

Abusive Relationships

Dear Carole,

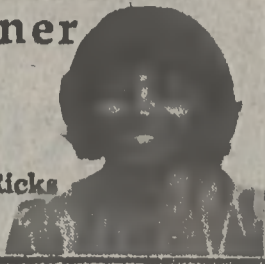
If I told anyone in my family about this problem, first they would laugh at me, then they would call me a fool. When my wife can't have her way or do whatever she wants to do, she loses her temper with me. When she loses her temper, I lose my temper, too. Then we really get into it.

Now the real problem is that I was taught never to hit a lady but I don't know what she was taught. My wife tears me up when she's angry. She will use her hands and anything else she can get her hands on. I love my wife very much and I know she loves me but I don't think I can take much more of this. How can I make things change?

"Told my secret"

Carole's Corner

With Carole Ricks



Private practice in Charlotte, N.C. If you have personal, parent-child or marriage problems, write to:
Carole's Corner
P. O. Box 37107
Charlotte, NC 28237

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Jesus said, "Peace I leave with you, my peace I give into you, not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid."
John 14:27
The peace of God which passeth all understanding, shall fill your hearts and minds through Christ Jesus.
Philippians 4:7
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Dear "Told my secret",

The situation you describe is an abusive one. Abuse, in any relationship is both emotionally and physically destructive. When violence is used to express frustration, anger, fear or helplessness, each person is at risk. Don't blame for your wife's temper. However, you have the right to live in a safe and peaceful home. The first step towards changing your situation to a more healthy one is to seek professional counseling.

Although there are fewer recorded instances of abuse in which the husband is abused, these occurrences do happen. It is not okay for either spouse to be at risk in an abusive relationship. Sometimes it is necessary to have legal protection to assure one's safety. A physical separation is also necessary at times to protect each person until professional counseling has begun and is complete.

Editor's Note: Carole B. Ricks, A.C.S.W., is a marriage and family therapist with a pri-

Double Oaks Has An Adult Day Care

The availability of an Adult Day Care in the Double Oaks Community Service Center is making a positive difference in the lives of the elderly/disabled adults and their continued ability to live at home.

The Family Outreach Adult Care Center has spaces available for the frail elderly adult. They are open Monday through Friday from 8 a.m. until 5:30 p.m. for the convenience of those family members who work.

The Adult Care Center offers crafts, games, field trips, health surveillance and nutritional meals and snacks. For further information, please contact Dona M. Patterson at 333-2033 or 332-7030.

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Program hours are 10 a.m. until 4 p.m. Monday through Friday at an hourly rate. Transportation is available at a minimal cost. Partial scholarship funds available.

Trichology Corner



Mr. Charles, R.B.

Question:

What is the preparation on the market that's supposed to grow hair?

Answer:

Three come to mind: 1) Rogaine which is available only by doctors prescription with 2.5% Vasodilators. 2) Foltene which is sold in department stores and 3) 2% Nutroil sold in salons and product distributors at 5%. Vasodilators is the ingredient that increases blood circulation. There is no way to tell what the results will be from person to person and each person will need a consultation to put the program into effect. Once started be prepared to continue the process.

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