

Love and feelings about time

Dear Dr. Brothers: Could a woman who's mad about modern art, music and architecture possibly do well and be happy in a marriage to a marvelous guy whose profession and love is dealing in antiques? I guess it's kind of late to ask, because we've already sent out the invitations. We certainly do love each other, and we've been sharing an apartment (mine) off and on for six months. — C.K.

Dear C.K.: The answer to your question is yes, as long as you're both willing to share and make compromises. It might even involve your decorating one room and having him decorate another — a type of "his and hers" separation.

It also would help a great deal if your internal time clocks were set about the same. In other words, I'm hoping that you both prefer the same general time of day to rise and to retire. If one of you is a night owl and the other is a lark, it may be a struggle that can take a toll on the partnership, because these internal time clocks can be difficult to reset.

Attitudes toward time are revealing about personalities — the "feeling type" who loves the past and collects memoirs and antiques may be uncomfortable in new situations.

Dear Dr. Brothers: I'm ashamed and saddened that my daughter and her live-in lover, the father of my 3-year-old grandson, are both on drugs. He still manages to hold down a job as a stock trader, but because of cocaine and maybe other drugs, both are abusive and unfit parents. At the moment, because of their history, I'm caring for their child. I know my daughter loves him, but as a social worker said, no child should be raised in the kind of home he's been in. My daughter's in rehab, but she's been there many times before. I'm a healthy, happy 42-year-old in a home that is secure and practically next door to one of the best pre-schools in the city. I'm going to fight my daughter on this



Dr. Joyce Brothers

● Ask Dr. Brothers

to keep him until I know that the two of them are drug-free. Do you think I'm wrong? — S.C.

Dear S.C.: No. From what you've written, I believe that any battle you have to fight in order to keep him is well worth it, and I hope you succeed. If you can talk with your daughter when you know she's sober, you might not have such a difficult time if you can convince her how damaging it is for a child to grow up in a climate of stress and violence.

Babies' brains are extremely sensitive, and this is one of the many reasons they require such consistent, sensitive, loving care. If they don't get this, studies indicate that some of the damage done to the development of basic brain chemistry can be permanent. This could affect their later abilities to concentrate, to control feelings and impulses, to be able to empathize with others, and to recognize that there are consequences to bad behavior that hurts others.

Dear Dr. Brothers: My wife enjoyed a very powerful position with her company until two months ago, when everything was outsourced and the company ceased to exist. I expected her to be upset, but I didn't imagine that our marriage would crash, too. Shortly after she lost her job, she became almost impossible to live with. She was angry, but this seemed to emerge as rages directed at me, as if it were my fault. We've tried marriage counseling, but nothing works. — L.L.

Dear L.L.: I think men often are surprised at how much jobs mean to women. For certain women, much of their self-esteem is related to the work they do out-

side the home.

Those who've experienced the psychological lift that a life with power brings are going to miss it with an unexpected intensity if it's gone. Power has been described as the ultimate aphrodisiac by men, but for women it may provide a dream of always being the center of attention, with every eye and ear in a room focused on them.

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				1				
		1	3	7		5		
	2						8	
				3			7	
2	5						4	6
	6			8				
	9						6	
		3		6	1	8		
				4				

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Sudoku

This is a logic-based number placement puzzle. The goal is to enter a number, 1-9, in each cell in which each row, column and 3x3 region must contain only one instance of each numeral. The solution to today's Sudoku puzzle is at the bottom of this page.

Survivor of molestation needs community help

By Harlan Cohen
Keng Features Syndicate

Dear Harlan,
Ever since I was molested when I was 11, I have had a problem with my moods. For the past six years, I ignored the problem and was able to cope with most of it myself. However, sometime last October I cracked; I needed professional help. After months of rapidly changing diagnoses and many different medications, I have finally been diagnosed with bipolar disorder (classic bipolar affective disorder), and I am taking lithium for it. My question: Would it be wise of me to leave home for college in this state of health? I have missed a lot of school (hospitalizations and depressive episodes), and I'm still not sure whether I can live on my own.

— Maniac in NYC
Dear Maniac in NYC,
You sound like the furthest thing from a maniac. You seem totally in control — congratulations. For you, college isn't just about finding a college that fits your academic profile; it's finding a community that fits your personality profile. The right college will have a strong counseling office, a close-knit community, and a therapist, psychologist and group counseling on or off campus. When it comes to living arrangements, find a residence hall with a supportive community and resident advisers on staff. Ask to be put on a floor with an experienced RA. I'm thinking a campus with a population under 10,000 near a moderately sized city not too far from home. If you create a support system near campus before leaving for college, you can arrive surrounded with support. And staying close to home can give you a base, just in case you

need some familiarity and/or medical attention. Of course, also ask your doctors what they think.
* * *

Dear Harlan,
I'm trying to figure out if I should stay with my roommate. I didn't know her very well when we first moved in, and now I wish I didn't know her at all. My mom raised me to be independent so that I could live on my own, and this roommate barely knows how to boil water. She has the "poor spoiled kid" syndrome and is really inconsiderate. I've discussed these issues with her, plus more, and she always says that she's sorry and she'll change. After multiple attempts at reminding her, things go unchanged. I'm sick of it. I feel like her mother. I don't want to live with someone who requires that kind of attention. How do I let her know since we still have until September on this lease that I don't want to live with her anymore?

— Not The Spoiled Roommate
Dear Roommate,
In the beginning of your letter you're figuring out IF you should stay with your roommate. At the end — you're dumping her. Clearly, you're half the problem here. I mean, your roommate is trying to get along, but you're fixated on her being a spoiled rich kid. Maybe she has an attention deficit disorder (piles and messiness are often symptoms). She might need a little bit more help.

Instead of ending it, ask what you can do to together to help her remember her household jobs. You two can craft a work wheel, create a dedicated time for cleaning or, maybe, get someone every two weeks to help clean (it's cheaper than breaking the lease).

Editor's note: Write to Help Me, Harlan! 2506 N. Clark St., Ste. 223, Chicago, IL 60614.

Sudoku answer 04/06

5	3	4	8	1	2	6	9	7
9	8	1	3	7	6	5	2	4
7	2	6	4	5	9	1	8	3
1	4	9	6	3	5	2	7	8
2	5	8	1	9	7	3	4	6
3	6	7	2	8	4	9	1	5
8	9	5	7	2	3	4	6	1
4	7	3	9	6	1	8	5	2
6	1	2	5	4	8	7	3	9

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