



ASK DEANNA! Real People, Real Advice

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

Dear Deanna!

I want to respond to the comments you gave to Overweight Wife in Toledo, OH. I think you were out of place and crazy to say that her husband is changing because she gained weight. He has fallen out of love and has probably changed his mind on a few things. You need to apply more mental applications with some of these things than look at physical. If her mind and outlook is the same, then he will still love her regardless of the weight gain.

Debra
Jacksonville, FL

Dear Debra:

You know good and well a man will lose his mind if he marries his bride as a size five and then she blows up to a size fifteen. For the record, it will become a mental and sexual issue because men are always more physically stimulated. By the way, perhaps you should experiment and throw on a few extra pounds and see if your man still comes home on time every night or gets intimate with the lights on.

Dear Deanna!

I'm close to an emotional breakdown. My boyfriend is causing me so much stress that I can't eat, sleep or do anything. I have lost so much weight. He comes in late, criticizes everything I do, and he smokes inside the house. I think he's also cheating, too. I stay because he takes care of me but there's no love. I'm at the point where I feel he views me as his personal maid. The verbal abuse is too much, but I can't seem to break away. What should I do?

Jasmine
Chicago, IL

Dear Jasmine:

You're in the middle of a serious time bomb that's going to explode and you'll be the one hurt. This is a relationship of convenience and your man gets all the benefits and you get nothing but stress. If you're seeking a future heart attack, nervous breakdown and severe weight loss, then stay for the ride. If you're interested in good health, peace and respect then raise your standards, love yourself, find a new love and keep it moving.

Dear Deanna!

My best friend from high school needs to get her life together. I have a job, responsibilities and I'm paying my way through college. She's a nice person but doesn't understand that I no longer want to reflect on high school days or hang at the mall. She works at a movie theater and she doesn't understand and can't relate to my conversations about life or business. I don't want to hurt her feelings, so please tell me how to deal with her?

Anonymous
Online Reader

Dear Anonymous:

In simple terms you've outgrown your friend and the days of being a high school kid. No, you haven't been around the block yet but you're beginning to figure out a few things that make sense. The most you can do is encourage her to strive for things in life and set some goals. However, don't spend too much time because it's always easier to pull someone down than lift them up and that should help you as you try to be a good friend and good role model.

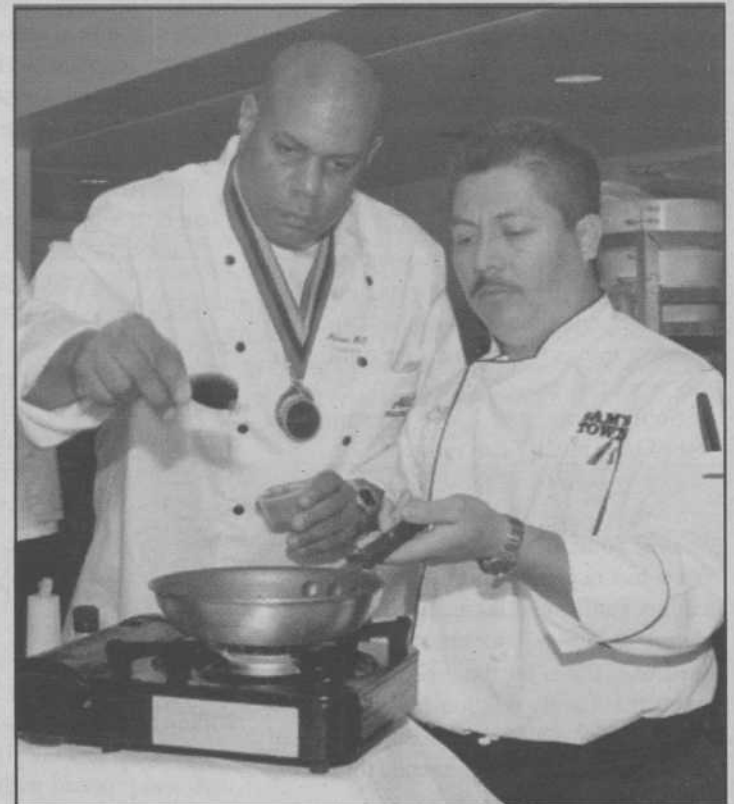
Write: Ask Deanna! Email: askdeanna1@yahoo.com or 264 S. LaCienega Blvd. Suite 1283 Beverly Hills, CA 90211 Website: www.askdeanna.com.



CHEFS HIT FOOD HOME RUN

Top, the chefs of Mandalay Bay enjoy their victory—they took first place at the annual Gourmet Grazer culinary event put on by the Alliance of Black Culinary. Ricky Burse, of the Jokers Wild, was selected by his peers as the top chef. Making last minute preparations, Adrian Hill helps put in the finishing touches in the secret sauce.

Sentinel-Voice photos by Ramon Savoy



BET

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She stripped off the dress as the song's tempo increased to reveal a skintight gold bodysuit beneath (Others paying tribute to Ross included fellow Motown legend Stevie Wonder and R&B queen Chaka Khan).

Beyonce also went gold. She took the stage — after winning the night's first award, video of the year for "Irreplaceable" — in gold robot gear, which she whittled down to sleek gold lame pants and a matching bra top for a rousing rendition of her dance anthem, "Get Me Bodied." Her fellow Destiny Child alumni appeared moments later to perform her solo hit "Like This" with Eve.

Hudson was a double winner, snagging a best new artist and best actress award.

"I can't believe I'm still

winning awards!" she said as she won her first of the night.

Another winner was rapper T.I., who not only offered thanks, but apologies after getting involved in a scuffle with members of Ludacris' camp earlier in the week.

"They say it's a fine line between brilliance and insanity," he said, half-joking.

Ludacris won best collaboration for "Runaway Love," his song about wayward girls in trouble, with Mary J. Blige. Though he's known for songs about partying and wild behavior, he got serious as he talked about the impact of "Runaway Love."

"This was much more than a song, this was a movement," the rapper-actor said. "People say there's no content in hip hop. This song is proof that there's content in hip-hop."

That wasn't as evident

when 50 Cent took the stage to perform his new hit, "Amusement Park," which was bleeped several times and ended with a shout-out to his sponsor, Vitamin Water.

Perhaps with that performance in mind, Ross, as she accepted her lifetime achievement award, implored performers to keep it clean.

"I have tried to keep the standards high," she said. "We do not have to say the F-word, we do not have to have to some of these things to have longevity in our career. ... I will do the diva master class for you!"

Show host Mo'Nique made a splashy entrance of her own. Introduced by boxing announcer Michael Buffer, who shouted, "Are you ready to jiggle?," she

was joined by a bevy of plus-sized dancers in matching silver minidresses as they performed Beyonce's song "Deja Vu" music-video style. The comedian, who has hosted the show twice before, previously opened the show with a booty-shaking rendition of Beyonce's "Crazy in Love."

Other performances punctuating the three-hour ceremony were T.I., followed by R&B crooner Ne-Yo, wearing a white suit and matching fedora, singing his hit "Because of You" before being joined by the rapper Fabolous on their current hit, "Make Me Better." And Lil' Kim made a surprise appearance as Diddy and Keyshia Cole dueted on the hit, "Last Night." Nominees and winners were chosen by a panel of media and entertainment-industry executives.