



ASK DEANNA!
*Real People,
Real Advice*

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

Dear Deanna!

My husband's old affair is tearing me apart. First, we had one child and then another one before we got married. I later learned he had an affair with a woman who stroked his ego during my first pregnancy. He claims it was one time, but the way she stalked him, harassed us and bothered us for a few years made me doubt it. He confessed when the phone calls started, but I still can't get the affair out of my mind when I look at him.

Anonymous
Online Reader

Dear Anonymous:

You set yourself up for drama by getting pregnant without the wedding ring in the first place. You can't lay too much blame on his actions because he wasn't officially your man. If this is in the past, you need to leave it there. Unless he's doing something that's current, then get over it. You're causing yourself pain and agony from an old wound. Seek professional or spiritual counseling to get to the root of your pain, squash it and keep it moving.

Dear Deanna!

I saw my pastor shopping with the church checkbook. I could see the church logo, name and everything on the outside cover. A clerk was trying to refuse the check because it was a business check and required signatures. My pastor pulled rank and said he was authorized. Then he signed two signatures, winked at me and told me to turn the other cheek. What do I do about this?

Sylvia M.
St. Louis, MO

Dear Sylvia:

You sure that wasn't Jim Baker? Your pastor is a thief setting a bad example for the congregation. The pastor knew this was wrong, especially if he advised you to look the other way. What part of Exodus 20 Verse 15, "Thou Shall Not Steal" doesn't he understand? Pray for your pastor and God's guidance as you report this to the church governing board. Telling is not between you and man, but you and your dedication to God and protecting His house.

Dear Deanna!

My brother acts nice, loving and sincere when he's in public. However, he tells a lot of lies, curses and verbally abuses his spouse behind closed doors. My family ignores him and looks the other way. It's hard for me to ignore his huge lies because we share the same crowd. When I make a negative comment or tell the truth, people call me a liar. Now that I'm exposing him, people are accusing me of being a hater. What do I do?

Tired of Lies
Tampa, FL

Dear Tired:

It's strange that you would want to expose your brother instead of dealing with him personally to help him. Trying to cause embarrassment and airing his dirty laundry is not the solution. Your brother has a self-esteem issue and a lying problem. You can give your brother a gift of love by paying for a life coach so he can address, sort and fix his issues. There's no value or benefit from family destruction. Therefore, if you're not willing to help, then mind your business.

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

Meditation offers inmates peace

By Kam Williams
Sentinel-Voice

A maximum security prison isn't the sort of place you'd expect to find a bunch of men mutely contemplating their navels and the meaning of life. But that's what we find at Alabama's Donaldson State Penitentiary, where Warden Stephen Bullard opted to allow Jonathan Crowley to introduce an East Indian brand of meditation known as Vipassana to volunteers plucked from among the institution's most hardened criminals.

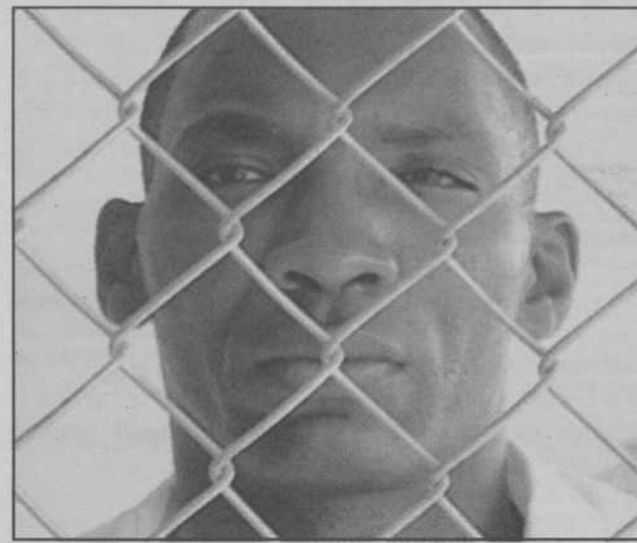
The participants adopting the ascetic regimen understood that the initiation meant that for ten days straight they would not be allowed to talk, watch TV, use a phone, have sex or imbibe intoxicants. Those able to meet the challenge discovered that they emerged from the program calmer and with a new sense of purpose when they rejoined the general population.

"The Dhamma Brothers," directed by Andrew Kukura, Jenny Phillips and Anne Marie Stein examines the before and after mindsets of the cons converted to the Eastern spiritual path. This fascinating film focuses on a quartet of contrite individuals, starting with Edward Curry Johnson, a once-promising student-athlete who was being scouted by pro baseball when, against his better judgment, he foolishly took part in a gang-related homicide.

Then, there's Death Row inmate Grady Bankhead, who confesses here to being a co-conspirator in a plot which left its victim with a severed head and a torso mutilated by about 80 stab wounds. I'll spare you the details of the felonies committed by Benjamin "OB" Oryang or Rick Smith, but trust me, they're no choir boys either.

Yet, they all made amazing transformations via Vipassana, despite the fact that none have much hope of ever being paroled. Based on their mild-mannered demeanors, it seems that they really have come around to accepting responsibility for their horrendous deeds while making peace with still having to pay their debt to society.

Unfortunately, midway through the movie, we learn that Alabama's Commissioner of Corrections ordered the program disbanded when he learned that it was turn-



"The Dhamma Brothers" examines the before and after mindsets of the cons converted to the Eastern spiritual path.

ing so many in the jail from religious practice he considered Christianity to a mysterious occult. Afterall, 'Bama

is in the heart of the Bible Belt, and as one unsympathetic local yokel says, "I don't believe in Buddhism or any type of witchcraft."

Perhaps the picture's most astute observation is made by a concerned counselor who points to the Dhamma Brothers as "proof that people don't need to be incarcerated for their entire lives to be appropriately punished for their crimes." A timely argument to give cons a second chance, given the fact that the country simply can no longer afford to keep so many hopeless souls locked behind bars.

Excellent (4 stars). Unrated

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