

Economy Jolts Food Programs

continued ▲ from Front

nerable because many are on a fixed income and rely on stocks for their retirement, which have taken a serious hit in recent months, she added.

"Our fear is that donations will drop off to the point where we'll have to have a waiting list," said Finley.

Loaves and Fishes, unlike similar organizations in other cities, has never had to use a waiting list to cut costs. She added that the group is closely monitoring its financial situation and is hoping it won't come to that.

The Oregon Food Bank is in a similar fix. The organization distributes food to over 850,000 people a year through 20 affiliate food banks, and is seeing hungry people seeking help in droves.

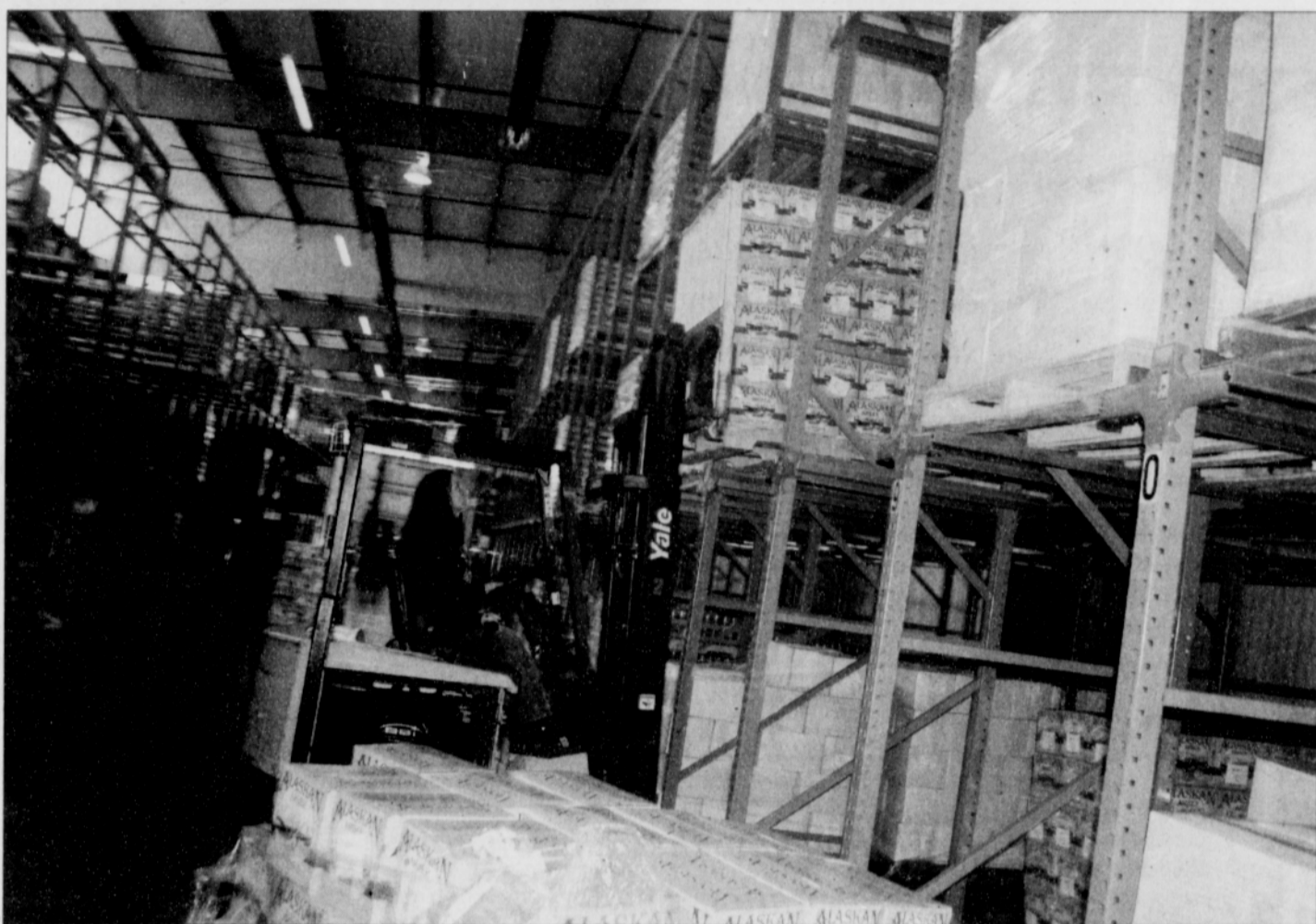
Oregon Food Bank spokesperson Jean Kempe-Ware said that many of its affiliates are seeing demand like never before. An organizational report finds a 13 percent increase in demand for food services locally, and 12 percent statewide.

Nine out of the group's 20 regional food banks have had record numbers of people seeking assistance, she said.

Kempe-Ware explained that people are losing jobs and simply don't have enough money to support themselves. She added

Our fear is that donations will drop off to the point where we'll have to have a waiting list.

— Loaves and Fishes spokesperson Julie Piper Finley.



Food donations are stocked onto shelves at the Oregon Food Bank in northeast Portland. Food Bank executive Jean Kempe-Ware said the organization is seeing demand like never before.

that many food pantries are seeing new faces from families who thought they'd never fall on hard times.

"They're seeing construction workers coming in for the first time. They're seeing realtors who've gone months without a commission. They're seeing now a whole number of groups of people who never imagined in their wildest dreams that they would need emergency food," said Kempe-Ware.

Of particular concern, said Kempe-Ware, is getting food to children.

She explained that when children are undernourished it affects their development and future productivity. Figures show that over half of the recipients to the Oregon Food Bank have children.

Kempe-Ware counts on the holidays for donations. However, she wonders if people will be as generous as they were in previous years due to the state of the economy, and won't have a handle on the organization's fiscal state until after the New Year.

She added she hasn't seen donations go down with the economy so far, and notes that people have usually seen the value of the service provided by OFB and continue to donate even in tough times.

Macy's Holiday Parade Friday

Macy's annual Holiday Parade will be held on Friday, Nov. 28 with a cast fun-filled march through the streets of downtown Portland.

The parade will start at 8:45 a.m. at Lincoln High School, travels north on Southwest 14th Avenue and then east on Alder Street, winding past the Downtown Macy's, then hanging a

right on Southwest Second to Taylor Street and ending back near Lincoln High School.

KGW Channel 8 will broadcast the parade starting at 9 a.m.

Shortly after the parade concludes, Santa will arrive at Macy's. Photos with Santa are available daily through Dec. 24 at Santaland, on the lower level of the store.

Zoo Admission Free on Thanksgiving Day

In appreciation for the public's support of a \$125 million bond measure to improve outdated exhibits and make the Oregon Zoo more sustainable, the zoo is holding an open house on Thanksgiving Day, with free admission.

From polar bears in the frigid Arctic to elephants in the forests of Asia, Thanksgiving Day visitors can visit animals from around the world.

"We're thrilled about the zoo's future and what the bond measure will allow us to accomplish," said Tony Vecchio, zoo director. "We hope the public will visit us on Thanksgiving



Samudra is the Oregon Zoo's newborn elephant.

Day so we can show how much we appreciate their support."

The bond will provide more humane care for animals by updating the elephant, primate and polar bear enclosures; protect animal health and safety by modernizing the zoo's substandard 45-year-old animal clinic; increase access to conservation education by providing more space for summer camps, classes and hands-on learning for kids, adults and families; and improve water quality and reduce pollution.

More information is available at oregonzoo.org or by calling 503-226-1561.



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

Dear Deanna!

I spend a lot of time being friends with women, listening to their problems and just being a great guy. I'm in a situation with a friend that I now want a relationship with but she isn't interested. Once I made my feelings known she has basically kicked me to the curb. I can't understand why she took my money, used my car and came to me with all of her problems but won't date me. What did I do wrong? --A.J.; San Diego, CA

Dear A.J.

You got played which is what insecure women, a few wives and silly girls do to the good men out there. You fell victim to a woman that wanted a guidance counselor and financial provider without any loving. These women are fine as long as they get what they want without giving up anything. Consider yourself blessed to be out before your credit was ruined and you were left looking foolish with a broken heart.

Dear Deanna!

At what point do you give up on a spouse that can't get up and make things happen. I've sacrificed so many of my dreams and goals to support my husband. I've had job offers in other states, business opportunities and more. I felt sorry for being a high achiever so I always stayed at a

certain level so he would shine. The years have gone by and he's burned out but my opportunities are still available. Is it a problem if I go for it? --Anonymous; Shreveport, LA

Dear Anonymous:

If the shoe were on the other foot, he would leave you in the dust and hope to meet you at the finish line. You're a team and all rewards should be shared so it doesn't matter who has the title of superstar. If your husband hasn't complained, this is a reflection of your feelings that are way off base. Unless you want to be dusty looking in a mirror of failure, you have the answer and should take the leap forward with no turning back.

Dear Deanna!

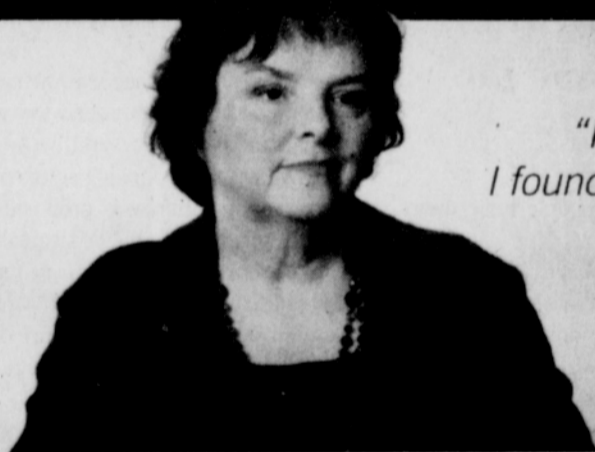
I recently gave birth to a baby girl. My boyfriend was hoping for a boy and he seemed disappointed. Things were fine until the baby was three months old. My boyfriend stopped coming around and when he did, he always seemed distant. I later learned that he has a new son that is a month older than my daughter. He cheated on me, got someone pregnant and we had our kids at the same time. I am devastated and don't know what to do about this relationship? --Devastated New Mom; Queens, NY

Dear Devastated:

Your first mistake is having a baby out of wedlock. Another mistake is a boyfriend that showed disappointment because of the baby's gender. You can see in advance that if you stay with this man you're going to have cheating, drama from another woman and a stressful relationship. It's to your advantage to organize the child support payments and seek commitment. If he won't do the right thing, kick him to the curb, raise your child and keep it moving.

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

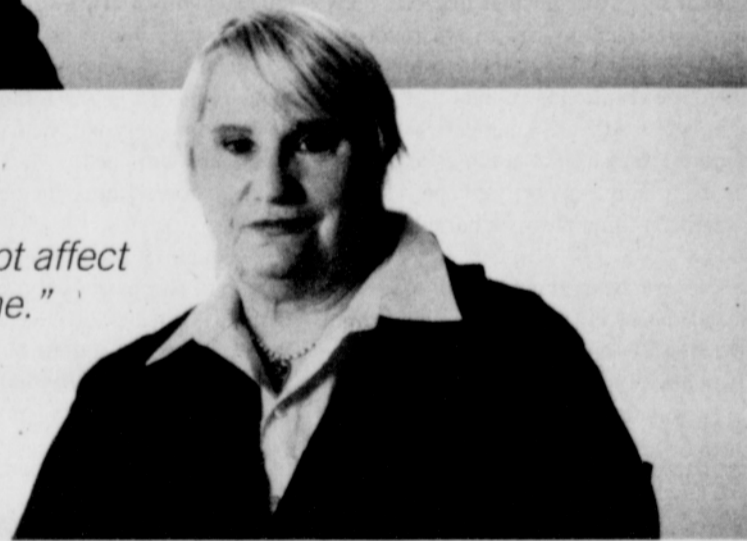
"The desperation came from not being able to stop gambling."



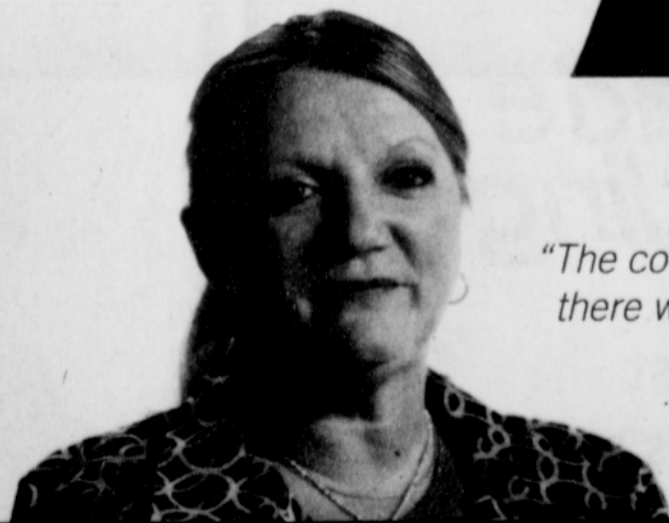
"I made the call to get some help. I found people that really understood me..."

"I was mesmerized."

"I didn't know that gambling did not affect everyone the way it affected me."



"The counselor made me understand that there was hope and I have not placed a bet in 6 years."



Problem Gambling Helpline 1 877 MY LIMIT

Treatment is free, confidential and it works.

Professional counselors are available 24 hours a day, 7 days a week. Log on to 1877MYLIMIT.org for more information or to chat with a counselor on line.