

Ask Deanna!

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

Dear Deanna!

I was with my ex-boyfriend for over a year until we broke up last spring over a trust issue. We still messed around over the summer although he had a girlfriend. We got back together but it only lasted a month because he said he was too busy for a girlfriend. I was heartbroken. I've tried to move on but I always find myself comparing the other guys to him. I'm still in love with him. Should I try to get back with him or move on with my life? --Confused; On-Line Reader

Dear Confused:

There's nothing more painful than wanting a man that doesn't want you. He's given you clues on a silver platter and you need to take notes. He cheated on his girlfriend with you and told you he was too busy for you. This is not the man for you. Place this in your mind and accept the reality so you can get over him. Each time you think you want him, remember your broken heart and think of how you're too good for drama and keep it moving.

Dear Deanna!

I'm a 47-year old mother of 2 children with 3 grandchildren. I'm in a relationship with a recovering addict. I watched him destroy himself and attempt suicide when he was using narcotics. In spite of that and going to and from drug rehab and having nothing, I still gave much love to him. I'm the woman who has seen the tremendous change in this man. He's now back on top with vehicles, money, attention from women and an ego. I'm fed up because he treats me like nothing and he disrespects me. Am I right for moving out of his house? --Miss N.; Buffalo, NY

Dear Miss N.

Money, women and toys can't replace drug addiction. Your man is being setup by the Devil for a hard crash and burn that's going to rock his world. It's best you remove yourself because when his chips fall again and they will, it's going to be ugly. Successful drug recovery is coupled with faith and family and there's nothing but evil in this picture. Leave now and focus on quality time with your family so you can flourish in a new direction.

Dear Deanna:

I'm 15-years old and I saw my dad for the first time in five years. My dad has a child by my aunt and another one by my mom. Years ago he had me taken from by mom by authorities over a lie. My mom really didn't have parents or support and she is still suffering. Our family is distant because relatives blame her for everything. I love her and hate to see the trouble this has caused us. I was told by her to forgive them and don't know if I should. --Fatherless 15 Year Old; On-Line Reader

Dear Fatherless:

You're a very strong girl and it's going to be up to you to bring the family back together. There is a lot of adult dirty laundry going on that your young mind wouldn't understand but you'll see things differently when you get older. Continue to love and support your mother and follow her guidance of forgiveness and prayer for your family and your father.

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

Heat Wave Good Reminder to Plant Trees

Tree planting programs promoted

During the so-called "dog days" of summer, the spaces most often coveted by motorists searching for a parking space are those with trees and shade. Yes it's true --- while record high temperatures are uncomfortable, the summer months actually provide a good opportunity to remind people about the importance of trees and tree planting programs in our cities.

Research has shown that trees can help reduce both heating and cooling costs; they save energy through cooling in the hotter months, and provide a windbreak for your home during the winter. This results in burning less fossil fuel for cooling and heating. Strategically placed trees can be as effective as other energy saving home improvements, such as insulation or the installation of energy-saving windows and doors. In fact, three large trees around your home can reduce air conditioning costs up to 30 percent.

Shade trees offer their best benefits when you plant deciduous trees, which shed their leaves during winter. These trees provide shade and block heat from the sun during hotter months. By dropping their leaves in the fall they admit sunlight in the colder months.



Trees provide shade and a welcome relief to the hot temperatures from summer.

Place these trees on the south and west sides of buildings. Shade all hard surfaces such as driveways, patios and sidewalks to minimize landscape heat load.

Trees remove CO2, providing relief from the so-called "greenhouse effect" while releasing the oxygen back into the air. A healthy

tree stores about 13 pounds of carbon annually - or 2.6 tons per acre each year. Trees also reduce the greenhouse effect by shading our homes and office buildings. This reduces air conditioning needs up to 30 percent, thereby reducing the amount of fossil fuels burned to produce electricity.

According to the US Environmental Protection Agency's web site, planting trees and vegetation is a simple and effective way to decrease local surface and air temperatures. "Planting and maintaining urban trees and vegetation requires planning and care. Fall is an excellent time for tree planting, and

winter is an excellent time to prune trees.

When in doubt about what type of tree to plant or how to pick the most suitable location, contact a certified arborist. Information is also available at the Oregon Department of Forestry's website, at <http://www.oregon.gov/ODF/>.

Higher Heating Costs Coming

The Oregon Public Utility Commission last week warned to expect higher natural gas prices this coming heating season.

Officials with NW Natural Gas told the Commission they will be filing requests soon to raise their rates between 4 and 12 percent. The company passes through

their actual cost of purchasing gas without any markup to customers.

Commission gas analyst Ken Zimmerman said, "We are continuing to see a tight supply environment and a lot of fear of future unknowns, which is keeping wholesale prices high. There

is also increased pipeline capacity for delivering gas from the Rocky Mountain and Canadian Regions to the Midwest and Northeast where prices are higher."

Natural gas prices have risen steadily for all three gas utilities serving Oregon since 2003.

Neighbors' Night Out at Fernhill Park

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kids and adults -- including Henna tattoos and balloon art - as well as food and special giveaways from local businesses. All entertainment and activities are free and open to the public.

For more information, contact Katie Ugolini, Concordia Neighborhood Association board member at 503-296-7839 or Anne Rothert, CNA board member, at 503-493-1938.



The Portland band Sneakin' Out consisting of David Gerow, Don Henson and Mike "Cheddar" Schmitt will perform Tuesday, Aug. 1 in a free Neighbors Night Out concert at Fernhill Park.

Waiting for Adoption

Elaine is a lover of horses! She recently stated that, "once you learn to lead a horse by a rope, it's easy to walk a dog." Elaine's smile is framed by sparkling blue eyes, fair skin and straight blond hair.

This active girl enjoys the outdoors and sports that involve running; she thrives on the individual challenge of running track. Chatty and social, Elaine is also interested in fashion, and appreciates stylish clothing.

Having endured many losses, Elaine is working on developing trusting relationships. She would best fit into a family without younger children, but with parenting experience. Adoptive parents would need to be advocates and assist Elaine in the therapeutic work she has started. Elaine would be a delightful addition to a family.

This child is one of approximately 300 Oregon children available for adoption through the state, generally because of abuse and neglect. For more information on the avail-



Elaine, age 9

ability of this child, or on how to become a foster or adoptive parent, contact the Special Needs Adoption Coalition at 503-542-2392 or DHS at 1-800-331-0503.

NEW SEASONS MARKET

Go plum crazy!

saturday & sunday • 11am-5pm

Remember when plums were either red, or black, or yellow. Well, those days are over. This weekend we're going to do our best to drive you plum crazy! There's a whole other world out there. Taste delicious varieties like Black Amber, Fortune, Laroda, Mariposa, Santa Rosa, Burgundy, Catalina, Red Raven, Wickson, Santa Rosa and more.

And if you're not a plum lover, we're going to try and convince you to try a Plucot. We can't tell you how many times we've heard "I don't like plums" but after a taste, have turned those same folks into Plucot lovers. This fruit, which is a cross between a plum and an apricot, takes the best of both and makes something even better. We have the most complete Plucot selection north of San Francisco. Compare the Dapple Fire to a Sweet Treat, or to some of the other special varieties we're bringing in. We'll have them all for you to taste Saturday and Sunday from 11:00am until 5:00pm.

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