

Dear Deanna!

In the middle of a bad divorce and I'm still intimate with my ex-husband. Although we didn't get along, couldn't build a life or raise our family together, we were able to bond physically. The reason we're divorcing is due to outside affairs with other people, financial problems and marrying too soon. I want to move on with my life but for some reason, manage to keep this part of the relationship going. Am I wrong for doing this? --*Worried Divorcee; Atlanta, Ga.*

Dear Worried:

Sex is the fuel for a relationship and

Ask Deanna!



Real People, Real Advice

An advice column known for reality based subjects!

not the glue. If you're divorcing your husband, you need to immediately cut all physical ties. You're short changing yourself by giving him your body because it's obvious he didn't respect you as a wife and won't respect you as a homey lover friend. Learn from your mis-

takes and if you must have a man, be a better judge of character and find one that will respect you more than your husband and keep it moving.

Dear Deanna!

My girlfriend is a woman with a cute face but she's voluptuous and doesn't understand that all fashions aren't suitable for her. I love her and think she looks good in most things but not everything. It's hard for me in public when people stare at her or snicker and make rude remarks. When I address this issue we argue. Please give me some options because I'm

tired of being embarrassed and my suggestions aren't working? --*Matthew; Boston*

Dear Matthew:

Your partner has a mental problem because she probably has a size 18 shape with a size 5 outlook. This is not cute and you need to offer Jenny Craig or a shopping spree. If she still refuses then you need to flip the script and approach her weight issue from a health perspective and encourage her to lose weight. If not, just be there because her feelings will get hurt really good one day if she still insists on walking around looking like a sausage.

Dear Deanna:

My sister listens to music that is vulgar and explicit. She listens to any type music and doesn't care that she's exposing her children to adult lyrics and content. Her children are now beginning to repeat the lyrics and she gets upset and shouts at them. She can't see that they're simply repeating and singing the songs. Other than turning off her music, what other options are there? --*Anonymous; Seattle*

Dear Anonymous:

Your sister is ignorant and using bad judgment on this simple common sense issue. Obviously

she's not a rocket scientist and should see her kids are imitating art. In this case, the bad art of explicit lyrics. Write the lyrics to some of her music and give it to her on a sheet of paper. When she looks at this mess in black and white, perhaps she'll have a change of heart and be more of an adult when it comes to what she listens to around her children.

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

Gaston Farewell Reception Set

The Urban League of Portland Board of Directors and staff invite the Portland community to join them at a reception to wish their leader for the past three years farewell.

Vanessa Gaston is leaving her position as the President and CEO of the Urban League of Portland to assume the position of Assistant Director of Social Services for Clark County, Nevada in July.

The reception will take place Tuesday, June 27 at the Cascade Campus of Portland Community College in the atrium of the new Moriarty Arts & Humanities Building. The event is free and open to the public from 4:30



Vanessa Gaston
-6:30p.m. There will be remarks and a short program at 5:30 p.m. During her term in Portland,

Gaston provided a focus to the League's efforts to deliver quality services to the community and served as a strong advocate and public servant on educational issues for youth, with particular attention to eliminating the academic achievement gap.

The Urban League of Portland helps empower African Americans and others to achieve equality in education, employment and economic security through a combination of direct services, outreach and advocacy.

For more information, call Rachael Barry at 503-280-2626.

'Titles' Never too late to change

continued from A4

and resources. I especially want to work with black families, which are having a difficult time with adjusting to their new challenges. I want to help families break traditions of abuse, drug addiction,

alcoholism, and complacency. I want to challenge families to begin their own traditions of sobriety, activism, and education. I hope to be a social change agent that will bring cultural competency to the social work field. It is never too late to start new family traditions. They have to start with

someone; why not me?

I am the representative of a new family tradition the others did not suit me. I finally have a say over the titles I wear. I call myself mother, strong black woman, first generation college graduate, and non-traditional college student.

Vancouver Marketing Expert Honored

Shareefah Abdullah, founder and president of Vancouver-based Hot Ovations Communications Coaching and Training Co., has earned special recognition from industry peers for her public relations work.

Abdullah received the Bronze Beacon award from the Oregon Columbia International Association of Business Communicators for her work with the Oregon School Boards Association on "Tangible Triumph" campaign that helped school boards, superintendents, principals and teachers gain greater community support for students.



Shareefah Abdullah

The project included portable multimedia workshops, Web-based downloadable tool kits, a magazine and an instructive board game.

Hot Ovations helps executives, emerging leaders and ambitious companies gain confidence and take command in public speaking, media relations, interpersonal communication and business writing.

Services include speechwriting, PowerPoint presentation development, individual and small-group coaching, custom workshops, public seminars and keynote addresses. The business is online at www.hotovations.com.

Nurse Stands Up for Children

A north Portland nurse working to bring universal health care to children has been honored by the Oregon Nurses Association.

Kelly Maggi recently received the Honorary Political Involvement Award for her participation and leadership in championing health care reform. Her activities included testifying at the last Oregon legislative session and spearhead-



Kelly Maggi

ing the development of the ONA plan for universal health care for all children in Oregon.

"Maggi puts words into action while conducting the health policy planning that is necessary for health care reform," says Susan King, ONA executive director.

Maggi is a registered nurse providing care to adult medical-surgical patients.

Summer Blast Bus Pass Sold

It's time again for C-Tran's Summer Blast Pass, a special fare for youth between the ages of 13-18, offering a great way to experience independence, freedom and fun for the entire summer with unlimited rides on C-Tran buses in Vancouver and Clark County.

Sponsoring merchants also offer discounts when presented with the pass.

The multiple ride ticket is currently on sale for \$24 and is just \$12 beginning July 20. For more, call C-Tran at 360-695-0123 or visit the web at www.summerblastpass.com

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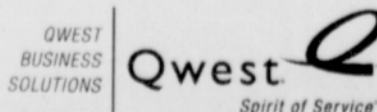
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