

## Eatin' For a Good Cause

New Seasons Market will have a booth at the Good in the Neighborhood Festival on Saturday and Sunday at King School Park to benefit the Urban League of Portland.

One hundred percent of the \$5 charged for each fresh Caesar salad featuring Diestel turkey, crisp organic lettuce, New Seasons Market Caesar dressing, Parmesan cheese and organic croutons, along with organic bread and butter, will go directly to the Urban League of Portland.

This viable and sustainable organization provides assistance to African Americans and others in achieving equality in education, employment and economic security.



PHOTO BY NICOLE HOOPER/THE PORTLAND OBSERVER  
Local Allstate representative Vernon Norris joins Beach Elementary students Adam Daniel (from left), Samuel Romero Herrera and Samuel Genes Pantin, the winners of a "Kids Dream Playground" drawing contest.

## Beach Kids to Get New Playground

When most kids are looking forward to the summer, the students of Beach Elementary are looking forward to starting the new school year. In September, the students will return to school to find a new \$70,000 playground thanks to the Allstate Foundation and other supporters.

North Portland is considered a "hot spot" for playground falls that cause 31 percent of injuries in children aged 5 to 10.

The students got a look at the playground plans just before school closed for the summer. Also the winners of the "Kids Dream Playground" drawing contest were revealed. The young artists' drawings will be displayed on billboards around north Portland.

Support for the playground also comes from the Injury Free Coalition for Kids, Oregon Health Sciences University and Doernbecher Hospital. The healthcare providers are working with north Portland communities to prevent injuries from falls to children, the leading cause of hospitalization to children aged 1-14.

## Master of Education Earned

Congratulations to Joy Lisa Kelly, 25, who just earned her Master's Degree in Education from Portland State University.

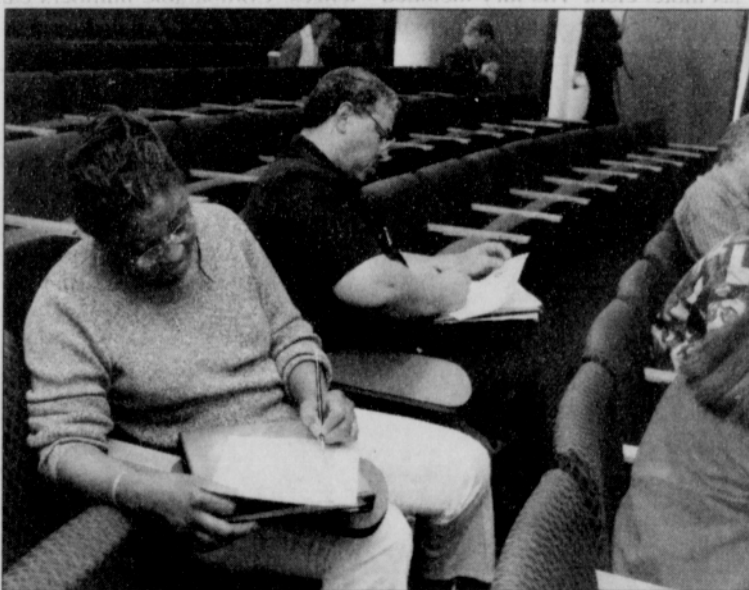
The local resident received congratulations and a happy birthday at the same time from her family and friends, including her mom and dad, Rosetta and Lawrence Kelly; sisters Christiana Kelly and Janice Stephens; nephew Jaquante Stephens; aunts Junie Lawson and Lonnie Jenkins; friend M. Brown; Godsister Judy Palmer, Godmothers Minnie Solomon and Maudel Palmer, Violet Hall, Rosemary Daniels; the Tinnon family; Lionel Lampken; Anita Williams; Marge Smith; and her church family at Emmanuel Temple Full Gospel Pentecostal Church, including Mother Nattie Wells; Pastor C.T. Wells and Bishop Wells.

Joy Lisa Kelly celebrates on graduation day with her Godmother Maudel Palmer.



(Editor's note: The Portland Observer welcomes your graduation news. Please send information and photo to ads@portlandobserver.com or drop them by our offices at 4747 N.E. Martin Luther King Jr. Blvd.)

## Providing Greater Stroke Awareness



Emergency Medical Service trainers of paramedics, fire fighters and dispatchers take a quiz to test their knowledge of acute stroke at Providence St. Vincent Medical Center.

United States, behind heart disease and cancer; striking nearly 730,000 Americans each year and taking the lives of nearly 170,000.

Paramedics, firefighters and dispatchers were recently quizzed on their knowledge of acute stroke — the warning signs, symptoms and risk factors — at a "train the trainer" session held at Providence St. Vincent Medical Center in partnership with the National Stroke Association.

After the quiz, Dr. Ted Lowenkopf, medical director of the Providence Stroke Center, and Dr. Jeff Sharff, an emergency department physician at Providence St. Vincent, schooled attendees in stroke assessment and quick treatment to limit the amount of damage to the brain.

For more information, visit the National Stroke Association at www.stroke.org.

Living in a state that ranks as the fifth-highest in stroke deaths, it's important for local residents and health care officials to know more about its impacts. Nationally, stroke is the number three killer in the

We care about our health.  
We take care of each other.  
We trust Planned Parenthood.

### HIV TEST DAY MONDAY, JUNE 27

Come in to any Planned Parenthood of the Columbia/Willamette health center on Monday, June 27, and receive an OraQuick HIV test FREE. No appointment necessary, just walk in!

Did you know that although there is currently no cure for HIV/AIDS, it can be treated and cared for through careful observation and medical attention. Get the test for HIV to take control of your health and your life.

Planned Parenthood of the Columbia/Willamette  
1-800-230-PLAN • www.ppcw.org

Northeast Portland: 3531 NE 15th Ave, Suite B  
Southeast Portland: 3231 SE 50th Ave  
Vancouver: 5500 NE 109th Ct, Suite A  
Salmon Creek: 2105 NE 129th St, Suite 105

Presented by The Good in the Neighborhood Planning Committee and the NPA National Coalition of Neighborhoods, Inc.

### Washington Mutual 2005 Good in the Neighborhood Multicultural Music & Food Festival

FREE KING SCHOOL PARK  
4800 BLOCK OF NE 6TH (SOUTH OF NE ALBERTA ST)

Thursday, June 23  
6:00 - 10:00 pm  
Open House Kickoff Party  
McManamina Kennedy School  
5736 NE 39th Ave

Saturday, June 25  
11:00 am  
The Good in the Neighborhood Parade  
Martin Luther King Jr Blvd

www.goodinthenighborhood.org 503-282-1288

Sponsors: Safeway, The Oregonian, Adidas, Trimet, PGE, Pacific Power, Caruso Produce, Neil Kelly, New Seasons, Marquis, US Bank, Safeco Insurance.

Saturday, June 25 12:00 - 9:30 pm & Sunday, June 26 12:00 - 7:45 pm  
King School Park 4800 Block of NE 6th (South of NE Alberta St.)

Featuring: The Patrick Lamb Band - The Linda Hornbuckle Band - Ocean 503 - The Light Cool Breeze - N'Touch - Norman Sylvester Band - Kant B Caught - Chatta Addy & Susuma - and More

Kidspace - Ethnic Marketplace - Information Village - Ethnic Food - Beer and Wine Garden  
Bring Your Lawn Chairs & Blankets & Enjoy the Food, Dance & Music  
Avoid Parking Hassles - Plan your trip @ Trimet.org

## Oregon Northwest Black Pioneers

presents  
Award winning author  
**Velma Maia Thomas**  
June 25, 2005, 7pm  
The Historic Elsinore Theatre  
170 High St, Salem, OR

Ms. Thomas will perform selections from her book and CD  
*No Man Can Hinder Me: The Journey from Slavery to Emancipation through Song.*

General admission \$30  
Admission and reception with the author \$60  
Reception tickets are limited.

A gala reception and book signing with the author is scheduled at 6:00 p.m., also at the Elsinore Theatre.

For tickets call (503) 375-3574 or online: [www.ticketwest.com](http://www.ticketwest.com)

The event is the first annual fundraiser of the Oregon Northwest Black Pioneers, an educational organization dedicated to preserving the historical contributions of African-American Oregonians. Event sponsors include Macy's, Salem Regional Health Services, Statesman Journal, Wachovia, and Willamette University. The event is presented in cooperation with the World Beat Festival.

### Dear Deanna!

I'm over 50 and dated a guy for six years but we split due to his financial problems and other issues. I left his house and moved on. We were separated for two years and recently got back together. He has proposed and now I've learned that he's cheating, lying and doing the same things that led to the initial split. My adult kids despise him and are trying to talk me out of this relationship. What do I do? --J.C.; Inglewood, Calif.

### Dear J.C.

You're a hot mess and you know it. At your age you don't need to appear desperate as if you have no options. You broke up for a reason and obviously you didn't build anything with this man so why be a fool and go back. You're setting yourself up to pay all the bills, a lot of heartbreak and exposure to sexual diseases. Avoid being pathetic by listening to your kids who also confirm this man is a loser.

### Dear Deanna!

My girlfriend and I have dated for a few years but we never made the decision to get serious. I often hang out with my friends and come and go as I please. I don't know what happened, but now she's threaten-



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

ing to break up with me and pushing the issue of marriage. I like her a lot and will marry her but not yet. What do I do about this? --Brian; Las Vegas

### Dear Brian:

You need to grow up. In this corrupt world of values and relationships you have a woman with morals wanting to do the right thing and you're procrastinating. This should make you love, respect and want to be with her more. The word of the Lord says that he who finds a wife finds what is good and receives favor from the Lord.

### Dear Deanna!

My husband's daughter from a previous marriage will spend the summer with us. Her mother never liked me and has passed this judgment onto her daughter. Her mother has threatened to fight me if I verbally or physically discipline her. My husband has given me authority to discipline as needed especially since I'm the one that will be spending most of the time with her. What are my options? --Anonymous; Buffalo, N.Y.

### Dear Anonymous:

Your husband and his ex-wife need to let the child know that she must behave and act as if she has some sense. If you and your husband are in agreement with the house rules, then nothing else should be said. As for the mother, shut her down and let her know that she can't regulate anything in your house. If she insists, then she can keep the child at home and no one has to deal with any issues.

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