

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 introcalories, 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 socalled scholars started using this as a church reference after the year askdeannal@yahoo.com or 1512 when a preacher/teacher named Martin Luther turned against some of the major tenets of the Catholic Church. By personal expe-

rience 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 duce a healthy plan of counting 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

Ask Deanna is written by Deanna Write Ask Deanna! Email: write: Deanna M, P.O. Box 88847. Los Angeles, CA 90009. Website: www.askdeanna.com

ROSE FEST CARNIVAL WORKERS BUSTED

fun and summertime blooms lage. wilted with the arrest of two

David Ray Summers was arrested selling drugs while operating while operating rides and carnie ing a drug test.

The spotless image of family rides at the Pepsi Waterfront Vil- Frank Alan Farris was charged with possession of meth. Both were fired following their arrests last week, carnival workers, busted for for selling meth-amphetamines but Summers was rehired, follow-

**All classes are free of charge!



HC African American Health Coalition, Inc.

Presents for your health,

Wellness Within REACH Activity Calendar

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

Walking Group Peninsula Park Sat, 12:30pm, Woods

St. John's Comunity Center

Lloyd Ctr, 1st Fl. in front of Sears Tue, Thu, 6:30pm, Woods

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

Pilates (Contact AAHC)

Stretching/Body Sculpting

(Class courtesy of Matt Dishman)

Tai Chi (Contact AAHC)

Matt Dishman

Matt Dishman

Tue, Thu, 7-8am, Lois

Tue, 6:30-7:30pm

Tue, 8-9pm

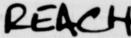
Yoga Wild Oats Market

Tue, Thu, 7:30-8:30pm, O'Rourke

Columbia Pool, 7701 N Chautaqua 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

**Must be 18 or older to participate. Please contact AAHC before showing up to the first class and for more information at 503-413-1850 or kdempsey@aahc-portland.org. Please receive approval from your doctor before beginning exercise class.



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

Stage Set for Good in the Neighborhood

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



continued A 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

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

Remembering the Great Ray Charles

continued A from A3

"When the doctors told her that I easier to deal with." was gradually losing my sight, and sight was gone two years later. that I wasn't going to get any better, at 3, encouraged by a cafe owner Glaucoma is often mentioned as a she started helping me deal with it by who played the piano. The knowlcause, though Charles said noth- showing me how to get around, how edge was basic, but he was that ing was ever diagnosed. He said his to find things," he said in the autobi- much more prepared for music

Charles began dabbling in music mother never let him wallow in pity. ography. "That made it a little bit classes when he went to school.





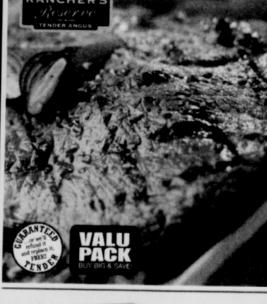


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