



ASK DEANNA!
*Real People,
Real Advice*

Ask Deanna! Is an advice column known for its fearless approach to reality-based subjects!

Dear Deanna!

I'm the only girl out of five boys in my family. I'm not the oldest but because my mom was a single parent, I had to grow up too fast and take care of my siblings. I've been on my own for two years and my mother won't accept the fact that she can't boss me around anymore. I don't mind babysitting while she works but my life is my priority. We argue a lot because I won't stay from work, skip college classes or give her money. How do I deal with this and hold on to respect?

Tired Daughter
Columbia, SC

Dear Tired Daughter:

You've been a babysitter for so long that your mother feels the loss and the financial impact. Your mother spent so much time working and raising the kids she didn't notice you growing up, developing your own personality and becoming a woman. She still views you as a child. Have a discussion with her as you help her begin to know you as an adult. Remind her the other kids will be grown soon as you offer to help when you can and when you can't offer solutions that may help.

Dear Deanna!

My boyfriend gave me a fake purse for my birthday and I really liked a lot. My mind changed drastically when I found out he gave someone else a purse like it. However, the purse he gave to another girl was real and he spent a lot of money on it. Now I'm beginning to think that he cheats on me because I've noticed changes in his behavior, he disappears and acts funny. I guess he's been doing this for a while but the purse made me notice.

Suspicious
Online Reader

Dear Suspicious:

The moment you learned he gave another female a gift is the moment you should have got with the program. To make matters worse, he gave you the cheapie so that should tell you how he really feels about you. Its shameful that it took a material possession to reveal what you were too silly to see. All in all you came out on top. Look on the bright side and thank him for sparing you from a broken heart, looking like a fool and getting played like a sucker.

Dear Deanna!

My brother is dating a girl who is using him. She's pretty and that's why my brother runs after her like a sick dog. It really bothers me to see this. He acts as if he has to do everything for her, do what she says and can't think for himself. I've seen her out with guys and she talks on the phone to several of my male friends but she claims it's innocent. I don't believe her especially after seeing her in the club with a guy. How do I expose her and her lies?

Temia
Sacramento, CA

Dear Temia:

If your brother wants to be a mat that's walked all over, there's not much you can do to change it. Obviously he's content being used and sharing his girlfriend. The best you can do is give him advice to be cautious, pay attention to the signs and be clear of his expectations in his relationship. If he chooses to ignore the words of wisdom, sit back and be ready to support him when she takes him to the cleaners, hurts him and bleeds him dry.

Write: Ask Deanna! Email: askdeanna1@yahoo.com or 264 S. LaCienega Blvd. Suite 1283 Beverly Hills, CA 90211 Website: www.askdeanna.com.

Movie on Islam to air in Oregon

WASHINGTON (AP) - A television documentary about Islam that has been the subject of a nasty fight between the filmmakers and PBS will see the light of day after all.

"Islam vs. Islamists: Voices From the Muslim Center" will air on the Oregon Public Broadcasting

System's five stations, thanks to an agreement reached this week.

The company will also act as distributor for the 52-minute documentary for possible broadcast on other PBS stations nationally.

The documentary was paid for by the Corporation for Public Broadcasting, a

taxpayer-supported, private corporation that funds public radio and television stations.

It was one of several the CPB paid for as part of a \$20 million project supporting films that would examine the challenges facing the nation following the terrorist attacks of Sept. 11, 2001.

The CPB does not pro-

duce or distribute programs. WETA, the Washington public television station, oversaw production and packed the series of films for distribution by PBS. After viewing the documentary, WETA and PBS asked the producers to make changes, saying it needed work.

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CBC takes health tour around nation

By Amber English
Special to Sentinel-Voice

(NNPA) — Recent figures from the National Center for Health Statistics show that over half of all African-American women are obese.

In response to this alarming trend, members of the Congressional Black Caucus in conjunction with the CBC Foundation are stepping off Capitol Hill and into cities across the country.

On June 16 they kick off the 2007 Black Health Empowerment Project tour, a series of free community health events held across the country to raise awareness of obesity and chronic diseases among African-Americans. The tour begins in Detroit.

It will move on to Atlanta on June 30 and to St. Thomas, Virgin Islands on July 21.

"Regular exercise and proper nutrition are critical to good health and longevity. We need to make healthy living a priority in our families and our communities," said CBC Chair Congresswoman Carolyn Cheeks Kilpatrick, D-Mich., in a written statement.

"I am pleased the Black Health Empowerment Tour is coming to Detroit. This event gives families an opportunity to learn about important health issues, speak with experts, and explore available resources. It also empowers them to make in-

formed choices that will affect them for a lifetime."

In 2005, the CBCF began the initiative with a kick-off event in Baltimore, hosted by Rep. Elijah Cummings, D-Md.

It attracted thousands.

Now, in its second year as a nationwide tour, the BHEP tour aims to attract even more African-American adults and children.

This year the tour will incorporate a more interactive portion, in addition to the health forum and expo. BHEP program coordinator LaShonya McNeil says the goal is to create an "old school games competition," reminiscent of elementary and middle school field days.

The initiative, sponsored by AstraZeneca, a pharmaceutical company, is currently slated to last three years.

But McNeil says that with the support of more sponsors, the CBCF hopes to extend and expand the reach of the project.

The CBCF encourages people who would like to see the tour stop in their city to let them know by visiting www.cbfcinc.org for more information.

McNeil says the goal is to make people understand that healthy living is not boring.

"We want to allow participants to understand healthy living is attainable in a fun way."

Foreman—

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there are no gas stations out there."

Ali turned out to be prophetic, but not before Foreman had some moments of his own. If he was drugged, he looked pretty good early as he threw punch after punch at Ali. But he was punching himself out, and Ali turned the fight around late in the fifth round.

By the eighth round, Foreman's punches were meaningless and Ali used a flurry to knock him down and end the fight. Foreman was banged up and bitter, and increasingly suspicious.

"I left Africa sore, went to Paris, went to Hawaii, and then, finally, a man who looked after me said 'Now you look a little better,'" Foreman said. "Nobody believed me. Everyone laughed at me."

They weren't laughing when Foreman came back to become champion again. He hopes they're not laughing now. "If you think I need to sell books, you're wrong. I need to tell my story," Foreman said. "The story is trust in God and forgive your enemies." An even better story might be to forgive and forget.

African Americans are twice as likely as others to have a stroke.

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