### **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 thirteen. 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 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 am fresh out of a long term relationship and I really enjoy my single life and freedom. My girlfriends all envy me and now their boyfriends are accusing them of cheating and looking for men when they hang out with me. I am not going to water down my lifestyle right now and my friends are having a hard time with this. They say that I am acting loose and as if I don't have any morals. I think they're tied down to balls and chains and are jealous. Am I wrong? --Happy and Free; On-line Reader

### Dear Happy:

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

women as well as they think. If your behavior is affecting them, you need be the glue. You may not see it, but to cool off and slow it down a bit when you're around them. These are your friends and you need to still show some respect and regard for the differences in your relationships, or lack thereof. At the end of the day, enjoy your life and realize that everyone is responsible for their choices. Yours just appears more fun right now

### Dear Deanna!

My husband is very selfish and inconsiderate. We have a healthy relationship, our finances are good and we are good parents to our children. The biggest issue in the relationship is the fact he won't help with anything. I have to do all the shopping, cleaning, planning for activities and everything to run the household and our lives. If I don't do things he'll sit like a lump on a log. If things don't get done, we argue. How can I get him to meet me in the middle? -- Tired; Toledo, OH

### **Dear Tired:**

Your husband is a lost cause if you don't have him trained or house The men of your friends are inse- broken by now. You should look on cure and obviously don't know their the bright side and be glad he has a

job, he's not abusive and he's vate your husband and get him involved with the children instead of being on a milk carton like a dead beat dad. Take an analysis of the pros and cons in your marriage and if the negatives are more than the positives seek counseling, hang in there and do the best you can to moti-

moving.

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

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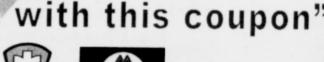
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Se habla español: other interpretation by appointment



Dr. Billy R. Flowers (above center) and his skilled staff are ready to help those in need.

An ongoing series of questions and answers about America's natural healing profession.

# PART 11. EXERCISE: Does it help low back problems, or only make them worse?

A friend of mine showed me a series of exercises designed to help her low back problems. Is it all right for me to use them, too? : It would be enlighten- ing to know the number of people with qualified back problems (fixation on the spinal joints) who are told they only need to exercise. They are given a brief exam and a sheet of stretching exercises to follow. They are led to believe nothing else need to be done. This is only incomplete therapy, it is also therapy that could easily lead

to very disastrous side effects. When we exercise and stretch muscles without removing the cause of the spasms, it actually forces the body to degenerate faster. You are better off to have done no exercising at all. In Chiropractic, we know the exercise is an important part of health, but only after Chiropractic care has removed the spinal fixa-

tions that caused the problem in the first place. Then and only then can the spine be correctly stretched and strengthened without traumatizing muscles and nerves. For a safe, gentle accurate assessment of your spinal situation or for answers to any questions you might have about your health please call our office.

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