Everday Advice

The Nag, the Bad Boss, and Beating the Heat in Style

by Kim Schimke

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.

Nagging Nelly

My girlfriend is always nagging me to do stuff. I tell her I will get to it, but before I do she gets on my back again. How can I stop the nagging?

-L.J.

If I've learned anything about relationships, it's that there's a difference between how males and females view nagging. Women will ask their partner to do something and, if it doesn't get done quickly, we "nag". I am certain most women would agree that we would not have to ask repeatedly if what we asked to be done was done in a timely fashion. Men, however, think that as long as it gets done sometime in the next month, that's good enough. The best advice I can give is to discuss the issue. Define the time in which each of you expect something you request to get done. For some couples that may be hours, others a day, some even a week. Hopefully, giving a time period will help the problem. Other than that, the distinct DNA difference between males and females will remain a problem.

Bridge Burning

I just quit a job where I was very unhappy - mostly due to my boss who always took me for granted and often took advantage of my position. I figure because I am gone it would be okay for me to tell him how I felt as long as I do it with tact. Is this okay?

-Jacob

Bad Idea! Many of us have been in the same position, and it can be angering and frustrating. However, telling off an old boss - even if you do it gracefully - can bite you in the butt later. A future employer may call him (or her) for a reference. And this world is a lot smaller than you would think. You never know who your boss might know or the long-term repercussions. A moment's satisfaction is not worth your future. Take solace from quitting and knowing you left an unfair and stressful environment. Many times bosses that act the way yours did actually see employees that they can take advantage of as reliable. Their view of you may be completely positive and you don't want to tarnish that. Instead of actually telling him off, let your brain compose a fantasy of the situation to enjoy.

Summer Style

During the summer it gets too hot and all I wear is a tank top, shorts, and flip-flops. I love to be fashionable but on the really hot days I cannot stray from my tank and shorts. Any ideas on how to still keep a fashionable edge in the heat?

-Andrea

Pick a really bold accessory. A big, flashy necklace may be all you need to spruce up an outfit and show some style. With a piece that grabs attention, anything else would be overkill. You could also paint your nails and toenails deep purple, metallic blue or shimmering orange for an added, heat-free flair. Be resourceful and imaginative. And it needn't be expensive. Vintage shops often have unique and super cheap, original finds.

LACUNA COIL

TRAPT

COLIN HAY

The Last Day Saloon

SHOWS ARE AGE 21 & OVER / DOORS AT 9 PM UNLESS OTHERWISE NOTED

JULY 2009

RESTAURANT >> HOURS >>
TUE. - THUR. 5 PM - 11 PM
FRI. & SAT. 5 PM - 12 AM
>>>>>>>>
HAPPY HOUR
4 - 7
$3.50 DRAFT
$3.50 WELL DRINKS
5 - 7
COMPLIMENTARY APPETIZERS
>>>>>>>>
GET RESERVED SEATS FOR THE SHOW WHEN YOU MAKE ADVANCE DINNER RESERVATIONS

	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 TO BE ANNOUNCED	2 TO BE ANNOUNCED	3 ✔★ $15 8 PM DOOR LAVAY SMITH & HER RED HOT SKILLET LICKERS SWING	4 TO BE ANNOUNCED
	7 TO BE ANNOUNCED	8 TO BE ANNOUNCED	9 ✔★ $10/12 MOONALICE JAM ROCK	10 ✔★ $15 8:30 PM DOOR PRIDE & JOY MOTOWN COVERS	11 ✔★ $7/9 THIS CHARMING BAND (THE SMITHS/MORRESSY TRIBUTE) + LUV'N ROCKETS (LOVE & ROCKETS TRIBUTE) + DEAD SOULS (JOY DIVISION TRIBUTE)
	14 ✔★ $10 8:00 PM DOOR SMILE EMPTY SOUL ROCK	15 FREE SHOW 8 PM SHOW 808 BAND WITH ROBERT HERRERA REGGAE > SOUL > BREAKS	16 TO BE ANNOUNCED	17 ✔★ $15 TAINTED LOVE + DJ ON-QUE 80'S DANCE HITS	18 ✔★ $8 BAND CAMP 80'S RETRO ROCK
	21 ALL AGES 6:30 PM FREE SHOW GAYLE DAY SINGER SONGWRITER ✔★ $20/23 8:00 PM DOOR LACUNA COIL + KILL HANNAH + SEVENTH VOID + DOMMIN	22 TO BE ANNOUNCED	23 ✔★ AT ALL COSTS RECORD RELEASE PARTY + SPECIAL GUESTS R&B HIP HOP	24 ✔★ $10 NOTORIOUS 80'S & MORE DANCE PARTY ROCKSHOW + DJ ON-QUE ROCK	25 TO BE ANNOUNCED
	28 TO BE ANNOUNCED	29 ✔★ $20 8:00 PM DOOR TRAPT + SINCE OCTOBER + DIVIDE THE DAY + INEPT ROCK	30 ✔★ $10 8:00 PM DOOR THE ACES + HUGE LARGE + LIVE BURLESQUE W/ JELLYFISH KISS BLUES TRASH > GARAGE ROCK	31 ✔★ $22/25 8:30 PM DOOR COLIN HAY (FORMER FRONT MAN OF MEN AT WORK) POP ROCK	1 TO BE ANNOUNCED

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