

Matt Dishman Promotes Healthy Lives

continued ▲ from Metro

Within Reach" program, it offers a variety of exercise classes, including aerobics, yoga, Tai Chi, walking and kickboxing.

In addition to Dishman, the classes are held at Allen Fremont

Plaza, Wild Oats Market at 3535 N.E. 15th Ave., King and Sabin schools, and two other community centers. AAHC provides these activities for free for qualifying individuals.

"Everyone from 18 to 87," Dempsey said. "We went to people

in the community and asked, 'Why aren't people exercising more? What are the barriers?'"

Among the answers were affordability of the classes and facilities, accessibility and a "comfort" factor.

"People felt more comfortable

being next to people like themselves," Dempsey said. "They wanted to be with people who were raised in the same community."

In that respect, he said, "The benefits of our partnership have been enormous."

Letter Carriers Help Stamp Out Hunger

continued ▲ from Metro

Oregon and southwest Wash. ate meals from an emergency food box. The NALC Food Drive pro-

vides some of the most nutritious food we receive. This high-quality food is particularly important for the growing bodies and brains of the estimated 72,000 children

each month who eat meals from emergency food boxes."

The most needed foods include canned tuna, peanut butter, soups, stews, chili, canned fruits and veg-

etables, beans, rice and pasta.

For more information or to make a cash donation, call 1-800-777-7427 or 503-282-0555 or visit www.oregonfoodbank.org.

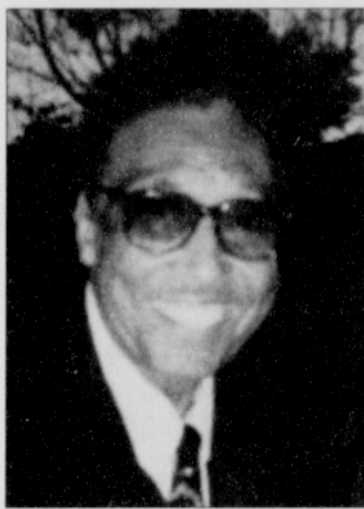
RELIGION

Prayers, Support for Pastor's Healing

Was critically injured working on church van

Rev. Abraham Lyles, 77, is hospitalized in stable condition at Emanuel Legacy Hospital's Intensive Care Unit for severe injuries received in an automobile accident April 6.

Lyles, pastor of Prayer Tabernacle Church 2244 N.E. Martin Luther King Blvd, was injured by a church van on which he was working. He was stopped and



Rev. Abraham Lyles

under the hood in Schucks Auto parking lot on MLK when the van slipped into gear and overran Lyles causing severe leg, arm, chest and head injuries.

"Recovery will be long and arduous," said his longtime friend and fellow pastor Robert Weaver of Lifeline Christian Church, "But with God's love and healing powers, Pastor Lyles is improving daily."

Lyles who also serves as Senior Warden of Scottish Right - St. Luke Masonic Lodge, is well known for his charitable and spiri-

tual work throughout the Portland community.

A "Care Fund for Pastor Abraham Lyles" has been established at all US Bank branches to help defray uninsured medical and family care expenses. Prayers and fund contributions are invited in lieu of flowers or cards.

While visitations are not yet permitted, a daily hospital vigil has been maintained by his wife, family and close friends since the accident.

For more information, contact Carl Flipper at 503-309-6251.

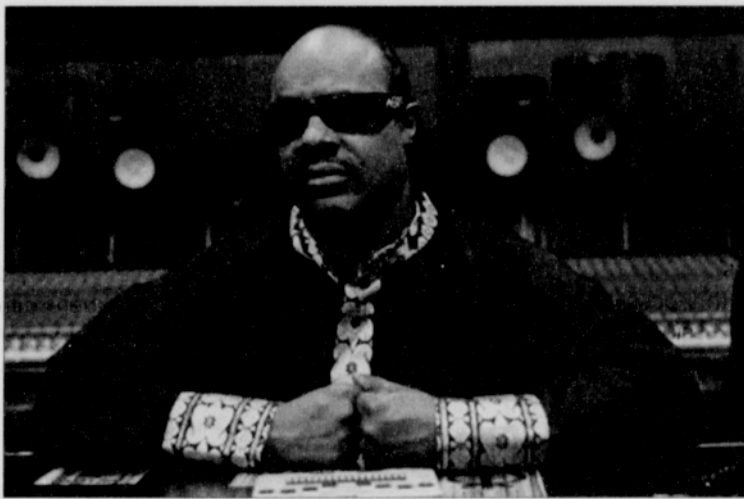
Stevie Wonder Named Champion for Justice

CME Church cities his racial advocacy

Legendary singer Stevie Wonder has been named a champion for justice, human concerns and racial harmony.

The Christian Methodist Episcopal Church has presented the Grammy and Oscar award-winning recording artist and producer with the CME Human Concerns Award because of his legacy of humanitarian efforts and his outstanding service as a civil rights advocate, entrepreneur and Christian leader.

During a recent ceremony, CME Bishop Henry Williamson Sr. applauded Wonder and other leaders for combining their efforts with Coretta Scott King which led to the national holiday for Dr. Martin



Stevie Wonder

Luther King, and Wonder's hit recording, "Happy Birthday."

Additionally, Bishop Williamson noted the social activism efforts of Wonder when he won the Oscar award for Best Song in 1984 and dedicated it to then-imprisoned civil rights leader, Nelson Mandela; and

when in 1985 he collaborated with others on the smash hit, "We Are the World".

Through the Wonder Foundation, many of the funds from Wonder's records are donated to HIV/AIDS research and Katrina survivors. Wonder has also

helped thousands of needy children in Los Angeles during the Christmas season through his radio station KJLH. Bishop Williamson applauded Wonder for his latest recording, "A Time to Love," which shines as a great message from God that addresses the needs of a hurting world.

Upon acceptance of the award, Wonder thanked God for the many blessings bestowed upon his life, and encouraged the churches to continue to be a beacon in the community by providing role models and mentors to our youth and after-school programs. Thereafter, he performed a moving harmonica rendition of "Falling in Love with Jesus" to a standing room only audience.

Community A.M.E. Zion Church

3605 East 13th Street Vancouver, WA

24th Annual Women's Day Celebration

THEME: "A Virtuous Woman Is A Wise Women"

— Proverbs 31:10-31



Dr. Corine Conaway
Virtuous Women
International Ministries
Higginsville, MO.

Two-Day Celebration

Saturday, 5-20-06 Noon

Crazy Hat Luncheon (\$10.00)
Guest Speaker Dr. Corine Conaway

Sunday, 5-21-06 3:30 p.m.

Closing Worship Services
Guest Speaker Dr. Corine Conaway

For information call: 360-693-4566
or 360-891-0972

Allen Temple CME Church Spring Revival

Theme: "Driven By God's Purpose"

Jeremiah 29:11-13



Guest Evangelist

Dr. Jerome E. McNeil, Jr — Senior Pastor
Christian Cathedral CME Church in Dallas, TX

- ♥ Wednesday May 3rd 2006 @ 7:00pm
- ♥ Thursday May 4th 2006 @ 7:00pm
- ♥ Friday May 5th 2006 @ 7:30pm

For more information contact:

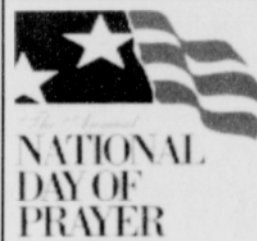
Allen Temple CME Church, 4236 NE 8th Ave, Portland, Oregon 97211
Phone: 503-287-0261

Maranatha Church Hosting a Day Prayer

At 4222 NE 12th Ave.

Schedule of Events

- 6am - 8am: Life Change Christian Center
- Grace Covenant
- 8am - 11am Open Prayer
- 11am - 1pm New Hope Missionary Baptist
- 1pm - 3pm Vancouver Ave 1st Baptist
- 3pm - 4pm Bethel A.M.E. Church
- 4pm - 5:30 pm Highland United Church of Christ
- 5:30pm - 7pm the International Fellowship Family Church
- 7pm - 8:30 Maranatha COG mass choir of all participating churches in a Celebration of Praise.



Northeast Portland
Worship & Prayer
Service

6am - 9pm
Thursday
May 4, 2006

You Belong on Our Team!

Job Hotline: 503-988-5035
TTY: 503-988-5170

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Dear Deanna!

My wife and I have been married for 11 years. She wouldn't wear lingerie and the lights had to be off when being intimate. I expressed my concerns on these matters. Later in the marriage she quit work because I was taking good care of the household. There was still no intimacy, so I had an affair with a female friend. I told my wife about this but then I saw her car at a man's house. She denied being there at first but later she said they only sat and talked on the sofa. Am I a fool or what? -- Tyrone; On-Line Reader

Dear Tyrone:

You're not a fool, but your wife is a trickster. Nine times out of ten when your woman who claims to love you skips out on her womanly duties, she's cheating. You've been deprived, you've been used and you've been lied to. Two wrongs don't make a right and you burned each other with the cheating. Make a decision and decide to be together, have an open relationship or call it quits and keep it moving.

Dear Deanna!

I'm 24-years old with a criminal record for forgery, burglary and a few other things. I've been trying really hard to get a job. I've applied

Ask Deanna!



Real People,
Real Advice

An advice column known for reality based subjects!

for many minimum wage jobs. I've gone through resume and interview classes and still nothing. My family is giving me a hard time and they think I'm not trying hard enough. They don't understand. I'm on probation and there's so much pressure to make illegal money. I need some help or positive advice. --K.L.C.; Los Angeles

Dear K.L.C.:

With the chips falling around you, now is the time to become an honest entrepreneur. When all else fails, find jobs such as cutting grass, washing cars or towing away junk. You would be surprised that with a little word-of-mouth advertising and family and friends you can make money and start a business doing odd jobs. But be prepared to work hard and deal with a few disappointments but if you stick with it, you'll be successful.

Dear Deanna:

I would like your opinion on a marriage where one spouse constantly degrades another spouse verbally while not doing what the Word says they should do as head of the household. Shouldn't they both be accountable to God's Word at all times and not just when they claim to be a Christian? If the unhappy one has suggested and tried prayer or counseling is it their fault if they divorce to pursue growth? -- Anonymous; On-Line Reader

Dear Anonymous:

Both of you need to stop playing around and juggling the Word to make it suit your interpretation. Lock it down with some hardcore biblical facts. The only reason for divorce given by the Lord is fornication and any other cause is without biblical authority. Talk to your spouse and get to the root of the problem and fix things together. God put you together as one and also provides you with the wisdom and tools to work, resolve and fix the issues.

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

Obituary

In Loving Memory

Rosabell Holloway

Graveside services were held for Rosabell Holloway who died April 4, 2006, at age 83. She was born Oct. 27, 1922, in Cheraw, Colo. She was

disabled all of her life, residing lived in Colorado Springs, Colo., before moving to Portland in the 1950s.

Survivors include her brothers, Robert Jr. and Oscar; sisters, Peggy Crawford, Jenny Black, Nellie Bradwell and Kathy Hendrick. She was preceded in death by two brothers, Walter and William; and two sisters, Willa Mae Grissom and Mary Lou Anderson. Arrangements were under the direction of Rose City Cemetery and Funeral Home.