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Charlotte Martin

Jefferson Grad Earns Doctorate

continued from Metro

tory course. After six years of teaching, Watson realized her true calling — teach teachers. She witnessed students who were marginalized and knew the difference teachers could make if they were rightfully equipped. Her quest for a doctorate in education began. Now, five years later, she will be

awarded a Doctorate of Education in Learning and Teaching with a concentration in Teacher Education, from the Harvard University School of Education on June 7. This was the best Mother's Day gift to date for her mother, her number one fan and source of inspiration. Watson's dissertation was entitled, "Norming Suburban: How Teachers Describe Teaching in

Urban Schools" and explored how teachers describe teaching urban students. Among other things, she found that teachers used code words such as urban and suburban, which allow them to express their racial beliefs without using race words (i.e. Latino, white, black). The Watson clan will come from near and far (New York, Oregon, Texas and Georgia) to celebrate

Dyan's triumph. After a summer of rest, Dr. Watson will report for duty this fall at Willamette University School of Education as an Assistant Professor of Education, in the Master of Arts in Teaching Program. Monetary gifts to help offset the high costs of her education can be donated to the Dyan Watson Fund at OnPoint Community Credit Union, account number 927876.

Dear Deanna!
I allowed a friend and her three small kids to move in with me. Her children are misbehaved, they lack manners and I feel like a hostage in my home. I stay in my room with the door locked because they are always asking questions, bothering me and they never sit down. I've discussed this with her and now I want to put them out. My walls are ruined, the furniture dirty and I'm willing to toss our friendship. Am I wrong? --**Stressed Out; On-line Reader**

Dear Stressed:
The moment you began to feel like a hostage is when you should've given your friend and her three terrors the boot. You're doing a favor and if she can't tame her kids and let them know they're not in a barn they need to go. Have a talk with your friend, point out the damages and if she's willing to pay, give her another chance. The second chance should be temporary while she finds a place and the kids must behave. If she

Ask Deanna!

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



doesn't comply open the door and tell her good-bye. **Dear Deanna!** I was an innocent victim when a fight started among my friends. I had nothing to do with it so after we went to court and everyone was convicted but me, I ended my friendship with everyone involved. They are now calling me a traitor and threatening me. They were all fighting over

a boy and have criminal records. I'm tempted to become friends again just to get them off of my back but I don't trust them. What should I do? --**Pam; St. Louis, Mo.**

Dear Pam:
You learned a lesson quick after getting beat up over an issue that wasn't yours. You're doing the right thing because you escaped trouble and jail once and it's wise to cut your ties with your loser friends. You should stay clear of them because they will certainly set you up in order to get even. Don't sacrifice yourself but instead find a new group of friends and give the old ones your backside to kiss and keep it moving.


Dear Deanna!
I have a sister that is allowing her teen daughter to take birth control pills. I disagree with this because she is being encouraged to have sex at a young age. This is irresponsible and my sister needs to listen to me. Other family

members are split on this issue but I refuse to back down. We are at the point where I'm thinking about getting child protective services or anyone else involved to get my niece removed from the home. Any suggestions I should take? --**Myra; Charlotte, N.C.**

Dear Myra:
You need to mind your business and be glad that your sister is preventing teen pregnancy. Obviously your niece is hot in the pants and her mother is making her be responsible. You look like a fool right now because you don't have a clue about what's really going on other than rudely giving your opinions. Again, the best suggestion is to mind your own household and if your sister wants your two-bit advice or help, wait and let her ask for it.

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

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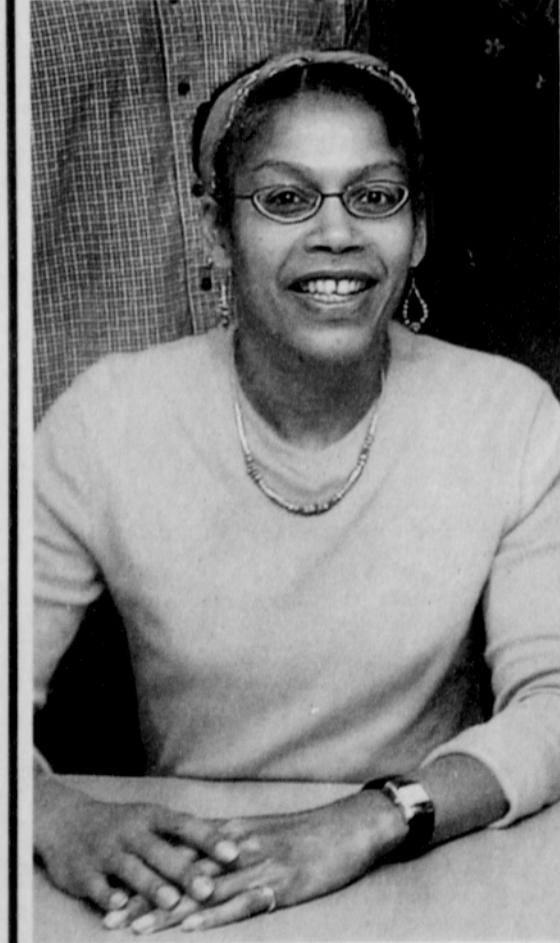
Jefferson Student Conference Friday

Jefferson High School students, like all teenagers, have a lot on their minds. On Friday, May 18 they will have an entire day to share their perspectives at a student conference designed to address their needs, from 8:15 a.m. to 3:15 p.m. on the Jefferson campus, 5210 N. Kerby. The entire school day will be set aside to specifically respond to the academic and personal challenges students

face at Jefferson. Students will be exposed to a host of highly successful business, community and citywide leaders. The day will include workshops, a panel discussion, keynote address, entertainment and a catered lunch. Speakers and workshops presenters include Jefferson's interim principle Cynthia Harris, Portland State University Black Studies Chair Dr. Dalton

Miller-Jones, Multnomah County Board of Commissioners Chair Ted Wheeler, CEO of Self Enhancement Inc. Tony Hopson, and real estate developer Ray Leary. The conference is free for students, parents and invited guests. Check-in begins at 8 a.m. For more information, contact Mark Jackson at 503-341-6161, email reaping@msn.com or visit www.reapusa.org.

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Young Artists Honor Unsung Heroes

continued from Metro

"She was buying properties that were crack houses and making a difference," said Swaback. "She didn't want bars on windows." That vision brought forth this year's Project Look Up. "The girls picked their heroes, we had a list of people and we would talk about what they did for the community," said Swaback. One student is related to Sen.

Margaret Carter and decided to depict her. Others include Rosalyn Hill, Lillian Pitt and Adrienne Cruz, all of which came and spoke to the girls earlier this year. Author damali ayo, who is famous for her book "How to Rent a Negro," is also depicted. National names like Maya Angelou are honored in paint as well. The list continues with women like Beatrice Cannady, a Portland newspaper editor and publisher in the early

20th Century who was recently honored in an Oregon Public Broadcasting special. Only some of the local female heroes know that they are being honored. The public is encouraged to visit Art Up during Saturday's Art Hop celebration from 10 a.m. to 6 p.m. There will be a dedication ceremony at 1pm. Also, the exhibit is open to the public during Last Thursday, May 31, from 6-9 p.m.

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Part 5. WHIPLASH: It doesn't take a serious accident to cause serious damage.

Q: How bad an accident does it take to actually cause whiplash?
A: While most people think of whiplash only as the result of a rear end collision, it can occur as a result of a fall or other sudden jolt. In car collisions, speeds as low as 5 MPH (a brisk walk) have caused whiplash. What's more, major studies show there is virtually no correlation between damage to the car and its occupants.

Q: How can I tell if whiplash has happened to me?
A: Whiplash often exhibits symptoms such as a sore neck, arm or shoulder, nausea, blurred vision and headaches. If not treated immediately, these problems can lead to other more severe ones. To complicate matters, it sometimes takes years before whiplash symptoms occur.

Q: What should I do if I've had a fall or a car accident?
A: Don't take any chances. Schedule a complete chiropractic exam immediately. Our office specializes not only in relieving whiplash symptoms, but also in making sure those problems don't become bigger ones down the road. For diagnosis of possible whiplash, or answers to any questions you might have about your health, please call us at the number listed right below.

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