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# The Birmingham Times

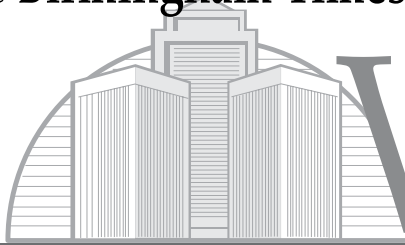
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The Birmingham Times



# Viewpoints

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**One  
Man’s  
Opinion**  
by Jesse J.  
Lewis, Sr.

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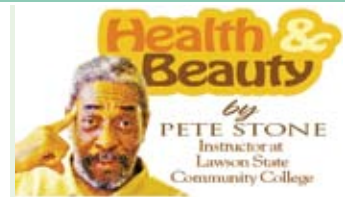
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# Health & Beauty



Soap and water

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## TRINITY MEDICAL CENTER DONATES TO CHILDREN'S AID SOCIETY

Birmingham, AL – Trinity Medical Center recently donated 50 infant car seats to Birmingham's Children's Aid Society. The car seats will be given to those in need who are a part of the society's Moms & Babies and Project Independence Groups.



(L-R): Rhonda Noble and Charmelle Garrett of Children's Aid Society receive infant car seats from Patrick Trammell, Trinity Medical Center's Assistant CEO

## EPIC ELEMENTARY SCHOOL SELECTED TO STUDY AND COMBAT ALABAMA'S OBESITY EPIDEMIC THROUGH PHYSICAL FITNESS

Montgomery, Ala. – The Wee Can Fight Obesity Partnership (WCFO) has created and developed a new physical education pilot program that will be administered during the fall of 2010 in six Alabama Elementary Schools.

The "Wee Can Fight Obesity" project allows for a motion based gaming system during physical education class for 3rd grade students to promote health, physical activity, and educational awareness associated by obesity risks factors and to enhance interest in personal health, movement related activities and sports.

The WCFO Partnership hopes that the pilot program will initiate a future statewide effort to encourage new physical fitness technology as a way to assist children with obesity.

Epic Elementary was selected to participate in the pilot project next fall, in conjunction with ASU, to perform assessments on interest and attitude, history surveys for students and parents, including a preliminary, interim and post test

evaluation for students. The data will be privately collected and compared in relation to Body Mass Index (BMI), weight, and attitude of students.

The Epic Elementary School P.E. program will be loaned equipment that includes the Nintendo Wii Fit Plus Bundle, EA Sports Active, projector, speakers, additional hardware, and cart from Alabama State University (ASU) with a total value of \$1600.

The equipment was purchased from a reimbursable community development grant provided by Mid-South Resource Conservation and Development (RC&D) Council.

There are nearly 340,000 children in Alabama that are overweight and in danger of serious health problems, according to a Birmingham News special report released on November 16, 2009. Alabama has consistently been near or at the bottom ranking of obesity compared to other states, according to various studies.

State Senator and State Commission on Physical Fitness (SCOPF) Board member Rodger Smitherman thinks this program is going to be another great way to motivate students to burn calories while keeping physical fitness fun and exciting.

"I am excited that this program is going to start at Epic Elementary and I think that its going to encourage 3rd graders interested in physical education," said Smitherman.

Epic Elementary School P.E. teacher Pete Bryan says that this could provide a stimulating alternative as opposed to traditional exercising techniques and hopes that the program could evolve to include more at home exercise.

"I hope we see positive results after the data is collected, but we do know that the students are interested in the Wii Fit," said Bryan, "We can do a lot of things with this technology including competition and group activity,"

ASU Health, Physical Education and Recreation (HPER) Interim Chair Dr. Charlie Gibbons hopes that the last 5 months directed to developing the protocol and curriculum will lead Alabama into an innovative way to generate excitement about physical fitness among elementary students.

"In the past we have seen technology in the classroom in a motionless setting, but now we can use the Wii Fit Plus to encourage movement based technology for physical education lessons at an early developmental stage," said Gibbons.

ASU and HPER professor Dacus is also the past President of the Alabama State Association for Health, Physical Education, Recreation and Dance (ASAHPERD), and thinks that the new equipment will give physical education instructors a valuable resource in the classroom.

"I am grateful that we were able to receive the grant



## July is National Minority Mental Health Awareness Month

Allsup offers free posters to raise awareness, help reduce stigma

Belleville, Ill.—June 30, 2010—Nearly 44 million Americans experience mental disorders each year. And the illness doesn't discriminate—it can affect anyone at anytime, regardless of ethnic background, gender or income. July is National Minority Mental Health Awareness Month and Allsup—a nationwide provider of Social Security Disability Insurance (SSDI) and Medicare plan selection services—invites individuals and organizations to raise awareness by displaying free posters to help erase the stigma of mental illness and break down barriers to treatment.

Mental illnesses, such as depression, post-traumatic stress disorder, bipolar disorder, schizophrenia and eating disorders, are among the most common conditions affecting health today,



according to the National Mental Health Information Center. While minorities have similar rates of mental illness as the Caucasian population, they experience steep barriers to treatment and often receive poorer quality of care, according to the National Alliance on Mental Illness (NAMI).

"Minority Mental Health Awareness Month is an opportunity to educate the public about serious mental illness in diverse communities," said NAMI Multicultural Action Center director Majose Carrasco. "These illnesses are real. They are like any other illnesses. Thankfully, there are treatment and supports available, so recovery is possible."

Cultural differences and lack of information about mental health result in greater levels of stigma associated with mental illness. This causes many people to avoid accessing and adhering to treatment. Minorities also may encounter multiple barriers to treatment,

including language and cultural barriers, a fragmented mental health system, no health insurance and a shortage of bilingual mental health providers. Unfortunately, these and other conditions lead to significant disparities in access and quality of care for minorities with mental illness.

"One out of every four individuals has a mental health problem and all of us are touched by these illnesses in one way or another," said Ms. Carrasco. "We may have an illness, have a loved one with an illness or know someone who is ill. Untreated or undertreated mental illness causes significant, unnecessary suffering for individuals, their families and communities. This even has negative economic implications since it results in loss of productivity."

In fact, when compared with all other

see ELITE, page A9



Sometimes do you want to just go to the airport and buy a plane ticket to the next destination to anywhere, somewhere, but not here....maybe sometimes you wish you could travel in time....or even just jump in the car and ride and ride and ride with no destination in mind....The worries of this world, the disappointments, the heartaches and breaks can send you to a point of wanting to just fly away, get away, and find a place to feel free....

Some days I feel as if I am this butterfly in the cocoon fully developed but there is duct tape all over the outside of the cocoon so I can't push my way out...the evolution of the butterfly is when it gets to a point of being fully developed (just like a baby) it is time to come out into the world...come out of a place of development...the butterfly has to push itself (breaking through) the cocoon without any help...the breakthrough that it must experience may be painful and it may be a struggle but the butterfly has to crack that cocoon open with no help, if help is provided the butterfly will die....this is the way God has set this thing called life up, with the butterfly experiencing a difficult situation to be free....when the butterfly

## ADPH announces plans for returning expired H1N1 vaccine

The Alabama Department of Public Health is assisting in the federal H1N1 Vaccine Recovery Program. Information on the program has been sent to all medical providers who ordered H1N1 influenza vaccine through the department in 2009 and 2010.

There are two phases of returning vaccine planned. Phase one involves vaccine which has now expired. This vaccine was supplied from three different pharmaceutical companies. The department is expected to ship 78,000 doses back to the federal government in this phase.

Phase two involves returning remaining doses of vaccine in late July and early August. This H1N1 vaccine was supplied by a fourth pharmaceutical company. The department will ship back 92,000 doses in this phase.

"The recovery program is intended to remove doses of monovalent H1N1 vaccine before the seasonal influenza vaccine comes to provider offices," said Winkler Sims, director of the Immunization Division. "This will decrease confusion with seasonal influenza vaccine which will become available in late August and early September to provide protection in the coming flu season."

The 2010-2011 seasonal flu vaccine will have the normal number of three flu strains, one of which will be H1N1 A/California. Individuals who were vaccinated with H1N1 vaccine will still need to be vaccinated with the seasonal flu vaccine to have protection from all three strains that are expected to be circulating during the next flu season.

For more information contact the

Immunization Division at 1-800-469-4599.





Biz Exchange

Will Dudus Sing?  
By William Reed

Realtor® Cynthia Cox Ragland completes nine-month Leadership Academy Training and Development Program  
2010 Graduates on track to guide National, State, Local REALTOR® Organization



Cynthia Cox Ragland

Cynthia Cox Ragland, a REALTOR® at Royal Realty And Associates, recently completed a challenging series of team-building exercises and workshops to graduate as one of 27 members of the 2010 class of the National Association of REALTORS® (NAR) Leadership Academy.

The Leadership Academy was formed in 2008 to identify, inspire and nurture future leaders within NAR and its state and local associations. Cynthia joined REALTOR® colleagues from across the nation in a nine-month program built around five meetings held in conjunction with major NAR events. A total of 80 REALTORS® have graduated from the Leadership Academy since its inception, and many advance to serve in volunteer leadership positions within their respective state and local associations, as well as within NAR. REALTORS® interested in the Leadership Academy undergo an application process conducted by the Academy Advisory Board. “REALTORS® bring value to home buyers, sellers and investors, and the NAR Leadership Academy gives REALTORS® the skills they need to bring value to the association and the real estate industry as a whole,” said NAR 2010 President Vicki Cox Golder, owner of Vicki L. Cox & Associates in Tucson, Ark. “Today’s Leadership Academy graduates are tomorrow’s REALTORS® leaders. Congratulations to all of the academy’s graduates – they are truly ‘REALTORD® on the Rise.’”

Cynthia Cox Ragland has been a real estate professional since 1989 and concentrates her business in Residential and Commercial Real Estate. Cynthia Cox Ragland has held these positions within the REALTOR® organization:

- President-Elect for the Birmingham Association of Realtors 2010
- President of the Birmingham Multiple Listing Services 2010
- Chair Person of the information and Member Services Committee for the Alabama Association of Realtors 2010

see RAGLAND, page A...

STILLMAN AWARDED GRANT FROM DEPARTMENT OF HEALTH AND HUMAN SERVICES

TUSCALOOSA, AL—Stillman College received a grant in the amount of \$90,095 awarded from the Department of Health and Human Services Health Resources and Service Administration for 2010-2011. The award came from The Scholarships for Disadvantaged Students (SDS) Program. The SDS Program was established via the Disadvantaged Minority Health Improvement Act of 1990, Section 737 of the Public Health Service Act. Principal investigator of the grant, Dr. Linda Forte’, Associate Professor of the Nursing Program at Stillman, said, “One of the aims of the Department of Nursing at Stillman is to provide opportunities for disadvantaged individuals to be able to be accepted into and complete a baccalaureate degree in a professional school of nursing.” The purpose of the SDS Program is to cultivate increased diversity in health professions and the nursing workforce by providing grants to eligible health professionals and nursing schools for use in awarding scholarships to financially needy students from disadvantaged backgrounds. Many of these students are from underrepresented racial and ethnic backgrounds and will help diversify the health workforce to ensure culturally effective care and reduce health disparities.

Forte’ said, “Due to their disadvantaged backgrounds, nursing students work greater than 40 hours per week to finance their education and living expenses while carrying 12 or more hours of coursework. These scholarship funds will enable senior and junior nursing students in particular, as well as freshmen and sophomore students, to pay for books, standardized nursing testing fees, liability insurance, background checks, uniforms and other items that are not covered by funds received otherwise.” The SDS Program addresses a major obstacle in the educational path of many students on the way to a career in a health profession, the cost. Many students are unable to finish their education due to the high cost of pursuing it. Also, many students’

POSITIVE MATURITY EVENT RECOGNIZES 350 VOLUNTEERS

Positive Maturity recognized the commitment of its volunteers at their annual recognition luncheon, recently, at the Harbert Center. The programs highlighted included the Retired and Senior Volunteer Program (RSVP), Senior Companion Program (SCP) and Foster Grandparent Program (FGP). This year’s luncheon featured gospel singing by “The Pillars” and senior comedy by Carolyn Roberson. Clarissa Fells Smith, “The Caregiving Doctor”, served as Mistress of Ceremonies. Since 1970, Positive Maturity,

whose mission is “Positively enhancing the lives of mature adults through social services and civic engagement,” has served growing numbers of seniors in Jefferson, Shelby, Walker and Blount counties. Positive Maturity’s concept is simple: older adults are an invaluable resource and possess the wisdom, experience and skills to help meet the needs of others. The programs of the agency enable seniors to remain independent and engaged in their communities.



Positive Maturity Director of Community Relations Mackie Horowitz, Mistress of Ceremonies Clarissa Fells Smith and RSVP Jefferson County Coordinator Shirley Taylor

FAMU’s Vice President of Student Affairs Roland Gaines Retires

TALLAHASSEE, Fla. — Florida A&M University Vice President for Student Affairs Roland H. Gaines was honored by his colleagues on Thursday, June 24 in the Alfred Lawson Jr. Multipurpose Center. Gaines, who announced his retirement in early April, plans to retire at the end of the month. More than 200 guests attended the high-spirited event, “The Best is Yet to Come: A Tribute to Roland H. Gaines.” “I’ve never had to worry about student affairs because Roland was at the helm,” FAMU President James H. Ammons said during the ceremony. “The



FAMU President for Student Affairs Roland Gaines (right) enjoys his retirement celebration with his wife, Irene, Thursday, June 24 in the Alfred Lawson Jr. Multipurpose Center

best and the brightest students made their way to FAMU because Roland Gaines convinced them that Florida A&M University was the place to be. He has a passion for students.” Gaines’ tenure at FAMU covers 36 years, interrupted by a six-year-stint as vice chancellor of student affairs at North Carolina Central University. He served as associate vice president for Student Affairs at FAMU before his appointment at NCCU. A native of Tallahassee, Fla., Gaines graduated from FAMU in 1968 with a bachelor’s degree in sociology and was awarded the master’s degree in guidance and counseling in 1970. “We are honoring a man who has impacted so many lives that have matriculated through Florida A&M University in such a positive way,” said Director of Student Administration Michael James, who served as master of ceremony for the event. Gaines’ dedication and love for FAMU has been evident throughout his years at the university. “This has been more than I could have dreamed it could be,” Gaines said of the event, which included entertainment by the FAMU Marching “100,” Mt. Zion Mime Ministry of St. Peters-

burg, Fla., and the FAMU Jazz Ensemble. “Thank you from the bottom of my heart. FAMU will always hold a prominent place in my life.” During his professional career, Gaines owned two restaurants and two companies; one a real estate company and the other a company evaluating foreign credentials. Upon graduation in 1968, Gaines began his career at FAMU. In 1997, he was promoted to associate vice president for Student Affairs and served as interim vice president until July 1997. Gaines retired August 2001 and was awarded the Distinguished Service Award for exemplary service to FAMU and its students. On Sept. 1, 2002, Gaines began a new career at North Carolina Central University as director of Enrollment Management. Gaines was largely responsible for the growth in the number of scholars and increasing enrollment by 58 percent at NCCU. He retired on May 31, 2007. On July 2, 2007, Gaines returned to FAMU as vice president for Student Affairs, launching a major initiative to grow the enrollment with America’s best and brightest students.

Trial Attorney Willie Gary Receives Lifetime Achievement Award

Gary Serves as Keynote Speaker at Old Dominion Bar Association’s 70th Annual Conference and Motivates Virginia Lawyers and Judges to Give Back

Norfolk, VA—Trial attorney Willie E. Gary recently served as the keynote speaker during the 70th Annual Old Dominion Bar Association’s Conference in Norfolk, Virginia. Gary addressed a full house of nearly 100 lawyers and judges from throughout the state of Virginia. He shared his personal story of triumph despite growing up as a migrant worker and challenged the lawyers and judges to use their knowledge and expertise to help shape society. In addition, Gary urged the lawyers and judges to reach back and help future lawyers by shar-

ing their time, talent and resource. During the banquet, Gary was also presented with the organization’s Lifetime Achievement Award for his numerous charitable contributions and philanthropic endeavors. “The room was filled with excitement tonight and it was very clear that Mr. Gary left these lawyers, judges and leaders with much to contemplate,” commented Congressman Bobby Scott, who represents the 3rd District of Virginia. Gary, who is best known in legal circles as “The Giant Killer,” is noted

for taking on some of America’s most powerful companies—winning billions of dollars in verdicts and settlements on behalf of his clients. Known for his philanthropic endeavors, he and his wife, Gloria Gary, founded The Gary Foundation, which provides college scholarships to at-risk students who wish to attend college. The Gary’s have donated millions of dollars to help Historically Black Colleges and Universities – including \$10 million to their alma mater Shaw University in Raleigh, North Carolina.



Willie Gary



