

CONTINUED FROM 1A

> Adults with ADHD

in child development that can be undermined by ADHD, said Dr. Terry Dickson, a national ADHD expert with a clinic in Michigan.

Today, Dickson will offer practical advice that could help anyone but is vital for parents with ADHD who concentrate so hard on managing their own lives that they miss opportunities with their kids.

"It's hard for them to look at anything but themselves. I just have to be able to finish school or I have to just keep a job down," said Dickson, who has ADHD and a son with the disorder. "They have so many other personal struggles that it's really hard for them to raise a kid."

While ADHD is not a predictor of high or low IQ, adults with the disorder are less likely to earn college degrees or thrive in jobs. They also are more likely to get divorced or abuse drugs — often as self-medication.

Carter didn't know he had ADHD until two years ago when he read a book on the disorder out of concern for one of his kids. He realized it described himself — explaining some of his social isolation and substance abuse as a teen and his initial failures in college.

He figures that a full schedule of work and study prevented his mind from wandering and helped him earn degrees at the University of Georgia. He now works for 3M as a quality manager, a job he said takes advantage of the intense focus he can apply to individual problems and solutions in the company's distribution chain.

The trouble can be leaving work behind and paying attention to his wife and three



PIONEER PRESS; SCOTT TAKUSHI

Jay Carter takes daughter Caelynn, 1, to see the family's llama, Hero, at their home in Roberts, Wis. Carter said his ADHD helps him focus intensely on a task at work but makes it difficult to switch to family time.

AT A GLANCE

What: The 13th annual Attention Deficit Disorder Association will feature sessions on everything from time management and spousal support to meditation.

When: Today through Sunday.

Where: Hyatt Regency Minneapolis.

Who: More than 400 adults with ADHD are expected to attend. Walk-ins are welcome.

Online: Information is available at addameeting.com.

children at home.

"I've read about people who, when they're there, they're really there," he said. "That's something that I really struggle with."

Dickson said there are many misconceptions about ADHD, including that it always causes inattention. In some cases, people like Carter can have such focused attention on projects at home or work that they can't stop thinking about

"You have to consciously be aware of your tendency for your mind to drift" away from family. "You have to work at really giving those kids the time that they need ... I had to work at it."

Dr. Terry Dickson, a national ADHD expert who has ADHD

them, even during family time.

"You have to consciously be aware of your tendency for your mind to drift" away from family, Dickson said. "You have to work at really giving those kids the time that they need ... I had to work at it."

So did Brian Blossom, who has ADHD and founded the Illuminate clinic in Lake Elmo. He said he still can lose track of time, spending entire nights finishing tasks at work that he believed would take 10 minutes. Sometimes he focuses so intently on one child or household task that he ignores all others.

"You think you're doing a good job, 'Yeah, we got the homework done!' " he said. "But then you turn around and look at the house and it's like, 'Wow, it's a mess in here.' "

Carter said his diagnosis of ADHD has been therapeutic, because it helped explain some of the oddities in his life.

He uses a detailed scheduling program to plan his day and how and when he will accomplish tasks.

Carter embraces some aspects of his disorder, like the single-minded focus that allowed him to quickly build a pen for llamas and a chicken coop on his family's 9 acres. Having an ADHD brain also makes it easy to enjoy his children's games, he said. Knowing that ADHD can be hereditary, Carter said, one goal is to watch his children for symptoms and help them avoid problems he faced. One child already has been diagnosed with ADHD.

"The real concern is not so much growing up with ADHD," he said. "It's growing up with undiagnosed ADHD and being in situations where you haven't learned or been taught how to adjust."

Jeremy Olson can be reached at 651-228-5583.

CONTINUED FROM 1A

> Lift Bridge

Transportation will reopen the bridge at 5 a.m. July 23, just in time for Lumberjack Days. The bridge will stay open until early July 28 to accommodate the thousands of visitors who will descend on downtown Stillwater for the music festival.

"We're really nice people here at MnDOT, and we like the citizens," said department spokesman Kent Barnard. "We try very, very hard when we plan maintenance projects to accommodate local festivals and events."

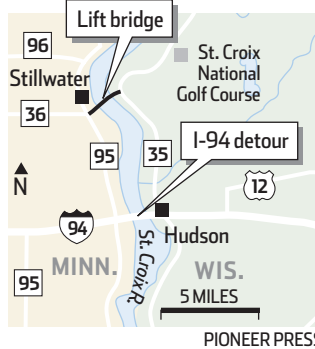
This year's festival features Corbin Bleu, Soul Asylum, the BoDeans, Martin Zellar, Boz Scaggs and Al Jardine and his Endless Summer Band (Jardine is an original member of the Beach Boys). The concerts will take place on a floating stage on the St. Croix River near downtown's Lowell Park.

"It certainly would be difficult to get in here — traffic-wise — without the bridge," Eckberg said. "We applaud MnDOT for accommodating the many people who want to come to Lumberjack Days."

Beginning early July 28, the bridge will be closed until repairs are completed in early

Bridge to close

The Stillwater Lift Bridge will close for repairs beginning Wednesday. Traffic will be detoured to Interstate 94.



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August, Barnard said.

During the closures, traffic will detour south to the Interstate 94 bridge at Hudson, Wis.

The lift span of the Stillwater bridge will remain operational during repairs to allow marine traffic to pass.

The bridge remains restricted to cars and pickups until repairs are made, Barnard said. All other trucks should detour south to the I-94 bridge.

MnDOT engineers also expect to issue new height and weight restrictions next week that will remain in effect until repairs are completed, Barnard said.

Mary Divine can be reached at 651-228-5443.

Lethal skin cancer rising among young women

By Rob Stein
Washington Post

WASHINGTON — Increasing numbers of younger women continue to be diagnosed with the most dangerous form of skin cancer even as the rate of new cases has leveled off in younger men, health officials said Thursday.

An analysis of government cancer statistics from 1973 to 2004 found that the rate of new melanoma cases in younger women had jumped 50 percent since 1980 but did not increase for younger men in that period. "It's worrying," said Mark

Purdue, a research fellow at the National Cancer Institute, who led the analysis published in the *Journal of Investigative Dermatology*. "What we are seeing in young adults right now could foretell a much larger number of melanoma cases in older women."

The new research did not examine the reasons for the trend, but Purdue said it could be due to such factors as women spending more time outdoors and indoor tanning. Young women are much more likely than young men to frequent tanning salons, Purdue and others noted.

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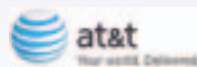
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