

SENSE & SENSITIVITY
MOM'S CONSTANT WORKOUTS WORRY READER

by Harriette Cole
DEAR HARRIETTE: My family has always been very active. We all love playing sports and exercising regularly. Recently, my mother has been very into yoga. I admire her for maintaining her health and always trying to get some activity every day, but it has gotten to the point where she is obsessing over her body. She restricts her diet so much, and has been taking two or three workout classes a day.

I tell my mother that she does not need to lose any more weight, but she continues to count calories and work out extensively. How do you recommend I handle this? I want to make sure I am doing the right thing, the right way, so I do not offend my mom. — Mother's Weight Obsession, Los Angeles

DEAR MOTHER'S WEIGHT OBSESSION: It would be great if your mother would get a physical exam. This is important because a medical evaluation of your mother's health will tell her if she is making smart choices in her fitness and diet regimen, or if she is going too far. Suggest that your mother get her annual physical soon. Point out that since she has reved up her fitness routine, you believe it would be wise to check in with her doctor to ensure that she is being safe. Tell her that you are planning to get a physical as well. In this way, you aren't just pointing your finger at her. One of the great things about Western medicine is the diagnostic capability that it has. With a complete medical workup, your mother will learn the status of her health and whether she should make any adjustments to her routine. Ask her if you can go with her when she schedules her visit. Then you can hear for yourself how she is doing.

DEAR HARRIETTE: I baby-sit for a family almost every weekend. This upcoming weekend they have asked me to stay over both Friday and Saturday nights because they will be out of town at a wedding. I usually don't mind staying overnight because it saves money and time on commuting to their house. However, they have recently downsized, and there is no longer a guest room for me. They asked if I would sleep in the daughter's room in her bunk bed. I am not a fussy person and don't have a problem with doing this, but another part of me is saying that I shouldn't be staying in the daughter's bunk bed as a 22-year-old. What do you think of this? — Sleeping in the Bottom Bunk, Brooklyn, New York

DEAR SLEEPING IN THE TOP BUNK: You need to get practical here. Since

there is nowhere else for you to sleep, that's why your employer is offering you the bunk bed. It's not about your age or station in life. This is simply a reality check. Given that you like the family and get along well with the children, I suggest that you move past the accommodations challenge. Do you know the saying "It is what it is"? That applies here.

DEAR HARRIETTE: I just learned that my mother is going blind. She has macular degeneration. She says she cannot read well and generally she sees fuzzy. I am so scared for her. She lives by herself and has been independent forever. I have invited her to come and live with me and my family, but she said no. I am afraid for her to live by herself much longer, and we cannot afford to hire full-time care.

This is such a big shift. She stopped driving only last year, because we — her children — begged her to stop. Believe it or not, her doctor didn't even require that she stop, even though he knew she had this condition. How can I help my mother? — Going Blind, New Orleans

DEAR GOING BLIND: It may be a relief to you to know that macular degeneration does not necessarily lead to complete blindness, even though it does lead to significant loss of vision. Indeed, in the early stages of the disease, many people continue to drive during the day without incident. Talk to your mother's doctor about her condition so that you can be clear about what she is facing. Ask for suggestions for how she can care for herself. Ask for the signs that she may no longer be able to live alone. When that time comes, you will have to address it with her and figure out how her Social Security and your support will be able to take care of her.

For more information about living with macular degeneration, go to maculardegeneration.org/about-md/coping-skills/. If she is willing, you can also have her learn how to live as a blind or partially blind person. There are many resources available to support her, including the American Foundation for the Blind. Visit afb.org/info/living-with-vision-loss/2 to get started.

(Harriette Cole is a lifestyleist and founder of DREAMLEAPERS, an initiative to help people access and activate their dreams. You can send questions to askharriette@harriettecole.com or c/o Andrews McMeel Syndication, 1130 Walnut St., Kansas City, MO 64106.)

COPYRIGHT 2018, HARRIETTE COLE
DISTRIBUTED BY ANDREWS MCMEEL SYNDICATION FOR UFS

Carla Loupe
Real Estate, LLC
101 Trevino - Berwick, La.
985-380-2770
Please Visit Our New Website
www.berwickrealty.com
Licensed in Louisiana USA
Carla Vaccarella Loupe, Broker
Maurice Roberie, Sales Associate
985-255-1796
John G. Hudson, Sales Associate
985-992-6977

LEON KAHN REAL ESTATE
R&K DEVELOPERS, INC.
823 NINTH STREET
P.O. BOX 550
MORGAN CITY
985/385-1660
PLEASE VISIT OUR WEBSITE
COLLEEN KAHN, BROKER
CHARLINE McJIMSEY, SALES ASSOCIATE, 985-518-7225
ANGEL ALLEMAND, SALES ASSOCIATE, 985-688-8661
TIFFANY MARCEL, RENTALS, 985-714-2170
leonkahn@leonkahn.com



Clean Out Your Garage and Turn the Items You've Forgotten Into Cash.

TO PLACE AN AD
Call **384-8370**

The Daily Review

Special Notices

In compliance with Article 962, as passed by the 1992 Louisiana State Legislature, I am required to advertise the following:



I, David Tyrone Francois have been convicted of 14:43.1 SEXUAL BATTERY on April 26, 1999 15:542 FAILURE TO REGISTER/NOTIFY AS A SEX OFFENDER

My Address is 310 Barrow St. Morgan City, LA 70380

David Tyrone Francois
March 1, 2018
March 2, 2018

Services Offered

Services Offered

CENTRAL BOAT RENTALS, INC.

Boat/Barge Repairs
Fleeting for Boats/Barges
Pipe Storage
Waterfront for Lease

985-384-8200

Garage Sale

Garage Sale

American Legion Post 242 Auxiliary Unit 242 WILL BE HOSTING THE

4th ANNUAL LEGION FAMILY FLEA MARKET
3600 HWY 90 WEST PATTERSON

SATURDAY MARCH 3RD
8:30 TO 3:00
SUNDAY MARCH 4TH
10:00 TO 2:00

FOR MORE INFO EMAIL am.lg.post242@cox.net
Call 985-518-2694 and leave info.

#1 Company in Bayou Board of Realtors



1201 Brashear Ave., #428
Morgan City
985-329-2515
C21ActionLA.com

ACTION REALTY
Call about the best marketing plan on the Bayou!

— Please Call For Additional Listings —

- 3017 Mark Dr. in Morgan City, 3BR/1.5Ba, \$127,900.
- 1425 Chatsworth Dr. in Morgan City, 3BR/2BA, \$156,900.
- 355 Prairie Rd. North in Franklin, gorgeous 3 large BR/2BA, on 1 acre, detached double garage, \$240,000.
- 608 Federal Ave. in Morgan City, 4BR/3BA, 2 half baths, 3,946 LSF, \$575,000.
- 1406 Evergreen Ave. in Bayou Vista, 3BR/2BA, 1,775 LSF, \$100,000.
- 312 Charlotte Dr. in Patterson, 3BR/2BA, 1,422 LSF, \$142,000.
- 3016 Lizabeth Dr. in Morgan City, 3BR/2BA, 1,866 LSF, \$168,000.
- 918 Franklin St. in Morgan City, 4BR/3BA, 2,080 LSF, \$54,000.
- 2930 Sixth St. in Berwick, Duplex, 3BR/1BA + 2BR/1BA, 2,000 LSF total, \$140,000.
- 302 Sandi Dr. in Patterson, 3BR/2BA, 1,365 LSF, \$104,500.
- 123 Montana St. in Morgan City, 1BR/1BA, 830 LSF, \$79,000.
- 105 Degravelle Rd. in Amelia, Commercial Lot - Hwy 182 frontage 342.9x186.60x 353.3x176, \$300,000.
- 3127 Wytchwood St. in Morgan City, 3BR/2.5BA, 1,694 LSF, \$69,000.
- 2879 First St. in Berwick, 3BR/1BA, 1,624 LSF, \$115,000.
- 101 Ledoux Circle in Patterson, 3 large BR/2BA, \$134,900.
- 3206 Karen Dr. in Morgan City, 4 huge BR/3 full BA, \$160,000.
- 5048 Hwy 182 W. in Patterson, Waterfront lot, .91 acre, \$105,000.
- 220 Bowman St. in Morgan City, 2BR/1.5BA, \$62,000.
- Commercial Lots Package: 3 lots totaling .46 acres. 8304, 8308, 8312 Hwy 182, Morgan City, \$100,000.
- 385 Prairie Road North in Franklin, 4BR/2BA, 1,964 LSF, 6 acres, \$175,000.
- 661 Highway 662 in Morgan City, 49 Acres, \$325,000.
- 1346 Bellevue St. in Morgan City, 4BR/2BA, 2,168 LSF, \$198,000.
- 2801 Lake Palourde Road in Morgan City, Land \$359,000.
- 124 Uranus St. in Bayou Vista, 3BR/2BA, 1,485 LSF, \$135,000.

LINDSAY RYAN REALTOR-985-518-1142 CHRISTIAN GIL REALTOR-985-397-1822
SHANE ROBICHAUX REALTOR-337-578-0825

Each Office Independently Owned & Operated

Antiques For Sale

Huge Antique Store Liquidation Sale!!
Bayou Chic Antiques Closing 40-60% OFF
Everything Must Go!!
Open Wed-Sat, 11-5
612 Hwy 90 West Patterson, LA
985-395-4470

Help Wanted General

Bay City Bistro
Accepting applications for Kitchen Staff, Prep or Grill Cook, Will Train
Apply @ 618 Front St/MC
Wed.-Fri. 5 to 5:30pm

Business Rentals

FOR SALE OR RENT: 11 Acres, Fab building & office
Call 985/384-8200

Office/Warehouse for Lease:
5,000 sq. ft. \$2,500/mo.
8405 Hwy. 182 E
Available 1/2/18
Call 985-384-8200

Storage yards for rent \$400/mo.
Call 985-384-8200

Warehouses for Rent:
1,000 sq.ft. - \$350/mo.
1,500 sq.ft. - \$500/mo.
3,200 sq.ft. - \$1,000/mo.
Call 985-384-8200

Waterfront property For lease -Morgan City & Charenton Canal Areas.
985-384-8200, ask for Joy

Furnished Apartments

1BR furn brick apt. in Berwick. Single man, woman or married couple only. No pets. \$455/mo., \$400 dep. Call 384-8256.

1BR. furn. apt. in B.V. \$450/mo., \$450 dep., some utilities pd. 384-7691 or 985/518-0304

Upstairs efficiency apt. Rent, \$300/mo., \$300 dep. 985/519-0147

Help Wanted General

Help Wanted General

CENTRAL BOAT RENTALS, INC.
Central Boat Rentals
NOW HIRING
*RIVER TUG CAPTAINS, RELIEF CAPTS. & PILOTS (pushing tow 30k oil barges on upper and lower Miss River)
*INLAND PUSH BOAT CAPTAINS, (must be able to push tow and topline)
*OFFSHORE TUG CAPTAINS & EXP OS'S
*EXPERIENCED INLAND & RIVER TUG DECKHANDS
*EXPERIENCED TANKERMAN
All applicants must have valid credentials, TWIC, a stable work history and a good safety record. For immediate consideration, apply in person at 1640 River Rd. Berwick, LA or go to centralboat.com/careers/ to download an application

Unfurnished Apartments

2BR. luxury apt. A/C, D/W, W/D. \$725+ dep. 504/905-5671
For pictures & contact info. www.eubanksproperties.com
Non Smoking Unit

1BR apt. loc. at 422 Neptune St/BV. Ref. & stove, water pd. \$475/mo., \$475/mo. Call 985-860-6625

GRANDWOOD APARTMENTS

2BR, CAH, Walk-in closet, washer/dryer & pest control. 985-395-9855

Unfurnished Houses

1BR/1BA., CAH, NO pets, Adults Only. 1610 Lake Palourde Rd., Amelia. \$700/mo. Call 985/384-8200

2BR/1BA house River Rd/Benw. Kit. appliances, \$700/mo. Call 985-384-8200

2BR/1BA., CAH, ref., stove, micro, washer/dryer available w/rent. This is a good one. \$695/mo. 985/518-9734

Shaw Dr/MC Duplex for rent, 2BR/1BA., newly renovated, includes appliances, covered parking, washer/dryer hook-up. \$650/mo., \$550 dep. 985/518-7018

Help Wanted General

Trailer Space

Bayou Vista 3 mos Free Bayou L'Orse 6 mos Free Free mobile home 985/395-6014

Mobile Homes For Sale

No Credit Necessary Brand new 2018 16x80 3BR/2BA., custom order to your specifications \$8,000 down; 395-6014

Homes For Sale

4BD/2BA - \$125,000 112 Lincoln Dr., Patterson For info call 985.300.4314 or 985.300.4312

Country Club 525 Watson 5BR, 3BA, separate upstairs living "Man Cave" with kitchen, surround sound and latest TV wiring. Pics and information can be emailed or text. 2855sf living area, 4,000 sf total. 985-518-2361, 985-631-2050, \$299,775

Real Estate For Sale

Real Estate For Sale

Real Estate For Sale

Real Estate For Sale

Real Estate For Sale

OPERATIONS MANAGER

A 50 year well established Tug and Barge Rental Company is now seeking candidates to fill an Operations Manager position. Qualified candidates must have a college degree and industry specific experience to include:

- Dry Docking
- Vessel & Barge Repair
- Customer Relations
- Safety Management Systems
- Subchapter M

Please send resume to: Operations Manager C/O The Daily Review P.O. Box 948-SY, Morgan City, LA 70381



Central Boat Rentals

seeks qualified applicants for the following positions:

Logistics Coordinator

- Must have a working knowledge of the inland & offshore tug & barge industry
- Knowledge of Gulf Coast Ports and Inland Waterway Routes
- Ability to evaluate and dispatch equipment to job locations
- Good Client Relations
- Working knowledge of Safety Management Systems
- Must be proficient with using computers

Experienced Marine Port Captain

- Extensive repair experience for tugs and barges
- Experience with Safety Management Systems
- Understanding of Subchapter M regulations
- Experience with SIRE, OVID, USCG and ABS inspections
- Dedication to Safe Work Practices

Please send your resume and a cover letter to include salary requirements to tom@centralboat.com

NEWS DELIVERED YOUR WAY!

SEE DETAILS ON STMARYNOW.COM

Get your local news on any digital device at any time!

The new Daily Review E-Edition is emailed directly to you and can be viewed on your computer, smartphone and digital tablet.

View the newspaper as it appears on the stand.



Call Today & Subscribe

The Daily Review
384-8370