



PHOTO BY MARK WASHINGTON/THE PORTLAND OBSERVER

Women With 'Hattitude'

Local women were invited to don their prettiest hats for the first annual "Women with Hattitude Tea" on Saturday at the Bethesda Christian Church. A silent auction and donations from the event benefited the church's Women's Auxiliary and Women's Revival.

Community Commitment

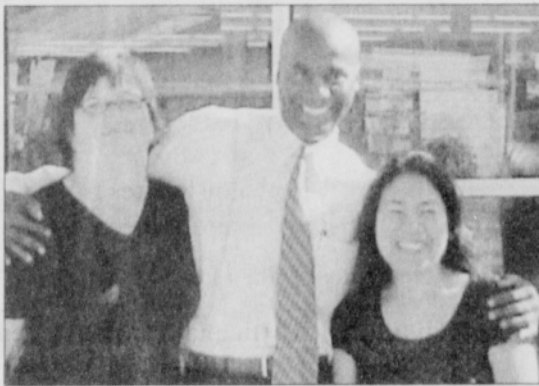
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from the customers," Rohter said. "Because we're a local, independent chain, we make decisions about what products will be in what stores at the local level. None of the stores are the same; they're all different because they're in different neighborhoods."

ing away from the tried and true national chains, Rohter assures that New Seasons succeeds in its pricing, service and quality.

"If people just come and visit, most of them stay," he said.

For information on New Seasons Markets or to find a location in your area, visit www.newseasonsmarket.com

New Seasons Market at Arbor Lodge Store Manager Peg O'Hara (left) with Customer Service Manager Jerald Mathies and Assistant Store Manager Marisel Emert at the new location on North Portland Boulevard and Interstate Avenue. The store opens Wednesday, Aug. 31 with grand opening celebrations through the Labor Day weekend.



Dear Deanna!

I'm ready to make a commitment to my long time fiancé but I have concerns about her finances. As a man, I've been responsible for all of our dating requirements and entertainment for 3 years. Now that I'm ready to marry her, I think she has a low credit score and financial issues. How do I approach this subject? --Keith; Washington, D.C.



Real People, Real Advice

An advice column known for its fearless approach to reality-based subjects!

Dear Keith:

You should've had that conversation during the first 6-months instead of waiting until now. As a team, credit scores, bank accounts and finances need to be organized with one family goal in mind. There's no secret formula and rocket science isn't involved. All you have to do is open your mouth and ask about her credit and finances because if you're going to be married, you need to know now instead of later.

Dear Deanna!

I lost myself in my marriage and now that I'm divorced I don't know how to start over. I'm still dealing with anger because I didn't see the separation coming and my ex-husband is already dating and living it up. I feel jealous because he's enjoying life and I can't get into the groove. How to I shake this feeling? --Sheila; Las Vegas

Dear Sheila:

Instead of having a pity party you should thank God for your health and strength. You're blessed and are killing your spirit with negativity. I suggest you look in the mirror, close the door on the past and start a new chapter by learning to love yourself. Stop validating your life based on your ex-husband and do things you enjoy. Focus on yourself, renew your faith and relationship with God and things will fall into place.

Dear Deanna!

I was in a situation where I saw a family member cheating on her husband. I told on her because her husband is a good man and doesn't deserve to be cheated on. Instead of him respecting me, he turned on me, cursed me out and accused me of trying to wreck his home. He has forgiven his wife for cheating and now they won't speak to me and have closed me out. Was I wrong for telling? --Anonymous; Memphis, Tenn.

Dear Anonymous:

You're forgetting the side of the story that deals with your motivation for telling. It sounds as if there was some scandal involved on your part. I'll give you the benefit of the doubt and say you should've stayed out of their business because sometimes good deeds bring punishment. They made you look like a fool but at least he forgave her and if she cheats again, the mud will be on his face and not yours.

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

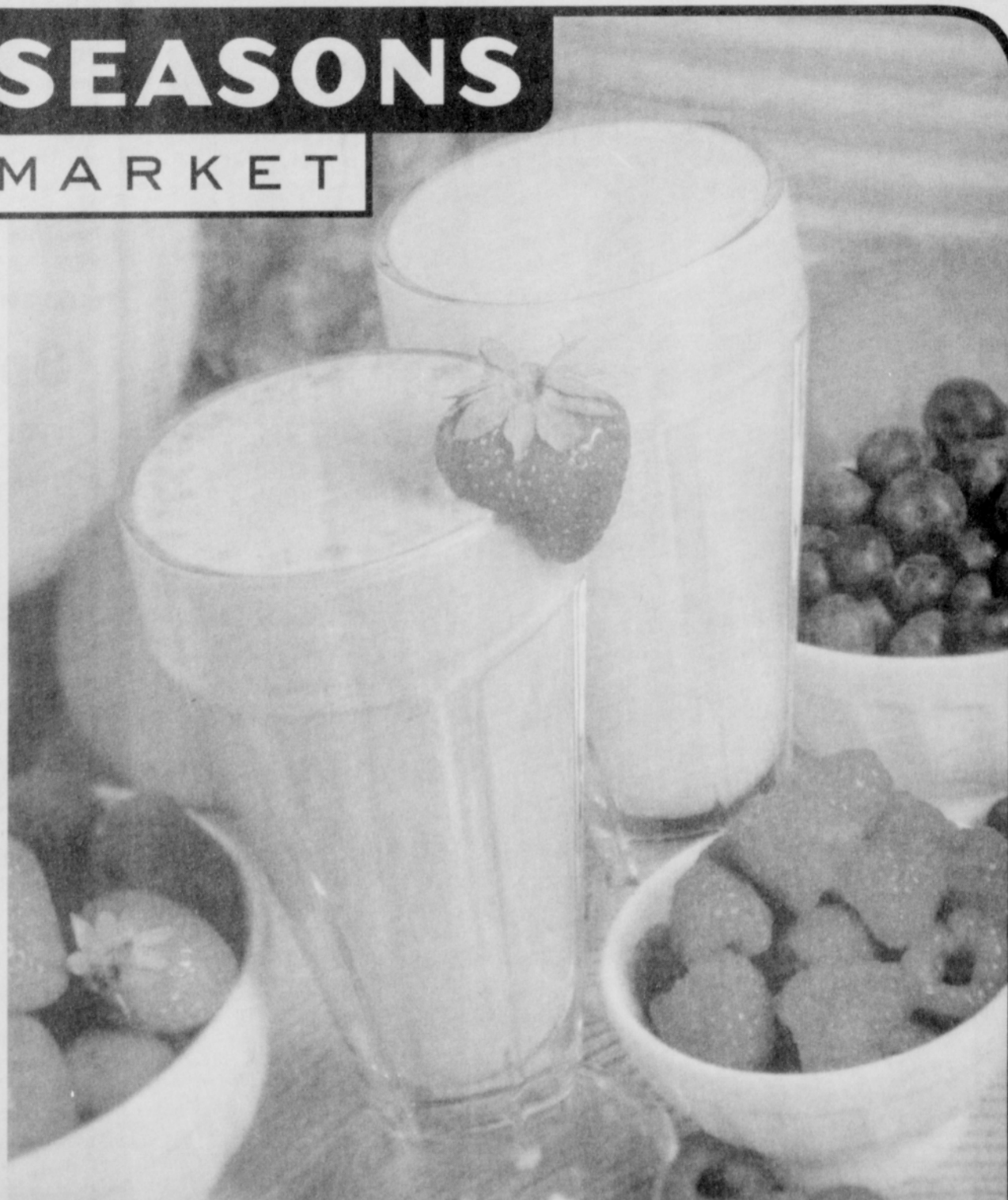
NEW SEASONS MARKET

SUPER Smoothies

PROTEIN SHAKE TASTING
Saturday & Sunday
11:00am-5:00pm

We've all heard that breakfast is our most important meal of the day. But how many of us just grab a muffin and a cup of coffee (or even worse, nothing at all) and then end up tired and irritable by 10am? Research shows that eating breakfast is associated with improved strength and endurance in the late morning, along with a better attitude toward work. Breakfast also helps to replenish blood sugar and is an important meal for maintaining balanced body weight. This weekend we'll show you how quick and easy it can be to create a breakfast drink that tastes great and gives you the proper amount of protein, healthy fat, and fiber to keep you running smoothly until lunch. We'll be making drinks with rice, whey, and soy proteins so you'll be able to sample all that we have to offer.

And why not bring the kids? Kids who eat breakfast are more alert and ready to learn. They also tend to do better in school and score higher on tests. Smoothies are a great way to ensure they get the proper nutrition needed to get them through the day. Take a scoop of protein powder and blend it with their favorite fruit and juice or toss some into the blender with peanut butter and milk. The options are almost endless and there's bound to be one that your kids will enjoy. Join us Saturday and Sunday, 11:00am to 5:00pm.



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