

# HEALTH MATTERS

## Birth Experiences Survey

If you're a black woman who gave birth in Oregon in the last five years, the International Center for Traditional Childbearing wants to hear your birth story.

Do you think your medical care during your pregnancy, birth or post-partum experience could have been improved?

The ICTC is an African-American led organization that wants to collect local birth stories to improve pregnancy and birth experiences for women. The nonprofit group is dedicated to infant mortality prevention, breastfeeding promotion, midwifery and doula training.

The survey can be taken online by visiting [ictcmidwives.org](http://ictcmidwives.org) or you can set up an appointment to take a 10 minute survey with an ICTC staff member by phone at 503-460-9324.



Advertise with diversity in The Portland Observer  
Call 503-288-0033 ads@portlandobserver.com

### Hodge Comprehensive Counseling Service

HCCS



**Dr. H. L. Hodge, Ph.D.**  
*Life Change Specialist, Licensed Pastoral Counselor, Professional Trainer. Dr. Hodge has 20 years addressing Life Stressors*

*Healing from past hurts, adapting to new circumstances or recovering from a crisis; a Faith-Based counselor will be life changing Hodge Comprehensive Counseling provides. Life change HCCS provides cognitive behavioral services from a Biblical perspective with sound psychological principles.*

**HCCS Specialties Are:**

- Education Training – Workshops & seminars to facilitate personal enrichment.
- Counseling – Helping clients find solutions to life problems.
- Substance Abuse Education Providing tools for overcoming & recovering using Meditation & Relaxation Techniques for Stress Reduction/Pain Management.
- Grief Counseling—dealing with loss & separation, anxiety, depression, & phobias as well as (PTSD) Post-Traumatic Stress Disorder the 5th most common mental health disorder.

Portland Congress Center  
1001 SW Fifth Avenue,  
Suite 1100  
Portland, OR 97204

Phone: 503-220-1790  
Fax: 1+503-220-1815

Email:  
[hodgehspks@msn.com](mailto:hodgehspks@msn.com)

~By Appointment Only~

[www.nwvoiceforchrist.com](http://www.nwvoiceforchrist.com)

**Dear Deanna!**

I have been designated as the babysitter and caregiver for my younger brothers and sisters. My mother started having kids again after I turned 13. Now I'm in college and I can't get my homework completed, I stay tired all the time. I try to talk to my mother but she is always fussing about her boyfriends, my siblings' fathers and money. I don't want to quit college or ruin my relationship but it looks as if that's where things are heading. What can I do? --Tamyra Jackson; On-Line Reader

**Dear Tamyra:**

Families stick together no matter what and in your case, you have to be the glue. You may not see it, but your mother is doing the best she can with what she has. All you can do is hang in there, help the best you can and push yourself harder to become better and achieve. You should work out a schedule with your mother, college and the kids and be sure to rest and stay focused. You will get your reward in the end after you've done the right thing.

**Dear Deanna!**

I want more out of my current relationship but I think my past is causing negativity between us. I have been known to have more than one boyfriend and play the field but I've changed. I'm ready to settle down but my past seems to haunt me on a regular basis. My boyfriend tells me he would commit but he's afraid he can't trust me. What can I do to prove that I've changed and can be trusted? --Anonymous; Charlotte, N.C.

**Dear Anonymous:**

People believe that once you're a cheat, you will always be a cheat. Your lack of care for your morals is

## Ask Deanna!



**Real People, Real**

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

hands. Whether he's with your cousin, a friend or a stranger, you had your chance, it didn't work out and now he's onto someone else. You have enough time to hold on to your sanity and find a relationship that's good for you. Hold your head high and let the past be the past and although your cousin has him, realize that he's cheating on her but it's not with you.

Ask Deanna is written by Deanna M. Write Ask Deanna! at the email [askdeanna1@yahoo.com](mailto:askdeanna1@yahoo.com) or 264 S. LaCienega Blvd. Suite 1283 Beverly Hills, CA 90211. Website: [www.askdeanna.com](http://www.askdeanna.com)

giving you a dose of reality that you can't seem to swallow right now. You've shown your boyfriend quite a few things when you thought he and others were not looking. The only thing you can do is stay on the straight and narrow path in your relationship, meet his expectations and demonstrate to him that you're on his team seeking longevity and a future.

**Dear Deanna!**

My cousin has betrayed me by getting with my ex-boyfriend. We had a break-up but I felt there always hope to get back together. I'm having a hard time because of the family issue and now they're having a baby together. I'm trying to control myself and keep it together because he was seeing her when he was with me. I was doing fine and moving on until he called wanting to have a fling. I'm torn between seeing him and telling my cousin. What do I do? --Miserable But Holding On; Denver

**Dear Miserable:**

If you think things are bad now, go ahead and get with him and you'll have a living nightmare on your

## Chiropractic Auto Injury Clinic, PC

Zchon R. Jones, DC

333 NE Russell St., #200, Portland, OR. 97212

(503) 284-7838

Truly making a difference in the lives of Auto Accident victims and Injured Workers for 16 years. If you or someone you know has been in an accident, call us so we can help you with your needs. (503) 284-7838



We are located on the corner of MLK and Russell Street, on the second floor above the coffee shop.

