

What do I Know? I'm just a Clown : May / June 2016
"Ask the Clown" : an advice column by Martin "the Clown" Barry



Dear Clown,

There is a man in my life that I admire deeply. We met years ago participating in the same organization. I feel like he has known me all my life. I am thinking I would like to move things forward with this person, but there is something that others may see as a problem. There is a significant age gap between us. I won't say how many years, but it would be something my parents would not readily accept. What is a girl to do?

Sincerely,
May B. Tuyung

Dear May,

This topic, oddly enough, is timeless. You fear what others will think, but you hold a sincere love in your heart. Step one: Discuss this with the gentleman in question. Teamwork overcomes obstacles. In the instance that he does not want to pursue a relationship with you, at least you opened up the topic and you have an answer. If there is a step two, the two of you will handle it as need be.

Much love,
The Clown

Dear Clown,

I have a conflict with a friend I have known since we were children. She has recently married and joined her husband's church. My conflict is that she has adopted the views of that organization and now denies science and logic. We had the same education and we used to be like sisters, but this is tearing at my patience. What can I do?

Sincerely,
Evolved

Dear Evolved,

It is a pity that we live in a world where some people think that their opinion is just as good as a researched fact. Anti-intellectualism is tragic and it dulls useful minds. To preserve

your friendship, stick to your common ground. Be honest when the religious topics come up and tell her you do not want to discuss that part of her life. If it drives her away, that is a sad thing, but enlightenment is a slow process.

Knowledge is power,
The Clown

Dear Clown,

I am overweight and I feel helpless in the battle to recover. I used to be quite active, but work, family, and other obligations got in the way. What can I do to change this?

Sincerely,
Fat

Dear F_t,

I will not call you that because you are more than the current situation. So many of us try to accomplish everything for others and forget to care for ourselves. I struggle with the same thing. Consult your doctor and find a path forward. Stick to this path because you are important. Even if this means adding one activity at a time, you will reach your goal and maintain your health.

Cheering you on,
The Clown

Do you have a question for The Clown? Write him at martin.barry@yahoo.com