

# HEALTH / FAMILY

**Dear Deanna!**

My husband of 7 years left me for a younger woman. He dogged me and broke my heart but I'm over it. The problem is now with this woman. He's putting her through the same drama he put me through and she calls me for advice. The first time I tolerated her because she caught me off guard. I'm at the point where I'm ready to tell her she reaped what she sowed but I can't do it. Why? --Leslie D., Boston, MA



**Real People, Real Advice**

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

**Dear Leslie:**

You can definitely say she got what she deserved. I guess your husband saw the grass wasn't greener on the other side (hee, hee hee). When she calls again, let her know in your sweetest voice you appreciate her seeking your advice but you had enough drama from both of them to last a lifetime. Share some words of wisdom that if a married man cheats on his wife, he'll cheat on anybody and keep it moving.

**Dear Deanna!**

My boyfriend is pressuring me to co-sign for a car loan because his credit is messed up. I don't feel secure doing this because our relationship "ain't all that" if you know what I mean. He hasn't put a ring on my finger and he doesn't pay his bills on time. I love him but not enough for bad credit. --Donna; Great Falls, SC

**Dear Donna:**

Don't sign anything for him except a greeting card. If you get this car for him and end up behind the eight ball—stuck with the payments, you'll be ruined. No more credit, hard to open a checking account and what happens if you want a new car? The best thing you can do is steer him to a credit counselor because if he's forcing you, then I smell a rat and you should too.

**Dear Deanna!**

I'm a white guy and I've been seeing a black lady for a year. For a while I thought she was still creeping with her ex-boyfriend who's also black. Well, she has come up pregnant and she made a dramatic scene to make the announcement. Champagne, dinner, baby booties the whole nine yards. The only problem is I'm sterile. Should I tell her now or wait until the baby's born to see if it's black or mixed? --Michael; Pittsburgh, PA

**Dear Michael:**

Is there a reason you didn't share your secret or is this your insurance policy to test your woman's faithfulness? Step up to the plate, lose the cornbread games and put the fact you're shooting blanks out there. There's always a possibility you could have received a blessing. Hang in there and when the baby comes, regardless of color, call Dana for some assistance—oh yeah, Dana is—a DNA test.

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



## Loving Touch for Small Packages

Pediatric Surgeon Dr. Timothy Campbell dons a red suit and beard to visit with tiny Grace Rouse in the Neonatal Intensive Care Unit at Providence St. Vincent Medical Center. Campbell and several of his 'elves' were at the center last Wednesday to give preemies their first photos with Santa.

## Health Tips to Prevent Spreading Flu

### Cover you cough, clean your hands

Public health officials are promoting a simple concept, "respiratory etiquette," to reduce the person-to-person spread of respiratory infections such as influenza or SARS.

"Respiratory etiquette describes the kind of polite social behavior your mother en-

couraged: covering your mouth when you cough or sneeze, using tissues, and washing your hands to prevent the spread of illness," said Dr. Gary Oxman, a public health officer for Multnomah County.

Oxman has some simple suggestions to avoid sharing germs with those around you and avoid the flu and other respiratory illnesses:

First, you should cover your nose and mouth with a tissue when you cough or sneeze. If you don't have a tissue, you're

advised to sneeze or cough into your sleeve.

Wash your hands frequently, especially after coughing or sneezing. If soap and water are not available, use an alcohol-based hand cleaner.

Other tips include staying at home when you are sick, avoid touching your eyes, nose, or mouth, and avoid close contact with people who are sick, if possible. People should not share eating utensils, drinking glasses, towels or other personal items

If you are coughing and sneezing and go to a medical clinic, you may be asked to wear a mask.

"It's very important for people to get simple and consistent messages on how to prevent communicable diseases," said Nancy Church, a nurse and infection control practitioner in the Providence Health System. "We're pleased that hospitals and public health are working together to protect the health of our patients and our communities."

## Holiday Alcohol Awareness Promoted



Portland Trail Blazer Jerome Kersey (left) and Les Youngbar, president of the Oregon Partnership board of directors, promote safe and responsible alcohol use during the holidays at the Oregon Liquor Control Commission in southeast Portland. Youngbar accepted an OLCC award on behalf of Judy Cushing, Oregon Partnership's executive director, for her leadership in alcohol and drug prevention.

## TriMet Rides Free on New Year's Eve

All TriMet rides are free after 6 p.m. on Wednesday, Dec. 31 for New Year's Eve and service will be extended on Max and 11 bus lines until 3 a.m. to make it easy to celebrate safely.

Blue and Red Line Max trains will run every 15 minutes until 1 a.m. Blue Line trains will then run every 30 minutes until 3 a.m.

The bus lines with 30-minute service extended until 3 a.m. are 4-Fessenden, 5-Interstate, 8-N.E. 15th Ave., 9-Powell, 12-Barbur Blvd., 14-Hawthorne, 15-N.W. 23rd Ave., 15-Belmont, 33-McLoughlin, 40-Tacoma and 54-Beaverton/Hillsdale Hwy.

TriMet expects only minor impacts on service during

Portland's New Year's Eve Celebration at Pioneer Courthouse Square: Both Max stations at Pioneer Courthouse Square will be closed. A few bus stops on Sixth Avenue near the Square will also be closed during the event.

On New Year's Day Max and buses run on Sunday schedules.

ACTUALLY, IT IS A LOT LIKE ROCKET SCIENCE

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