

Outlook on Lifestyle

DR. GOTT



Peter Gott, M.D.

Husband adds to her problem

BRIDGE

James Jacoby

NORTH 3-31-87			
♦ A Q 8 7			
♥ J 5 2			
♦ A Q J 8 2			
♠ 5			
WEST		EAST	
♦ J 10 5 4		♦ K 6 3	
♥ A 9 7		♥ K 8	
♦ 10 5		♦ 7 6 4	
♦ 10 8 7 6		♦ A Q 9 4 2	
SOUTH			
♦ 9 2			
♥ Q 10 6 4 3			
♦ K 9 3			
♠ K J 3			
Vulnerable: East-West			
Dealer: South			
West	North	East	South
Pass	1♦	2♥	2♥
Pass	4♥	Pass	Pass
Pass			
Opening lead: ♦ 6			

An indiscreet overcall

By James Jacoby

East's two-club overcall was based on two and a half quick tricks and a five-card suit — an excellent example of a hand *not* worth a two-level overcall. Because East's suit is weak, he may be doubled and penalized heavily. His three little cards in opener's suit are a liability if he becomes the declarer in clubs. Further, if the opponents bid three no-trump, his overcall might induce his partner to lead clubs when leading his own suit would be better.

Here the overcall had a different adverse effect. South fudged a little on the requirements to bid two hearts, upgrading his club holding after East's overcall. Now North, with a minimum hand, went right to four hearts, trading heavily on his singleton club.

East won the opening club lead and continued clubs. Declarer won the jack, discarding a spade from dummy, and played a low heart. West made the natural play of ducking and East won the king. When the heart ace was forced out and a spade played, declarer simply rose with the ace in dummy, threw trumps and ran the diamonds to make 10 tricks.

West can defeat the contract if he rises with his ace and shifts to a spade when hearts are first led. Now the spade king will make a trick. Although this play seems unnatural, West should assume that declarer does *not* have the heart king or he would have led up to it from dummy. Seeing the urgency to lead through the spade A-Q, West must simply hope that he is not crashing his partner's singleton king on the heart ace.

A new book by James Jacoby and his father, the late Oswald Jacoby, is now available at bookstores. It is "Jacoby on Card Games," published by Pharos Books.



DEAR DR. GOTT — I'm 5 feet 3 and weigh 180. I've tried everything from diet pills to a dozen weight-loss groups. My husband has given me an ultimatum: He says if I really loved him I could lose weight, and if I don't get it off in the next 12 months, he'll leave me. What can I do?

DEAR READER — Ultimatums are often hard to deal with; they give "either/or" options, neither of which may be appropriate.

For example, your husband probably is incorrect in assuming that if you loved him, you would trim down. You undoubtedly do love him — and can't lose weight. Therefore, the lose-weight-or-else doctrine is both scary and unreasonable.

Your best approach would be to put yourself under the care of a doctor. There may be a metabolic abnormality underlying your weight problem, or you may need evaluation by obesity specialists at a teaching hospital to which the doctor can refer you.

You also may need some counseling to help you to manage stress, self-image problems — and your husband's demands.

In addition, you may want to look into some marriage counseling. If your husband agrees to go with you, he may learn more effective ways to handle his anger and the grandiose

concept that he is in control of your life. Someone should point out to him the corollary of his statement: If he loved you, he would stick with you regardless of your weight.

For most obese people, help is available. I believe that you will feel relieved at getting that help from a reputable medical source. At the same time, the dynamics of your marriage need attention, too.

To give you additional help, I'm sending you a free copy of my Health Report, WINNING THE BATTLE OF THE BULGE. Others who want more information on the subject should send your name and address with \$1 to P.O. Box 91428, Cleveland, OH 44101-3428. Be sure to ask for WINNING THE BATTLE OF THE BULGE. Discuss this Health Report with your doctor; he or she can tell you which pointers will be most effective in your case.

DEAR DR. GOTT — There apparently are two kinds of breast lumps: those that can be aspirated and those that can't. I've had two aspirations in six months. I am 51, almost through with menstruation, and would like to know more about this type of lump.

DEAR READER — In general, breast lumps are either cystic (containing fluid) or solid. If there is fluid in a breast cyst, it can be aspirated (withdrawn through a needle) and the

cyst will collapse. Unfortunately, the liquid may reaccumulate, leading to repeated aspirations.

A solid breast mass is a more dangerous problem, because some solid masses are malignant. Since they contain little, if any, fluid, aspiration is not successful and biopsy has to be performed to establish a diagnosis.

Cysts are common in women, tend to be even more prevalent in women who nurse, and often fluctuate in size, depending on the time of the menstrual cycle. Mammograms, with or without sonography, are a useful way to differentiate between cysts and solid lumps. If cysts continue to fill up and be painful, despite aspiration, they can be surgically removed.

Intruders collared

Police report two people entered a house at 23 Delrex Blvd. at 6:15 p.m. April 13, cut the phone cord, stole \$40 from a purse and made off with the victim's car.

One of the intruders carried a knife and the other possessed an imitation hand gun, police say. The pair face charges of robbery and break and enter. The stolen property was recovered and a ball hearing set for April 21.

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