



Kim Schimke graduated from Sonoma State University with a Psychology degree and with honors. She was Vice President of Psi Chi, the national honor society in psychology, interned in the Human Resources department at Kaiser, and was a peer guidance counselor at her high school. She has plans to obtain her Master's Degree. Send your questions for Kim to editor@petalumapost.com or Petaluma Post, P.O. Box 493, Petaluma CA 94953.

# EVERDAY ADVICE

## Handling Frustrating Loved-Ones and Clingy Neighbors

by Kim Schimke

### Family Feud

*My long-time boyfriend does not get along with my family at all and can't seem to be in the same room with them. Easter is coming up and I want to spend the holiday with my family but my boyfriend as well. I am tired of having to choose.*

-Victoria

In a fantasy world, all in-laws, couples, and families would get along. If this were true, though, we would also have solved world peace. The reality is that people clash and oftentimes that puts a neutral person in the middle. In this case, it's you. You could always talk to your family and your boyfriend separately and express to them how frustrating it is for you to have to separate your time. Hopefully by showing the two parties the importance of their common interest (that's you), they can learn to set their feelings aside for special times like holidays. If this approach

seems out of the realm of possibility in your situation, then I would split your time. No, this is not fair to you, but it may be your only option to spend time with both your family and your boyfriend on the same day. Spend dinner with your family and go to your boyfriend's for dessert or a late movie. It's all about making the best you can out of a common, but crappy situation.

### Not So Neighborly

*I recently made friends with one of my neighbor's but the problem is she sees me as a lot closer friend than I see her. She wants to always include herself in my activities such as working out, cooking dinner, or running errands. I don't mind her company but she has been clingy. How can I get her to give me some room and just be friendly neighbors?*

-Geri

It is always good to establish some sort of relationship with your neighbors, even if that just means a simple "Hello" when

getting the mail. Neighbors can be useful resources. For instance, they can take in your paper and trash when you are on vacation, tell you about any suspicious behavior in the neighborhood, dog sit, etc. It's good to remember that you have to be in close proximity to them for as long as you live there.

I would set up meeting dates with your neighbor so you establish specific times to meet as opposed to leaving it open for whenever you see each other. Make an effort to meet up for coffee or lunch a couple times a month. At these times, stress how busy things have been for you. This way she realizes you are a very busy woman and may not try to tag along so much. If she still does, you can tell her your time is limited and you would rather give her your undivided attention at your next coffee meeting. This way you are maintaining your friendship but minimizing the constant shadow.

## BALLARD STREET

by Jerry Van Amerongen



Ted is revisited by his dream of being stranded on a narrow ledge.

## Unnatural Causes

### Is Inequality Making Us Sick?

On four Thursdays in April, this documentary delves into the mystery of what's stalking and killing so many Americans before their time. The program uncovers the connections between healthy bodies and healthy bank accounts—and why residents of so many other nations, including many poorer countries, live longer and healthier lives. Solutions, evidence suggests, may lie not in more pills but in more equality.

*In Sickness and in Wealth* April 9 at 8PM

*When the Bough Breaks* April 16 at 8PM

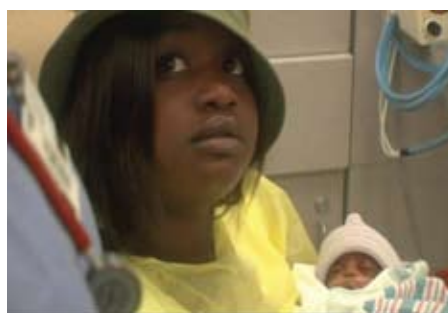
*Unnatural Causes in Sonoma County* April 23 at 7:30PM

*Bad Sugar* April 23 at 8PM

*Collateral Damage* April 30 at 8PM



Channel 22  
Broadcast  
Satellite  
Cable



## ONE PICTURE IS WORTH 1,000 WORDS



On anybody's birthday, like Angela's, a cake is a must – AFTER a meal of Angelo's sausage or tri-tip, of course!

## ANGELO'S MEATS

email moregarlic@aol.com or visit Angelossmokehouse.com  
2700 Adobe Road, Petaluma, 707.763.9586