

Advice & More

Fan of Hollywood films wonders if romance is just a dream

Dear Abby: I come from a Third World country and live as a legal alien in San Francisco. I grew up reading great American authors, watching American TV and Hollywood movies, so I thought I had a good understanding about your Western societal structure. I have made many friends in this wonderful city, but the women here drive me crazy.

I am a romantic at heart, but not desperate.

However, my gestures are often misunderstood. One time I gave a feminist/radical girl a book about the feminist movement and she freaked out. She said she wasn't looking for anything serious and didn't want me to expect anything from her. Abby, it was just a book, not a diamond ring.

I was in a relationship for four months. It was fine, until I told her I was madly in love with her. She freaked out and said she didn't want to get tied down. I was dumbfounded and heart-broken.

A few months later, I started dating again and met an incredible woman who made my heart skip a beat.

I enjoyed being with her so much I sent flowers to her workplace.

She freaked out, too.

Am I being completely igno-



Jeanne Phillips
Syndicated advice columnist

Dear Abby

rant to believe in romance? Or is there something wrong with ME? — California Dreamer

Dear Dreamer: There isn't anything "wrong" with you, but I suspect you're coming on a bit too strong, too quickly.

Life in the United States isn't the way it's depicted in novels, television and Hollywood movies.

Getting to know someone takes time — so take more time before declaring you're madly in love. And the next time you feel the urge to give someone flowers, send them to her home because some professional women prefer to keep their private lives separate from where they work.

Dear Abby: My husband of 27 years has been having chemotherapy for lymphoma off and on for two years. Friends and neighbors call him often. However, not one of them has ever asked me how I'm doing. I understand the awkwardness of emotional conversations, but it deeply disappoints me that people act as though my husband's cancer doesn't affect me.

What's the best way for us to care for each other? We are all so fragile and vulnerable. — Hurting Too in Hawaii

Dear Hurting Too: I agree. The answer is for people to realize that life-threatening diseases affect the entire family, not just the patient. In your case, if someone asks how your husband is doing, you should say, "John" is doing well so far, but his illness has been very stressful for me. Thanks for asking." It may start the conversation you want to have.

However, if it doesn't, you should check out the American Cancer Society's website, www.cancer.org, which lists the location of support groups everywhere. It would be helpful for you emotionally and spiritually to join a group of caregivers who are coping with what you have been experiencing.

Dear Abby: An acquaintance recently announced that she's pregnant. None of us were aware that she was in a relationship. Is there a polite way to find out who the father is? — Just Curious in New Mexico

Dear Curious: I can think of two ways: The first is to wait for her to tell you. The other is to just ask.

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

Torticollis really pain in the neck

Dear Dr. Gott: I have been diagnosed with torticollis. I am 60 years old but was diagnosed with the condition about 25 years ago.

The doctor said it was a mild case and didn't feel it would get any worse.

Well, it seems to be doing just that, especially if I have any stress in my life.

This has put such limitations on the types of activities I participate in.

Plus, I feel as if everyone is staring at me because of the turning of my head to the right.

What do you know about this condition, and could you please tell me what my options are for treatment?

Thank you so much for any advice or suggestions you might have.

Reader: Torticollis, otherwise known as a spasmodic torticollis or cervical dystonia, is essentially a painful, twisted neck in which the neck muscles involuntarily contract, causing the head to tip to the right or left instead of remaining upright and centered in the middle of the shoulders.

The condition may be either inherited due to a gene modification or acquired as a result of injury or damage to the nervous system or muscles. It can develop any time from childhood to adulthood but most



Peter Gott
Syndicated medical columnist

Dr. Gott

commonly affects middle-aged adults, with women being more prone than men.

Symptoms include neck pain, head tremor, limited range of motion of the head and headache. Because of the pull to one side, the muscles of the neck may be stiff and swelling may be present.

Diagnosis can often be made through visual examination only. When questions remain MRI, EMG and laboratory testing may be appropriate.

Acquired torticollis is often treated with heat, cervical-spine traction, massage, stress-reduction techniques, sufficient rest, exercise and for some individuals, the judicious use of a neck brace to reduce muscle spasms. Medication may include muscle relaxants, pain medications, drugs commonly prescribed for Parkinson's disease, or botox. The latter will provide almost immediate — albeit temporary — improvement; however, the procedure will have to be repeated three to four times a year.

Surgery for adults is an op-

tion when all else fails but is a common consideration for very young infants and young children.

Dear Dr. Gott: I have a bunion on the edge of my right foot at the base of my little toe.

It is sore and is about 4 years old. The foot doctor has cut part of my shoe away at the edge so the bunion does not rub up against the edge of the shoe.

Before I bandage it, I put antibiotic ointment or Neosporin Pain Relief ointment on it, but neither seems to help the pain. Do you have any suggestions I could follow to relieve the pain and not have to wear this funny-looking shoe?

Reader: Bunions form at the base of the big or little toe. The cause for yours to form may have been from wearing high-heeled, narrow-toed or poorly fitting shoes.

Considering that you have had it for four years, we might consider options to include a modification of your footwear to sandals or something wider, supports, rest, bunion splint, an OTC pain reliever or bunioneectomy to realign the toe.

If your quality of life is affected, speak with your doctor as to what he or she believes is the appropriate next step.

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

Son runs away from home a lot

Dr. Wallace: Our 15-year-old son (my stepson) has run away from home twice in the past eight months. His father and I have tried to find out what's bothering him, but he won't open up. You seem to understand teen problems, so maybe you can enlighten us.

We love the boy and hate to see him so miserable. Somehow I don't think we're doing anything to cause him to run away. But I will admit that we're very strict, and my husband does use the belt to discipline.

Any help will be deeply appreciated. — Mother, Ft. Walton Beach, Fla.

Mother: The National Network of Runaway and Youth Service in Washington, D.C., lists the following prime reasons why teens run away from home:

- Poor communication with parents.
- Abuse, neglect, sexual exploitation or fear of such treatment.
- Unreasonable demands or restrictions placed on them by parents.



Robert Wallace
Syndicated advice columnist

Between 12 & 20

- Disruption within the family, divorce or threat of divorce, death or severe illness within the family, wage earner's loss of job.
- Rejection, abandonment or threat of abandonment by parents.

When you next talk to your son, try the gentle approach. Don't threaten him with physical punishment.

Young people can be very wary of opening up.

Let your love for him come through in your conversation, not your anger at him. I wish you the best in this difficult situation.

Dr. Wallace: I live with my parents and my 1-year-old baby sister.

I'm 16 and active in school. I get good grades and participate

in various school activities.

My dad is a business owner and works very late in the evening.

My mom is what you would call a "socialite." This means she belongs to a lot of clubs and attends many social events.

This means I have to baby-sit my little sister about five nights a week.

This hinders me from having any time to be with my friends. I know that there is nothing that you can do to make my mom change her social life, but I'd like to hear what you think of my situation. — Nameless, Dallas.

Nameless: If Mom can afford to be a socialite, she should be able to afford an adult baby sitter.

Of course, there are times when it will be necessary for you to care for your sister.

But because this should only happen occasionally, those times will be great experiences for both you and your baby sister.

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

Community Life Bulletin Board



Girl Scouts hold event

Posted by Kelly Terhune



The Marshes of Glynn Girl Scouts held an event at The Brunswick Exchange Club Fairgrounds. This service unit event was a "CSI"-based activity where more than 60 of the local Girl Scouts, in fourth grade and older, tried to uncover the mystery of "Who Stole Fredda Finkle's Cell Phone?"

These girls, along with the help of numerous agents from Naval Criminal Investigative Service (NCIS) and Defense Criminal Investigative Service (DCIS), former and current members of the Glynn County Police Department and a former Brunswick Police captain, had the opportunity to experience all of the major steps in investigating and solving a crime. This event was lead by one of the Girl Scout

Troop Leaders and an NCIS Supervisory Special Agent, Cathy Clements. She was assisted by former Glynn County Lt. Ted McDonald, NCIS Special Agents Lee Clements, Phil Boyd, Kim Swindle, DCIS Special Agent Kelly Garbo and former Brunswick Police Capt. Chris Stewart.

The keynote speaker was Glynn County Police Capt. Melissa Tindale, who told the girls about what it takes to go into such a line of work and some job opportunities for the future.

Pictured are Girl Scouts from Troops No. 30728, No. 30256, No. 30024, No. 30522, No. 30248, No. 30722, No. 30639, No. 30402, No. 30075, No. 30272 and No. 30503.



STAR students graduate

Posted by Peter Boyton



STAR Foundation's Second quarter Employment Readiness Program class recently graduated. The program is an eight-week course covering the basics in computer skills, communication skills, financial management, goal setting and exposure to various professional speakers who present material on education, dress and employment ethics. Public speaking with correct grammar and diction are available to class participants.

The next class will be starting July 11. Registration is required and interviews will be conducted this month for participation. Pictured are **Sonjeanette Holmes**, first row from left, **Joan Jenkins** and **Tiffany Jackson**; second row, **Stacy Mathews**, **Velma Purnell** and **Tina Armstrong**; third row, **Kristen Hobbs-Parker**, **Lekia Jones-Alvin** and **Crystal Faircloth**; fourth row, **Angela Drayton**, **Keita Sams**, **T'Shayne Fripp** and **Jesse Adams**.



Store raises funds for recovery program

Posted by Marie Scholette



Freedom Reform N.U. is a Christian-based addicts recovery program in Darien. It was recently started by Rick and Debbie Morris. The meetings are Friday evenings at Glory Worship Center in Darien. St. Ann's Yard Sale Store, also in Darien, is contributing financially by providing an initial check and by planning a day when all funds from the store will benefit the addiction program. Presenting the check from St. Ann's are **Benigna Meacham**, from left, and **Tim VanNess**, and receiving the check are **Debbie** and **Rick Morris**.

How to submit news for Community 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
- **Email** 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

WANTED:

10 people with NO credit looking to purchase a home! Job or other income necessary.



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