



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

**Dear Deanna!**  
I've been married for 16 years, have a 2-year old daughter and haven't been with another man. Over the last 10 years my husband gained an excessive amount of weight and halted our sex life. He's on medication for high blood pressure, diabetes and cholesterol. My sex drive is normal, but his is completely gone. If we're intimate, I have to ask him and then it's literally 2 minutes. I'm a God fearing woman that's approached Viagra, weight loss but nothing works and I need a release. He's wonderful and I would hate for this to end our marriage. -- Anonymous

**Dear Anonymous:**  
Prayer, determination and patience is the solution. Impotency is caused by his weight gain and the medication. Clean up his diet and introduce a healthy plan of counting calories, carbohydrates and sugar. Your physician can give you a chart of the average daily intake levels. As his system adjusts to the dietary change, have the physician adjust his medications and incorporate exercise into your daily routine. I guarantee these changes will make him feel better about himself and as you walk or exercise together as a team, he'll start to feel frisky again.

**Dear Deanna!**  
I can't find the word denomination in the Bible. Why is it used to describe our religious world and is it okay? --Troy C.

**Dear Troy:**  
In the church sense, denomination is a word used by man to unite congregations with their own beliefs and practices into a single body. There's a possibility the so-called scholars started using this as a church reference after the year 1512 when a preacher/teacher named Martin Luther turned against some of the major tenets of the Catholic Church. By personal experience and studying the New Testament for lectures he came to believe and understand that a Christian isn't saved by his own efforts, but God's grace. Toss this word and grasp Ephesians 4: Verse 5 that tells us there's one God, One Faith and one Baptism.

**Dear Deanna!**  
I'm responding to the column where you broke it down to Stephanie about talking to her son about sex. I agree with you 100 percent because more parents should be real with their children when it comes to sex. They talk to their kids like it's a game and then want to slap them down if they get pregnant. --Nesha N.; Winston Salem, N.C.

**Dear Nesha:**  
You're right. For the most part, sex education children receive at school is nothing more than a few charts and graphs that's a watered down version of the real thing. If the real truth about sex makes kids fearful and run to celibacy, then so be it.

*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. Website: www.askdeanna.com*

## Stage Set for Good in the Neighborhood

Linda Hombuckle is part of a lineup of musicians set to perform at the annual Good in the Neighborhood celebration.



continued ▲ from Front

Festival organizers are seeking "allies" to assist with added costs of renting the park from the city of Portland and other expenses.

Good in the Neighborhood was originally organized as a showcase for the positive aspects of life in Northeast Portland at a time when it was considered to be less than a safe place to be.

Now, Roberts says, with some recent well-publicized shootings, it helps to re-emphasize the point.

## Remembering the Great Ray Charles

continued ▲ from A3  
sight was gone two years later. Glaucoma is often mentioned as a cause, though Charles said nothing was ever diagnosed. He said his mother never let him wallow in pity.

"When the doctors told her that I was gradually losing my sight, and that I wasn't going to get any better, she started helping me deal with it by showing me how to get around, how to find things," he said in the autobiography. "That made it a little bit

easier to deal with."  
Charles began dabbling in music at 3, encouraged by a cafe owner who played the piano. The knowledge was basic, but he was that much more prepared for music classes when he went to school.

## ROSE FEST CARNIVAL WORKERS BUSTED

The spotless image of family fun and summertime blooms wilted with the arrest of two carnival workers, busted for selling drugs while operating rides at the Pepsi Waterfront Village. David Ray Summers was arrested for selling meth-amphetamines while operating rides and carnies Frank Alan Farris was charged with possession of meth. Both were fired following their arrests last week, but Summers was rehired, following a drug test.

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Presents for your health,  
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**\*\*All classes are free of charge!**

**Aerobics**  
Mallory Ave. Christian Church  
Mon, Wed, Fri, 6-7am, Pierce • 5:30-6:20pm,  
Granville • 6:30-7:30pm, Nickerson

**Low Impact Aerobics**  
Daniel's Memorial Church  
Tue, 7:15-8:15pm, Granville

**Water Aerobics** (Contact AAHC)  
Columbia Pool, Matt Dishman,  
Salvation Army

**African Dance**  
Matt Dishman  
Sat, 10-11am, Addo

**Body Conditioning**  
Wild Oats Market  
Sat, 9:30-10:30am, Nickerson

**Chicago Step**  
Matt Dishman  
Fri, 6:30pm, Kendrick

**Kickboxing**  
Humboldt Elementary  
Tue, Thu, 6-7pm, Keller

**Pilates** (Contact AAHC)  
Matt Dishman  
Tue, 8-9pm

**Stretching/Body Sculpting**  
(Class courtesy of Matt Dishman)  
Matt Dishman  
Tue, Thu, 7-8am, Lois

**Tai Chi** (Contact AAHC)  
St. John's Community Center  
Tue, 6:30-7:30pm

**Walking Group**  
Peninsula Park  
Sat, 12:30pm, Woods  
**NEW LOCATION!**  
Lloyd Ctr, 1st Fl. in front of Sears  
Tue, Thu, 6:30pm, Woods

**Weight Mgmt./Conditioning**  
Whitaker Track  
Tue, Thu, 9-10am, Hasan

**Yoga**  
Wild Oats Market  
Tue, Thu, 7:30-8:30pm, O'Rourke

Columbia Pool, 7701 N Chautauqua  
Daniel's Memorial Church, 1234 NE Killingsworth  
Humboldt Elementary, 4915 N Gantenbein  
Mallory Ave Christian Church (Gym), 126 NE Alberta  
Matt Dishman, 77 NE Knott

Peninsula Park, 700 N Portland  
Salvation Army, 5325 N Williams  
St. John's Community Center, 8427 N. Central  
Whitaker Track, NE 42nd & Killingsworth  
Wild Oats Market, 3535 NE 15th

**REACH** Racial and Ethnic Approaches to Community Health  
A Program of the African American Health Coalition, Inc.  
Sponsored by the Centers for Disease Control and Prevention (CDC)

Contact AAHC at 503-413-1850 or visit our web site at [www.aahc-portland.org](http://www.aahc-portland.org)

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