



dear abby

Husband asks if marriage can be stitched together

Dear Abby: After six years of marriage and a beautiful daughter, my wife, "Chanelle," demanded a separation. She said she needed time to "find herself." She forgot to mention that she was having an affair with a subordinate at work, "Earl." Eventually, Earl's wife and I found out. Chanelle lost her job, her boyfriend and her self-respect.

She wanted me back. I wasn't sure I could live with a woman who had lied and cheated.

After a year later, Chanelle became pregnant with our son, who is due in a few months. We decided to reconcile.

While we were separated, I frequently lent her money and ran errands for her. At the time, she told me she hadn't been in love with me since the birth of our daughter. Now I feel used.

During our separation, I made sure our daughter called Chanelle's parents every night. We spent holidays with them while Chanelle worked. Instead of thanking me for it, they insist that I drove their daughter into the arms of another man. My parents refuse to accept Chanelle back into the family.

In all fairness, Chanelle was the last person you'd think would have an affair. She was family-oriented and had conservative values. Earl was the last person you'd imagine she'd choose. He's a chain-smoking, married redneck with a history of infidelity.

Both sets of in-laws are trying to sabotage the marriage, my feelings for my wife have changed and I now realize I never really knew Chanelle at all. Can this marriage be saved? — Shaken, Not Stirred in West Virginia

Dear Shaken: Absolutely, provided you and your wife make up your minds that you really need each other and are willing to work out your problems in marriage counseling. You must explore what drove you apart in the first place and fix it. Do not blame your parents for their attitude, or your in-laws for reacting to what they were told during your separation. If you and Chanelle make it clear that nothing will come between you, they'll come to accept it.

Dear Abby: I have been dating "Chris," a wonderful guy, for nine months. The subject of marriage has come up, and Chris says that when he's married he will not wear a wedding ring because of his job. He is a police officer.

I don't think wearing a wedding ring would in any way put his life at risk. I'm extremely upset about this. Am I making a big deal out of nothing — or is Chris making excuses out of fear of commitment? — Suspicious in Rochester

Dear Suspicious: I consulted the Los Angeles Police Department and was told that an officer may wear a wedding band on duty if he or she chooses. If the officer is going undercover, it might be in his or her best interest not to wear certain jewelry.

It's possible that he simply doesn't like to wear jewelry. Not all married men wear wedding rings, and not all men who wear them are faithful husbands.

Dear Abby is written by Abigail Van Buren, also known as Jeanne Phillips, and was founded by her mother, Pauline Phillips. Write Dear Abby in care of the Tulsa World, P.O. Box 1770, Tulsa, OK 74102.

think ON THESE THINGS

By JOYCE SEQUICHIE HIFLER

If something is wrong, it will never get any better if we fret and scold and, in a sense, worship the thing that holds us in fear.

How can we ever know what will get totally better if we stop complaining and begin to rejoice. Rejoice? Whatever for? Oh, a million things, at least. Rejoicing is completely opposite of what we have been doing. When we apply new rules we get good results.

Why be miserable when we can turn the tables and let in the sunshine? Who can go on failing when with a little work we can win and win and win? It is possible to be happy, to be healed, to begin at once to love ourselves so that we are able to love others.

jhifler@aol.com

on the Scene

Your calendar of today's events.

theater

"Lester's Breakdown Suite," the story of three sisters who have been estranged for years and their ability to see and accept the truth, 8 p.m., Heller Theater, 5328 S. Wheeling Ave., 746-5065.

"Art," presented by Theater Pops, story about three men who explore the limits of art and friendship, 8 p.m., Liddy Doenges Theater, Tulsa Performing Arts Center, Second Street and Cincinnati Avenue, 596-7111.

"Smokey Joe's Cafe," presented by Celebrity Attractions, musical featuring 40 of Jerry Leiber and Mike Stoller's greatest hits from the 1950s and '60s, 7:30 p.m., Chapman Music Hall, Tulsa Performing Arts Center, Second Street and Cincinnati Avenue, 596-7111.

film

"Super Size Me," benefits Oklahoma Fit-Kids Coalition, 10-11:30 a.m., AMC Southroads 20 Movie Theater, Promenade Mall, 41st Street and Yale Avenue.

dance

Beginning West African Dance, 6:30 p.m., Lacy Community Center, 2134 N. Madison Place, 596-1470.

Ballroom Dance, the Kings of Music, 7:30-9:45 p.m., Henthorne Park, 4825 S. Quaker Ave.

music

Auditions: Bits and Pieces Show Chorus is seeking adults who enjoy singing and entertaining, 7 p.m., Sequoyah Middle School, Broken Arrow, 455-3254.

Rehearsal and Auditions, Oklahoma Jubilee Chorus, female singers who want to perform, 7 p.m., Our Lady of Sorrows auditorium, 51st Street just west of Lynn Lane, Broken Arrow, 493-7464.

information

Citizen Gardening class, "Gardening in Shade," 6:30-8:30 p.m., Tulsa Garden Center, 2435 S. Peoria Ave., 746-5125.



Courtesy

Family of fiddlers

Marina Pendleton, 10 (left), will play the fiddle and Emma Jane Pendleton, will join her on the mandolin as the Pendleton Family Fiddlers perform at 7:30 p.m. Thursday during the Spotlight Theater's Olio troupe performance at the 73rd annual Broken Arrow Rooster Days. The carnival plus arts and crafts festival runs from 4:30 to 11 p.m. at Central Park, 1500 S. Main St. For more information, call 251-1518.

"Knee or Hip Pain?" learn about advanced treatments, medications and other alternatives that may offer relief, 1 p.m., St. John Health System, 1923 S. Utica Ave., 744-0123.

Ceramic Classes for Adults, 5-9 p.m., Chamberlain Community Center, 4940 N. Frankfort Ave., 591-4155.

Cherokee Language Class, learn to speak and write, 6 p.m., Maxwell Park Library, 1313 N. Canton Ave., 446-7438.

exercise

Free marathon training, presented by RunnersWorld Tulsa, 5:30 p.m., 71st Street and Riverside Drive, 749-7557.

Tulsa Community College after work Tai Chi, 5:30-6:30 p.m., Mall 31, 31st Street and

Sheridan Road, 664-9191.

Tulsa Running Club Aquarunning class, designed in water to improve cardiovascular fitness, strength and flexibility, 5:30-6:30 p.m., Oral Roberts University Aerobics Center, 81st Street and Lewis Avenue, 852-2762.

Early bird training run, 6 a.m., Fleet Feet sports, KingsPointe Village, 61st Street and Yale Avenue, 492-3338.

Newbies, walking/running training program for new runners presented by the Tulsa Running Club and RunnersWorld, 5:30 p.m., meet at 71st Street and Riverside Drive, 749-7557.

Thursday morning bike ride, presented by Tulsa Bicycle Club, 8 a.m., for starting place and time, go to www.tulsabicycleclub.com.

Fun Run/Walk, all abilities welcome, 6

p.m., Fleet Feet Sports, KingsPointe Village, 61st Street and Yale Avenue, 492-3338.

Slimnastics, 6:30-7:30 p.m., Lacy Park, 2134 N. Madison Place, 596-1470.

family/children

Preschool storytime, 10:30-11 a.m. and 11-11:20 a.m., Broken Arrow Library, 300 W. Broadway, Broken Arrow, 251-5359; 10:30-11:30 a.m., Pratt Library, 3219 S. 113th West Ave., 591-4595.

Pajama bookarama, 6:30-7 p.m., Hardsley Regional Library, 8316 E. 93rd St., 250-7307.

Wee Wonders preschool class, for ages 3-5, 10 a.m.-noon, Lacy Park, 2134 N. Madison Place, 596-1470.

Marriage workshop, free workshop using the Christian PREP material, 6-7 p.m., Jesus Center, southwest corner of Admiral Boulevard and U.S. 169, 835-3787.

etc.

73rd annual Broken Arrow Rooster Days, featuring a carnival, arts and crafts, and live entertainment, 4:30-11 p.m., Central Park, 1500 S. Main St., Broken Arrow, 251-1518.

Designer Showcase, 10 a.m.-4 p.m., proceeds benefit the Foundation for Tulsa Schools, "Meet the Designers," 5-8 p.m., 1360 E. 29th St.

Nocturnal Needlers, meeting, program is "English Garden," 7 p.m., Charles Schusterman Jewish Community Center, 2021 E. 71st St., 747-3467.

Employment and training assistance: Workforce Oklahoma, 8 a.m.-5 p.m. Monday-Friday, Tulsa County 596-7679; Osage County, 287-2410; Creek County, 224-9270; Pawnee County, 358-3662.

Thursday Night Carve-In, learn from the Eastern Oklahoma Woodcarvers Association, 6-9 p.m., Henthorne Community Center, 4825 S. Quaker Ave.

Bingo, 6 p.m., American Legion Post No. 1, 1120 E. Eighth St., 584-4275.

exhibits

Tulsa Gathering Place, 19 E. Brady St.: Featuring local glassblowers' display of vases, platters and other glass art objects. Hours are 11 a.m.-5 p.m. Wednesday-Saturday, 11 a.m.-9 p.m. Thursday, 582-4527.

Submit items one week in advance to Events, Tulsa World, P.O. Box 1770, Tulsa, OK 74102. Fax to 581-8353 or e-mail at events@tulsaworld.com. Events must be in a public place and open to the public. For more information, call 581-8489.

SURGERY:

A qualified surgeon should be willing and able to answer all of a patient's questions.

FROM D-1

Checking with friends or family and the local medical society is also a good way to find a qualified surgeon.

Also, patients should check to make sure the surgeon is licensed in that state and whether or not he or she has ever been the subject of any disciplinary action or has been suspended from practicing medicine, Semel says.

And, above all else, trust your instincts about the physician whose services you're seeking, Garber said. A qualified surgeon should be willing and able to answer all of a patient's questions as well as educate them about recovery and potential complications from surgery.

"The bottom line is are you comfortable with that doctor?" he said. "You're entrusting your life to someone when you're undergoing anesthesia and you want to make sure that doctor is on the same page you are and that he or she is listening to your concerns."

Megan Miers 581-8310
megan.miers@tulsaworld.com

Advertisement

For some, 'watchful waiting' is best prostate cancer therapy

By GARRET CONDON
Hartford Courant

Doctors and patients often talk about the "war" on cancer or "battles" against various tumors, but when it comes to nonaggressive prostate cancer, a cease-fire seems to work best.

"There is a very large pool of men with very (slow-growing) prostate cancer," said Dr. Peter Albertsen, professor and chief of urology at the University of Connecticut Health Center in Farmington. For those men, he said, "watchful waiting" is probably the best approach.

Albertsen is lead author of a study published last week in the Journal of the American Medical Association that looks at a group of 767 men who were diagnosed with prostate cancer between 1971 and 1984 and followed for two decades. The patients were treated either with observation alone or with androgen-withdrawal therapy, in which drugs are used to block the effects of the hormone testosterone,

which can promote the growth of prostate cancer.

The current study underscores previous findings: Men with low-grade prostate cancer — tumors cells that closely resemble normal prostate gland cells — are unlikely to die of prostate cancer, even 20 years after diagnosis. Men with tumors that are very different from the surrounding cells — high-grade tumors — frequently die within five to 10 years of diagnosis without treatment.

All of the patients in the study published last week were diagnosed before the prostate specific antigen (PSA) test became standard in the late 1980s. Albertsen said that until recently, doctors often started doing biopsies and treatment on men with relatively low PSA results. This practice probably led to too much aggressive treatment for patients who didn't need it.

A high PSA result usually shows the presence of cancer, he said.

Tube picks

Don't-miss television for Thursday

Joey and Joey



Joey and Gina cope with crises in their love lives in back-to-back season finale episodes of "Joey."

7 p.m. NBC, channel 2, cable channel 9

Typcasting of 'The O.C.'

Seth's graphic novel catches the eye of guest star George Lucas (playing himself) in a new episode of "The O.C."

7 p.m. Fox, channel 23, cable channel 5



A big, fat comedy



John Corbett and Nia Vardalos play culture-crossed lovers in the hit 2002 comedy "My Big Fat Greek Wedding."

7 p.m. ABC, channel 8

TV

7 a.m.

8 8 Good Morning America Actor Michael Vartan; an "Extreme Makeover: Home Edition" preview; drinkable candy bars. (CC)

9 2 Today Today's Style; Faith Evans performs; author Naomi Wolf. (CC)

9 a.m.
5 3 The Early Show Actress Priscilla Presley; Megan's Law.
9 2 Live With Regis and Kelly Walt Disney World; actor Wilmer Valderrama ("That '70s Show"); Rob Mariano and Amber Brkich ("The Amazing Race 7"); performance of Disney's Festival of the Lion King. (CC)

10 a.m.
8 8 The View Actress Laura Innes; TV personality Charlie O'Connell ("The Bachelor"); plastic surgeon Gerald Imber; guest co-host Rachel Dratch. (CC)

10 4 The Larry Elder Show A woman says her boyfriend would rather play video games than take care of his family; a man threatens to leave the mother of his child if she has a second baby. (CC)

3 p.m.

6 6 Dr. Phil Guests talk about their struggles with obsessive-compulsive disorders.

8 8 The Jane Pauley Show Guests discuss Time magazine's article "What Teachers Hate About Parents." (CC)

9 2 The Ellen DeGeneres Show Ellen makes a viewer's dream come true; actor Matt LeBlanc ("Joey"); actor Doug Savant ("Desperate Housewives"). (CC)

4 p.m.
6 3 Oprah Winfrey Oprah reveals weight-loss secrets and her favorite snacks. (CC)

6:30 p.m.
6 3 Entertainment Tonight Actress Nicole Kidman ("Bewitched"); actress Patricia Heaton ("Everybody Loves Raymond"); season finale of "Will & Grace." (CC)

9 p.m.
8 8 PrimeTime Live Actor George Lopez discusses his recent kidney transplant; the 2003 shooting spree at a Lockheed Martin plant; a girl's heroic actions save her mother's life.

10:35 p.m.

6 6 Late Show With David Letterman Actor Billy Crystal; Garbage performs. (CC)

9 2 The Tonight Show With Jay Leno Actress Goldie Hawn; comic Larry the Cable Guy; LeAnn Rimes performs. (HD) (CC)

11:37 p.m.
9 2 Late Night With Conan O'Brien Actor Will Ferrell; Louis XIV performs. 12:07 a.m.

6 6 The Late Late Show With Craig Ferguson Actor Bill Pullman; food critic Ruth Reichl; Spoon performs. (CC)
8 8 Jimmy Kimmel Live Actor Wilmer Valderrama; recording artist Ludacris; Jessi Alexander performs. (CC)

12:36 a.m.
9 2 Last Call With Carson Daly Actor Matt Dillon; actress Minnie Driver. (CC)

Changes

9 2 Joey (7-8 p.m.)
5 2 Destiny TV (12:30 a.m.)
5 23 Paid Program (1 a.m.)