

Advice & More

Singles celebrate friendship with annual Valentine's Day dinner

Dear Abby: Valentine's Day is once again upon us. As a single woman, I have recognized that even on this day one can feel completely left out of things. So, last year I started a new tradition with my single women friends.

On Valentine's Day we meet for dinner. We call it "Singles Appreciation Day." Last year we had a great time together, and this year should be even more fun.

Singlehood is not something to cry about. It's something to celebrate and enjoy, just as we would the state of marriage when we find the right person. People need to learn to appreciate the value of each phase of life as we enter it. For now, I am happily appreciating the stage of being single. — Sandy in North Highlands, Calif.



Jeanne Phillips

Syndicated advice columnist

Dear Abby: I'm sure I'm not the only person who admires your positive and intelligent attitude about the journey we all make through life. Today, more and more people are choosing to remain single into their late 20s and 30s — and Valentine's Day seems to have become less a holiday and more of a marketing campaign that makes the unattached feel adrift, alone and often depressed.

A wise person told me years ago that we are as happy as we make up our minds to be — and I hope more singles

will learn from your example. **Dear Abby:** My 94-year-old mother, who lives in a nursing home, has had so much fun making Valentines for all her grandkids — ages 17 to 46.

She sent a picture taken of herself in a bubble bath and wrote, "I hope your day is as happy as I am here in this picture. Proverbs 15:15, 'For the despondent every day brings troubles; for the happy heart, life is a continual feast!' Happy Valentine's Day!"

I am so proud of her attitude. — Kathy in Kennewick, Wash.

Dear Kathy: And well you should be. Your mother sets an example we should all be fortunate enough to follow. — Write to Dear Abby at P.O. Box 69440, Los Angeles, CA 90069 or at www.DearAbby.com.

Skin requires quick treatment

DEAR DR. GOTT: In your opinion, is there any skin condition that a dermatologist would consider an emergency? When my 55-year-old sister developed a rash on her hand, she was treated at a walk-in clinic. The doctor called it a staph infection and used antibiotic creams, injections and medication. The condition spread and worsened. After three weeks, both hands and forearms were swollen, weeping and peeling. The doctor advised her to see a dermatologist ASAP. She attempted to make an appointment with three different skin doctors, but the best they could do is fit her in months from now. She found one who will see her in five weeks. By then, I'm afraid the condition will clear up or her arms will fall off! She has no idea what caused the condition in the first place or how to prevent it from recurring.

DEAR READER: I am concerned because the physician diagnosed staph infection without performing wound cultures



Peter Gott

Syndicated medical columnist

to determine the cause of this resistant infection.

Staph germs are common residents on human skin. As a consequence of minor trauma, they can enter the skin and cause unpleasant reactions that can be diagnosed easily and treated by a general doctor.

Apparently, this was not effective in your sister's case. She needed a second opinion from a dermatologist. I agree.

If your sister were put off and could not be examined for weeks, the walk-in physician should have picked up the phone and exerted some pressure — politely, of course — on the dermatologist. Your sister's rash may or may not be an emergency; however, were I in your shoes, I would have insisted

ed she be seen ASAP.

DEAR DR. GOTT: Two and a half years ago, my husband had prostate-reduction surgery. He has had heavy bleeding from his kidneys, bladder, prostate or some place that causes the water in the toilet to look like crushed strawberries. The urologist said that because he is 83 years old, there is no need for more treatment. What do you think? He has no pain, itching or burning.

DEAR READER: I don't agree with your husband's urologist. I am especially concerned that the source of your husband's bleeding could be in his intestines. I recommend that your husband follow up with his primary-care physician, who can order appropriate testing and make referrals to specialists as indicated.

As I have written many times before, bleeding from a body orifice is rarely normal and should be investigated.

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

'PG' means parental guidance

Dr. Wallace: I am 13 years old and have parents who are extremely strict when it comes to the movies that I'm allowed to see. I thought PG-13 movies were OK, but my parents think otherwise. When I ask them why I'm not allowed to see these movies, all they say is, "Those people who rate movies probably aren't parents because some PG-13 movies are pretty violent or racy."

I have seen or heard everything contained in PG-13 movies at my school, so I'm not going to be shocked by seeing or hearing things in a PG-13 movie. I think I should be able to see all PG-13 movies, don't you? All of my friends can see PG-13 movies!



Robert Wallace

Syndicated advice columnist

That's why movies are rated, so parents can feel comfortable allowing their children to visit the movie theater. — Arlene, Ontario, Calif.

Arlene: Parents, not the rating system, should have the final say about what movies their children see. The ratings can help parents make their decision, but they're not 100 percent reliable. I agree with your mom and dad. Some PG-13 movies are totally unsuitable for teenagers.

Dr. Wallace: I'm a 12-year-old who enjoys reading your column. Now I have a question for you. My cousin told me that if a person wears a watch to bed it could cause you to get cancer in later years. Is this true? — Jen, Willmar, Minn.

Jen: It's definitely time to put an end to this myth. I'm glad you asked instead of simply accepting your cousin's declaration as the truth and passing it on. Rest assured, if you enjoy wearing your wristwatch to bed, you will experience no ill effects from doing so - unless you have one with an alarm that gets set for 3 a.m.!

— Write to Dr. Wallace c/o Copley News Service, P.O. Box 120190, San Diego, CA 92112

Community Life Bulletin Board

Benefit dance-a-thon set for Saturday

Dance for Cancer, in honor of St. Simons resident Connor Landis, an 11-year-old girl currently undergoing chemotherapy treatments, will be held from noon to midnight Saturday at

Christina's Dance World, 251 Redfern Village, St. Simons Island. Connor is a student of Christina's and a fifth-grader at Frederica Academy. Refreshments will be provided by Bubba Garcia's and

Gnat's Landing, and other contributions of food and beverages will be welcome to help keep the dancers going. Donations to support Connor's battle will be accepted. Details: 638-5340.

STAR students reach out

Posted by Leslie Lamkin



Fourteen STAR Foundation students recently learned how satisfying it can be to volunteer for others when they spent several hours assisting at America's Second Harvest of Coastal Georgia. The students are learning computer literacy, life skills for professional and personal growth, and job readiness in STAR's Employment Training Program.

Now in its 12th year, the Brunswick-based STAR Foundation has helped provide the community with a higher quality workforce. An agency of the United Way, the foundation's mission is to change the lives of individuals with limited income by teaching them the skills that help them become financially stable and more productive employees.

Pictured, in front, from left,

at the recent food distribution for America's Second Harvest are, **Angel Smith, Jacquelyn Bryant, Mollie Lockett, Kim Wright, Teresa Battle, Nita Kittles** and **Brendette Robinson**, and, in back, from left are, **Chandra Mahoney** of American Second Harvest, **Candice Haymans, Anita Klatt, Michelle Sifuentes, Amy Pate, Meka Moran, Karen Forry** and **Brian Plummer**.

Glynn freshmen meet with mayor

Posted by JoAnn Davis



The 40 members of the Glynn Academy Freshman Leadership Council recently held discussions with Brunswick Mayor Bryan Thompson and Arne Glaeser, head of the city's planning department. The Glynn Academy Class of 2011 has voted to work with the city and the school board to close the portion of

Mansfield Street that currently bisects the Glynn Academy campus. The closing would allow a partial restoration of Hillsborough Square, which was located at the intersection of Mansfield and Norwich streets and bordered by Carpenter and Egmont streets. The Class of 2011 has identified the improvement of the aesthetics of the

campus and an increase in the amount of green space available to students as the major improvements needed on the campus.

Pictured from left, are **Arnie Glaeser**; Freshman Academy members **Akil Jackson, Mary Anna Maupin** and **Mac Morrison**; and Brunswick Mayor **Bryan Thompson**.

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