

Dear Carol

Dear Carol,
My nephew is graduating from high school next month. He has done really well in school and has been accepted to a prestigious university out of state. His parents can afford the tuition even though their income has fallen in the past year. I would like to give him a wonderful graduation gift but know that he might also want to purchase something for himself. I don't want to just give him cash or a check. We are very close and I've been very involved in his life as he has grown up and want his leaving home to be memorable for both of us. Do you have any ideas for me?

Proud Auntie

Dear Proud Auntie,
Congratulations to you and your nephew. Competition for the freshman class of a university is fierce, I'm sure he is a bright and deserving student. You might go on-line to the university bookstore and purchase some item of clothing, dorm room décor or notebook with the university logo on it and use that as the "wrapping" for your gift. You could purchase a gift card from the bookstore, I'm sure he will need to purchase books and this could be a wonderful help. If you can, ask his friends or siblings what he would like. Perhaps he is going to take a summer vacation and needs help with equipment or transportation. Often the manner of delivering a gift is most memorable; if you two have a favorite shared memory like a game, movie, food or trip; try to incorporate that

in the gift. You might package your present in a pizza box.

Dear Carol,
My husband went in for his annual check up, he hadn't gone for three years, and was diagnosed with type 2 diabetes. I am so upset; I don't know what to do. My grandmother died of diabetes and had her leg amputated years before she died. I don't want my husband to go through that. Also, we like to eat and are gourmet cooks. What little I've learned makes me think we will have to completely change what we eat. It will be a big change. Do you have any advice?

Sara

Dear Sara,
Please don't panic. Treatment for diabetes has changed radically since your grandmother passed away. Type 2 diabetes is usually a life style disease that often can be treated with changes in daily habits. The American Diabetes Association website www.diabetes.org has information and recipes for diabetics. If you are a gourmet cook I'm sure you will be able to create wonderful, tasty, healthy meals for your husband, your family and friends. Many times this kind of diabetes can be controlled with diet and exercise. This may be an opportunity for the two of you to develop new interests, activities and a life style that will prolong both of your healthy lives.

Send questions to askcarolnow@gmail.com
Carol is a Life Coach available for private consultation in person or on the phone. •

Lakers

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and the other a massive poke by a rather tall Dodger. Good for the kids.

Both young men now qualify for the all-important home run-hitting contest, which will be part of the closing day festivities on June 6. If any of the kids entered in the contest would like me to be their pitcher, contact me at franklyplank@gmail.com. We can work out the payment plan.

Didn't get to attend the closing day festivities last season--was hanging out in Dallas for the in-laws' 50th wedding anniversary. So I am rarin' to go this year, hoping to help a kid win the coveted title.

Speaking of festivities... Happy belated birthday to *Eddie/Junior* Eddie, who happens to be the brother of column favorite *Dodger Girl*. *DG* threw a nice surprise party for *JE* Sunday night, which happened to be the same night *Amazing Amanda* got married. For some reason, *Plank* was not invited to the wedding.

Did you see where Halo hurler John Lackey, making his first start of the season last weekend against the Texas Rangers, was tossed from the game after making only two pitches? Unfortunately, both of those pitches were either behind or at Ranger lead-off hitter Ian Kinsler. Who had bombed two dingers the previous night in the Rangers' win. Pitch one sailed behind the head of Kinsler. Pitch two plunked Kinsler in the ribs. Adios, Wackey Lackey. Which infuriated Angel manager Mike Scioscia, who charged out of

the dugout about as quickly as a middle aged portly guy can charge, and hectored with the home plate ump, who wasn't buying any of Scioscia's diatribe.

Lackey was ejected, the Angels had to bring righty Shane Loux out of the bullpen, and the result was a 5-3 Ranger win. The Rangers completed the early-season sweep with a 3-0 win on Sunday. Scioscia and the Angels complained that Lackey shouldn't have been ejected because he was never warned by the umps after the first brushback pitch.

Not so fast, Mike. It says here that the umps made the correct call, that you can't throw behind--and then at--a guy who hit two home runs the night before.

See how unbiased *Plank* can be? Sure, I pretty much live and-die with the Halos, but I am smart enough to know when the guys I support are, in my opinion, dead wrong. That is the difference between a fan (short for fanatic, you know), a supporter, a front-runner, and a bandwagoner. Don't be one of the last two, folks. You are *very* easy to spot.

And finally, didn't win a plugged nickel on The Preakness horsey race, leg two in the Triple Crown series. Seems that *NASCAR Guy* didn't put together a wagering pool for the race, which was won by wonder-filly Rachel Alexandra. A filly is a girl horsie, for those new to racing. Rumor circulated that there wasn't a pool available because *Plank* had won the Derby cash two weeks ago. I choose not to believe this salacious rumor. •

Frankly

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Dennis Green, who used to coach the Vikings years ago: "Frankly, I was surprised that the Jets traded for him. The Vikings, coach Brad Childress, and those guys are 100 percent West Coast offense. That's Favre. He would know their system better than any other player. He wouldn't need as much training camp and offensive stuff. It just makes sense."

And it really makes sense when you consider that the other two alleged QBs on the Vikings spring roster are Sage Rosenfels and Tarvaris Jackson. They would be better off resurrecting scrambling Fran Tarkenton than to start the season in September with one of those two fellas.

So it seems to come down to this. If Favre's boo-boo goes away and his right shoulder comes back strong, he will probably try to delay reporting to the Vikings as long as possible. Hang out in Mississippi on his estate, play with his tractor, milk the cows, do whatever one does to pigs and chickens while on the farm, and take an occasional sip of moonshine. Maybe not the last one, but who knows?

Anyway, look for the old guy to resurface again come September, placing his hands on the behind of another guy, cradling the old pigskin and chucking picks when the Vikings open up their season on September 13 against the Browns and coach Mangini.

Here is another old guy who won't just go away. Roger Roids Clemens resurfaced last week, trying to refute allegations made in a recent book about him. Basically rehashed his denials, beseeching folks to move on. Said that his stepdad died of a heart attack, so that

it would be "suicidal for me to think about taking any of these drugs." Earth to Roger. Unless your stepdad was somehow a blood relative, which I doubt, his problems with the heart wouldn't be hereditary, you dunce.

Clemens is currently under federal investigation for possibly (probably, definitely?) lying to Congress when he told the fellas on Capitol Hill that he did not use performance-enhancing drugs. Course he did mention to them that his wife apparently was a druggie, but what the hell? All is fair in love, right?

Finally, Diva Danica Patrick is set to go round and round the old Brickyard Sunday when she and Sarah Fisher represent the ladies at the 93rd running of the Indianapolis 500, which shockingly is set to take place in Indianapolis, Indiana. The little hottie Patrick is slated to start 10th in the field of 33 drivers.

Like to thank my wife, by the way, for bringing home a mag called *Shape*, in which Ms. Patrick does some bikini modeling for us oglers, and details her grueling "Swimsuit Shape-Up" routine. Gushed Ms. Patrick, who probably won't finish the race, but *will* get pissed off and *will* blame someone else: "Racing makes me nervous, but getting into a bathing suit for this cover made me more nervous!" What pressure!

In case you care, Brazilian Helio Castro-neves won the pole position for the race, meaning that he will lead the 33-car field into turn one before the crashing and pit stops and the rain occur. Go get 'em, Helio, who recently beat the government when he was acquitted of tax evasion charges. •

Obituaries

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She is survived by her loving husband of 44 years, Robert (Bob) Crawford of El Segundo, son, Chris (wife, Kathy) Crawford of Manhattan Beach and grandchildren, Megan and Jack. She was one of five daughters and one son of Alejandro and Carolina Limon, all of whom reside in Southern California. Alice and Bob resided in the same house on West Sycamore for the past 42 years, having purchased it from his parents who lived there since 1952.

A vigil service will be held at St. Anthony Church in El Segundo on Thursday, May 21, 2009 at 5:00 P.M. The funeral Mass will also be held at St. Anthony Church on Friday, May 22, 2009 at 10:00 A.M. A memorial reception will follow at St. Anthony's Hall from 11:00 A.M. until 1:00 P.M. Burial will follow at Holy Cross Cemetery in Culver City.

Please go to the mortuary's website, www.LAfuneral.com to send the family messages, share memories, or to obtain directions to the services and check back to view the online video tribute. •

RICHARD "DICK" WORK

Richard "Dick" Work, 86, of Irvine, CA passed away on May 12, 2009. He was born on October 4, 1922 in Fort Morgan, Colorado.

He grew up and graduated from high school in Fort Morgan. After a freshman year at Monmouth College, Illinois, he served in the Merchant Marine during World War II, mostly on oil tankers in the Pacific. He returned to college at UC Berkeley earning a B.S. and M.S. in Chemical Engineering.

He worked for Chevron at refineries in Richmond, CA, El Paso, TX, for a brief time at a refinery in Hawaii, and El Segundo, CA. He retired from the El Segundo refinery in 1983.

Dick will be long remembered in many ways and places. He served two terms on the El Segundo School Board and was a member of E.S. Optimist Club. He also volunteered for 10 years at Life Services, an organization that provides social services for the elderly.

Dick and his wife Sue moved to Regents Point retirement community in Irvine in 1995. At Regents Point he was treasurer of the Residents Association and worked with the Employee Gift Fund. He was chair of the resident's workshop and began the practice of making simple wooden toys for hospitalized children.

Dick was a Deacon and Elder in the Presbyterian Church. Currently he was Treasurer of St. Mark Presbyterian Church in Newport Beach, CA.

One of his joys was sailing with Sue on their 36' sailboat out of Marina Del Rey to many harbors along the California coast. Dick and Sue also enjoyed walks and bird watching in Mason Park.

Dick is survived by Sue, his wife of 59 years and children: Son Keith Work and wife Laura; Daughter Ann Lewis and husband Harrison; Son Gregory Taylor; Daughter Nancy Calabria and husband Ron, and four special grandchildren Alison and Jason Lewis; Chelsea and Dominic Calabria.

A memorial service will be held Tuesday, May 26, 2009 at 2 pm at St. Mark Presbyterian Church, 2200 San Joaquin Hills Rd, Newport Beach, CA 92660.

Gifts in Dick's memory may be made to the St. Mark Memorial Fund or to Regents Point Memory Care Unit at SCPH Foundation attn Linda Yeomans, 19191 Harvard Ave. Irvine, CA 92612. •

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