

Giving Back

Dr. Wesley Harper and Pastor Mary Overstreet were recently honored at the Portland Rotary Club for their work bringing help to families impacted by Hurricane Katrina.

Overstreet, the pastor of Powerhouse Temple Church of God in Christ, was thanked for her continuous extended community service efforts and for her work with many families displaced by the 2005 Gulf Coast storm.

Harper, former co-chair of the local Rotary Club's Katrina Relief Committee, traveled to New Orleans with a team of volunteers to provide emergency assistance to the devastated region.



The Portland Rotary Club thanks Dr. Wesley Harper and Pastor Mary Overstreet for their emergency assistance to families impacted by Hurricane Katrina.

Dear Deanna!

I'm dating someone new and he has a child. My boyfriend's daughter is 10 years old and she has no manners or home training. When they come to my house she puts her dirty feet on the sofa, and leaves her cups and candy wrappers everywhere. I nicely asked her to remove her things one day and he became upset with me. This is a problem and I see the relationship won't go any further until this is addressed. How do I deal with this sensitive subject? -Andrea; Charleston, S.C.

Dear Andrea:

You need to let your boyfriend know that your home is not a barn and his child will not treat it as such. The next time they visit, handle your business and tell her to remove her feet, clean after herself or whatever else you need to do. If your boyfriend says something use that opportunity to share your expectations. Moving forward if he or his daughter ignores the rules you provided, addresses it once more and if they don't comply, dump them both and keep it moving.

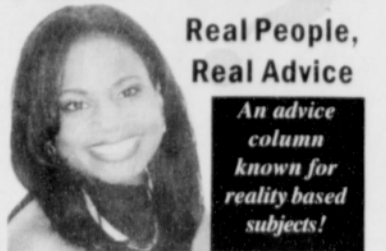
Dear Deanna!

I used to be a guy that played the field quite a bit. I've met someone nice and I want to settle down with her, build a future and perhaps have children or adopt. She tells me on a regular basis because of my past she's scared to trust me. I've slipped a few times but I'm working hard to be faithful, be committed and show her that I've changed. I've offered to go to counseling, I stay at home and I tell her everything but nothing is working. What do I do? --Ryan; On-Line Reader

Dear Ryan:

The universe has a way of balancing itself and now the exact thing you always ran from is running from you. You have to make changes within yourself and not try to change just for this relation-

Ask Deanna!



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ship. In stating that you've slipped, in a relationship, one time of anything wrong is one time too many. Her trust will be built over a period of time and with consistency. Be patient and your character and intentions will be revealed and she'll either accept you or deny you.

Dear Deanna!

I ended a violent relationship with a man I truly loved. He abused me verbally and physically all the time. I walked out one day and left my clothes and everything I owned. It has been a few years and I ran into him at church. He appears to be a changed man. I've had a few conversations with him and he wants another try. I've watched him in his new life and I think we have a chance at happiness. How can I protect myself if he goes back to his old behavior? --Anonymous; Baltimore, Md.

Dear Anonymous:

Don't fool yourself into thinking that just because he's in church clothes he's changed. Unless he's addressed the root that causes his ugly behavior, you have a situation similar to putting a band-aid on a chimney to repair the roof. You need to watch a lot longer and keep him at arms length and do not move in with him or be intimate until you've seen a consistent pattern of change. After awhile, if this is an act, he'll get tired and the real man will surface again.

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

Awareness for a Silent Killer

continued ▲ from Front

treatment has come a long way," and hopes that people will learn from her story the importance of early detection.

"It's a silent killer, because it hides in people's bodies, so the key is education," she says, taking comfort in the fact that she is not alone in her predicament. One in 12 African American carries the disease, making it more than possible to fill up Bethesda Christian church in north Portland with affected community members for an Oregon Health Sciences University-hosted

seminar on Wednesday, Sept. 29.

Outside of such occasional support-group events, "it's like a game of dice, because you never know who's a carrier," she says.

Parents who carry the trait have a 25 percent chance each conception of a child afflicted by sickle-cell disease. But Taylor worries about more than the illness itself when counseling parents about their reproductive choices.

Sickle-cell patients have faced employment discrimination, and only this April did federal legislation pass barring businesses from using a person's genetic informa-

tion to deny insurance coverage or job opportunities.

Congress saw the need to protect against genetic discrimination increasing with advances in science after it spent \$3.7 billion on the Human Genome Project, giving parents an accurate prediction of whether their child is "normal" or not. But such information has long led to problems for sickle-cell patients in the workplace or with health insurers, according to Taylor.

"Most of them are hiding their disease, because they're afraid it would cost them their jobs," she says. "There are some employers

who are uninformed and think that sickle cell will cost them more money."

In celebration of this year's awareness month and increased genetic-discrimination protections, Taylor and the Portland Observer are inviting sickle-cell sufferers to share their stories. To show the hardships of this disease along with the possibility of leading a somewhat normal life with regular blood transfusions and low-impact employment, call 503-288-0033.

For more information about the seminar, or the Sept. 22nd telethon in Gresham, call Taylor at 503-249-1366.

Food Origin Demands Intensify

continued ▲ from Front

than benefits."

Davison acknowledges the difficulty of getting everyone to agree on regulations from his own experience, saying, "Right now we're learning how to write policy governance, and that's taken up a lot of my time, because it's not easy."

Davison argues that the small effort involved in the actual labeling reaps huge psychological and physiological benefits for consumers, especially among those who are concerned about the health effects of foods. He notes that the government should provide a certain minimum of protections and information so citizens can be informed about their choices and pro-

tect themselves.

In Davison's case, labeling allows him to follow a strict diet that he uses to control his disabling condition: "I say I was diagnosed with multiple sclerosis, because if I say I have multiple sclerosis, western science can't do anything for that," he says.

Rather than waiting for Congress to release a 2008 Farm Bill with some labeling enforcement, Davison encourages consumers to vote with their feet by shopping elsewhere if a store isn't responding to cries for labeling.

"I'm not that old, but it occurs to me that you want to align yourself with something that's done right, be it a winning team or a business," he says.

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