

Advice & More

Community Life Bulletin Board

# Journals spanning 22 years will be the gift of a lifetime

**Dear Abby:** This is in regard to "Blocked Writer in Oklahoma" (Oct. 29), who has been writing in journals for her son for 22 years and wonders when to give them to him now that he's married and has a son on the way himself. I agree with you that giving them to him now would be unwise because he has too much going on in his life.

She should give him a year's worth of writings when his son turns 1, so he'll know what his mom was going through when he was 1. Then give him another year's worth when his son turns 2, etc. All I can say is, wouldn't it be a great world if all kids had a mom like Blocked! — Kathy in Edmond, Okla.

**Dear Kathy:** Thank you for your letter. Blocked may have been unsure of when to present her son with the journals she had been keeping for so many years, but readers experienced no writer's block in expressing their views on the subject. Read on:

**Dear Abby:** Any mother who secretly keeps a journal for 22 years has a screw loose. Instead of mothering, she sounds like she is smothering. For her to record every moment of her son's life is an attempt to control him forever. That woman ought to get a grip and get a life of her own. — Andrew in San Francisco

**Dear Abby:** You advised Blocked Writer to wait for a



**Jeane Phillips**  
Syndicated advice columnist

**Dear Abby**

milestone birthday (25th) to give her son the journals. I would implore her not to wait three years. You never know what life brings. NOW is the time for sharing such a wonderful, loving gift. — Linda in Calgary, Canada

**Dear Abby:** This journal is priceless, not only to her son and his posterity, but eventually to historians. Imagine how it will be to read this journal in 200 years and glimpse what life was like for this family. I beg her to make a copy of it before she gives the original to her son. I hope she can find some historical society willing to accept this journal as part of its collection. — Jo Ellen in Bountiful, Utah

**Dear Abby:** I smell a narcissist! No new father has the emotional reserves to confront this encyclopedia. If the entries are all proud and glowing, great. But many narcissists time their gifts to steal some spotlight from other momentous occasions. I'd save the journal for a future date. Meanwhile, she should pitch in and help the new parents. This is one time when actions speak louder than words. — Anony-

mous in West Orange, N.J.

**Dear Abby:** Giving the journal now would be a waste. She should continue writing. Her son's life isn't over; he is just beginning.

Continuing the journal on his journey through life as a parent, and memorializing her feelings watching him and her grandchild would be a better gift for the son to "find" once the mother is no longer here. A journal should never replace telling people in person how you feel. If Blocked at any time is unable to continue the writing, the last of the journal could be dictated and transcribed by a friend for her.

I agree she should start a companion journal about her life as well. But I encourage her to continue writing her son's journal. It would be the gift of a lifetime. — Christy in Tampa, Fla.

**Dear Abby:** Journaling your child's life when he is a child is fine — and he may appreciate having a record to look back on. And once a child becomes a teenager, it would be all right to note special events. But every day? NO! Teenagers want some privacy. Frankly, the idea that she has continued this after he became an adult strikes me as creepy and stalker-ish. — Shocked in California

— Write to Dear Abby, P.O. Box 69440, Los Angeles, CA 90069, or [www.DearAbby.com](http://www.DearAbby.com).

## STAR Foundation holds graduation

Posted by Peter Boyton



Recently, 15 students graduated from the STAR Foundation's 8-week Employment Readiness Program.

Twelve of those students achieved perfect attendance. In addition to completing the STAR Foundation program, many also earned their Georgia Work Ready certificates.

Established in 1997, the STAR Foundation is a Brunswick-based nonprofit 501 (c)(3) organiza-

tion that assists impoverished individuals in changing their lives to achieve economic stability for themselves and their families. The course work covers computer training, life skills, financial management, personal empowerment and job readiness.

For further information, call 554-0540.

Pictured are **Barbara Wootten**, in front, from left, **Cynthia**

**Zanders** and instructor **Katie Orrel**; **Jessica Butler**, second row, from left, **Maleta Simmons** and **Marion Simmons**; **Quadeera McKie**, third row, from left, **Alyssia Watson** and **Sandra Woodson**; **Laura Tyson**, fourth row, from left, **Debbie Clarke** and **Tyshana Dembele**; and **Ellen Murphy**, director, in back, from left, **Robert Pinson**, **Paul Mingo**, **Delon Lemon** and **Melissa Curtis**.

# Arthritic fingers can be painful

**Dear Dr. Gott:** My doctor X-rayed my hands and said I have osteo in them. They get stiff and ache. What should I take for it and what should I not eat? Thank you for your help.

**Reader:** I assume you are referring to osteoarthritis, not osteoporosis because of your claim that your hands are stiff.

Osteoarthritis is a chronic disease of the joints that results from a breakdown of cartilage. Symptoms include pain and stiffness of the affected joints. The condition is commonly associated with aging. As such, it is seen more in older people than in younger ones.

Healthy cartilage is smooth, elastic and flexible, allowing for easy movement. When osteoarthritis occurs, the surface of the cartilage softens, becomes pitted, frayed and/or cracked. As the condition progresses, some areas of the cartilage may wear away completely, exposing the underlying bone. The bone becomes damaged, and movement of the affected joint(s) becomes



**Peter Gott**  
Syndicated medical columnist

very painful. If further cartilage breakdown occurs, the ends of the bone may thicken and form spurs. Particles of bone and cartilage may then float in joint spaces, contributing to pain with movement. The X-rays you had must have revealed diminished joint space. The bones may be roughened and condensed.

Pain commonly occurs when the affected joints have either been overused or when they remain motionless, as with being bedridden. While in many instances the pain may be limited to the specific joint such as the hands, it may also spread to surrounding areas. The pain may diminish somewhat with rest but will exacerbate when the joint is moved.

Treatment is aimed at con-

trolling pain, preventing joint deformity and maintaining movement. The most common over-the-counter medications are acetaminophen and ibuprofen for control of the pain and inflammation. When these medications fail to work, you may require prescription NSAIDs (non-steroidal anti-inflammatory drugs). You and your doctor will know when that time occurs.

Alternatives to medication include castor oil rubbed onto the affected joints, adding grape juice and pectin to one's diet, an OTC combination of glucosamine and chondroitin, Castiva with capsaicin (warming) or menthol (cooling) and omega-3 fish oil taken either through the ingestion of fish or in capsule form.

Stay as active as possible, flex those fingers often, add salmon or other fish to your diet and follow your doctor's instructions.

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

## United Way teams up for literacy

Posted by Lorene Reid

The Financial Industry Regulatory Authority (FINRA) Investor Education Foundation and United Way Worldwide have partnered to provide financial literacy to communities across the United States.

Ten community grants were awarded across the nation this grant cycle.

In Glynn County, the Coastal Coalition for Children and Star Foundation, in partnership with the United Way of Coastal Georgia, is one of the 10 programs awarded a two-year grant to teach financial literacy, increase self-sufficiency and decrease poverty.

The money management workshops being implemented teach several levels of financial health from the "Basics of Banking" and "Managing Your Credit" to "Buying A Home."

A curriculum has been developed by the Star Foundation and classes are scheduled for the public to attend. Call 554-0540 to sign up for a class or for more information.

A unique approach to teaching banking skills is the "Virtual



Banking" system created by the Star Foundation. This creative learning tool allows students to master banking by using virtual money, making any mistakes less painful, before taking on the banking world with their own money.

An additional component of this program is teaching the financial literacy classes to individual families enrolled in the Healthy Families, Grandparent Connection and Latin American Resource Center programs of the Coastal Coalition for Children.

This one-on-one approach will be measured for outcomes and compared to the classroom approach to plan for changes to the program in the second year. For details about the Coastal Coalition and its programs, call 262-1855.

Pictured are **Ellen Murphy**, from left, executive director, Star Foundation; **Lorene Reid**, executive director, Coastal Coalition for Children; **Missy Neu**, president and CEO, United Way of Coastal Georgia and **Pamela Devenney**, chair, Star Foundation Board of Directors.

# Today's teens face new problems

**Dr. Wallace:** With all of the bad press teens have been getting lately (gangs, pregnancies, shootings, drugs, etc.), are you still as optimistic about today's teens as when you were a high school principal? — C.J., Willmar, Minn.

**C.J.:** A survey reported in Psychology Today found that nearly three-quarters of the participants were well-adjusted. They were "generally happy, self-controlled, caring toward others, and concerned with the repercussions of their actions." Far from being alienated from their parents, most youths were found to "hold very positive attitudes toward their families."

I totally agree with the survey. I travel the North American continent speaking with teens, and I'm happy to report that the great majority of them are well on their way to becoming model citizens. It's unfortunate that teens who do wrong make the newspaper headlines, while teens who do right seldom see their names in print.

**Dr. Wallace:** My 19-year-old brother is planning to write to you complaining that you are a hypocrite for trying to convince teens that it is "evil" to consume some forms of alcohol (beer and wine). He wants to try to get you to change your mind.

He spent his senior year in Germany, where it was common for teens to consume alcohol with very little consequence. Please don't allow him to change your views on alcohol. — Paula, Ft. Walton Beach, Fla.



**Robert Wallace**  
Syndicated advice columnist

**Between 12 & 20**

**Paula:** Tell your brother to save a 44-cent stamp. He will never convince me that teens can consume alcohol without consequence.

P.S.: Thanks for the tip.

**Dr. Wallace:** My parents are fed up with the music I like listening to. They call it a bunch of garbage and evil, and they want me to stop listening to it. I don't see it that way. I see it as an expression of life.

I don't smoke or drink, but they do. It would be easy to express my displeasure with their unhealthy lifestyle, so I say nothing. I'd appreciate your comments. After all, music is music. — Nameless, San Francisco.

**Nameless:** You don't indicate the type of music you prefer, but my guess is that it's not the Boston Pops Orchestra. "Music is music" only to a point. I draw the line at songs with raunchy, gutter lyrics or songs that preach hatred to all who have different views than the singers.

I know that my views on music are a bit slanted because I'm from the "old school." Everything is relative. As a teen, I was an Elvis fan and couldn't understand why many adults frowned on his hip-shaking gyrations, while singing,

"You Ain't Nothing But a Hound Dog." Today, that would be considered "soft" music.

Since your parents consider the music you enjoy to be "garbage and evil," I would agree with them that your choice of music is not acceptable.

— Write to Dr. Wallace at [rw Wallace@galesburg.net](mailto:rw Wallace@galesburg.net).

## Senator speaks to Kiwanis Club

Posted by Rex Stalvey



U.S. Senator Johnny Isakson, R-Ga., recently addressed the Brunswick Kiwanis Club. **Isakson**, center, is pictured with **Bill Brown**, left, a well-known local historian and longtime Kiwanian, and Brunswick Kiwanis Club President **Kimm Antic**.

### The Grand Dining Room

## Sundays & Sunsets

### Special Occasions

<h4>Sunset Dinner Specials</h4> <p>6-6:45 p.m. Nightly</p> <p>Spectacular entrée selections. Special menu includes choice of soup or salad.</p> <p><b>\$26<sup>95</sup></b></p> <p><small>Prices not valid on holidays or special events. Reservations recommended.</small></p>	<h4>Victorian Sunday Brunch</h4> <p>10:45 a.m.-2 p.m.</p> <p>This legendary buffet is a glorious showcase of our culinary team's tempting talents.</p> <p><b>\$28<sup>95</sup></b> (<small>\$14<sup>50</sup> children under 12</small>)</p>	<h4>Special Occasions</h4> <p>Romantic dinners, birthday celebrations, anniversaries, holiday parties, etc.</p> <p>We offer a variety of private dining options in unique settings throughout the Hotel to make your event unforgettable. Please inquire.</p>
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