



PHOTO BY MARK WASHINGTON/THE PORTLAND OBSERVER

Spiritual Guidance against Gangs

DJ Spoons, also known as "Asa" sings praise to God at the 8th annual Youth Anti-Gang Outreach Ministry Sunday at Fellowship Missionary Baptist Church. The member of the PO Soul Entertainment and host of two Gospel radio programs was among a big lineup of entertainers, speakers and prayers in the fight against gangs.

Ask Deanna!

Real People,
Real Advice



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

Dear Deanna!

My son is growing up to be a very angry little boy because he misses his father. I had a relationship with his dad but broke up with him because I wanted to be with someone else. My son doesn't like my new boyfriend and he is misbehaving, throwing tantrums and his personality has changed. I want to take him to counseling but wanted to ask if you think he's rebelling because he doesn't see his real father anymore? —Anonymous; Denver, CO

Dear Anonymous:

Your son is hurt because his father is gone and you bring in a new uncle. As parents, you had an obligation to explain the changes to your son so he could adjust. In a child's mind, he sees his father leave and another man is now kissing his mother. Focus your attention on your child and get to the root of his problems. If counseling is an option for your son be prepared and open minded to some personal lifestyle changes because the results will be priceless.

Dear Deanna!

I have two best friends that are always talking about each other. I listen to what they say but I never repeat anything that I hear. They're going back and forth right now harder than ever and I'm being forced to choose sides. I don't have an issue with either one of them and I think they're being unfair. How do I choose who I want to be friends with because I can't be friends with both of them? —Nicki; Buffalo, NY

Dear Nicki:

Do yourself a favor and lose some weight by dropping both of them. If they don't value your friendship enough to shield you from their drama and games, then they don't deserve your friendship. You're not part of the problem now, but if you choose one over the other, you become a target from the other one. Before you make a decision, see if you can help your friends resolve their issues and if not, call it a three-way split and keep it moving.

Dear Deanna!

I walked away from a long marriage, a new home and a family because I wasn't happy. My husband and kids took me for granted and walked over me. I did all I thought was necessary such as counseling, hiring babysitters for the kids and losing weight. No one in the family has noticed or cared about my pain, or cries for help or attention. Now that I'm gone, ignoring everybody, they don't know what to do and are begging me to come home. What do I do? —Tom Wife; St. Louis, MO

Dear Tom Wife:

You need to have a major discussion with your husband who appears to be part of the problem. Your children don't have a choice but to fall in line because they don't pay any bills. Provide a list of your needs and wants and present them to your husband so you can get on the same page. If he's willing to accommodate the important things on your list then you have a chance of restoring your marriage and regaining personal balance and footing in the household.

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



BY KIMBERLY MATHEWS

Improving Your HEALTH

Helpful Holiday Eating Tips

Oprah Winfrey once said, "Getting my lifelong weight struggle under control has come from the process of treating myself as well as I treat others in every way." Start treating yourself the way you deserve this season, by maintaining a healthy lifestyle without giving up what you really enjoy about the holidays.

To help you avoid the problems of over indulgence (the average American gains about three pounds in the six week period between Thanksgiving and the New Year), the African American Health Coalition has come up with several helpful healthful holiday eating tips.

Eat smaller, more frequent meals during the holiday season. If you are not starving at meal times, you will be less likely to overeat.

Bring your own healthy dish to holiday functions to be certain there will be a healthy option for you and your family.

Load up on fruits and veggies at buffet-style events. Also, don't feel like you have to try everything. Pick your favorite foods and avoid things you are less interested in. You'll feel more satisfied and enjoy more of what you are eating.

Love your liver—it is the

major fat-burning organ. Avoid excess alcohol and caffeine and drink a lot more water to help aid your liver in its cleansing process. Also feel free to eat more of the following liver-loving foods: beets, peas, cabbage, garlic, onions, mustard greens, okra (not fried), yams, and sweet potatoes, to name a few.

Exercise, exercise and more exercise. Make time for a workout. Play with your kids and grandchildren. Take walks with family and friends. Do yard and house work or anything else that keeps you moving and burning calories.

Looking for something more structured? The AAHC offers free exercise classes. Contact the AAHC at 503-413-1850 or stop by our office at 2800 N. Vancouver Ave, Suite 100 for more information.

There's also a free diabetes support group that meets the first and third Thursday of every month from 7 p.m. to 8 p.m. in Room 1027 at Legacy Emanuel Hospital.

For more information regarding the AAHC, including nutrition, volunteering and donations call 503-413-1850 or email info@aahc-portland.org.

Kimberly Mathews is a program coordinator for the African American Health Coalition.

Fake Battery Reveals Meth, Cash

Last Thursday Portland police officers in southeast Portland discovered approximately two pounds of methamphetamine and \$44,260 in cash hidden in a car battery rigged with a hidden compartment.

Police said the drugs and cash belonged to Cristobal Valencia-Santoyo, 25, and Juan Carlos Lopez-Valencia, 24. Officers contacted the suspects, who were staying at a motel, and were given consent to search their room and vehicle after a night manager reported suspicious activity. Police discovered another \$6,480 in the motel room.

The two men who claimed to be from Mexico were arrested for possession, manufacturing and distributing a controlled substance.

Two pounds of methamphetamine and nearly \$45,000 in cash are found neatly hidden inside this car battery case in southeast Portland.



Help for Burned Out Family

A family who lost almost everything in a fire is in need of clothes, food or anything else that can be of help this holiday season.

Mary Umtuch and her three boys were recently left homeless when fire swept through her north Portland apartment. The oldest boy,

DJ was able to save his two younger brothers, Dyson and Dravis from the flames and smoke.

Umtuch's sister, Jennie Hodges is accepting donations for the family. To help, call 503-706-0546 or drop off donations at Hodges' home at 825 N. Blandena St.

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Holiday Meats
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It's time to plan your holiday meal. Come on in and we'll help you choose from our wide assortment of naturally raised meat and poultry, including many local options. Consider the standing rib roasts from Country Natural Beef, a co-op of local family farms. Check out our range-fed lamb raised by Kathy Panter in Riddle, Oregon. Ham lovers will be delighted with our homemade, nitrite-free maple-cured hams. If you prefer seafood, we encourage you to take home some of Sherry Tuttle's wild-caught Alaskan salmon or fresh Oregon crab from Patricia and John Edwards. Still haven't had enough turkey? We'll have plenty of our free-range birds available as well. Taste our offerings, make your selection, and we'll help you place your order and get at least one big item off your holiday "to do" list. Join us Saturday and Sunday from 11am until 5pm.



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Naito Lives Outside District

Residents of southeast Portland no longer have a county commissioner who lives in their district.

Multnomah County Commissioner Lisa Naito moved more than a year ago from her Laurelhurst home to the west side of Portland, but still maintains an office in her eastside district, the Willamette Week reported.

The county requires commissioners to live in their district for a year and a half before getting elected, but not after. Naito has served as a commissioner since 1998 and before that was a state representative for southeast Portland. Her current term will end in 2008.



Lisa Naito