

PERSONAL BEST

Prolific parents should cool off



'BEST YEAR WAS THE WORST': 1982 brought sadness for Dolly Parton.

DOLLY GETS A GRIP

An avalanche of heartache had buried her soul, suffocating Dolly Parton's ebullience. So one afternoon, alone in her bedroom — recovering from a hysterectomy and 45 pounds overweight — she eyed the gun in her nightstand drawer, contemplating suicide.

"I was sorrowing, depressed ... very low," she whispers. Then her dog, Popeye, came bounding up the stairs, his eager paws jolting her back to reality. Parton suddenly froze, then prayed, believing Popeye was a messenger from God. "I thought 'I'm too chicken to kill myself — so why don't I just get up and do something about making things better.'"

The story begins in 1982. "My hardest time," Parton reckons. It was the year she made the widely panned "The Best Little Whorehouse in Texas," with Burt Reynolds.

"Makin' that movie," she says, "was nothin' but heartache, a bloodbath. I was already sick with female problems — my hormones were out of whack and I was hemorrhaging. Also, Burt was in a bad place [said to be throwing tantrums that brought Parton to tears] all because he was gettin' over his heartache with Sally Field."

Then, in September 1982, Parton collapsed at a concert in Indianapolis. "I went on, just got dizzy, weak, and fainted right on the stage."

A partial hysterectomy threw Par-

ton into a deep depression. "For about 6 months I woke up every morning feeling dead," she remembers. "Thank God I didn't want children real bad, though having the operation was emotionally difficult anyway."

TURNING POINT



GLENN PLASKIN

Finally, one day, "the light (and Popeye) came into my room," she smiles. "I was angry ... at myself and told myself: 'You're either going to blow your brains out or get off your fat ass and lose weight and get into a better place in your mind.'"

Ever since, Parton — who slimmed down from 165 to 105 — has been aflight, onscreen in "Steel Magnolias," currently on the road with Kenny Rogers, and singing out in a new Christmas album and an ABC Christmas special titled "Dolly Parton ... Christmas at Home," airing Dec. 21.

Looking back, she says, "I needed to take an inventory of my life. I can never allow evil to get a hold of me again." She's now penning a series of positive-thinking books based on what she calls the "Individual Awareness Method."

"I'm trying to help build people's confidence and show there is hope — and I want to be a light, I want to shine, and hope my shinin' helps somebody walking in shadow."

Keep shinin'. (Glenn Plaskin's full-length interview with Dolly Parton appears in the Magazine in Sunday's News.)

Dear Readers: Remember the letter from the 17-year-old girl who wanted to go to college on a scholarship but her father said she belonged at home helping her mother? There were nine children in the family. The last two babies were born 10 months apart and her mother had just revealed that she was five months' pregnant with her 10th.

When the girl suggested that perhaps her parents were having too many babies, her mother became angry and said, "God gives people only as many babies as they can take care of! Don't ever say such a terrible thing again."

The girl hoped her school principal would intervene, but she was disappointed. The principal — a nun — told her, "God has given you important work to do at home. Many people have good lives without going to college."

I hope that girl who signed herself "No City, No State" sees this because I want her to know that more than 20,000 people wrote urging her to defy her parents and "go for it." Before I print the excerpts I'd like to make it clear that this is not a Catholic problem. Such ignorance exists among all denominations.

From Tucson: Your advice to "No City, No State" stank. You should have told that girl to go to the authorities and have her parents hauled in for child abuse. She is being treated like a slave. I pray that she reads this in the paper and follows my advice since you gave her very little.

Jonesville, Mich.: I thought your answer to that 17-year-old was excellent. I applauded when you said her father should spend less time in church and more time at home helping his wife with

the kids he fathered. And if he doesn't want to use birth control, I suggest that he try a viable alternative. It is called SELF-control.

Omaha: Please, please tell "No City, No State" that there IS a way out of her dilemma. I know because I found it. (I, too, came from a big Catholic family with no money.) That girl can get a student loan for two years of college. She would then have an AA degree and could earn money to repay the loan, while putting herself through an additional two years of school. She would then receive her B.A. degree, which would enable her to get a far better-paying job. I hate to be corny, Ann, but "where there's a will there's a way."

Charleston, S.C.: Please tell that idiot woman who has nine kids that God doesn't "send" them. A few steps must be taken by humans. And if a couple doesn't want that many children, there are several things they can do about it.

Kansas City, Mo.: You are going to be swamped with responses to that poor girl whose parents think it's more important for her to stay home and take care of a flock of younger siblings than it is to go to college. I am praying that the nun who told her she belongs at home "helping" will wake up and see herself as part of the problem and decide to be part of the solution.



ANN LANDERS

Feeling pressured to have sex? How well informed are you? Write for Ann Landers' booklet "Sex and the Teenager." Send a self-addressed, long, business-size envelope and a check or money order for \$3.65 (this includes postage and handling) to: Teens, c/o Ann Landers, P.O. Box 11562, Chicago, Ill. 60611-0562.

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Sending friend to shrink is tricky

Dear Dr. Brothers: My best buddy's wife just left him and I can see he's in a lot of pain. Even though he finds it difficult to talk about his feelings, I know he's in big emotional trouble. He's drinking too much and, since I've profited from therapy myself, I'm eager to suggest it to him but don't know if this will simply make him angry.

Dear M.F.: It's tricky to suggest therapy to friends. I personally believe it's even more difficult if that friend is a male because men are more likely to view any kind of psychiatric counseling as an indication of weakness or in-

adequacy on their part. For this reason, if you do take the step, it's important to let him know that you, yourself, felt the need for help and that it usually takes a lot of guts and courage to be able to reach out for it.



DR. JOYCE BROTHERS

Your friend will be more apt to listen and accept your views if you make sure you speak from a position of equality rather than superiority. Above all, don't attempt to put yourself in the role of the all-knowing one. Try not to criticize or tell him what's wrong with him. If you think he's an alcoholic, you might also try getting him to attend an A.A. meeting with you.

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LEGAL NOTICE. NOTICE OF SALE SUPREME COURT, QUEENS COUNTY. ASTORIA FEDERAL SAVINGS AND LOAN ASSOCIATION vs. JONG YOUNG KANG, et al. defts. Index No. 2193790. Pursuant to a Judgment of Foreclosure and Sale duly entered on the 22nd day of October, 1990, I, the Referee in said Judgment named, will sell at public auction to the highest bidder on the front steps of the General Court House, 88-11 Sutphin Boulevard, Jamaica, Borough of Queens, New York on the 12th day of December, 1990 at 9:45 in the forenoon, the premises directed by said Judgment to be sold and described as follows: BEGINNING at a point on the westerly side of 79th Street distant 395 feet

northerly from the northerly side of Northern Boulevard, being a plot 100 feet by 70 feet. Said premises being more accurately described in the Judgment of Foreclosure and Sale. Judgment Amount: \$218,098.29 plus interest, expenses allowed in judgment paid by plaintiff, and costs, disbursements, and legal fees. Subject to covenants, assessments and restrictions of records and any state of facts on accurate survey may show. Subject to rights, if any, of tenants and persons in possession. Subject to rights, if any, of tenants and persons in possession. Subject to all departmental violations, if any. Premises known as 32-30 79th Street, Jackson Heights, N.Y. Dated: November 1, 1990. Referee: THOMAS & GRAHAM, Plaintiff's attorneys.

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