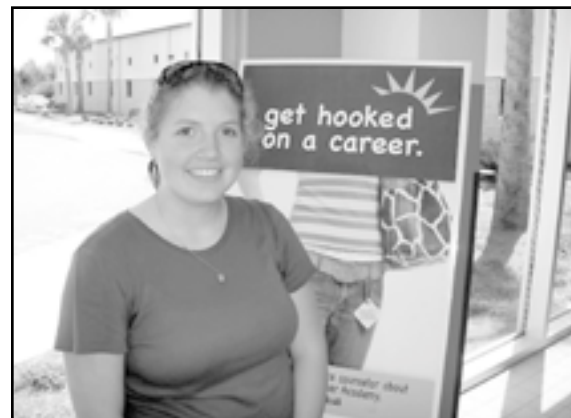
Pictured are members of the third quarter class including **Patrick Antoine**, from left, in front, **Fidaa Saif**, **LaWanda Blue**, **Gary Beasley**, **Tuesday Crist**, **Jennifer White**, **Ashley Floy**, **Lavonia Collins** and **Sarah Albertie**, and **Debra Collins**, from left, in back, **Mary Swanger**, **Charissa Cummings**, **Tannell Washington**, **Matthew Williams**, **LaQuita Gurley**, **Joann Daniels**, **Katinah Walker** and **Laurie Sudden**.



Student places in design competition

Posted by Jim Weidhaas

Golden Isles Career Academy Future Farmers of America member **Alisha Mikell** recently placed second in the senior floral design competition at the Area VI FFA Floral Design Career Development Event at Atkinson County High School in Pearson. The event required Alisha to design and construct a fall-themed round centerpiece arrangement, identify 25 floral design materials and/or tools, and answer 25 general knowledge questions about floral design. By placing second, Alisha will advance to compete in the State Floral Design competition to be held in Covington in March. Alisha, a senior, is the daughter of Glenn and Karen Mikell of Brunswick. Michael Stalvey is the Golden Isles Career Academy FFA adviser.



Plenty of fun scheduled this week

• Continued from 1B

Friday, Oct. 1

• **Book signing** featuring June Hall McCash, author of a book about Jekyll Island, will be from 5 to 8 p.m. at Hattie's Books, 1531 Newcastle St., Brunswick. Details: 554-8677.

Saturday, Oct. 2

• **Bicycle ride** to benefit victims of domestic violence will begin at 8 a.m. at St. Simons Community Church, 2700 Frederica Road, St. Simons Island. Participants can ride between the church and Frederica Park (10 mile round trip) or the church to Hampton Point (18.6 mile round trip). Cost is \$30 for adults; \$10 for children 12 and under and \$100 for teams of five to nine riders. An awareness party will begin at 11 a.m. and will feature

CommunityCalendar

refreshments, Kids Safety Town, and a pet health fair. Sponsored by the Glynn County Task Force Against Domestic Violence. Details: empowerglynn.community.officeive.com.

• **Beach sweep**, in preparation of the McGladrey Classic PGA Golf Tournament, and sponsored by the St. Simons-Sea Island Council of the Brunswick-Golden Isles Chamber of Commerce and Keep Brunswick-Golden Isles Beautiful, will begin at 9 a.m. at the Coast Guard Station on East Beach, St. Simons Island. Bags and gloves will be provided. Details: 279-1490.

• **Selden Park archaeological dig** led by the Golden Isles Archaeology Society will begin at 9 a.m. at Selden Park, 3401

Ross Road, Brunswick. Participants should bring gloves, hat, sunscreen, garden claw, clutch, and lunch and water to drink.

• **CoastFest** will be from 10 a.m. to 4 p.m. at the Georgia Department of Natural Resources, 1 Conservation Way, Brunswick. The event will feature displays, demonstrations and interactive activities from more than 85 environmental and educational organizations from around the Southeast. Details: 264-7218.

• **Silver Screen Saturday** will feature the 1938 movie "The Adventures of Robin Hood" starring Errol Flynn and Olivia DeHavilland at 3 p.m. and the 1975 film "Monty Python and the Holy Grail" at 7 p.m. at the Ritz Theatre, 1530 Newcastle Street, Brunswick. Admission is \$5 to each movie. Details: 262-6934 or www.goldenisesarts.org.

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