

ANNIE'S MAILBOX

Breakup fueled by dramatics

Dear Annie: My friend "Nina" just broke up with her boyfriend of five years. We are here for her, trying to help in any way we can, even though we think she is out of her mind for doing this.

One of our friends has been telling Nina lies about the guy, saying he has been talking about her behind her back. I have never heard him do this. All he has ever said is that he loves Nina and doesn't understand why she broke things off.



Kathy Mitchell & Marcy Sugar

This friend has a reputation for being dishonest. There have been fights about this before. She has backstabbed Nina twice in the past, yet Nina always turns to her when she thinks her world is collapsing. Nina has told me that she doesn't trust this woman, but they continue to act like sisters.

I care a great deal about Nina, but at what point does a 40-year-old woman grow up? Maybe Nina needs to have her life blow up in her face so she gets a clue. Is there anything I can do?

—A Real Friend

Dear Friend: Not really. Nina knows this woman lies to her, and yet she is willing to break off an otherwise good relationship over it. We think Nina does this on purpose. It provides an excuse for her to sabotage her relationships and be miserable. Either she doesn't believe she deserves happiness or she likes creating drama.

Tell Nina you care about her and want her to be happy, but she is going to have to do some work to get there. Suggest she go to counseling, but don't hold your breath.

Dear Annie: The other day, we invited a couple out to lunch as our guests. However, my wife and I were upset when they ordered appetizers without asking us. We never order appetizers, because we watch our diets and feel the dinner provides plenty of food. Also, since we were paying for it, why would they order something we ourselves didn't order?

We kept our thoughts to ourselves but would like to know whether this was proper.

—Feeling Exploited

Dear Exploited: Guests should always take their cues from the hosts. If you did not suggest appetizers, they should not have ordered them on their own. However, as hosts, you cannot insist that your guests share your food preferences in a restaurant.

It would have been gracious of you to ask whether they would like to order appetizers, provided you could afford to do so.

Dear Annie: I'm writing in response to "Worried Family in Illinois," whose brother is addicted to drugs. This tugged at my heart because I'm dealing with that very problem in my own family.

While it's true that a person needs to be willing and ready before rehab will truly work, the key is giving your loved one an opportunity to get clean long enough to think clearly.

There is a law in my area that most attorneys don't even know about called Casey's Law. It allows you to file a petition against the addicted person. If adequate proof is shown that the individual is not capable of making good decisions, the judge can rule that the person has to get help.

My loved ones are doing wonderfully, and even though it will be a lifetime commitment, they now have a chance at a life.

—From One Worried Family to Another

Dear Worried: Thank you. Casey's Law is currently available only in Kentucky, Ohio and Indiana. It requires filling out a petition for involuntary treatment. Information and copies of the petition can be found at caseyslaw.org or Operation Unite (operationunite.org/treatment/caseys-law) at 1-866-908-6483.

Annie's Snippet for Earth Day (credit E.B. White): I would feel more optimistic about a bright future for man if he spent less time proving that he can outwit Nature and more time tasting her sweetness and respecting her seniority.

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IT band stretch demonstrated by Char Rillings.



Seated hamstring stretch demonstrated by Char Rillings.



Quad stretch demonstrated by Char Rillings.

Scripps Howard News Service photos

Do the legwork, feel the results

By SALLY ANDERSON Tampa Bay Times

Strengthen and stretch quads and hams

When the quads are overly tight, they will pull the pelvis forward, and when hams are overly tight, they will pull the pelvis to the back, messing up proper pelvic alignment.

Keeping the quads and hamstring muscles strong and flexible is the best way to keep your knees healthy and prevent injury, according to the American Academy of Orthopaedic surgeons.

Getting into and out of a chair and going up and down stairs become quite difficult when those muscles are weak or too tight, and playing sports such as tennis, golf, swimming, walking and running becomes painful.

When skiing, some of the most-used muscles are the quads, which hold you in position while skiing and also act as protection for the knees. Strong hams are required for skiing downhill to help stabilize the body as you are leaning forward.

When you sit for long periods of time, your quads shorten and become tight as a result of being in a lengthy contracted state.

Because these muscles are involved in practically every movement we make, and are so large, you will not only be building more lean-muscle tissue, you will be burning more calories.

How to improve leg strength and flexibility

Cardio exercise, weight training and calisthenics all offer good exercise for improving leg strength.

Swimming, tennis, soccer, bicycling, kickboxing and running are great sport activities to exercise and strengthen legs.

In a gym, you could use the stationary bike, treadmill, calf-raise, leg-curl and leg-extension machines.

Lunges and squats are compound exercises that you can do most anywhere without having to use any equipment other than a few weights, and if you are a beginner, you can use your own body weight for resistance.

It is generally recommended to perform eight to 12 repetitions of each resistance exercise to develop strength, working toward two to three sets of 12 reps.

For significant strength gains, work out two or three times a week and use a variety of exercises.

Climbing stairs whenever you can gives a good cardio workout and is a great strength exercise for those lower-body muscles.

Stretching after sitting for long periods of time or after a workout can keep leg muscles flexible.

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SNOOZING FROM PAGE C1

completely metal free, according to Breus, who said metal beds contain some spaces in between the springs, which can allow mold and mildew buildup.

"Foam and latex are not an environment where mold and mildew can grow," Breus said, adding people sensitive to latex do not have a reaction with his product as there is no latex residue, a leading cause of latex allergies.

Dust mites are a major cause of indoor allergens, with one in three people being allergic, and if you're mattress is more than eight years old, it's probably loaded with these tiny pests that subsist on dead human skin cells.

According to medical experts, mattresses have dust mites as they are a prime breeding ground due to moisture.

After eight years a mattress can double in weight from the accumulation of dead

skin cells, body oils, dust mites and their droppings.

"We recommend that consumers replace their mattress every eight years for a very specific reason," said Larry Miller, founder and CEO of Sit 'n Sleep.

"People who want relief from bad allergies should start by looking at the place where they spend a third of their life their bed."

The Dr. Breus Bed product line prevents dust mites, Breus said, as "there's nothing there for them to eat. The encasement I created ensures nothing can get inside."

Breus also recommended losing the dust ruffle, that flouncy piece of cloth with a stretchable top that goes around a bed's box springs.

"It sounds crazy but there are tons of allergens trapped under there. From a medical standpoint, there's nothing good about a

dust ruffle for people with indoor allergies," Breus said.

Every Dr. Breus Bed also incorporates Tempense, a combination of unique natural Talalay latex and ticking, a fabric infused with a natural, vegetable oil-based phase change material that works to keep the sleep surface underneath the body in the ideal comfort zone all through the night, Breus said.

"As the material heats up the molecules spread out to dissipate body heat — as you cool they contract to trap the energy — tempense provides thermo-neutrality — warm people sleep cooler," he said.

While latex mattresses have been around since the 1960s, the Dr. Breus Bed recently joined the Sit 'n Sleep lineup of top brands.

The placement of the Dr. Breus Bed in the mattress superstore chain came about

after several years of development and improvements, according to Sit 'n Sleep President Nelson Bercier, who said the product is proven to very effective.

"This is the first one that met our litmus test. The diagnostics reached a point where the design met our criteria," Bercier said.

"We felt for the first time a product had the quality we're proud to show and sell. They got it right — it's allergy-free."

"They are a wonderful partner — they understand the importance of sleep. They actually care how people sleep," Breus said.

"I create products that meet the needs of the people. That's what's critical to me."

Editor's Note: See today's Valley Press Business for information on Nelson Bercier, president of Sit 'n Sleep.

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Hundreds of people take a walk to raise awareness and needed funds in the 2010 Walk MS in Lancaster.

Valley Press files

AWARENESS WALKS FROM PAGE C1

starts at 8 a.m. featuring Super Donuts, bagels courtesy of Sam's Club and coffee followed by opening ceremonies at 9:30 a.m.

The official 1k/5k walk commences at 10 a.m., with rest stops placed along the route offering water and snacks for thirsty and hungry walkers provided by Trader Joe's and Palmdale's Walmart.

Participants will receive lunch served up by Rubio's, BJ's Restaurant & Brewhouse, Frito-Lay and Pepsi-Mojave after the finish line celebration.

The University of Antelope Valley will have a massage tent available and a kids block will keep youngsters entertained with activities, representatives said.

Raffle tickets will be sold, and prizes include tickets to Universal Studios, Los Angeles Dodgers games, Lancaster JetHawks games, shows at Lancaster

Performing Art Center as well as certificates and items donated by local restaurants and businesses.

New teams are still being accepted, organizers said, and people interested in walking can register in advance or starting at 8 a.m. Saturday.

Money raised at the Antelope Valley event will help fund cutting-edge research worldwide and area programs and services designed to help people with MS and their families.

For details about multiple sclerosis, Walk MS 2013 or other programs of the National MS Society, call (661) 321-9512 or visit www.WalkToEndMS.org; or www.nationalMSSociety.org.

In recognition of April as Child Abuse Awareness Month, Terrific Kidz Inc. and Yes2Kids present the 7th Annual Darion Wheat Child Abuse Awareness Walk from 9 a.m.

to noon on Saturday at Marie Kerr Park, 39700 30th West, Palmdale.

A walk started by family and friends in 2007 in memory of 5-year-old Darion Wheat, whom his mother's boyfriend was accused of beating to death in 2006, has blossomed into an enormous event to promote awareness of the rising incidence of child abuse, organizers said, with hundreds of walkers already registered.

Registration and check-in starts at 9 a.m. The approximately one-mile walk will kick off at 10 a.m. and take walkers around the park's perimeter, said Sonja Bosum, Yes2Kids walk committee co-chair, adding water will be available for participants during the event.

After everyone is finished, Anthony Gill, 10, who spoke at last year's walk, will once again talk to the crowd regarding his concerns

about child abuse in the community, Bosum said.

Bikers Against Child Abuse members will be offering temporary tattoos to children and volunteers will hand out resource bags filled with information from community agencies that deal with families featuring tips on how to prevent child abuse, how to recognize the signs, who to call and where to find services for those in abusive situations.

The registration fee is \$5 for walkers 13 years of age and older; children 12 and younger are free.

Volunteers are still being sought to help with passing out water, crowd control, registration and other areas of need.

All funds raised will support Terrific Kidz Inc. and their efforts in reaching out to parents and the community about child abuse issues, representatives said.

For details, visit www.yes2kids.net.

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3-LINES
7-DAYS
for items under \$300⁰⁰
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