



Humor

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ity device. He will be speaking in San Diego, lecturing the physicians on stress release and he talks about humor and stress reduction. It is important to use your humor to help yourself and others. That is number four. Number five is using humor to improve your communication using imagination to get along better with other people. When we have arguments with other people we both get caught and you become angry. If you use your humor to intervene, you may be able to step back and even be more objective, and not drawn into an the discussion. There is appropriate and inappropriate humor. He has to get to know the person first. David feels nine out of 10 patients appreciate his humor. It is very rare to get someone who doesn't want humor. If they don't, it's okay too. He works with patients, issues of domestic violence, drug, and alcohol use, as well as other serious problems. Humor does help speaking to someone about uncomfortable topics. For information about David Jacobson's books- "Conversations on Health and Wellness", "7-1/2 Habits of Highly Humorous People", or his schedule of appearances, please e-mail: dj@humorhorizons.com Websites: www.healthandhumor.com www.humorhorizons.com



Is Your

By Sandy Zimmerman
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Are you dating a serial cheater? A serial cheater doesn't take love seriously. He/she continues to lie without a second thought, without a conscience. Would you really like to know the truth? Don't waste time in a bad relationship. Once you have found out, it is time to do something. Jim Warren, creator of the Cheater News website explains, "Wanting revenge is normal, but if you hope to reconcile you shouldn't publicly embarrass them via a web site. If you don't have an opportunity to release all of the pain and anger, you may become bitter. This is a positive avenue to release your anger." When you find this romance is not "forever," try not to dwell on the past. Start your new life with a positive attitude. In addition to alleged cheaters' profiles,

Relationship Healthy?

there is more. The site includes a list of signs which show that a person may be cheating, and links to web articles on relationships. They suggest, when your mate begins buying you gifts, these are guilt gifts. I feel each person is different and you can't put everyone in the same category. Reading articles and books on relationships could open your eyes. You probably keep falling for the wrong men/women and make the same mistakes over and over again.

If you are a wronged woman, don't cut up your man's suits to get even. There is a website where you can spread the word to the world: www.CheaterNews.com It is an online service where the heartbroken and bitter can anonymously post profiles of the cheating males. Though revealing home addresses, telephone num-

bers, and e-mail addresses is prohibited. Placing his profile on the Cheaters website may save some unsuspecting women pain and suffering. Women can look at this site to find out if their man has a past history of cheating. There are message boards from all over the U. S., some with multiple complaints about the same person. The website sells a number of products- PC Pandora to monitor, record, and take snapshots of every website your lover visits. BIOSWABTM Home DNA Collection Kit lets you check unusual stains and paternity. For information, call Cheater News, (313)-525-5663, or visit their website.

Can you keep excitement in your relationship? Dates that women will love and remember forever don't have to be expensive. You can add a creative twist

ket to a park and eat on the grass. Do something youthful like blowing bubbles, playing with a Frisbee or game. The informality will relax you both and give you a chance to get to know each other.

Be certain your date likes the restaurant and cuisine you have chosen or you will both be uncomfortable. Be open to your date's ideas about what to do on the date and express yourself honestly. Read newspapers and watch television to keep up your side of the conversation. Keep topics light and keep away from controversial issues on the first date. Also, refrain from using off-color language or jokes, or making sexual references. Sometimes a first date can last 5 happy hours while others you can hardly wait to leave. I don't think you should make a quick deci-