

Dear Deanna!

I'm the only boy in my family and my mother and 17-year old sister embarrass me by the way they act and dress. My mother tries to dress young and my sister tries to act grown. I hate being with them in public because they act nasty and are always in men's faces. I need a way to get away from them sometimes. --DreQuan; Culver City, CA

Dear DreQuan:

You're caught in the crossfire of your mother and sister's fantasy world. If you don't have anything to do besides tagging along with them, make yourself busy. Get involved in sports, visit the library or become a member of a youth group in your community. After a while, they may wake up and do something better with themselves than looking foolish.

Dear Deanna!

A neighbor in my complex is strung out on crack and she leaves her children at other people's homes all the time. The children are always hungry and filthy. A group of us have decided to turn her in to the welfare department but we're afraid because after we tell, she'll still be here in the complex. How do we handle this? --Anonymous; Denver, CO

Dear Anonymous:

Report her to social services and don't think another thing about it. If you and your neighbors have come together to protect the children, then you can stand up against the mother if she starts tripping. Instead of a battle, help her check into a rehab clinic so she can get herself together. This is the right thing to do because the last thing you want is for those kids to die and you have to live with it the rest of your life. In this case, being a tattler is a good thing.

Dear Deanna!

How do I make it clear to my boyfriend its offensive when he looks at other women's butts while I'm with him? We can be in the middle of a conversation and if a woman walks by, he'll turn his head and then forget what we were talking about. I've told him many times, I feel disrespected. --Sheila Erickson; Glen Burney, MD

Dear Sheila:

Men have an undiscovered neck nerve that makes them lose their mental ability momentarily when a butt goes by. Tag him in the throat a few times. His neck will be too sore to turn his head for anything. Try to relay your message further by letting him know this behavior affects you emotionally. If he won't stop, you need to move on before it starts making you unhealthy. If he'll disrespect you in your face, imagine what he'll do behind your back. Drop him and keep it moving.

Ask Deanna is written by Deanna M. Write Ask Deanna! Email: askdeanna1@yahoo.com or write: Deanna M, P.O. Box 88847, Los Angeles, CA 90009



Real People, Real Advice
Ask Deanna! is an advice column known for its fearless approach to reality based subjects!

More Kids Suffer Tooth Decay

More than half the children in Oregon ages 6 to 8 suffer from tooth decay, with poor and minority children suffering more than average, according to a new study.

"It's clear that dental decay is the most prevalent chronic disease that Oregon's children face," said Donald Dodson, manager of child and family health programs for the Oregon Department of Human Services.

Dodson called for increased support for dental care and screening, along with fluoride supplements.

Weight Gain Health Threats

Recently, with all the hype surrounding extreme-weight-loss strategies such as the increasingly popular stomach stapling, two things have become clear. First, obesity is an epidemic in our country—more than 100 million Americans are overweight and headed toward obesity. Second, we are taking drastic, and sometimes dangerous, measures to lose the pounds.

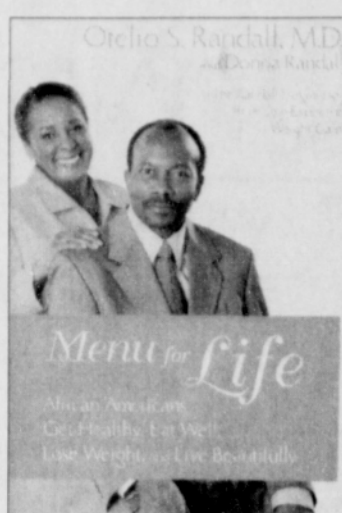
"Menu for Life" by Dr. Otelio S. Randall and Donna Randall, explores the social, psychological and cultural reasons behind the obesity epidemic in the African-American community.

The book discusses incorporating

ing moderate exercise and making healthy choices to reverse excessive weight gain and considers historical and economic factors that lead to obesity, including the "more of me to love" mentality.

Based on the Obesity Project at Howard University, the Randalls have developed a program that considers many lifestyle and physiological factors that contribute to obesity. The African American couple helps people balance an energy in/energy out equations to eat properly and healthfully.

"Menu for Life" was released by Broadway Books and is available now at local bookstores.



"Menu for Life" is a get healthy, eat well, lose weight and live beautifully book for African Americans.

Class Brings Variety Meals to Your Menu

If you plan to add healthy eating to your new year's resolution list, Mt. Hood Community College's continuing education classes at Centennial High School, 3405 S.E. 182 Ave., is offering three new cooking classes designed to get

you started in the right direction.

"Contemporary Japanese Cooking," will teach you how to create nutritious and healthy traditional Japanese meals. The class begins Tuesday, Jan. 6, and runs through March 9, from 6:30 p.m. to 9 p.m.

This 10-week course costs \$79.

"Soups of Italy," is a new, one-night class that will have you cooking up warm, hardy Italian soups. The class will be held on Tuesday, Jan. 27, from 6 p.m. to 9 p.m. The cost is \$28.

"Tofu—What To Do With It," will show you how to cook simple and delicious meals. The cost of the class is \$28, and will be held Tuesday, March 9, from 6 p.m. to 9 p.m.

For information or to register, call 503-491-7571.

Denise's Corner



Denise Johnson

- B. A., Health & Fitness Management
- Certified Personal Trainer, A.C.E.
- Group Aerobic Instructor, A. F. A.A.
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Ten Reasons to hire a Personal Trainer

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2. Consistency
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6. Supervision
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8. Injury rehabilitation
9. Special-needs training
10. Ego Boost

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In pursuit of Health

Diet and Exercise Dramatically Delay Type 2 Diabetes; Diabetes Medication Metformin Also Effective

At least 10 million Americans at high risk for Type 2 Diabetes can sharply lower their chances of getting the disease with diet and exercise, according to the findings of a major clinical trial announced by HHS Secretary Tommy G. Thompson today at the National Institutes of Health (NIH).

"In view of the rapidly rising rates of obesity and diabetes in America, this good news couldn't come at a better time," said Secretary Thompson. "So many of our health problems can be avoided through diet, exercise and making sure we take care of ourselves. By promoting healthy lifestyles, we can improve the quality of life for all Americans, and reduce health care costs dramatically."

The same study found that treatment with the oral diabetes drug metformin (Glucophage®) also reduces diabetes risk, though less dramatically, in people at high risk for Type 2 Diabetes.

Participants randomly assigned to intensive lifestyle intervention reduced their risk of getting Type 2 Diabetes by 58 percent. On average, this group maintained their physical activity at 30 minutes per day, usually with walking or other moderate intensity exercise, and lost 5-7 percent of their body weight. Participants randomized to treatment with metformin reduced their risk of getting Type 2 Diabetes by 31 percent. U. S. Department of Health and Human Services, August 8, 2001. <http://222.hhs.gov/news/press/2001/pres/20010808a.html>

Featured Service of the Month:

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"Two can train for the price of One"
Service includes
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Space is limited. Call for details: (503) 513-9715. Exercise or Personal Training questions? Email Denise Johnson at HealthPursuits@excite.com

NEW SEASONS MARKET

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Standing rib roast, sometimes called prime rib roasts, have become the traditional choice of beef roasts for holiday dinners. They've earned this status because of their natural tenderness, delicious flavor, and impressive appearance (plus they're so simple to prepare). Standing rib roasts are particularly easy to serve if you have us remove the backbone and tie it back on the roast. Then bake the roast (we suggest rare to medium rare) and cut the strings. The backbone will come right off and you'll have a boneless rib eye roast that's a cinch to carve. **We'll be taking orders for the standing rib roasts until Sunday the 21st, while supplies last.**

Our rib roasts, and all of our beef, comes from Oregon Country Beef, a co-operative of 42 Eastern Oregon ranch families. Order all of your holiday meats by visiting or calling one of our stores, or online at www.newseasonsmarket.com.



Order yours by Sunday, December 21st. (while supplies last)

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EASY & FUN TO SHOP • LOCALLY OWNED & OPERATED

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