

Ask Deanna!

Real People, Real Advice

An advice column known for reality based subjects!



Dear Deanna!

I'm in a relationship and I think my boyfriend has another life. We've dated for 2 years and he's always worked third shift. While on medical leave I noticed he never came home until noon. When I asked about this he told me that he goes

to the gym. I followed him and his gym turned out to be an apartment complex. We argued and instead of telling me about the apartment, he accused me of not trusting him. What do I do? --Betrayed; Winston-Salem, N.C.

Dear Betrayed:

If you have to stalk a man and chase him down for answers, then you're with the wrong person. He placed the blame on you instead of confessing the truth and being honest. He's burning two ends of the candle by working at night, being with one woman in the morning and being with you in the evening. Don't settle for less because you deserve more.

Heal yourself from the inside out, count your loss and keep it moving.

Dear Deanna!

My grandmother is a sweet, sacrificing lady that has given me everything in life to be successful. I've decided that I don't want any more education but she insists that I go ahead and complete my Masters Degree. She's just cleared her debt and paid my student loans and I can't bear to see her struggle again. How do I make her understand this without hurting her feelings? --Teena; Omaha, Neb.

Dear Teena:

Your grandmother pushing you towards a higher degree isn't a bad problem. It's good you're not a user and is willing to be concerned about her finances. Take the time and show your grandmother how to invest with the option that if you go back to school, you'll let her help. This way she can save money and have hope that you'll come to her first when it's time to hit the books again.

Dear Deanna!

I'm a white collar professional and my relationship is causing problems with my social life. My girlfriend doesn't have a degree and

lacks polish when we do things with my friends. I worry that she'll say something stupid and embarrass herself every time we go out. I want her to measure up to the women in my circle but she refuses and insists she want to be herself. I'm ready to end the relationship because my social life is important. --Anonymous; Orlando, Fla.

Dear Anonymous:

If you want a trophy, you need to buy a dog and place it in a dog show. Relationships are based upon personal truth, individual self-confidence and up front character.

If you're afraid of your girlfriends behavior in front of your friends, you should select new friends or change your stick in the mud attitude. You don't deserve this woman if you place your social life before the relationship. Do yourself and your date a favor by ending the relationship and find a fool like yourself to date.

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

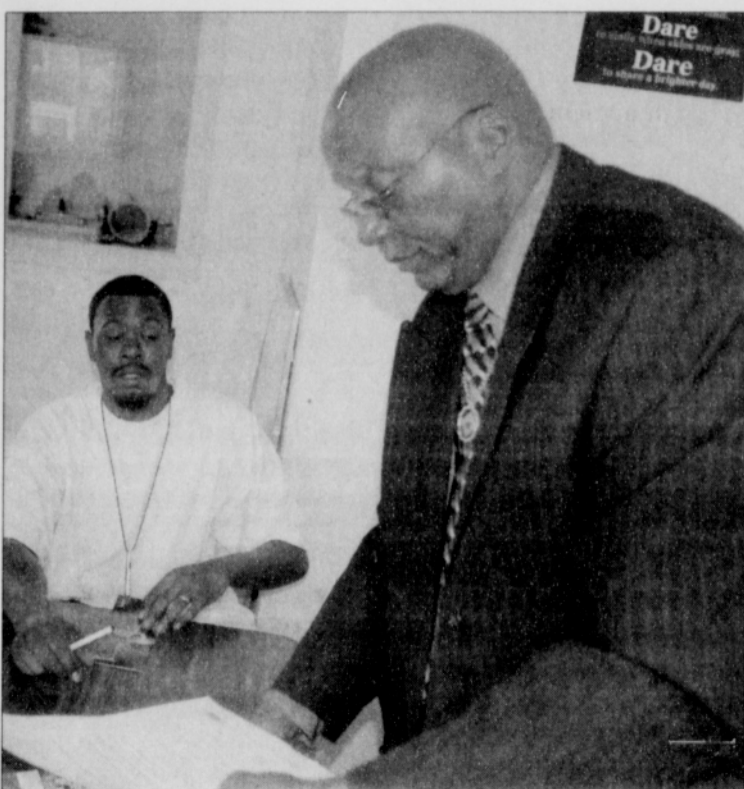


PHOTO BY MARK WASHINGTON/THE PORTLAND OBSERVER Herman Goudy (right) helps JaMaine Oliver with legal services during the pre-apprentice training program at Irvington Covenant Community Development Corp.

Youth Guided into Trades Goal is breaking cycle of poverty

Northeast Portland's Irvington Covenant Community Development Corporation offers a Pre-Apprentice Training Program for ex-offenders and at-risk youth who are at least 18 years old.

The pre-apprenticeship program trains individuals and places program graduates in living-wage jobs within the construction industry while providing for a continuation of their education.

The organization's goals are to establish a faith-based enterprise within the community, to break a cycle of poverty by promoting job skills, permanent job placement and affordable homeownership.

Irvington Covenant teaches transferable construction trade skills by working on home building projects, remodeling and repair, and building fences and decks.

The objective is to increase quality affordable homes and permanent, living wage jobs for low- and moderate-income residents of inner north and northeast Portland and other distressed areas.

The programs also ideally reduce the rate of ex-offenders who participate, while positively affecting the disproportionate number of minorities in juvenile and adult correction facilities.

Graduates will possess both technical and transferable job skills.

On a larger scale, ICCDC hopes to positively affect state and local government benchmarks for housing, job training, poverty, juvenile and adult crime, recidivism rates, unemployment, and volunteerism.

Core curriculum class hours are from 8 a.m. to 1:30 p.m., Monday, Tuesday and Wednesday; Construction Work skills hours are from 1:30 p.m. to 5:30 p.m., Monday, Tuesday, Wednesday and 8:30 a.m. to 4:30 p.m. Wednesday and Thursday.

Classes are held at 4003 N.E. Grand Ave.

For further information, contact Clarence Larkins, program manager, at 503-281-1784 or David Greenidge, executive director, at 503-281-1539.

NCAA May Expand Ban

Confederate flag at issue

(AP)--The NCAA will consider expanding its ban of championship events in South Carolina, possibly disallowing baseball and football teams from hosting postseason games, because the Confederate flag is displayed on Statehouse grounds.

Robert Vowels Jr., head of the NCAA's Minority Opportunities and Interest Committee, said his group received a request from the Black Coaches Association about widening the ban. Predetermined postseason events, such as basketball regionals and cross-country championships -- are now barred from South Carolina sites.

"I think it's something worth

looking at," said Vowels, commissioner of the Southwestern Athletic Conference.

The NAACP started an economic boycott of South Carolina in 2000 because the Confederate flag flew over the Capitol dome. The Legislature voted that spring to move the flag to the Confederate monument in front of the Statehouse. However, the National Association for the Advancement of Colored People has continued its boycott, saying the legislative action did not go far enough.

In 2001, the NCAA announced a two-year moratorium on awarding predetermined postseason events to the state.

The governing body has continued the ban indefinitely, saying that significant change on the issue had not taken place in South Carolina.

Dynamics of Diversity

'Diversity may be the hardest thing for a society to live with, and perhaps the most dangerous thing for a society to be without'

--William Sloane Coffin Jr., American Activist and Clergyman

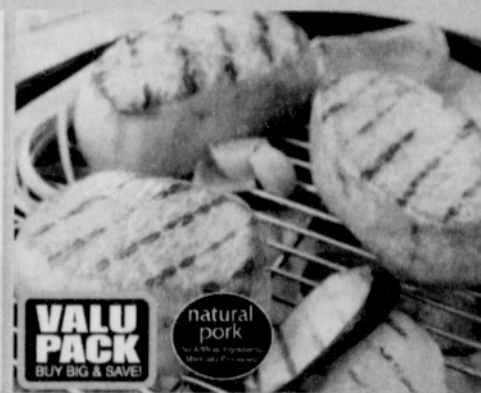
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Picnic Perfect Beef Patties Sold in a 5-lb. box. Frozen. SAVE up to \$3.01 ea.



6.99 lb CLUB PRICE

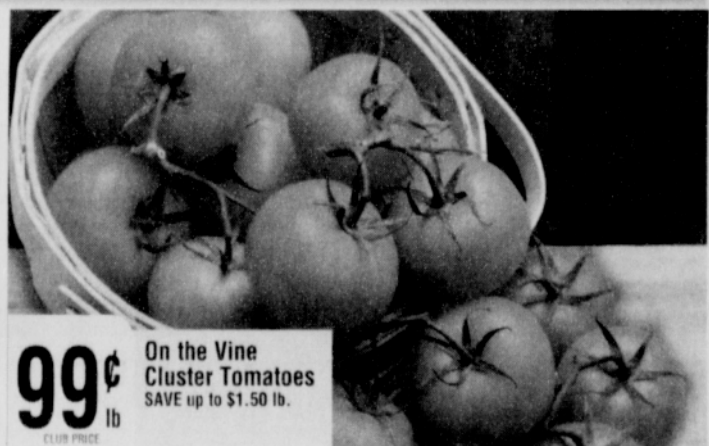
Fresh Wild Coho Salmon Fillets Weather permitting. SAVE up to \$1.00 lb.

Plus You are automatically entered for a chance to win every time you purchase Rancher's Reserve Tender Beef with your Club Card between July 26 and August 29, 2006. See store for details.



2.99 ea CLUB PRICE

Hermiston Seeded or Seedless Watermelon SAVE up to \$3.00 ea.



99c lb CLUB PRICE

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Chateau Ste Michelle, Domane Ste Michelle or Stone Wolf 750-ml. bottle. Selected varieties. SAVE up to \$3.79

Columbia Winery, Bridgeview or Red Diamond 750-ml. bottle. Selected varieties. SAVE up to \$4.99

Columbia Crest, Hogue or Oak Knoll 750-ml. bottle. Selected varieties. SAVE up to \$4.99

Hogue, Columbia Crest or Snoqualmie 750-ml. bottle. Selected varieties. SAVE up to \$4.49

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BUY ONE, GET ONE FREE General Mills Cereal 9 to 14.25-oz. Selected varieties. SAVE up to \$5.27 on 2

BUY ONE, GET ONE FREE Nabisco Mix 'n' Match Sale 12 to 18-oz. Selected varieties. SAVE up to \$3.99 on 2

BUY ONE, GET ONE FREE Safeway Butter Top Breads 22.5-oz. White or Wheat. SAVE up to \$1.89 on 2

14.99 24-Pack Budweiser, Miller or Coors 12-oz. cans or 30-Pack Miller Lite. Selected varieties. Plus deposit in Oregon.

BUY ONE, GET ONE FREE Ocean Spray Cranberry Juice 64-oz. Selected varieties. SAVE up to \$3.99 on 2

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