'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.

Usually the stories are mundane and go something like this: "My child made a heart-shaped paper at school today. She used her purple scissors and smiled at her teacher while doing it. She's right-handed, just like me. Last week, she made a star-shaped paper," and on and on.

I learned to smile politely and to excuse myself after 60 seconds. Others, feeling obligated, would stand and listen to her droning even though there was work to be done.

Co-workers who are not parents have confided that "diaper talks" between mothers are extremely disgusting to be subjected to during lunchtime. For the record, I'm a mother, but I save my "kid talk" for after work.

- BEEN THERE **DEAR BEEN THERE: That's** because you are someone with And thank you so much!" social sensitivity. This isn't a problem that happens only with

CARS

VANS



ter generated because some of nies, aunties, etc. We can all look at 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.

– STILL LAUGHING DEAR ABBY: We solved this is-

sample of the comments that let- ing Board" for moms, dads, granit 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 tion 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.

child benefits from an increased sense of playfulness, improved communication skills, higher selfesteem (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.

has identified the unique contribu- "working," should I be expected to ago at the age of 16. He was killed 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 gener-When fathers are present, the ous he is being. I would feel guilty if I said anything, since he is footing all the bills.

> **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.

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 LISA IN ITHACA, N.Y. 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 DEARABBY: I am 13 years old. themselves right now to talk My question is, now that I am not My brother, "Chris," died a month **about it without breaking down.**



2005 Ford Freestar SEL Green DVD, 23K miles, \$18,900
2005 Chevy Uplander Silver DVD, 19K miles, \$20,900
1998 Chevy Venture LS White, 82K miles, \$6,950
SPORT UTILITY
2005 Jeep Grand Cherokee Laredo 4x4 Silver, 20K miles, \$19,900
2004 Ford Expedition XLT 4x4 Quad buckets Red, 42K miles, \$19,999
2003 Chevy Extended Trailblazer LT Pewter, 4x4, 46K miles, \$17,900
2003 Chevy Trailblazer LT 4x4 Pewter, 41K miles, \$17,900
2002 Ford Explorer XLT 4x4 3rd row seat White, 55K miles, \$15,500
2001 GMC Yukon SLT 4x4 Loaded!Pewter, 88K miles, \$15,900
2000 Ford Explorer SLT Leather 4x4 Purple, 102K miles, \$4,999
1996 Chevy Suburban LT 4x4 Blue, 140K miles, \$6,900
We make car buying fun!

• Hospital • Hoxie Medical Clinic • Long Term Care Center • Assisted Living

Hoxie Medical Clinic John France M.D. - Kaylee Watkins, ARNP-C 785-675-3018

826 18th ~ Hoxie, KS

Selden Community Clinic

Kaylee Watkins, ARNP-C - OPEN WEDNESDAYS!!

785-386-4380

106 N. Illinois ~ Selden, KS



Hoxie Office Supply

COMING SOON

TRAILER SUPER CENTER ~ 1-70, EXIT 93

785-675-2400

Trailers Norie · Kansas

RIDE THE BEST

Helping Your Office Run S"moo"thly!

820 Main St. ~ Hoxie, KS

785-675-9999 ~ Toll Free: 1-866-478-9999

We have all this and much more:

• Scrapbooking • Computer Supplies • File Cabinets • Office Chairs • Everyday Office Supplies • Gift Ideas

• Shredders • Ink & Toner Cartridges

New Shop &

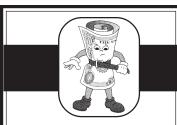
New Location

BEST PRICES.....

BEST SERVICE, BAR

Ph. 785-675-3903

1-800-378-3903



ARE THINGS A LITTLE TIGHT?

Don't worry..place a FOR SALE ad in our newspaper and you'll be sure to get rid of all those unwanted items around your house!! Stop in our office soon!



Advertisement No More Pai

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.

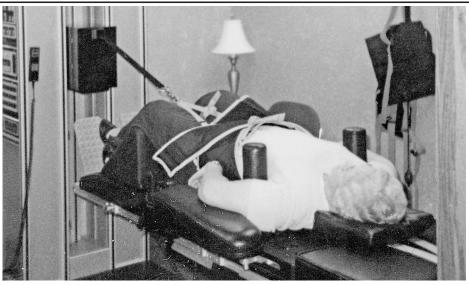
Thanks Brad!"

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 nonsurgical 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 longe become numb. I am very pleased with the results so far, especially since I can now walk better.'

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.

LCD Spinal Care Center Lumbar Cervical Decompression 4510 W. Central Wichita, KS 67212 316-944-4223