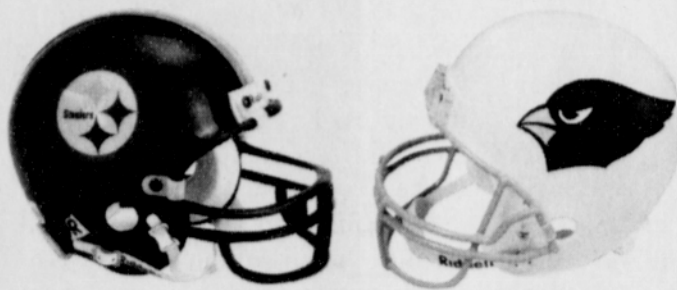
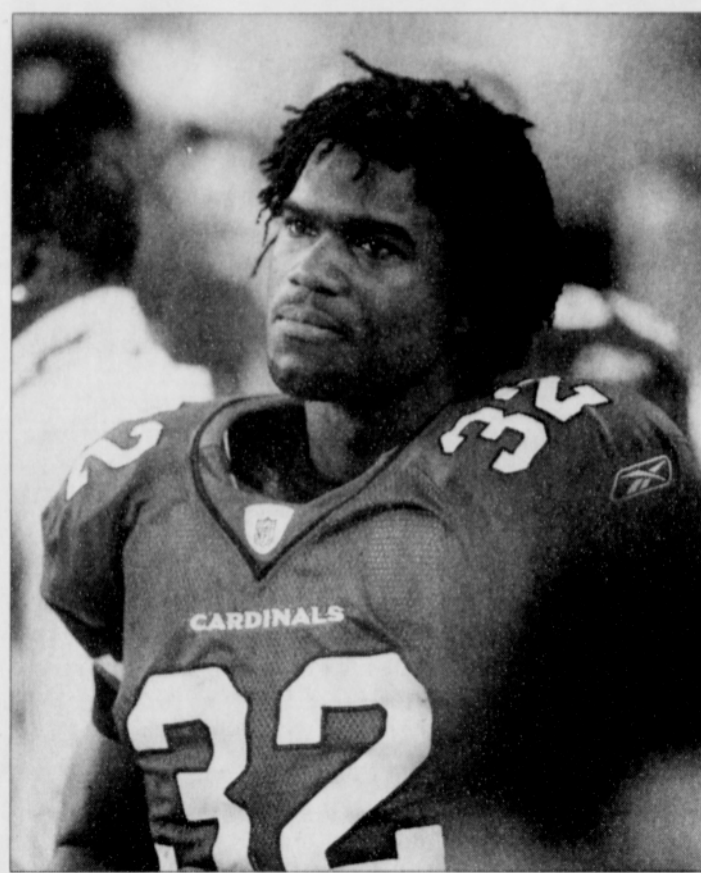


Pittsburgh safety Troy Palamalu is one of the best all-around players in football.

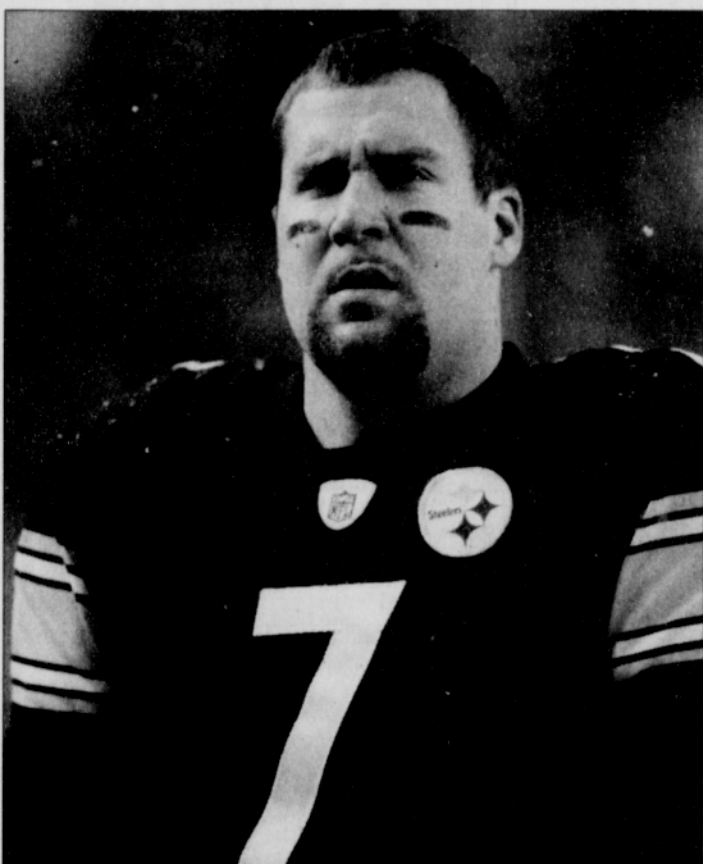
Super Bowl XLIII



Cardinals, Steelers meet Sunday



Arizona's Edgerrin James has 200 yards rushing in the playoffs.



Pittsburgh quarterback Ben Roethlisberger looks to his first Super Bowl.

(AP) — Arizona and Pittsburgh will play a historic Super Bowl in Tampa, Fla. Sunday; a team with a history as bad as any in the NFL against one that will try to win a record sixth title.

The game will be broadcast on NBC (KGW Channel 8) with kick-off scheduled at 3 p.m. (PST). A 4-hour pregame show begins at 10 a.m. Sunday.

The Pittsburgh Steelers topped the Baltimore Ravens 23-14 two weeks ago to enter the championship game after the Arizona Cardinals beat the Philadelphia Eagles 32-25.

The matchup is intriguing — Steelers coach Mike Tomlin vs. the Cardinals' Ken Whisenhunt, the offensive coordinator when the Steelers won the Super Bowl three seasons ago. He went to Arizona only after being passed over for Pittsburgh's job.

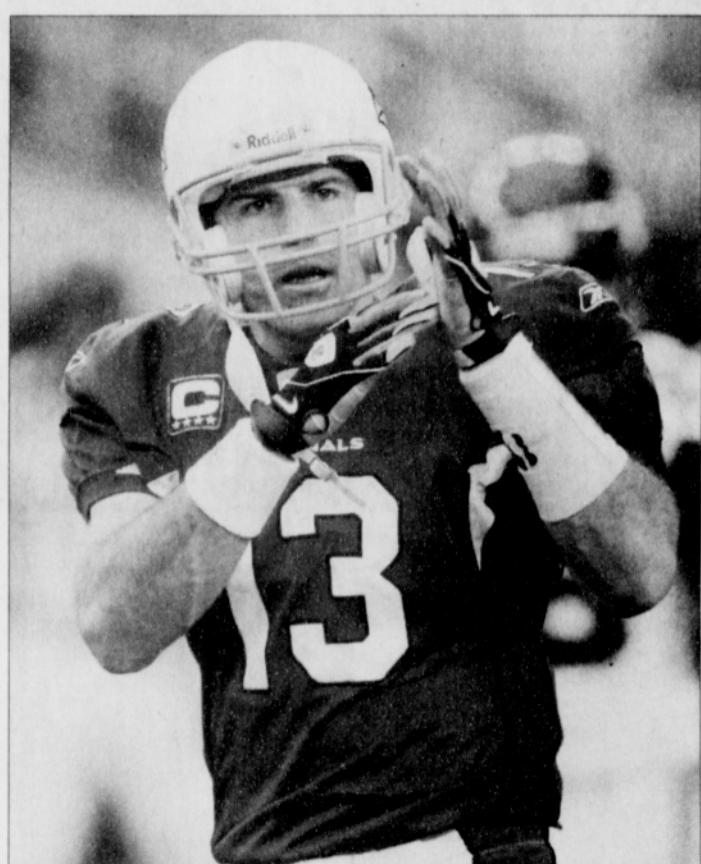
The Cardinals won the NFC West with a record of 9-7. Founding members of the NFL, the team historically is among the most dysfunctional franchises in the league and are going to their first Super Bowl.

The franchise last won an NFL title in 1947 when the team was known as the Chicago Cardinals.

"It's a great moment," said safety Adrian Wilson, the longest-tenured Cardinal. "To be here, to go through all the teams, to go through all the players, it's big for the whole organization. It's big for the players who are here right now.

Not that the Steelers don't have a special feeling about their surroundings. Even though a huge chunk of them have been this route before, the cameras were out, the smiles were wide, and the warm sun was welcoming as they arrived in Florida.

"Are you kidding?" said wide receiver Hines Ward, the MVP of the Steelers' 2006 Super Bowl win over Seattle. "It's very nice to be in Tampa; it was snowing on our way here. They had to defrost the plane there was so much snow on the ground."



Arizona quarterback Kurt Warner is a two-time League MVP.

Dear Deanna!

I ended my relationship with my boyfriend because I thought I wanted someone more active, exciting and could give me thrills. I now realize I had everything I needed in the man I was with. My ex-boyfriend has a good job, making a lot of money and he's dating someone else. I want him back and it hurts me looking at this woman living the life I was supposed to have. How do I approach him and let him know that I want another chance? --Anonymous; Charleston, S.C.

Dear Anonymous:

You didn't miss the water until the well ran dry and now you have to look at the life you missed out on. You got what you deserved because you were selfish and only thought about yourself and your agenda. It appears he's happy in his new relationship. You can call him on the phone or talk to him direct. However, you must remember that you left him for another man. If he rejects you, or hurts your feelings, get over it because the pendulum of karma just swung back.

Dear Deanna!

I'm in a dilemma and don't know how to get out of it. I got caught up in my relationship and asked my girlfriend to marry me. I realize

Ask Deanna!



Real People, Real Advice

An advice column known for reality based subjects!

now this is the wrong decision and this is not the woman I want to spend my life with. We've dated for a few years and now her wedding plans are in full swing. Her mother has called caterers, ordered dresses, and printed invitations. It's getting out of hand and I'm nervous and scared. How do I end this now? --Wrong Groom; Washington, D.C.

Dear Wrong:

You need to put the brakes on this ordeal immediately. Many people are going to be hurt but you should prevent financial loss, pain and embarrassment while you can. Be a man and tell your girlfriend the truth and offer to reimburse everyone for money they've spent. Once you've done this, you need to end the relationship. If you choose not to be committed, don't play any more games. You need to close the deal on a good note and keep it moving.

Dear Deanna!

I'm having huge arguments with my girlfriend because she can't seem to get enough of her friends. We have a social life that's active considering our jobs and lifestyle. All of a sudden she wants to go out three nights a week and she's hanging out on work nights. The only time I see her is when she's on the phone making more plans or leaving the house. How do I ask her to choose me or her friends and her new party life? --Walt; Phoenix, Ariz.

Dear Walt:

There's a possibility your problems are more about the relationship than about her friends. You should offer to join her when she goes out and if she says no, then be prepared to have a conversation. Be direct and ask her why she has the need to be so active, what can you do to improve your social life and be willing to make personal changes. However if her honesty hurts your feelings don't take it personal but use the feedback to improve your situation.

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 Patton Park Apartments, new affordable housing constructed around the MAX Yellow Line on North Interstate Avenue, south of Killingsworth Street, celebrates its opening.

Patton Park Apartments Opening

Interstate REACH Community Development will celebrate the opening of its newest development, Patton Park Apartments, on Thursday, Feb. 12 from 11 a.m. to 1 p.m.

With ground-floor commercial spaces and four stories of apartments, the mixed-use transit oriented development is poised to add vitality to north Portland and the MAX Yellow Line.

The project was sponsored by TriMet and is located just south

of the North Killingsworth Max Station and across the street from Patton Square Park and the Interstate Firehouse Cultural Center.

Officials said Patton Park Apartments is a key component to building a strong commercial and residential community around the MAX station.

The apartments are the first affordable housing built on North Interstate Avenue since the MAX Yellow Line was completed. Its 54 units and amenities are designed

to help meet the needs of a Portland area where families have struggled to keep their homes as a result of gentrification and the economic downturn.

With 400 households on the waiting list, REACH predicts Patton Park will lease up fast.

An Open House will also be held the evening of Feb. 12 from 6 p.m.-8 p.m. Artwork in the lobby, created by local artists Issaka Shamsud-Din and Mo, will be dedicated at 7 p.m.

Peninsula Little League 2009
 (Serving the Youth of Inner North & Northeast Portland ages 5-14)
 visit our website at: www.eTEAMz.active.com/peninsulalittleleague
 Registration available on-line beginning January 15, 2009

Softball Program

Level	Ages
Minor	8 - 10
Major	10 - 12
Junior	13 - 14

Questions contact:
Mark Washington ~ 503-288-0033
markw@portlandobserver.com

Items to bring to sign-ups:
 Birth Certificate
 Proof of Address
 Doctor/Insurance Info
 Player Fee

Regular Sign-ups
 \$64/T-Ball, \$74 All other levels
 This fee includes the pepperoni fund raiser.
 Sell one bag of pepperoni and get \$24 off fee.
 Each bag contains 24 sticks

Peninsula Park Community Center
 700 N Portland Blvd
Saturdays:
 February 7, and February 14
 10:00 am to 1:00 pm
Thursdays:
 February 5, and February 19
 6:30 pm to 8:30 pm

Registration forms can be completed in advance by downloading from our website

Baseball Program

Level	Ages
T-Ball	5 - 6
Farm	7 - 8
Minor	8 - 10
Major	10 - 12
Junior	13 - 14

Questions contact:
Jjay Lincoln ~ jlinks@gmail.com

Little League Baseball, Incorporated does not limit participation in its activities on the basis of disability, race, creed, color, national origin, gender, sexual preference or religious preference.

Happy 100th Birthday
 Ethel E. Thomas celebrated her 100th birthday on Dec. 24.

We love you,
 From the Allen and Harper family

C-Tran Fares to Increase

The C-Tran Board of Directors has voted to approve a proposed fare increase that will take effect on Sunday, March 1.

The board approved an average 15.5 percent increase on most fares, with a few exceptions:

All Zone cash fares will not change and Express fares will not change. Cash fares for youth, seniors, and disabled categories will decrease from \$1.20 to \$1.15.

More information can be found at c-tran.com or by contacting C-TRAN's Passenger Service Office at 360-695-0123.