

Car repair shop cheered for service

Cheers to Lane Automotive. Recently the clutch went out on my daughter's car. She called the dealership where she had purchased the vehicle and was told that the repair would be a minimum of \$2,000. I called a couple other main car dealerships and was told roughly the same price or higher.

I then called Lane Automotive on Bonanza Drive. He replaced both the clutch and another part that we did not know were bad and only charged \$800.

When the repairs took longer than expected due to finding other parts that needed to be replaced, I was contacted and was treated in a highly professional manner.

My family will now take all of our vehicle repairs to Lane Automotive.

— **Tina DiFabrizio, Fayetteville**

Cheers to the Southern Regional Area Health Education Center's Dr. Salzberg and the staff. I'd like

to thank them greatly for the care they've given me. I appreciate them and thank them from the bottom of my heart.

— **Linda Cain, Hope Mills**

Cheers to Mr. Freddie Mims. He took a group of us on a Cape Fear River cruise on his pontoon boat. He gave us a great history lesson along the Cape Fear River, and it was the most relaxing two hours we have spent. Most of all, we enjoyed his Southern hospitality immensely. The pontoon ride was a great hit with our out-of-town guest. We couldn't ask for more. Thanks!

— **Emma Montaldo, Fayetteville**

Cheers to Cumberland Towers Apartments. The air

Cracked equipment sparks conflict

The jeer: Jeers for a hardware company in Roseboro. They sent me a \$200-plus-tax broken fiberglass water-pump housing cover that they would not return.

— **Dorothy Williamson, Fayetteville**

About Williamson: Williamson said she bought the water-pump cover at James Trading Co., and a couple of store workers loaded it on her truck.

Williamson said the workers asked her how far she had to drive, and when she told them less than two miles, she said, the workers told her it should be OK.

After about a quarter mile, Williamson said, the cover blew off the truck and cracked. She returned to the store and asked for a replacement.

Williamson said the store owner patched the crack and offered to give her 10 percent off but wouldn't replace the cover with

conditioning broke in my apartment, and they went out of their way to come and fix it.

— **Julia Simmons, Fayetteville**

Cheers to Bradford Builders for going above and beyond on performing some repairs to my house. They stand behind their work and make it a priority to get repairs completed in a timely manner. Many thanks!

— **Jonathan Adair, Fayetteville**

Cheers to Dr. Morfesis of the Owen Drive Surgical Clinic for the impeccable service my son received. Thank you so much.

— **Linda Cane, Hope Mills**

The Rest Of The Story

Twice a week, the Observer chooses a cheer or jeer to investigate.

The other side of the jeer: Randy James, president of James Trading Co., disputed Williamson's account.

"The water pump cover was not 'sent' (delivered); rather, it was transported by the customer in the customer's vehicle," James wrote in a fax.

"Two employees, who loaded the cover on the customer's vehicle, suggested as well as offered to tie down the cover (in fact, the cord to tie it down had already been cut). The customer declined to accept this offer, stating, 'We don't need to do that, we don't have time for that, we're only going a few miles.'

"Thirty minutes later the customer returned and requested an undamaged replacement (one or more of the corners and/or edges were frayed or cracked, apparently where it fell from their vehicle and struck the road surface).

"(An) offer was extended to provide another cover but not credited at full dollar value because it would have to be discounted when sold due to obvious damage. This offer was not accepted.

"(The) damaged cover was unloaded, temporarily repaired with duct tape, reloaded and secured before leaving (the) premises."

James said it is his practice to use business principles that are legally, morally and ethically correct.

"If I could have done anything more, I would have surely done it," he said.

— **Rodger Mullen**

directed toward the city council members who were talking during every part of the presentation at the Market House, and especially during



the songs performed for us by the St. Patrick Concert Choir. Remember that, like

any public official, you are always under public scrutiny, and you represent Fayetteville. Please comport yourselves as such at all times. Thank you.

— **Mary Osinski, Fayetteville**

Jeers to emergency personnel who have really put a new spin on the old myth of ghouls and goblins preying on innocent victims.

— **Lynette Neal, Fayetteville**

Jeers for people who litter in the Harris Teeter parking lot. Use a trash can, and keep Fayetteville beautiful.

— **Matt McLean, Fayetteville**

Jeers to the parents who bring very small children to movies like "The Bourne Ultimatum." It's not an appropriate movie for small children, and it bothers the people around you.

— **Julie Canipe, Fayetteville**

Jeers to a car wash. They have broken my rain guards on the outside and my radar detector on the inside. On both occasions they say they are not responsible, because it's after-market.

We have spent \$80 on the radar, which I cannot use anymore, and we did not replace the rain guards because of the cost.

— **Michael Lawless, Fayetteville**

Myasthenia affects use of muscles

Dear Dr. Donohue: I was diagnosed with myasthenia gravis about 10 years ago. With me, the symptoms were inability to either talk or chew and a right eyelid that would not open. I understand that myasthenia is the result of the thymus gland. What is the purpose of the gland? — *J.C.*

Answer: Myasthenia isn't the result of the thymus gland. It's the result of antibodies produced by the

immune system. Those antibodies clog receptors on muscle cells. The receptors are docking stations for acetylcholine, a chemical that nerves release to activate muscles. With fewer docking

stations for acetylcholine, muscles become weak and fatigue quickly. It's like disconnecting an electric appliance from its outlet.

A drooping eyelid is often an early sign of myasthenia. Double vision, because of eye-muscle imbalance, is another sign. Weakness can affect all muscles.

The thymus gland doesn't cause myasthenia, but it is involved with it. It's a gland in the upper chest that reaches peak size around puberty and then begins to shrivel. In old age, it's only a remnant of its former self. The thymus, early in life, processes white blood cells so they can be actively engaged in protecting the body. One of their protection roles is antibody production.

Just how the thymus fits into the myasthenia picture isn't clear. However, patients younger than 50 or so often have a marked improvement in myasthenia symptoms when the gland is removed.

Myasthenia gravis patients are well-served by the Myasthenia Gravis Foundation and its many local chapters. The toll-free number is (800) 541-5454, and the Web site is at www.myasthenia.org.

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Readers may write to Dr. Paul Donohue or request an order form of available health newsletters at P.O. Box 536475, Orlando, FL 32853-6475. Readers may also order health newsletters from www.rbmamall.com.

Cheers&Jeers

Give us your cheers and jeers. Call 481-8500, category 6, or e-mail us at cheersandjeers@fayobserver.com. Please include your full name, hometown and phone number, and limit your cheer or jeer to 125 words or less. Because of the high number of submissions we receive, we cannot print all of them; check The Fayetteville Observer's Web site at www.fayobserver.com for additional cheers and jeers.

Cheers to Blanton's Heating & Air Conditioning in Fayetteville for excellent service and knowledge of their product, especially to employees Chris and John for their help.

— **Wilbert Smith Jr., Fayetteville**

Cheers (Vive Lafayette!) to all those involved with the Marquis de Lafayette's 250th birthday celebration on Thursday, including Dr. Hank Parfitt, Mark Schneider (aka Marquis de Lafayette), the St. Patrick Concert Choir, Fayetteville Technical Community College (cake) and Baskin-Robbins ice cream.

Sadly, I add a jeers

Father's bedsore treated with sugar

Q: My father developed a bedsore on his back around the beginning of the year. It became infected months ago and has healed somewhat.

My dad is on hospice care. They were using a "wives' tale" remedy of applying sugar to the infected sore. This sure seemed to work; it had to be discontinued, however, because the agency personnel are not supposed to apply it. I guess the remedy is not Food and Drug Administration-approved.

Have you ever heard of this remedy? I am in charge now of applying the sugar, and it seems to work.

A: It is certainly an old wives' tale, but there is also evidence to back up this approach for stubborn wounds. Decades ago, surgeon Richard A. Knutson published his experience using this old-fashioned approach to wound care in the Southern Medical Journal (November 1981). We spoke with him, and he told us he resisted his elderly nurse's recommendation at first: "When we started I thought it was absolutely nuts." But his experience with more than 5,000 patients convinced him it was useful to speed healing. Recently, scientists compared honey and sugar as wound dressings. They concluded that honey is somewhat more effective than sugar in reducing bacterial contamination and promoting wound healing (Journal of Wound Care, July 2007).

Q: I am a 66-year-old male in very good health. My wife and I have relations twice a week. My problem is difficulty in reaching orgasm. I satisfy her just fine but not myself. This is very frustrating.

I am in very good shape, work out regularly, take supplements and am on natural testosterone replacement. I do take Diovan daily for hypertension. Could this be the problem? Do you



PEOPLE'S PHARMACY

Joe & Teresa Graedon

have any suggestions?

A: It doesn't seem likely that the Diovan is to blame. The only study that addressed this question found that Diovan improved sexual function (Blood Pressure, December 2003 — supplement).

An old-fashioned herbal

remedy may be helpful. Yohimbine is derived from the bark of an African tree. In a recent study, this herbal extract restored orgasm in about half of the men treated (Asian Journal of Andrology, May 2007). A doctor familiar with its use should supervise this treatment, especially since it can raise blood pressure.

Q: My mother suffers a lot with cramps, not only in her legs. She had been on quinine, but now her doctors won't prescribe it, and she has nothing to help with her daily pain. The doctors don't really seem to know what to do to help her. What do you recommend?

A: Her doctors should review her medications to determine whether any of her drugs may be contributing to

her cramps. Some people report this problem is more common when they take cholesterol-lowering medicines or certain asthma drugs.

We often encourage people to get plenty of potassium and magnesium. One surprising remedy for muscle cramps is a spoonful of yellow mustard. Another is a bar of soap placed under the bottom sheet. It sounds very odd, but many readers find it helpful.

We have collected a range of remedies for muscle cramps and restless leg syndrome in our guide to leg pain. Anyone who would like a copy, please send a \$2 check or money order with a long (No. 10), stamped (58 cents), self-addressed envelope to Graedon's People's Pharmacy, No. RLS-5, P.O. Box 52027, Durham, NC 27717-2027. It

also can be downloaded for \$2 from our Web site at www.peoplespharmacy.com.

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E-mail Joe and Teresa Graedon via their Web site at www.PeoplesPharmacy.com.

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To share a story idea or a concern, call **features editor** Kristin Askelson at 486-3527 or e-mail her at life@fayobserver.com.

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Need to salute or rant? **Cheers and Jeers** is here for you. Call 481-8500, category 6, with your submission or e-mail it to cheersandjeers@fayobserver.com.

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