

Ask Deanna!



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

Dear Deanna!

I'm 24 and single with two kids. The many guys I've dated all seem the same. Now I have a bad attitude assuming all men are alike and I'll never find a good one. I'm close-minded because men prove to be sorry every time they open their mouth. I hate being this way because I feel my insecurities may block the good men that come along. The only men I truly love are my two boys and I don't know what to do. --Looking for A Good One; Denver

Dear Looking:

Pick your face up off the ground and stop blaming men for your issues. Stop celebrating your pity party and realize that you attract what you project. These men are a reflection of you because you spend too much time feeling sorry for yourself instead of building yourself up. Love your children and also learn to love the good qualities about yourself and think positive. Your viewpoint will change as soon as you shed the sour outlook you have on life and men.

Dear Deanna!

As a man in prison, I find it offensive that we're always classified as "all the good men are in jail." This statement made by women is nothing but

an excuse because they can't get a man at all. Why do women say this? Is it because they're not good enough to get a man that's free and want to throw off on us good men? --Jason; Raleigh, N.C.

Dear Jason:

If you were such a good man, you wouldn't be on lock down behind bars. Some women use the men behind bars story as an excuse for not having a man because they have issues and dating problems at the moment. Come to think of it, you should take that reference as a compliment. You could be classified as "tag makers" or "don't drop the soap" but you're good men that simply made bad choices.

Dear Deanna!

I'm having some hard times right now. I lost my job, have no money and got evicted from my home. I'm sick and tired of people telling me to pray, look to God and have faith. I've had people tell me to have faith, have faith, have faith. But when I ask them to show me where it says that in the Bible, they can't tell me. Where in the Bible does it tell me to have faith and things will be fixed? --Wanda Pearson; Las Vegas

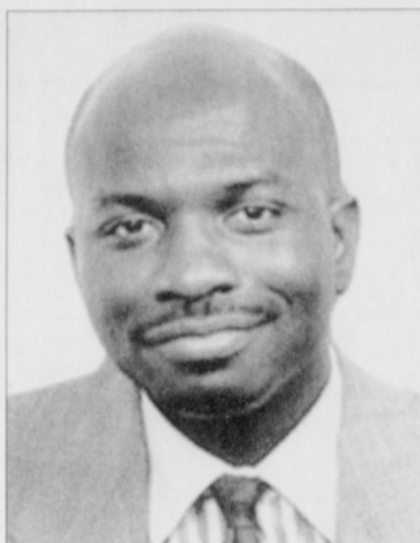
Dear Wanda:

Faith is so powerful that you can witness miracles with faith the size of a mustard seed which is smaller than a grain of salt. Turn your problems, pain and misery over to the Lord and place Hebrews Chapter 11 Verse 1 in your heart. By reading this, you'll learn that faith is to be sure of things we hope for and to be certain of things we can't see. Trust me, God's in the blessing business and with faith, he'll turn your life around.

Ask Deanna is written by Deanna M. Write Ask Deanna! Email: askdeanna1@yahoo.com or 264 S. LaCienega Blvd. Suite 1283 Beverly Hills, CA 90211. Website: www.askdeanna.com

Conservative TV Talker Paid Off

Earned \$240,000 to spout Bush views



Armstrong Williams

The U.S. government paid a prominent black journalist \$240,000 to promote President Bush's education law and give Education Secretary Rod Paige media time, according to records obtained by "USA Today" through a Freedom of Information Act request.

The newspaper said that in exchange for the payments, Armstrong was required to rally support for Bush's Leave No Child Behind initiative, the law that aims to raise achievement among poor and minority children, with penalties for many schools that don't make progress.

Williams said while some might consider the payments to him unethical, "I wanted to do it because it's something I believe in."

But Rep. George Miller, the senior

Democrat on the House Education Committee, deemed the contract "probably illegal" and told "USA Today" he would request an investigation.

The payments were included in a \$1 million Education Department contract with the Ketchum advertising agency, which resulted in the production of "video news releases" designed to look like authentic news reports, the newspaper said.

It noted that the Government Accountability Office investigated similar releases created to support the administration's Medicare prescription drug plan and deemed them an illegal use of taxpayers' dollars.

White House spokesman Scott McClellan said Friday that the practice of using Williams to promote the law has been stopped, which he called the "appropriate" decision.

The department's contract with Williams was billed as a "minority outreach campaign" with the goal of "educating the African-American community" about the education law.

The Associated Press and MSNBC contributed to this report.

Flu Shots Open to All People

Restrictions on who can get a flu vaccine because of a shortage have been lifted.

Last fall, the vaccinations were limited to people in certain high priority groups. The rules was loosened two weeks ago, but supplies continue to exceed demand.

"Allowing broader dispersal of vaccine to any Oregonian who wants a flu shot will help ensure that all doses are

used and will benefit the entire population by reducing disease transmission," said Dr. Grant Higginson, state public health officer.

Higginson said it appears that about half of high-risk persons have received their shots to date. He notes these individuals still have the greatest need for protection, and he advises them to seek vaccination immediately.

In Oregon, flu season typically does not peak until February-which means getting a flu shot now still provides a timely safeguard against influenza.

Persons seeking information about vaccination should check with their health care provider or they may call the statewide flu hotline at 800-978-3040 statewide or 503-872-6900 in the Portland area, or 800-SAFENET.

Glaucoma Tests Offered Free at Legacy

No appointment required

Free eye tests are being offered at local Legacy medical facilities as part of National Glaucoma Awareness Month.

Legacy's Devers Eye Institute will test for glaucoma and other serious diseases of the eye. Anyone may come for the free screenings during specific periods; no appointment is required. An ophthalmologist or optometrist will be at each site to give immediate results from the screenings.

"We urge anyone in a high-risk group, such as African Americans, the elderly and people with diabetes, to come in for a free eye test," says Dr. G.A. "Jack" Cioffi, chief of ophthalmology and ophthalmology research at the institute. "Although there is no cure for glaucoma, early detection leads to earlier treatment, which delays or stops further visual loss."

Regular eye exams are recommended every 1 to 2 years for people over the age of 65 and every 2 to 4 years for those between the ages of 40-64. For those people with risk factors who are age 20 to 39, screenings are recommended

every 3-5 years.

The schedule and locations for the free exams are Wednesday, Jan. 12 from 11 a.m. to 2 p.m. at Good Samaritan Hospital and Medical Center; Thursday, Jan. 13 from 11 a.m. to 1 p.m. at Mount Hood Medical Center; Wednesday, Jan. 19 from 11 a.m. to 2 p.m. at Emanuel Hospital and Health Center; Thursday, Jan. 20 from 11 a.m. to 1 p.m. at Meridian Park Hospital in Tualatin; Wednesday, Jan. 26 from 11 a.m. to 1 p.m. at the Legacy Clinic in St. Helens; and Thursday, Jan. 27 from 11 a.m. to 1 p.m. at the Legacy Clinical Research and Technology Center, 1225 N.E. Second St.

Correction: Killers were Hutu

The description of the factions involved in genocide in a story about the new movie Hotel Rwanda was in error in last week's issue. The rebels who annihilated their political rivals in Rwanda were Hutu. The victims were mostly Tutsi.

NEW SEASONS MARKET

Citrus A-peel

CITRUS ZESTIVAL THIS WEEKEND

The citrus season is at its peak and nothing compares to the flavor of a juicy, perfectly ripe orange. But why limit yourself to a Navel Orange or Ruby Grapefruit when there are so many more sweet and tangy choices available? Every year, our produce buyer Jeff Fairchild convinces some of the most innovative growers in the industry to send us their newest and most creative varieties, along with all of our old favorites.

Visit us this weekend and sample our bountiful display of Cara Cara Oranges, Oro Blanco Grapefruit, Page Tangerines, Buddhahand Citrons, and many other fabulous and tantalizing citrus selections. We'll be showcasing fruit from California to Florida, in our continuing quest to entertain your palette. Join us this Saturday and Sunday from 11:00am-5:00pm - discover that there's more to citrus than navel oranges.



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