

ANNIE'S MAILBOX

Confront hubby with his secret

Dear Annie: My husband, "Sam," and I are retired. Two weeks ago, we ran into one of Sam's former co-workers while out shopping. He seemed quite happy to see her. They kissed hello with a peck on the cheek — no big deal. I told Sam to stay and talk and I'd continue shopping. When I got to the next aisle, I saw a neighbor and we began chatting. From where I stood, I could see Sam and his friend.



Kathy Mitchell & Marcy Sugar

At one point, she leaned close to him, took his hand and gave him another kiss, which was more than a peck. She also held his hand a lot during their conversation. Then she wrote something on a piece of paper and tucked it into Sam's shirt pocket.

When I finished shopping, they were still talking. This woman treated me like I was invisible. In the car, Sam said only that they were catching up on office gossip.

At home, Sam took his shirt off and hung it in our hall closet before going upstairs. I immediately grabbed it, and sure enough, her e-mail address was on that piece of paper in his pocket. I said nothing and put the shirt back. Soon after, Sam came rushing downstairs and took the shirt with him. When I next saw it, the paper was gone.

Sam has not mentioned the note. In all the years we've been married, we've never kept any secrets from each other. I feel so betrayed. How do I handle this?

— *Feeling Betrayed*

Dear Betrayed: Give Sam the opportunity to be honest. Tell him you saw this woman slip something into his pocket and you'd like to know what it was, since he hasn't bothered to mention it. If he tells you the truth, you can talk about how this makes you feel. If he lies, however, let him know you are aware it was her e-mail address, and ask him what, exactly, he thinks he's doing.

Dear Annie: Our beautiful daughter-in-law has one major fault. She is a careless smoker. She has put hundreds of burn holes in their furniture, carpeting, blankets and throw pillows. We worry that one day she will start a fire. Her parents are concerned, as well.

I have told my son he should insist she smoke outside, but he says every time he brings it up, she gets defensive, and he doesn't want to start a fight. They have an 11-year-old daughter witnessing this. What can we do?

— *Tonawanda, N.Y.*

Dear N.Y.: Tell your son he should be willing to start a fight over this because his daughter's welfare is at stake. According to the U.S. Fire Administration (usfa.dhs.gov/smoking), almost 1,000 people are killed in home fires caused by cigarettes and other smoking materials every year. Your daughter-in-law needs to care enough about her family to discipline herself.

Dear Annie: This is in response to "No Locks," the 20-year-old who feels her privacy is being violated by a mother who barges into her bedroom without knocking.

This is an adult woman with two jobs who still cannot afford to move out. No doubt Mom and Dad still support her at least a little, probably covering laundry, gas, water and electric use, as well as a roof over her head and a room to call her own. She should either tolerate with grace the impositions her parents have laid on her, or quit buying clothes, cellphones and jewelry and save her money to get an apartment. If she were my daughter, I would not only be overseeing her private life, but her bank account and closet, too.

— *Loving Parent of Four*

Dear Parent: We believe an adult child is entitled to some privacy, but your intrusive methods could certainly accelerate the process of moving out.

Annie's Mailbox is written by Kathy Mitchell and Marcy Sugar, longtime editors of the Ann Landers column. Please send your questions via e-mail to anniesmailbox@comcast.net, or write to: Annie's Mailbox, c/o Creators Syndicate, 5777 W. Century Blvd., Ste. 700, Los Angeles, CA 90045.

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Adults eating less fruit, not enough veggies

By MIKE STOBBE AP Medical Writer

An apple a day? Apparently not in the United States. Most Americans still don't eat vegetables often enough, and fruit consumption is actually dropping a little, according to a new government report released Thursday.

The Centers for Disease Control and Prevention found that last year about one-third of U.S. adults consumed fruit or fruit juice at least twice a day. That's down slightly from more than 34% in 2000.

Only about 26% ate vegetables three or more times a day, the same as in 2000. The statistics come from a national telephone survey of hundreds of thousands of Americans.

No state met federal goals of three-quarters of Americans eating enough fruit, and half eating enough vegetables. California ate the most fruit and Tennessee was best with vegetables. Oklahoma was at the bottom for fruit and South Dakota had the lowest vegetable consumption.

The report did not ask people which fruits and vegetables they ate the most. But a CDC study published last year concluded that orange juice is the top source of fruit among U.S. adults and adolescents, and potatoes are the favorite vegetable.

Health officials have been trying to promote fruits and vegetables — especially leafy greens — as healthy alternatives to salty, fatty and sugary foods. The goal is to curb the nation's obesity problem and reduce diabetes, heart disease and other maladies tied to bad diets.

The 2009 data are discouraging, said Dr. Jennifer Foltz, one of the study's authors.

"We aren't making progress, that's for sure," said Foltz, a CDC epidemiologist.

However, the study was done before a new wave of government efforts to promote home and community gardens and to expand the sale of fruits and vegetables at stores. A survey planned for 2011 hopefully will show an improvement, she said.



CONTACT LENSES FROM PAGE B5



Dr. Clifford Silverman holds up a sample colored contact lens in his office in Lancaster.
CHRISTINA RAMOS/Valley Press

of purchasing contact lenses, either for cosmetic or medical purposes, online from non-approved FDA websites. Silverman said the quality of the contacts is often questionable and it is unknown if the lenses have been properly sterilized. Many of the websites also don't feature lens care instructions that optometrists routinely distribute.

"When a lay person buys a contact they

don't know if it fits right. They're opening themselves up to eye infections, corneal abrasions and corneal ulcers."

Silverman said corneal ulcers are the most painful and damaging complication from improper lens care.

Even after visiting an optometrist, Silverman said some contact lens wearers don't take the care of their contacts seriously. He mentioned patients who reuse their contact solution, sleep in their lenses and rarely clean their cases with mild soap and water.

"I guess people are trying to save money but what it can cost you in the end can be a lot more expensive."

According to Silverman, youngsters are at the highest risk of developing complications from wearing contact lenses.

Contact lenses can be appropriate for some children, Silverman said, who tends to prescribe lenses for wearers based on maturity level rather than age.

"For the younger patients I almost always recommend daily wear disposable lenses so they're always wearing a pair of clean contact lenses free of contamination or protein build-up. They're much healthier to wear."

The price of the one-time use disposable lenses is comparable to monthly disposable lenses, according to industry experts.

Silverman said wearing contact lenses is safe and easy when instructions are



carefully and properly followed. Here are his top tips for clean contacts and healthy eyes.

1. Only wear contact lenses under the supervision of an eye doctor.
2. Always wash your hands before handling your contact lenses to prevent infection.
3. Never rinse soft lenses in water or expose them to water at any time. A soft contact lens is like a sponge, Silverman said. It will absorb contaminants and bacteria will just sit on the eye.
4. Use only sterile saline solution. Multipurpose disinfecting solutions are the best.
5. Replace contacts at the recommended intervals.
6. Call your doctor immediately if you experience pain, redness, discharge or blurry vision.

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WATER FROM PAGE B5

degree temperature advantage.

3. Know thy territory. Find shaded routes; vary them, and the change of scenery during your workout will be a bonus.

4. Drink, drink, drink! Keep hydrating all day. Remember the 10/10 rule; 10 times a day, drink a 10-ounce glass of water. When training, add 1/4 cup of Gatorade (or other electrolyte-enriched sports drink) per 10 ounces of water.

5. Keep it real. Load up on fruits, which are rich in potassium and filled with water. Bananas are a perfect food for walkers and runners, followed by melons and apples.

6. Go for cool beverages. Studies show that a slightly cool, rather than iced, beverage is more drinkable and cooling. For exercise lasting more than an hour, sport drinks with carbohydrates and electrolytes will enhance performance.

7. Dress lightly. High-tech, sweat-wicking shirts in light colors are more comfortable than cotton, which holds moisture.

8. Take a break every 15 to 20 minutes for a cool water stop with a water/Gatorade mix. Toss water on your arms and behind the neck to keep your core temperature down.

9. If you use a water belt, make sure the weight is balanced. Place water along your route before you train, or devise a route that allows a convenience store stop.

10. Be a camel. One hour before a workout or race, drink around 16 ounces of fluid to top off your water level. Keep drinking as you move, and when you're done, top off with another 16 ounces.

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HEALTH NOTES

LANCASTER

Hospice in need of volunteers.

ProCare Hospice, an organization that helps patients needing terminal care, is looking for volunteers to help in the office and in relieving caregivers in homes.

For details, call (661) 951-1146.

Support for mental illness

The National Alliance on Mental Illness has a family support group at 7 p.m. the second and fourth Mondays of the month.

For details, call (661) 951-1757.

Get medical information

High Desert Medical Group and Heritage Health Care are offering a free community health event from 11 a.m. to 1 p.m. Friday, Sept. 24, at High Desert Medical Group, 43839 15th St. West.

The event is part of the "Learning for Life" series, offered the fourth Friday of each month.

The theme for this month is "Growing Up Healthy."

For details, call (661) 951-3375.

Get support for autism

Autism Spectrum Disor-

ders, a support group that also teaches coping skills, will meet at 1 p.m. Friday, Oct. 1, at 44130 Division St.

The group meets the first Friday of the month.

For details, call (661) 942-4220.

Learn to deal with stress

The Stress Management Institute for Living Empowered offers "Alcohol Control," "Smoking Cessation" and "Homeopathic hCG Speedy Weight Loss Plan" classes at the Institute, 44130 Division St.

Donations will be accepted. For details and times, call (661) 942-4220.

Spanish-speaking clients may call (661) 609-3851.

Support for parents

A parent's support group is offered from 6:30 p.m. to 8:30 p.m. Mondays at Grace Resource Center, 45134 Sierra Highway.

Refreshments are provided, and child care is also available.

Reservations are requested. For details, call (661) 547-8422.

QUARTZ HILL

Support for addicts' families

The Nar-Anon Family Group meets at 7 p.m. Fridays

at Resurrection Evangelical Lutheran Church, 42217 55th St. West.

For details, call (661) 947-4044.

PALMDALE

Raising a relative's kids?

A support and advocacy group for grandparents, relatives and family friends who are taking care of another's child meets from 9:30 a.m. to noon Thursdays at the Palmdale Neighborhood House, 603 East Ave. Q.

For details, call (661) 478-1881.

Support for food addicts

Compulsive Eaters Anonymous, a support group for food addicts, meets at 5 p.m. Tuesdays, Wednesdays and Thursdays at the Larry Chimbole Cultural Center, 38350 Sierra Highway, and at 9 a.m. Saturdays at St. Stephen's Lutheran Church, 1737 East Ave. R.

For details, call (661) 285-8787.

MS group to meet

The Self-Help Group for Multiple Sclerosis will meet from 6:30 p.m. to 8 p.m. Thursday, Sept. 16, at the Palmdale Cultural Center, 38350 Sierra Highway.

The group meets the third

Thursday of the month.

For details, call (661) 225-9826.

Weight loss support

The Take Off Pounds Sensibly Club meets from 2 p.m. to 4 p.m. Tuesdays at Desert Winds Community Church, 38117 13th St. East.

For details, call (661) 946-5528 or (661) 947-7378.

TEHACHAPI

Cancer support group set

A breast cancer support group will meet at 6:30 p.m. Thursday, Oct. 14, at the Tehachapi Senior Center, 500 East F St.

The group will focus on support, education and coping skills.

Meetings are on the second Thursday of the month.

For details, call (661) 822-5412 or (661) 322-5601.

HELPLINE

TODAY

• Lasting Memories Tribute Pet Loss Support Group — Looking for members to sign up, support group for individuals adjusting to the death of a pet companion. Call (818) 645-7308 or visit www.lastingmemoriestribute.org.

• Co-Dependents Anonymous — 7:30 p.m., This is our new location: 7th Day Adventist Church, 43824 30th St. W., Lancaster, the back building. (661) 946-5060, (661) 944-4927.

• ProCare Hospice — 3:45 p.m. to 4:30 p.m., 42442 10th St. West, Suite E, Lancaster. Ages 10-14. (661) 951-1146.

• National Alliance on Mental Illness Family Support Group — 7 p.m., at 44444 20th St. West, Lancaster. Details call Denise or Bob, 661-341-8041

TUESDAY, SEPT 14

• Adult Children of Alcoholics — 7 p.m., In the Mental health multipurpose room, second floor, Antelope Valley Hospital, 1600 West Ave. J, Lancaster. For more info call (661) 965-3935.

• Ups and Downs/Anxiety — 11 a.m., AV Discovery Resource Center, 1609 East Palmdale Blvd., Suite G. (661) 947-1595.

• Dual Diagnosis Anonymous — 12 p.m., AV Discovery Resource Center, 1609 East Palmdale Blvd., Suite G. (661) 947-1595.

• Co-Dependants Anonymous — 1 p.m., AV Discovery Resource Center, 1609 East Palmdale Blvd., Suite G. (661) 947-1595.

• Compulsive Eaters Anonymous, HOW Concept — Meditation meeting, 10:30 a.m., Larry Chimbole Cultural Center, 704 East Palmdale Blvd., Palmdale. (661) 274-4178.

• AV Al-Anon — 7 p.m., Antelope Valley Hospital, Conference room #4, Lancaster. (661) 947-7615, (661) 268-1752.

WEDNESDAY, SEPT 15

• Schizophrenia Anonymous — 12 p.m., AV Discovery Resource Center, 1609 East Palmdale Blvd., Suite G. (661) 947-1595.

• Hoffmann Hospice grief support group meetings — 10 a.m. to 11:30 a.m., Horizons Community Church, 1850 East Ave. R, Palmdale; 5:30 p.m. to 7 p.m., Hoffmann Hospice, 1543 East Palmdale Blvd., Suite N. (661) 272-2355.

• AV Child Abuse Prevention Council/Yes2Kids — 7 p.m. to 9 p.m., Village Pointe Apartments, 43748 Challenger Way, Suite D, Lancaster. (661) 538-1846.

• Compulsive Eaters Anonymous, HOW Concept — Writing meeting, 5:30 p.m., 38510 Larry Chimbole Cultural Center, (661) 285-8787..

THURSDAY, SEPT 16

• Grief Support After the Death of a Child, Grandchild, or Sibling — 6:30 p.m. to 8:30 p.m., 44241 15th St. West #101, Lancaster. For more info call Jennifer at (661) 609-7788 or Kat at (661) 917-9672.

• Water fitness — Rancho Wellness Center, at 11:00 a.m. Sign ups required. Free intro. Any questions can be answered at 661-266-9578.

FRIDAY, SEPT 17

• Nar-Anon Family Group — Meeting at 7 p.m., at the Resurrection Evangelical Lutheran Church, 42217 55th Street West, Quartz Hill. We help the family of the user attain serenity and a more normal home life, regardless of whether or not he/she has stopped using. (661) 947-4044.

• Kaiser Permanent Bereavement Support Group — 10 a.m. to 11:30 a.m., Lancaster Presbyterian Church, 1661 West Lancaster Blvd. (661) 951-2988.

SATURDAY, SEPT 18

• Compulsive Eaters Anonymous, HOW Concept — Fellowship following Panera's, St. Stephen's Lutheran Church, 1737 East Ave. R, Palmdale (661) 285-8787.

• Antelope Valley Chapter Parents of Murdered Children — 10:30 a.m., 43830 10th St. W. Conference Room 1, Lancaster.

SUNDAY, SEPT 19

• Revealing Truth — 5 p.m. to 6:30 p.m., Interactive metaphysical discussion that is spiritually based, call for location at (661) 723-9967.

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