

'Kid talk' not always welcomed by everyone at the office

DEAR ABBY: I had to write after reading the letter from "Baby O.D." about the "proud daddy" who brings photos of his child to work weekly to show co-workers. I have a co-worker who does the same thing. She brings photos, stories, videotapes, you name it, of her children to work.



Abigail Van Buren

• Dear Abby

sample of the comments that letter generated because some of them are a hoot.

DEAR ABBY: The letter about the "proud daddy" brought to mind a wonderfully funny incident that occurred a number of years ago on a trip through central Asia. We had a grandmother on the trip who, at the slightest inducement, would whip out a veritable Jacob's ladder of her grandchildren's photos and show them to anyone who could not get out of the way in time.

One evening, while relaxing after a terrific meal in northern India, the grandmother turned to Bob, an older bachelor seated next to me, and said, "Bob, have I ever showed you photos of my grandchildren?" "No," Bob replied, "you have not. And thank you so much!"

— STILL LAUGHING

DEAR ABBY: We solved this issue in our office by converting one whole bulletin board into a "Shar-

ing Board" for moms, dads, gran-nies, aunties, etc. We can all look at it at our leisure (or not), and the pictures can be displayed for a longer period of time as well.

— HAPPY GRANNY

DEAR ABBY: My co-worker and I had the same problem. He talked about his dogs too much; I talked about my kid too much. It took a while, but now when I go overboard, he starts talking about his dogs, and vice versa. After a few minutes, we just change the subject. It's not confrontational — and it works!

— PROUD MOM

DEAR ABBY: Recent research

has identified the unique contribution of fathers in the development and success of young children. Mothers often receive support for parenting, but fathers are often left out of the picture. Teachers often phone a child's home and, if the father answers, the teacher will ask for the mother.

When fathers are present, the child benefits from an increased sense of playfulness, improved communication skills, higher self-esteem (especially in girls), higher academic achievement and higher financial security.

— JANET D.

DEAR ABBY: I am 28 years old and have recently quit my job of six years to return to college full time. My husband is working and supporting both of us for the next two years. We always paid for everything equally and shared household responsibilities, until now.

My question is, now that I am not

"working," should I be expected to do all the housework, laundry, cooking, taking out the garbage, paying our bills, etc.? This is what the situation is right now.

Whenever I start to get annoyed or think about mentioning anything to my husband about sharing these duties, I remind myself how generous he is being. I would feel guilty if I said anything, since he is footing all the bills.

— LISA IN ITHACA, N.Y.

DEAR LISA: The problem with harboring resentment is that it builds until the dam bursts, and then it is usually expressed inappropriately. In a sense, you and your husband are both "working." Therefore, I strongly recommend that you and he have an adult conversation about the household chores, and what a fair division of labor would be.

DEAR ABBY: I am 13 years old. My brother, "Chris," died a month

ago at the age of 16. He was killed by a drunk driver.

I would like to talk about the good times Chris and I had together, but people avoid the subject. If I bring it up, they either make an excuse to walk away or change the subject. Even my mom and dad won't talk about him! I know they're uncomfortable, but it makes me feel like no one cared about Chris.

Sometimes I get really depressed about it and almost suicidal. I am seeing a counselor, but it's not the same talking to a counselor as to your friend.

— GRIEVING SISTER

DEAR GRIEVING SISTER: Please accept my deepest sympathy for your loss. I'm sure that being able to talk about your brother would make it easier to deal with the feelings you have about his death. However, your parents may be in too much pain themselves right now to talk about it without breaking down.

— BEEN THERE
DEAR BEEN THERE: That's because you are someone with social sensitivity. This isn't a problem that happens only with new parents. Grandparents can also be guilty of it. Read on for a

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No More Pain

Those with chronic back and neck pain may now breathe a sigh of relief thanks to Dr. Bradley D. Eck D.C. and his new FDA Cleared non-surgical technology. Years ago, NASA discovered that astronauts while in space experienced an increase of the Intervertebral Disc space in their back and neck. In the "zero gravity" state, astronauts gained as much as two centimeters due to increased disc height and pressure on their spines was eliminated. This discovery led to the development of a treatment that mimics this "zero gravity" state.

The Accu-Spina spinal decompression system was developed by a team of back specialists and engineers. Unlike other types of treatment, spinal decompression repositions the disc and repairs the disc structure. These dramatic improvements are seen on before and after MRI studies.

"I have the opportunity to see and treat many patients each and every day in the Emergency Department. What frustrates me however, is that I can diagnose accurately but then my treatment modalities tend to mask the symptoms providing only temporary relief.

When I myself experienced the pain of a herniated disc I was fearful that my career was over as I must be capable of helping patients in their time of crisis. The relief I experienced following several treatments on the Accu-Spina Machine has given me freedom from pain and

alleviated the fears that I had when exercising and working allowing me to return to full functional capacity. Better yet, no surgery on my two herniated discs.

I now know where to refer my back and neck pain patients for lasting relief and restoration of functions.

Thanks Brad!"

Signed: Dr. Steven R. Henson, MD

"It's like a modern miracle", says PGA golf professional Frank Nobilo, "I was in agony. I can actually have a normal life that I never thought was possible." "Spinal decompression is a major advancement in the treatment of back and neck pain because it is the only non-surgical disc treatment proven to have lasting results", says Dr. Eck, who has four spinal decompression machines in his Wichita Office. "After getting our first machine, in September, we have not been able to keep up with the demand, therefore, we currently have four decompression machines, and getting our fifth very soon", says Dr. Eck.

"Since I began using this technology, I have helped patients with chronic pain who thought there was no hope, some even had prior surgery," says Dr. Eck. "Research has shown that in a clinical study, 93% of patients treated with spinal decompression were effectively corrected."

Treatment for the patient is extremely

"For many years I have had intense pain in my neck, upper back and lumbar area due to a herniated disc, and my hands and arms would become numb. After a series of treatments on the Accu Spina machine, my hands no longer become numb. I am very pleased with the results so far, especially since I can now walk better."
-Betty Wiley, Independence, KS

comfortable and most patients fall asleep during their 20-30 minute treatment session. In many cases the pain resolves after the first few minutes of being on the machine.

"Most patients I see have tried everything from shots and medication to surgery. Thanks to this technology, I am able to help patients quickly without any risks or complications", explained Dr. Eck.

Free Clinical Evaluation

Obviously, with an offer like this, I cannot afford to do it for very long. So I picked July 19th through July 24. If you'd like to take me up on my offer and see what Decompression Therapy can do for

you, all you have to do is call our office and set up an appointment. PHONE **316-944-4223**. Call this number only. Our appointment line is open 24 hours per day seven days per week, and you will speak to a live person. I expect to get flooded with appointments for this, so my advice to you, is you better think and act fast and don't hesitate because this unique opportunity won't last forever, nothing ever does.

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