

Dear Carol



Dear Carol,
I just returned from a miserable cross country flight. Airlines have cut back so much that they provide little or no comfort for passengers. The people on the plane were really inconsiderate too. I asked the flight attendant for a blanket and pillow and was told there were none. It was so cold that I shivered for 3,000 miles. To make matters worse the person in front of me put their seat all the way back for the whole flight. He and his companion had their iPods turned up so loud they were shouting to each other and I had to listen to their obnoxious music too. What happened to consideration and courtesy?

Mary
Dear Mary,
I agree it is hard to adjust to the changes airlines have made in order to stay financially afloat. Passengers today need to be prepared by bringing a jacket or shawl for warmth, an inflatable pillow for overnight flights and their own food for extended flights. We're packing lighter in order to avoid having to pay \$15 or more to check luggage and most bring their own entertainment because in-flight movies

have disappeared from all but cross-country journeys. There is less leg-room than ever before and it is inconsiderate to lean a seat back more than an inch or two unless it is a night flight when most people are trying to sleep. Passengers can request consideration from others because no one knows what we want unless we tell them. You can politely request someone to raise their seat, turn down their music, and lower their voices. Often people do not realize their behavior is an annoyance to others. A request that begins, "You probably don't realize..." will often get a positive response. If not, at least you expressed yourself and a flight attendant may be able to negotiate some relief.

Dear Carol,
I think there must be something wrong with me. I was married to the man of my dreams three months ago. We are very happy together, everything is going well and I burst into tears at odd moments for no reason at all. I can't explain it to my husband or to myself. Maybe I should go to the doctor to see if my hormones are unbalanced. What do you think?

Boo Hoo Bride
Dear Bride,
Here is a little known fact. Brides will burst into tears at any time for no reason at all for the first year of marriage. I can't give an explanation for this, it is just true. It is common; it is fine, it is normal. The tears may be an adjustment to a new life style. Whatever the reason, accept it and don't worry about it unless it continues for much more than a year or becomes a constant occurrence. Then a doctor's visit may be in order.

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. •

Warner Tanks for the Cards; Read it, Randy!

By Duane Plank
Sunday night out here in the palatial digs, watching the Indy Colts take an early lead against Kurt Warner and the Arizona Cardinals. It's 21-3 at this time. Maybe I should tweet this stuff, what'cha think? Or blog it? Would anyone out there read it? That's what I thought.
The Cards pathetic start in game tres of the regular season is doubly vexing to me because Warner is the QB on my fantasy team, so I need the Cards to win and the ex-grocery store bagger to put up some good numbers so that I can triumph in my all-important match-up this week.
Met a couple more column supporters this week. WW, the lacrosse guru of Mayberry, said he liked to read the ramblings that I post weekly. Thought that I was a fair and balanced guy with the musings in the PP.
Okay, that is what I strive for, so help me, Doc. And then on Sunday, while I was sneaking in a little research between soccer games, spoke with another reader. Now we are up to five! Readers, that is, not soccer games. But while he was complimenting me on the incredible awesomeness of the columns, a supporter since the beginning and column fave commented something to the effect about the "inaccuracies" in said columns. Wow, that hurts. Cuts right to the quick, that one does.
Anyway, 21-3 at the half, Warner just threw a pick at the goal line after the Colts' defense held every receiver in the pattern. Carumba!
Told LSU Randy that I would again put him in the column this week because when I referenced him a couple of weeks ago, he didn't know about it and wasn't able to read the shot at him, mainly because he doesn't get one of these fine papers, living in the

Redondo Beach. Wake up, RB, and start taking this fine paper.
Anywho, Randy is a supporter of maybe the worst QB in the history of the NFL, the fatso JaMarcus Russell. Who threw for a robust 61 yards with two picks in last week's oh-so-predictable loss to the Denver Broncos, 23-3. Randy, you had mentioned if the lardo tanked again this week, you might give up on him? So?
Said a defensive back who has played against Russell this year: "No, man, he's pretty good. Not his fault that he has thrown a few picks. Keep him as their man--he'll grow on the job." Ha, ha. I made that one up.
Both of you Raider fans remember that JM was the numero uno pick in the draft a few years back, and held out, ruining his first year in the pros as he munched down cheeseburgers before signing his ludicrous contract.
But, trying to be fair, I must also relate that Randy's college team turned in a white knuckle victory last Saturday, besting the vaunted Mississippi State, 30-26. Apparently the LSU kids mad a goal line stand at the end of the game to beat the Bulldogs. Didn't see it, was doing more of the club soccer thing, but I trust the highlights that I saw on the tube late Saturday night.
Quick aside, but didn't get much sleep late Saturday night, early Sunday morning. Ya wanna know why? Well, it wasn't because I was out and about. It was because the neighbors were up late celebrating something. At about 4 bleeping a.m. Maybe they are big SC fans, don't know. Who wouldn't want to celebrate that riveting SC victory over Washington State? Trojans will roll over the Cal Bears this week, it says here.

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Political Penguin

By Duane Plank
So the venerable United Nations recently allowed Libyan madman Moamar "Daffy" Kaddafi to address its members. The perceived loon spoke to General Assembly members right after President Obama had addressed the same group.
He droned on for more than 90 minutes, did the Libyan leader, reportedly boring the daylights out of many of the assembled folks, some who wandered away before the 67-year-old began his rant, and some departing during the oratory. As some of the diplomats yawned or gazed around the room, Kaddafi beseeched the folks to, "Please pay attention!"
Among other comments, Kaddafi praised Mr. Obama, which can't be a good thing for the Prez as he tries to win support, which some say has been dwindling, for his massive healthcare reform plan. Said Kaddafi: "We are content and happy if Obama can stay forever as the President of the United States." There is a vote of support that we probably won't see pasted on Obama placards during his 2012 reelection campaign. Can just see it now: Side-by-side photos of the two world leaders, smiling triumphantly. Opposition fodder, for sure.
Think that Mr. Obama was oh-so-pleased to receive the support of the crazy man? Before departing, Kaddafi also called for the reopening of the investigations into the deaths of JFK, Lee Harvey Oswald and Martin Luther King, among others. Like that's going to happen.
Kaddafi, remember, is the guy who helped orchestrate the hero's welcome that greeted the convicted Pan Am Flight 103 mass murderer Abdul Baset Al-Meghari when the scumbag was allowed to return to Libya recently, released from prison because he had a terminal disease. Poor baby!
As I mentioned, Mr. Obama preceded Kaddafi at the U.N. podium, also appearing before the group for the first time. He noted that it was about time that the rest of the world starts chipping in a little more to help solve some of the small dilemmas facing the world community. Little things like nuclear proliferation and that Al Gore problem, global warming.
Thought Gore had that one under control. After all, he created the Internet, right? Wonder if he patented the invention? Do you remember the flap that occurred back in 1999, when in an interview with a bearded dude from CNN, Gore was quoted as saying, "During my service in the United States Congress, I took the initiative in creating the Internet."
Don't believe that is a true statement, because I had always heard that the Internet was the brainchild of some of the smart guys in the Defense Department in the 70s, allowing the brainiacs with the pocket protectors to communicate with each other. That's not a shot at all you smart guys out there, by the way. I have always respected and revered you big idea folks. This comes from a guy who still has problems answering his cell phone and still can't figure out how to hook up a DVR.
The Bush camp ran with the Gore quote during the 2000 election campaign, poking fun at the Vice President. Gore may have mis-spoken, probably meaning to say something to the effect that he was a proponent and

supporter of the Internet, and not its creator. Now he is working on that global warming thing. Good for you, Mr. Gore.
Back to Mr. Obama's star turn at the U.N. As I said, he spoke prior to the ringing endorsement that he received from the Libyan loon. Can't see that he had too many kind words for Kaddafi in his speech, by the way. With more that a few vexing foreign policy issues on his plate, including what to do with the Afghanistan war situation, the Iranian nuclear situation and the recent scrapping of a missile shield program, Mr. Obama told the folks that it was more than time that they did their share in dealing with global problems. "Those who used to chastise America for acting alone in the world cannot now stand by and wait for America to solve the world's problems alone," he said. "Now is the time for all of us to take our share of responsibility for a global response to global challenges."
So, to paraphrase, quit bitching and moaning about America, the rest of you guys, and taking our cashola to bail you out, as we provide the military muscle to not only protect your borders, but keep your folks from maiming each other in civil war-type conflicts.
We'll see how that plays out. Can't see the U.S. taking our football and heading home in the big time contest that is geopolitics.
Speaking of the Afghan situation, published reports state that the Washington brain trust are now rethinking the policy that Mr. Obama signed off on in March. They apparently are not going to be so quick to send more troops into Afghanistan and escalate the efforts over there to shape Afghan politics and rebuild its economy. When did that become the U.S.'s job, by the way?
All we wanted was for someone, anyone, to track down and kill the Osama bin Laden-led Al Qaeda bastards after they took responsibility for destroying the Twin Towers. Oh, and get rid of the Taliban regime. Do you remember when the war was launched, back in October of 2001, dubbed Operation Enduring Freedom by then-President George W. Bush?
Looked at a stat the other day stating that 843 Americans had been killed in the war. To be honest with you, I would have thought more American lives had been lost in the eight-year campaign, but overseas wars seem to receive a lot less coverage over here, what with the devastation of the current economic recession.
Saw that Manson follower, murderer Susan Atkins, 61, died recently of brain cancer before she could rot away in prison. Good. You do remember that she was the one who got the credit for the brutal murder of actress Sharon Tate and her unborn fetus in the late 60s? She apparently had been a really good prisoner, and some had clamored for her release from the slammer because she was terminally ill.
You kidding me? Release a monster, show her some compassion? Thankfully, the smart folks involved in the decision nixed letting the murderess go home.
And, finally, mentioned last week that I listened to Doug McIntyre on el radio. Not this week. Doug M. was canned by KABC... •