

# Dear Carol



with anger and complaints they will feel attacked, defensive and less likely to help you. Explain your problem and ask for help, that will usually get the results you want.

**Dear Carol,**

*Am I being unreasonable? My mother had Alzheimer's disease for 9 years. She had care givers taking care of her at home in another state. We four children shared that cost. Mother passed away last month and my sister, who supervised her care, arranged her funeral. At one time Mother was well known in town but she hadn't been in society for many years and she didn't like a lot of fuss, especially about herself. My sister went overboard with a country club luncheon, open bar, music and lots of flowers. I had to sell some investments to cover my share of almost \$10,000. I am so angry with my sister, she didn't ask the rest of us, and she spent all of that money for an event my mother wouldn't have liked. How can I get over this anger? I haven't been able to speak to her since I paid for my share of the costs.*

**Seething Sister**

**Dear Sister,**

Your sister had the responsibility for your mother's life for years; I imagine she felt she should continue to make choices about her care. Please accept that your sister was doing what she thought was best, and wanted to celebrate someone you all loved and supported. Write your sister a letter expressing all of your feelings. Put it away for a day and read it, you will probably decide to destroy it. It is likely that some of the anger you are feeling is combined with the grief you are feeling at the loss of your mother. It is good to get angry feelings out but directing them at another rarely brings peace to anyone.

Send questions to askcarolnow@gmail.com.

Carol is a Life Coach available for private consultation in person or on the phone. •

**Dear Carol,**

Someone in my neighborhood is driving me crazy. Every morning for the past month someone has used a remote key to open a car door. BEEP. Then I hear a door slam. BANG. Next is the sound of the remote locking the door. BEEP, BEEP. My bedroom window doesn't have a good view of the street so I can't see who is doing it. I've gone to the front door to look but by the time I am fully awake and on the doorstep no one is around. Perhaps the culprit will see this letter and realize how inconsiderate they are. I need my sleep!

**Sleepless**

**Dear Sleepless,**

If you really want this noise to stop set your alarm for 4:45, put on some clothes and station yourself at your front door. That way you should see the culprit. You could walk to them and say, "I know you probably don't realize how loud that door remote beep is, but it has been waking me every morning for a month. I would appreciate it if you would open your car door by putting the key in the lock." If you approach a person

# Political Penguin

**By Duane Plank**

Did you miss the PP last week? I was vacationing in the Eastern Sierras and didn't have the opportunity to muse on the machinations in the world of politics. But when I did return to ground level, I picked up a copy of the paper and saw a lengthy "Letter to the Editor" from Dr. Lee Opatowsky, who took the time to pen a rather harsh critique of my July 30 column.

To recap, the column led with a quickie about Ms. Sarah Palin, mentioned the Governor and his boffo budget, rambled on about the President Obama healthcare imbroglio, and closed with a comment on Mr. Obama and his uninformed comments about the situation that took place between the Cambridge, Mass. police sergeant and the Harvard professor. Remember that really important topic that dominated the news channel airwaves for a week or so? Ended up with a nice beer drinking session at the White House.

So Mr. Opatowsky started off by opining about why I hate Sarah Palin so much. Incorrect assumption numero uno. I am actually neutral on the subject of the ex-Alaska governor and Republican VP candidate. Don't know the lady, do read about the lady, voted for the lady last November. She is a media curiosity. Maybe nothing more, now that she quit her day job. Or maybe she is a political force to be reckoned with? Who knows? I certainly don't, wouldn't claim to. But I will continue to follow her exploits. Count on it.

Then Mr. Opatowsky seemed to label anyone who voted for the current Prez as a "communist, socialist and/or fascist." Or a herd animal who is "ignorant." And finally, he took a shot at a third group of Obama voters, who according to the Dr. are "racists."

Incorrect assumption numero dos. Well sir, since I didn't vote for Obama, I am sure none of those thought-provoking labels that

you spewed forth were aimed at me.

If you must know, I punched the ballot last November for Mr. McCain. And in prior elections, I have voted for both of the Bush men, Bob Dole, and Ronald Reagan. Nary a Democrat in the bunch. Amazing what some folks can read into a somewhat pithy column.

And I would be remiss if I didn't give a shout out to reader Morgan Tracy, who penned a rebuttal to Mr. Opatowsky that ran in last week's paper. Keep reading fans, and if the urge hits you, keep writing.

On to the business at hand. And maybe we can all agree on this one. I was appalled at the broadcast on the tube last week showing a smiling mass murderer deplaning in Libya. Greeted by a cheering throng. Received a hero's welcome from the Libyan nuts. Did you see the disgusting charade? The releasee was convicted mass murderer Abdel Basset Megrahi, who was found guilty of slaughtering 270 innocent folks when he was deemed responsible for blowing up Pan Am Flight 103 over Lockerbie, Scotland in 1988. The dirt bag had served eight years of his life sentence, but was released early by Scottish authorities because the 57-year-old Megrahi is suffering from the advanced stages of prostate cancer and only has a few months to live.

Said Scottish Justice Secretary Kenny MacAskill: "Our beliefs dictate that justice be served, but mercy be shown." MacAskill went on to say that Megrahi "now faces a sentence imposed by a higher power...It is terminal, final and irrevocable. He is going to die." Too bad. He should die in prison; not be given a hero's welcome in Libya.

Apparently the Scottish judicial system has a feature called "compassionate release," which provides for the release of criminals who are near death. Fine. Wonderful. I am all for compassion. But don't release a guy

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