

Dear Carol



Dear Carol,
My husband and I both make good money; but he is a compulsive shopper. He has 35 pairs of sneakers – I counted them. His half of the closet is now 75 percent and it is crammed with clothes he has never worn. He buys every toy he sees for our young sons. Our credit card balances are huge and we have almost no money in savings. I tried taking all of his credit cards once but that didn't work because he has to have a credit card when he travels for work. I've started to put a little money aside for the boys and me, but it's not much. He doesn't see this as a problem. I'd leave him if it weren't for the boys. How can I get him to see what he is doing to our financial future?

Lorraine
Dear Lorraine,
It seems your husband is addicted to spending. Usually, if an addict doesn't accept that the addiction is causing major problems in his/her life, they have no reason to change. Perhaps you could meet with a financial planner who could explain the consequences of

his spending habits; sort of an intervention from an outside party. If that doesn't work you may want to ask the planner and an attorney what you can do to protect yourself and the boys from his squandering ways. A marriage counselor may be able to help him see what this spending is really all about. If he won't go, please go to a counselor yourself in order to find the path that is best for you and your children.

Dear Carol,
My husband has Alzheimer's disease; he is having trouble remembering things, gets lost easily and is no longer able to drive. He watches the same TV shows, tells the same stories and asks the same questions over and over. I don't feel comfortable leaving him alone in the house; he might flood it or burn it to the ground. I love him and want to keep him at home as long as I can but I need to get away sometimes and I feel guilty about that. How can I keep my sanity and still be a loving wife?

Stir Crazy
Dear Stir Crazy,
You need to take care of yourself; you will be no use to your husband if stress makes you ill. Ask for help and accept any help that is offered. Ask his old friends to come and sit with him for a few hours so you can go shopping, have lunch with friends, exercise or attend a meeting of an Alzheimer's support group. Whenever someone says, "Can I do anything to help?" Tell them yes and exactly what you want. Often times care givers become so seriously fatigued and ill they can no longer provide care. Please ask for and accept help, allow others to have the pleasure of giving.
Send questions to askcarolnow@gmail.com or mail to Herald Publications.
Carol is a Life Coach available for private consultation in person or on the phone. •

Political Penguin

By Duane Plank
Score one for the good guys. The D.C. Sniper, John Allen Muhammad, was executed last week, and good-riddance to the "troubled" piece of human debris. It was a tad bit ironic that the mass murderer was put out of our misery at 9:11 p.m. on 9/11. Get it, folks? Muhammad had virtually nothing to say before being put to death by injection. Now if we can only figure out a way to permanently rid ourselves of his sidekick, one Lee Boyd Malvo, who is still alive only because the dirtbag was just 17 when he murdered innocent people that he and Muhammad randomly targeted seven years ago.

Said Steven Moore, whose sister Linda was executed by the miscreant duo: "Well myself, I wish that Malvo was right there beside Muhammad." Don't we all. They both committed the same crimes.
And more good news. Richard "Weenie" Heene and his wife Mayumi both pled guilty late last week to criminal offenses in the much ballyhooed "Balloon Boy" farce. Richard Heene, who chases storms and tries to get on TV in his spare time, setting a great parental example for his kids, admitted to the Feds that he was guilty of the felony charge of "trying to influence a public servant." He faces up to 90 days in jail, according to his attorneys. That jail stint could be a dose of reality, eh Mr. Heene?

And Mayumi Heene pled guilty to a misdemeanor charge of "false reporting to authorities." Mom Heene could face up to 60 days in the slammer. Which may or may not be better than facing the threat of deportation, which apparently had been mentioned by the authorities who were trying to drag the truth out of the Colorado publicity-seeking couple.
Court documents were recently released, with the Heenes admitting that they had hatched the balloon scheme to "make the family more marketable for future media interests." Richard is apparently heading to the Big Apple and then to our great state to look for a job. Good luck prospecting for work in Cali, Bozo, because the unemployment rate is still in the double-digit range. Doubt that he will be doing much storm chasing on Broadway or in Century City when he continues his pathetic attempt to cash in on the hoax that he perpetrated on the fine TV-viewing citizens.
Unfortunately, it is a given that someone, somewhere will pay Heene a few greenbacks to hear him pontificate about his involvement in the hoax, hear him explain all the intricacies of constructing a Mylar balloon, and then releasing said balloon into the sky. Someone said that "the love of money is the root of all evil." Think the wise phrase first surfaced in the Bible. Anyway, any media mucky-muck who hands over even one dollar to the self-promoting misfit should lose their

FCC broadcast license. If they have one.
Have you been inoculated against the flu yet? Received your H1N1 shot? I haven't taken the time to get my shot yet, but I am assuming that I will down the road. And apparently the incarcerated folks at the prison base on Guantanamo Bay won't be first in line for their shots either.

A story had circulated recently noting the perceived fact that the terrorist criminals peopling Gitmo were going to be getting their flu shots *before* many hard-working, law-abiding Americans. Apparently the vaccine suppliers have been a bit behind in getting the product to market, forcing many folks to wait for their shot at the shot.
This, by the way, ticked off my father, who wanted to know why he had to wait for a shot, but 9/11-type thugs were going straight to the front of the queue. He also has always wanted to know why teachers, post office workers and bankers got to take a holiday on Veteran's Day, but many war vets, depending on the kind of job they held at the time, had to get up and go to work. Simple question that even I don't have a good answer to...

Back to the shots. Obama administration spokesman Robert Gibbs quashed the Gitmo vaccine controversy. "There is no vaccine in Guantanamo and there is no vaccine on the way to Guantanamo." So there, criminal types. Tough luck. If you catch the flu, you catch the flu.

In other Gitmo-related news, it was announced late last week that the criminal trial for 9/11 "professed mastermind" Khalid Shaikh Mohammed and four of his cohorts would be held in a civilian courthouse a stone's throw away from the acreage that used to house the Twin Towers. U.S. Attorney General Eric Holder announced the decision. "After eight years of delay, those allegedly responsible... will finally face justice."

Opponents of holding the very public trial down the street from site of the 9/11 devastation are also beginning to have their say. Many fear that an open and public trial will give the terrorists and their propagandists unprecedented opportunities to besmirch America and rally the troops trying to propagate a not-so-holy war, or jihad. Debra Burlingame, whose brother died on 9/11, expressed her concern about "the prospect of these barbarians being turned into victims by their attorneys."
Patrick Leahy, Senate Judicial Committee Chairman, said that an open trial is the only way to do it in America. "By trying them in our federal courts," the Vermont Demo said, "we demonstrate to the world that the most powerful nation of Earth also trusts its judicial system."

Lots will be written and said about the trial in the upcoming months, and probably years. When the alleged criminals *do* finally get their days or months in court, there is the guarantee that the interrogation techniques used against the thugs by our government reps will become a focal point of the trial, part of the backbone of the defense strategy to somehow garner worldwide sympathy for the men on trial.
Whatever.

Someone plotted the 9/11 carnage. And someone has to pay for it, hopefully with their life, a little "waterboarding" be damned. •

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DISPLAY AD CHANGES: Prior Thursday at noon.

CLASSIFIEDS: Tuesday at noon.

LEGAL NOTICES: Monday at noon.

NEW DISPLAY ADS: Prior Thursday at noon.

REAL ESTATE ADS: Monday at noon.

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