Will there be job openings at the SPHA?

BY RAVEN JOY SHONEL
Staff Writer

ST. PETERSBURG — “Your success is a benefit to our city’s people, and a key component to our city’s housing goals,” said Deputy Mayor Dr. Kanika Tomlin last Friday at a press conference held at the Carter G. Woodson African American History Museum. “In fact, we cannot do it without the housing authority. But if you are not up to the task, we are able to do it without you.”

Tomlin’s stern warning to the St. Petersburg Housing Authority (SPHA) comes on the heels of Jordan Park residents being displaced into substandard housing, disclosing the legacy of one of St. Petersburg’s founding fathers and the attempt to tear down history without cause.

Former Jordan Park resident and School Board member Renee Flowers set the room on fire! She spoke of her grandmother who sold shoes, how she would keep sick children home from school at her apartment so that their parents wouldn’t miss a day of work and how she and others ran the Meals on Wheels program out of the old rental office, which is now the Woodson Museum.

“So, I’m not standing here today as someone who is not know the rich history and the legacy of why we have this housing back here. I’m standing here as somebody who grew up in this housing, who was able to take advantage of the historical perspectives and the elders in my community,” Flowers said.

She called out SPHA CEO Tony Lowe, saying that he “does not respect the seniors, he does not respect the people who deserve affordable housing and has shown he doesn’t respect the people on this front row or this community.”

Three sitting on the front row included the deputy mayor, City Council Chair Lisa Wheeler-Bowman and School Board member Renee Tomalin.

The midwife

BY INDHIRA SUERO ACOSTA
Staff Writer

ST. PETERSBURG — Jayda Taylor-Herring has always known she wanted to deliver babies. She dreamed of being an obstetrician as far back as the sixth grade. With a little hard work and ingenuity, she now works a unique health-care provider and midwife for Bayfront Health.

The practice of midwifery dates back thousands of years. Nevertheless, in the 18th century, male surgeons asserted that their modern scientific techniques were better for mothers and infants, and pushed for heavy regulations in the United States and Canada.

However, this was not the case in the black community. Segregation turned midwifery into an essential profession.

Back in the day, Florida established institutions to expand the professionalism of midwives.

According to anthropologist Melba Willett, the West Florida Midwifery Institute at Florida A&M University (now University of West Florida) emerged in 1973.

The institute invited midwives to attend a week of classes on subjects of midwifery. The majority of the participants were older African-American women.

Nowadays, there are fewer options for those that want a career in midwifery.

Despite people’s efforts to convince her to follow another career path, Taylor-Herring continued to pursue her dreams.

Thanks to a collaborative program with Bethune Cookman University and the University of Florida that helped minorities further their education, she was able to pay for college.

And although Taylor-Herring was able to graduate from the program at UF it has been discontinued and will not accept any more students this year after her, most likely due to a lack of interest in the field.

For Taylor-Herring, midwifery was part of the idea of the St. Pete community because African-Americans didn’t have anywhere else to go.

She’s right. During the Jim Crow era, medical care for African-Americans in St. Pete was restricted to Mercy Hospital. From there they were referred to different circumstances compared.

Celebrating family

BY RAVEN JOY SHONEL
Staff Writer

ST. PETERSBURG — The Poole family held their Family Fun Day to honor their patriarch, Albert Poole and Mildred Grier Landers—last month at the Police Athletic League (PAL). Not quite a reunion, the family gathering, its start, Mercy struggled against restricted to Mercy Hospital. From 1933, the participants were older African-American women. Now, there are fewer options for those that want a career in midwifery.

Evelyn Taylor-Herring always knew she dreamed of being an obstetrician. Nevertheless, in the 18th century, male surgeons asserted that their modern scientific techniques were better for mothers and infants, and pushed for heavy regulations in the United States and Canada.

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Most people think of Ulysses S. Grant as America's Civil War hero, along with his subordinate generals and com-
manders, George B. McClellan, Ulysses S. Grant, Maj. Gen. William Tecumseh Sherman, Maj. Gen. Philip Henry Sheridan, and Maj. Gen. John Sedgwick. Indeed, Grant was also, along with President Andrew Jackson, a Civil War hero responsible for accepting African-American troops into the Union Army. There were seven regiments of colored troops in New York, Ohio, Indiana, and Ohio, and other northern states along with many black volunteers and soldiers who joined the Union Army and valiantly fought for the freedom of those remaining in bondage.

The number of black soldiers killed in battle has been estimated to be approximately 100,000. After the Civil War, Lincoln
never wavered in his support for General Grant and his tactical decisions, including his decision to use black troops and sup-
port staff estimated to be total of nearly 400,000.

After the end of the Civil War and the assassination of Lincoln, Grant was elected President of the United States. He
followed former Vice President Andrew Johnson. However, Grant was not a racist or a white supremacist.

His wife, Julia Dent, was descended from a southern slave-owning family, but
Grant was descended from abolitionists. The few slaves his wife had been given
upon her marriage to Grant were soon freed by him and paid wages for their work on his farm, beginning what became a lifelong tradition of racial justice.

After the Civil War, Grant involved himself in the political arena. He and President Johnson disagreed on what protections, if any, should be afforded the newly emancipated black citizens of the United States. Johnson was more concerned with the unquelled Conservatism, while Grant was more sympathetic to the preservation of the rights that should have accorded the newly freed.

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Florida CEE offers empowerment through co-ops and community building

By J.A. JONES

ST. PETERSBURG — Cooperative CEE coordinators say that co-ops can be a boon to the community, but for most of the work-in-the-making, making ends meet — paying rent, buying food, keeping a roof over one’s head — is a daily, day-in and day-out struggle, which even the most well-off economists have warned that workers are still struggling under bagging bread, keeping up with inflation.

Florida and around the country are struggling with a lack of affordable housing and stability in the current market. There are many who say co-ops are an international movement that has been found to solve some of these issues. Enter Jennifer Turner, the Florida Cooperative Empowered Economies Development (CEED) coordinator.

“Cooperators have the knowledge, the tools and the practical experience to change the world,” Turner said.

The CO-OP Network

Cooperatives can become a valuable asset to a community, but to make it work, the co-op must be organized in a manner that meets the community’s needs.

“People that are interested in cooperative economics understand the impact of community-owned businesses on local economies,” Turner said.

CEED has a similar mission to the Florida CEE, along with the FSCS’s core of sustainable Small Town Agricultural Cooperatives (STAC), that will soon be heading hand-in-hand with Pinellas Technical College’s Department of Food Systems Technology.

“We have plans to advance food sovereignty and build strong local economy, and manage CEE’s Office of Workforce Innovation and Economic Development,” Turner said.

CEED’s mission is to help people find their way out of poverty, with the help of community-owned businesses, to help establish the fabric of a community that works for themselves.

The community’s interest also lies in their co-op, Turner said. The city of Pinellas is developing a co-op to help create an affordable, community-owned co-op to help people get their foot in the door.

Then the Lord matriculated the matter. The merchant Christian business owner, with all his dependents, owned his co-op, and by the same token, he owned his co-op. The merchant Christian business owner was brought to his goal by his co-op, and his goal was to be in the service of the Kingdom. He alone knew the value of the Kingdom. He alone knew the value of service to the Kingdom. He alone knew the value of service to the Kingdom.

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Challenging the community to consider adoption or mentoring

Children's Board Heart Gallery Tampa Bay Photos by Iris Zeruela

TAMPA BAY – We are excited to announce that Tampa children are being taken to the polls this Nov. 8 to place the foster care system at very high rates. They are asking for improvements to placement criteria to ensure all children get to enter foster care and they do not become like them. The state in efforts to help share their story. These children pictured here and many more like them are waiting for a permanent home. Many are in foster care. In foster care, many are minority. Many are minority. They can provide you a loving, permanent home for these children or other children like them, or consider becoming their foster parents.

Churches are asked to partner with One Church One Child in sharing information and extending an invitation to foster care. One Church One Child is a service of the St. Pete Baptist Church. Reverend Melvin Gore is the president of One Church One Child. Churches and individuals in communities in local counties are being asked to share the state in efforts to help share their story. These children pictured here and many more like them are waiting for a permanent home. Many are in foster care. In foster care, many are minority. They can provide you a loving, permanent home for these children or other children like them, or consider becoming their foster parents.

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COMMUNITY NEWS

The Poole Family Fun Day

From: POOLE, front page

about the family. “A lot of black families don’t get the opportunity to come together and just appreciate one another,” said Paula Potts, Albert’s sister.

Potts, a program director at PAL, secured the perfect venue for a large intergenerational gathering. While the adults socialized, the children were able to use the center’s amenities such as the pool table and gaming consoles. She was on board with anything she had to do to make the day a success because she wanted Albert and Mildred to know that they are the glue that holds the family together.

“When in spite of us all branching out and doing our own things, they keep us connected,” she said. The significance of knowing her history is not lost on Potts. She said it’s now time for the next generation to not only see the importance of their elders and family history, but it’s also time for them to be the keepers of the stories.

“Even with putting this together, I have learned so much about my great grandma and my grandfather’s farm,” Potts said, noting that her grandmother had 46 acres of land and grew tobacco, sugar cane and other crops.

“T’ll be 50 in Aug., and I’m just starting this,” Potts said. It saddens her that younger African Americans don’t learn about their roots.

“That’s our foundation, what motivates you, what drives you. I just thought that this is so important to come together to get the new generation of kids coming up with the sense of family, the sense of why our elders are important,” she said, revealing that she hopes this one-day event will turn into an annual or biennial celebration.

Albert’s other niece, Loreta Poole, agreed with Potts.

“The information that we get from our matriarch and patriarch from this event will take us so deep into our history to where—enlight possibilities of who we are could be found out.”

Both Albert and Mildred were born in Douglass, Ga., but he moved to St. Pete in the mid-60s. He and Carolyn had four children together, Johnnie, Robin, Brian and David. He also had two children from prior relationships, Vanessa Pool and Jewell Thompson. Albert supported his family by working two jobs for over 30 years, and helped me be the father I am today,” said Michael, adding that his mother kept them on the road to visit their family when they were growing up.

Raised in Brunswick, Ga., Mildred moved to Philadelphia when she got married. The couple was married for 53 years. Their union brought three sons into the world: Michael, Rodney and Reggie Landers.

“I guess it’s a blessing to be the oldest. I guess it’s an honor and I thank God that He’s enabled me to come here and celebrate with my cousin,” Albert’s niece, Robin, said. “I can’t even stop gushing about their family when they turn into an annual or biennial celebration. Albert’s girls couldn’t stop gushing about their dad.

“He’s the best,” said Robin. “I can’t even explain how wonderful this man is. He means the world to me.”

“I just thank God for my dad,” said Gwanda Thompson, who got to know her father well when she was 28 years old. “Thank God because I grew up under some circumstances, but that man above—God is good.”

Mildred’s son, Michael Landers, couldn’t hit Albert’s children hug the spotlight. He was eager to take the miles and sing his mother’s praises.

“Without her, there’d be no me. I don’t know what else to say about that,” he said. “She’s the best. She’s the best.”

David, Albert’s son, said, “She’s the best person. I’ve been able to grow up under a sanitation worker and a schoolteacher and a sanitation worker for the City of St. Pete as well.”

“My dad,” said David, “He’s the best dad anyone could ever hope to have.”

“I grew up under some circumstances because my mother was working two jobs for over 30 years, and it was tough love my way. And it was through that tough love that helped me get to where I am in life today, and helped me be the father I am.”

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COMMUNITY NEWS

‘Forbes Fun in the Sunshine City’

BY ALLEN A. BUCHANAN  
Staff Writer

ST. PETERSBURG — The Forbes Family held its 15th biennial family reunion celebration at the Staybridge Suites from July 13-15. Family members came from several regions of the United States to celebrate the legacy of Peter and Melinda Graham Forbes.

Family president, Laura Hunt, greeted all who arrived to celebrate the rich legacy of an African-American family that is theorized to have roots in the British West Indies by way of the “harsh cruelty” of the British slave trade.

Peter Forbes and future wife Melinda would meet when both families moved to Tallahassee in the 1800s when Florida was predominately an agricultural region with plantations and farms. Despite the horrific conditions at the time, they joined in matrimony and birthed eight children.

In addition, Peter had five additional children. Big families were the order of the day during that time.

As the Forbes continued to grow and expand beyond southern regions, the idea to document their oral history finally took root in 1988 when Richard Stevens along with his cousin, Thelma Forbes Patterson put together a local family reunion in St. Pete.

For three years, the family met annually. The fourth reunion in 1992 began the prac- tice of biennial family reunions. However, after the fourth one, the efforts ceased until 1998, when they started having gatherings every other year.

The first time back in St. Pete for 30 years, this year’s reunion was aptly named “Forbes Fun in the Sunshine City.”

Friday night’s activities started with family pictures in the lobby of the Staybridge Suites. Excitement mounted as raffle ticket holders listened attentively for their name to be called during the door prize giveaways.

In the end, enough prizes were left for all the children who had not received a gift during the random drawings. Entertainment for the evening was provided by Angelia Fletcher of Angelia’s Hair Alterations. The fashion show featured notable models and designers such as Audrey “Pat” McGhee.

As the Friday welcome dinner was winding down, reunion host and treasurer Garry R. Forbes stepped to the microphone for one last announcement.

“If everyone could take a seat for a moment, I have received some news,” said Garry as his voice cracked. The dining room chatter stopped immediately.

“We just received news from a State Trooper in North Florida. Gainesville. It seems that…”

He stopped, gathered himself and then continued.

“There appears to have been an accident! Our son, David, was on his way to the reunion this evening when suddenly his car flipped over several times. Garry breaks the news to a shocked family audience that his son was taken to a hospital in Gainesville and placed into a medically induced coma.

Forbes asked the room to pray for him and his wife as they would leave the reunion for Shands Hospital in Gainesville. The jovial atmosphere had suddenly grown cold and dark as everyone joined in a family prayer for David to recover and for Garry and his wife Kathryn.

David’s condition was recently upgraded to stable early last week, just as David, a senior at Florida State University, was recovering, his father had a mild stroke Sunday after speaking with the family reunion president last week, both Forbes men were well on their way to full recoveries.

One can not even imagine how many family prayers went up this week to return this story of a family reunion back to the positive path that it started out as. If this is not a concrete example of angels working overtime, then what is!

On the last day of the three-day event, two college scholarships were awarded to family members Leander Forbes, 20, who attends Meridian Community College in Mississippi, and Jayden Forbes, 18, who will be attending Tallahassee Community College in the fall. Both young men were awarded $750 from the Forbes Family Scholarship Fund.

PRIMARY ELECTION AUGUST 28, 2018

Request a Mail Ballot Today!
Deadline to request a ballot be mailed to you is August 22, 2018

VOTE IN THE COMFORT OF YOUR HOME AT YOUR CONVENIENCE

Join the 250,000+ Pinellas County voters who have already signed up:

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Track your ballot online at VotePinellas.com
Mail your voted ballot or take it to any convenient mail ballot drop-off location

DEBORAH CLARK
Pinellas County Supervisor of Elections

Election@VotePinellas.com  VotePinellas.com  @VotePinellas

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CITY OF ST. PETERSBURG
REQUEST FOR PROPOSAL
FOR DEVELOPMENT OF CITY-OWNED PROPERTY
LOCATED WITHIN THE INNOVATION DISTRICT

Notice is hereby given, that the Request for Proposal ("RFP") is issued on May 29, 2018 by the CITY OF ST. PETERSBURG ("City") for the city-owned property located at the Southwest corner of 4th Street South and 11th Avenue South, St. Petersburg, Florida, in the city’s Innovation District, has been cancelled and withdrawn by the City pursuant to Section 17.4 of the RFP.

REBATES UP TO $100
St. Petersburg Water customers can receive a rebate up to $100 for each high-efficiency toilet replaced with an EPA WaterSense, high-efficiency toilet.

To check your eligibility:
Call 727-893-7676 or email us: ToiletRebatesOffice@stpete.org

Available for a limited time; restrictions and specific procedures apply.

Customers must call to check eligibility and receive an application PRIOR TO toilet purchase.

This program is cooperatively funded by the City of St. Petersburg and the Southwest Florida Water Management District.

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COMMUNITY NEWS

Who will represent your child, part 2

BY HOLLY REISENSTEIN
Staff Writer

ST. PETERSBURG – As the Florida Primary election winds down, Aug. 20 Primary Elections, the Pinellas County School Board and the League of Women Voters of Pinellas County teamed up recently at Pinellas County School Board candidates forum. Joining Pinellas Technical College President Kathy Wisenbaker were both candidates for District 1 and only a "yes" or "no" re- sponded to the questions in the lightening rounds.

Each candidate was allowed a 30-second intro- duction, which was a chance to show their distinct question. If no candidate chose to answer both questions, the two candidates receiv- ing the most votes will be chosen in a run-off elec- tion. In this week's article, candidates for District 2 and 3 responses are provided. Be sure to check out our introductory article in the last issue, which focused on District 1.

See "Who will repre- sent your child, part 1: District 1 and 7 candidate answers," for the introductions.

L-R, District 3 candidates Dr. Nicole Com and Carl Zimmermann

District 2 Question

Look at how high takes you take in your school, if you could address the needs of the students and parents to achieve?

Candidates

Lisa Cane – Wants votes to support her campaign, adding arts and arts in general are important because they are a holistic fit for her school. She feels that students need to have an education and need to be part of the curriculum, not just a part of the curriculum. She wants to see the turn-around that every district is looking at by the county to make sure students are getting more arts into their ed- ucation.

Terry Krassner – Approaches teacher effectiveness. By the time the school year comes up, if they need to be addressed, the student should be addressed. Many students come in the classroom needing help for their behavior, how can we get to that point?

Jeff Larsen – Thinks that we do need to think of high stakes testing and wants to see all curriculum resources to support learn- ing, improving planning, and math. He feels students need to be more familiar with what is necessary, but there are additional things that could be reduced or eliminated. We need to work at that on both levels.

Questions

"Are there any particular regions or schools in need of improvement that you feel might be in music or arts, or you may want to work on something else keeping us to continue improving programs in our schools?"

Jeff Larsen – If a student is going to succeed and it might be in music or art, or you may want to work on something else, we keep working in programs in our schools.

Lisa Cane – Given the state's emph- asis on evaluating teacher effectiveness, do you support evaluating teacher effectiveness?

Terry Krassner – Given the state's emphasis on evaluating teacher effectiveness, do you support evaluating teacher effectiveness?

Jeff Larsen – Given the state's emphasis on evaluating teacher effectiveness, do you support evaluating teacher effectiveness?

L-R, District 2 candidates Lisa Cane, Terry Krassner, Jeff Larsen

Unfortunately, there is no way to assess students on that kind of a test.

Kylli Sorensen – Yes, teachers evaluate students daily, not just on tests. Teachers assess school performance and work with students to assess their needs.

Jason Cane – Yes, we need an evaluation using a standardized test.

Jeff Larsen – Yes, we need an evaluation using a standardized test.

Kylli Sorensen – Yes, we need an evaluation using a standardized test.

Terry Krassner – Yes, we need an evaluation using a standardized test.

Lisa Cane – Yes, we need an evaluation using a standardized test.

Jeff Larsen – Yes, we need an evaluation using a standardized test.

Questions

"Oftentimes, there is an increase in behavior problems. How will you work to eliminate these issues?"

Terry Krassner – One is that there is a single-source teacher is responsible for their classroom, specifically with the em- phasis on one-on-one attention. Wants students to feel that they are a part of the classroom and that how they are doing.

Jeff Larsen – One is that there is a single-source teacher is responsible for their classroom, specifically with the em- phasis on one-on-one attention. Wants students to feel that they are a part of the classroom and that how they are doing.

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Midway is alive and well in St. Pete

From MIDWEST, front page

The St. Petersburg Branch NAACP calls for justice for Markies McGlockton

By MARIA L. SCHROCK

The St. Petersburg Branch NAACP calls for justice for Markies McGlockton.

Under Section 776.012, Florida Statutes, "a person shall not have a reasonable fear of imminent danger of bodily harm or death to the person or to his or her family from a family or household member to whom the person is related by birth, marriage, or adoption, or with whom the person cohabits or has cohabited, or from a person with whom the person shares a domestic relationship." Due to McGlockton's background, under Section 794.01, Florida Statutes: "the state law presumption of innocence shall not be considered or relied upon as evidence to remove an alleged victim unfairly standardized or rendered null or attempted to remove another victim from the witness stand or took threats or made statements that he did not make, in fact, to the alleged victim; or" McGlockton merely because he took a photo of a gun in his hand, a college student, was one of the black population. His death under the numbers did decrease.

In her study on maltreatment in the state of Florida, she explained that the number of registered nurses in the state is not enough to help move along with a more than 100,000 of them.

For PHOSOR, page 8

Caricatured teachers empower students to have a voice.

Lighting Round

District 3 Question: What must you do to return high-quality teachers to your schools?

Scott Zimmermann

Agrees there is an underground movement to return high-quality teachers and principals for the 2018-19 school year. Parents want to address what is happening in our public school selection system: the lack of public school options and the quality of schools in our community. Parents want to address what is happening in our public school selection system: the lack of public school options and the quality of schools in our community.

Zimmermann

Responds: improvements are being implemented and should be in place.

District 2 Question: What must you do to promote a sense of community among
teachers and support staff?

Kristy Larsen

Agrees that teachers empower people on the most basic level because they freely volunteer, selflessly and relentlessly advocate and fight for equity, justice and equality.

All said: "Yes"

District 3 Question: In what ways can you return high-quality teachers to our schools?

Michael DeSantis

Can only happen when we have the support of our communities. Our administrators need to know that they are not getting the support they need and when the enforcement is in place.

Zimmermann

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Zimmermann

Responds: improvements are being implemented and should be in place.

District 2 Question: How will you ensure that all students receive a
fair education?

Kristy Larsen

By the way, it’s our responsibility as professionals to document and describe all negative and positive interactions that a teacher has with any student. We have to do all we can to prevent

District 3 Question: How will you ensure that all students receive a fair education?

Scott Zimmermann

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Zimmermann

Responds: improvements are being implemented and should be in place.

"We have to do all we can to prevent teachers from engaging in negative interactions with students. We have to document these interactions and hold teachers accountable for their behavior.

Carr - Teacher, school counselor and a school-based administrator

Larsen - 14 years

Zimmermann - 3 years
HEALTH & BEAUTY

HEALTHY LIVING NATURALLY

By Dr. Ramona Valentine

Are you overdosing on iron?

Over the years, I have heard quite a few people say to me, “I am anemic, and I take iron every day.” This problem with that at some point you probably just aren’t anemic anymore, but you have been taking it on supplements for a year without a new blood test to check.

Iron excess has been linked to cancer, cardiovasc-ular disease, diabetes, Alzheimer’s disease and host of other health con- ditions. The human body has a limited capacity to store iron, which can lead to a build-up of iron in the organs causing damage, like your pancreas, liver and heart.

Research has shown that only three percent of people are iron deficient, yet 17 percent had too much iron in their sys- tem. You are 40 percent more likely to have too much iron in your body rather than not enough.

Nowadays, we see just about all of our food fortified with iron from baby food to adult cereals. This is probably not a good thing. Most peo- ple, though, do wonder if they are getting enough iron. Just realize that if we go by the statistics, you are likely to have too much iron in your body rather than too little, which could create a health risk for you.

Check your iron level by getting what is called a serum ferritin test. If your iron levels are high, you might want to con- sider donating some blood. Donating blood will help to lower it, but if that’s not an option and the blood bank will not accept your blood, then you can get a chelotherapy transfusion. If you are a female with a regular menstrual cycle, you will lose some iron monthly. Also, to help reduce iron levels, try green tea and rosemary. Both help reduce iron absorption, as well as curcumin and astaxanthin, which have been seen to reduce iron damage in organs.

Don’t get me wrong, iron is essential to bodily function; it aids in the transport of oxygen and cell growth. It also pros- vides hemoglobin, which helps to carry vital oxygen through the body’s tissues.

Too little iron in the body may give you fati- gue and lowered immu- nity. Iron deficiency anemia can lead to seri- ous health problems if left untreated. On the other hand, if you have too much iron in your body, this can be come dangerous.

High levels of iron, as previously stated, can lead to carcinomas of the liver, Alzheimer’s and diabe- tes, but can also reduce cancer, heart disease and arthritic conditions. The reason the Alzheimer’s disease can develop is because free radicals produced from excess iron can damage struc- tures in your brain called neurons. Also, iron is seen to have accumu- lated in certain areas of the brain associated with memory.

Research studies per- formed on laboratory mice showed that when given large doses of iron, Alzheimer’s type symptoms began and when the researchers reduced the iron in the brains of mice, the Alzheimer’s symptoms began to sub- side. Researchers have also found that intestinal cancers are two to three times more likely to de- velop in those with high iron levels.

According to Dr. Julie Sharp at Cancer Re- search UK, “the role of the iron gene when faulty or deleted, two proteins that trigger iron ab- sorption in bowel cells can switch on and as iron builds up it activates a cell to cell signaling pathway that malfunc- tions in cancer called ‘Wnt,’ which stimulates cancer cells to grow un- controllably.” She further states: “Finding ways of picking up the iron that is in the bowel could have a real impact on the num- ber of people who de- velop the disease.”

In Dr. Sharp’s study, mice with a faulty IRE gene were fed a high iron diet and had a signifi- cantly higher risk of de- veloping bowel cancer. In some, there is a ge- netic predisposition to too much iron absorption in the body, which is called hemochromatosis.

Regular alcohol con- sumption will increase iron absorption. Some other ways you may get excess iron are cooking in iron pots or pans and especially cooking acidic foods in iron pots and pans. Also, consuming processed foods such as cereals and white bread that are iron fortified.

By the way, the iron used in those products is inorganic iron, not unlike rust and is far more dan- gerous. Researchers have stated, “the role of the iron gene when faulty or deleted, two proteins that trigger iron ab- sorption in bowel cells can switch on and as iron builds up it activates a cell to cell signaling pathway that malfunc- tions in cancer called ‘Wnt,’ which stimulates cancer cells to grow un- controllably.”

What you should do is check your iron level by getting what is called a serum ferritin test. A healthy range of serum fer- ritin is between 20-80ng/ml. Below 20 you are probably iron deficient, and above 80, you probably have too much iron. The ideal range is 40-50ng/ml.

If you are a female with a regular menstrual cycle, you will lose some iron monthly. What else can you do if your iron level is too high? Green tea and rosemary can help reduce iron absorp- tion, as well as curcumin and astaxanthin has been seen to reduce iron dam- age in organs.

So, the bottom line here is to get a blood test to check your levels. If you have any trouble get- ting one, please give me a call. Dr. Valentine is a weight loss consultant, a health consultant and a chiropractor. You can reach her at 727-771-7546 or stop by A Slimmer You at 10300 Slimmer Dr. Suite E, Suite 211.

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If you are a female with a regular menstrual cycle, you will lose some iron monthly. What else can you do if your iron level is too high? Green tea and rosemary can help reduce iron absorption, as well as curcumin and astaxanthin has been seen to reduce iron damage in organs.

So, the bottom line here is to get a blood test to check your levels. If you have any trouble getting one, please give me a call. Dr. Valentine is a weight loss consultant, a health consultant and a chiropractor. You can reach her at 727-771-7546 or stop by A Slimmer You at 10300 Slimmer Dr. Suite E, Suite 211.
Elizabeth Baker is an experimental woman performing artist and painter and is currently a resident of the Oakland, California, community of Berkeley. She is well known for her innovative sound installations and her work in the field of experimental music. Her installations often combine music with digital technology, creating immersive soundscapes that are both mesmerizing and thought-provoking.

Elizabeth Baker was born in the United States and has been active in the experimental art scene for more than two decades. She has collaborated with a number of internationally renowned artists, and her work has been exhibited in numerous galleries and museums around the world. Her sound installations often feature her own compositions as well as new technologies, creating unique and engaging experiences for the audience.

Elizabeth Baker's work is characterized by its experimental nature and its use of digital technology. Her installations often explore the relationship between sound and visual art, creating installations that are both visually stunning and acoustically rich. Her work has been featured in numerous galleries and museums around the world, and she is widely regarded as one of the most innovative performers and installations artists of her generation.

Elizabeth Baker is also a prolific writer, and her work has been published in numerous books and articles. She is a member of the San Francisco Art Institute, and she has taught at the University of California, Berkeley. She is also a member of the Bay Area Artists Alliance and the St. Petersburg Arts Alliance, and she has received numerous grants from the St. Petersburg Art Alliance and the St. Petersburg Cultural Trust.

Elizabeth Baker's work has been recognized by numerous awards and prizes, and she has been featured in numerous exhibitions and performances around the world. She is widely regarded as one of the most innovative and influential artists of her generation, and her work continues to inspire and challenge audiences around the world.
First Baptist Institutional Church
3144 Third Avenue South, St. Petersburg, FL 33712
Phone: 727-323-7518
Sunday School 9:30 a.m.
Prayer Time 10:45 a.m.
Morning Worship 10:45 a.m.
Tuesday Night Live - Prayer Service & Bible Study 7 p.m.
Come Worship With the First Baptist Family

Rev. Dr. Wayne D. Tresvant, Pastor

BETHEL COMMUNITY BAPTIST CHURCH
2901 - 54th Avenue South
St. Petersburg, FL 33712
(727) 866-2567

Welcome — Bienvenidos
ST. AUGUSTINE’S EPISCOPAL CHURCH
Joyful Spirit, Joyful Jazz
2920 26th Avenue South, St. Petersburg 33712
727-867-6774
Staugustine@tampabay.rr.com
The Rev. Josie Rose, Priest-in-Charge
Communion and Worship Service 9:00 a.m. every Sunday
(Full breakfast served after service, $6.00)
Communion and Healing Service 11:00 a.m. Tuesdays

Victory Christian Center Church
3012 18th Avenue South
St. Petersburg, Fla. 33712
(727) 321-0911
www.Victorychristiancenterchurch.org

Victory Christian Center is a Word of Faith Church.
For more information about the other services and ministries at Victory Christian Center, please call (727) 321-0911.

First Mount Zion Missionary Baptist Church
1121 22nd Street South, St. Petersburg, FL 33712
(727) 327-8708
Sunday Worship Services 8:00 and 11:00 a.m.
Sunday School .......... 9:30 a.m.
Prayer Meeting (Tuesday).............. 6:00 p.m.
Bible Study (Tuesday) ............ 7:00 p.m.
Baptist Training Union (Sunday) ...... 4:00 p.m.
“The Little Church Where Everybody is Somebody”

Rev. Del. E. Willard
Sr. Pastor

Queen Street Church of God in Christ
Elder Willie Williamson, Pastor
First Lady, Patricia Williamson
1732 9th Avenue South
St. Petersburg, FL 33712
727-896-4356

Sunday School – 9:30 a.m.
A. M. Service – 11 a.m.
Tuesday Morning Prayer – 9 to 10 a.m.
Wednesday YPWW Bible Study – 7:00 p.m.

Victor Crown Christian Center
20th Street Church Of Christ
823 20th Street South
St. Petersburg, FL 33712
(727) 896-8020

Bro. Robert Smith
Sunday Bible Class (All Age) .......... 8:30 a.m.
Sunday Morning Worship .......... 9:45 a.m.
Sunday Evening Worship .......... 6:00 p.m.
Ladies Bible Class Monday .......... 7:00 p.m.
Monday Evening Bible Class .......... 7:00 p.m.
Wednesday Evening Bible Class ...... 7:00 p.m.

Come Worship With Us
Victory Through Faith Ministries
Dr. Vanessa Cox

Sunday Morning Prayer
9:00 a.m.
Morning Service
10:00 a.m.
Wednesday Bible Study
7:00 p.m.

Come Through Prayer Line
24/7 Prayer Line
(727) 327-8708
Monday, Tuesday & Thursday: 9am
Wednesday & Friday: 12pm

Come Through Prayer Line
24/7 Prayer Line
(727) 327-8708
Monday, Tuesday & Thursday: 9am
Wednesday & Friday: 12pm
The Rock of Jesus Missionary Baptist Church
SUNDAY SCHEDULE OF SERVICES
10:30 a.m. Worship Service
11:30 a.m. Breakfast (First Sunday Only)
9:00 a.m. Sunday School (First Sunday Only)
Sunday School 9:00 a.m. – Devotion 10:15 a.m.
Prayer and Praise 10:20 a.m.
9:00 a.m. Services
Saints of Prayer – 12:00 noon
Weekly Study – Tuesday 6:30 p.m.
Adult Choir Rehearsals – Thursday 8:30 p.m.
On service is available by calling: (727) 527-0015

THE ROCK OF JESUS IS LOCATED AT:
5944 19th Ave. S., St. Petersburg, FL
Telephone: 727-527-0015 • Fax: 727-527-0021

United Community Church
1211 W. 33rd St.
St. Petersburg, FL 33712
Offices: Tues. & Thurs. 9:00 a.m. - 5:00 p.m.

Pastor: Rev. Walter W. Pigeon, Pastor

Friendship Missionary Baptist Church
3300 31st St. S., St. Petersburg, FL
(727) 906-9300 • www.fmbc3300@verizon.net

Worship Experiences
Saturday, August 11, 2018
7:00 p.m. Youth Enrichment Night Live – Holy Communion, Mime/Praise Dance Rehearsal & Kaper Club Games
Sunday, August 12, 2018
7:00 p.m. Senior Hour of Power
9:30 a.m. Sunday School – Sundays @9:30 a.m.
10:30 a.m. Worship Service
11:00 a.m. United Community Church’s Annual Back to School Bash on August 8 in Childs Atrium.

Bethel Metropolitan Baptist Church
200 Wilson Ave., St. Petersburg, FL 33712
(727) 824-6636
Email: rojmbe@knology.net

Weekly Bible Study – Tuesday 6:30 p.m.
Saints of Prayer – Monday 12:00 noon
9:30 a.m. Sunday School (First Sunday Only)
10:30 a.m. Worship Service

The Rock of Jesus Missionary Baptist Church
1301 - 37th Street South, St. Petersburg, FL (727) 321-6631 • www.stmarck.org

Dear Fellowship Members,

The purpose of this letter is to explain the functions and responsibilities in the office of Pastor Assistant. These functions are to facilitate the operations of the church, to assist in communication, and to ensure that the church is running smoothly.

We are currently looking for individuals who are interested in serving in this position. If you or someone you know is interested, please contact the church office at (727) 527-0015 or email rojmbe@knology.net.

Thank you for your continued support and commitment to the work of the Lord.

Pastor

Let your light shine before men, that they may see your good works and glorify your Father which is in heaven. Matthew 5:16

There is a part of us that is light and a part of us that is darkness. The goal is not to get rid of the dark part of us, but to recognize that God is in control of our lives. We are on this earth, which can appear dark and dim, to be the light of God's glory to shine in the darkness that is around us.

There is a part of us that desires to be in a healthy and happy environment. We are in a position to be an influence in the lives of others.

Let your light shine. Be a light for others. Let your light shine in the world. God has blessed us to much. We will not let our light go out before we are called away. Let your light shine. God to . . . 1) Energize Us; 2) Connect Us; 3) Activate Us. This is our part of the mission of the Church and WCBDA Website: www.stmarck.org

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If you are a center-based provider or family child care home provider or want to become one, partner with us to educate our Pinellas children and get them ready for school.

WE SUPPORT YOUR CLASSROOMS & CHILDREN BY PROVIDING:
- Early childhood screenings
- Health/disability services
- Parent education training
- Assistance with children with challenging behaviors

BENEFITS OF PARTNERING WITH US:
- We recruit children to fill your classrooms
- Our cost per child rate is competitive
- We provide accreditation assistance to get you and your centers certified
- We provide you with a research based comprehensive curriculum
- We provide you training and technical assistance to meet your in-service hours

JOIN THE LSF PINELLAS HEAD START FAMILY!

If you are a center-based provider or family child care home provider or want to become one, partner with us to educate our Pinellas children and get them ready for school.

TO APPLY
Complete the Pre-Determination Packet found at:
bit.ly/HSpartner

Mail or e-mail the completed Pre-Determination packet to:
Barbara Scarsbrook, Barbara.Scarsbrook@lsfnet.org
cc: Laurie Kowalski, Laurie.Kowalski@lsfnet.org
Lutheran Services Florida Inc.
2210 Tall Pines Drive
Largo, Florida 33771

JOIN THE LSF PINELLAS HEAD START FAMILY!

Pinellas County’s new Gifted Studies program and others have seats available

The Late Application Period for Choice Programs is underway. Many Choice Programs have seats available for the 2018-19 school year. After parents apply, schools with available seats will contact parents to invite students to attend. Parents can also contact program coordinators to find out the status of their late applications.

Programs with available seats include Midtown Academy’s new Center for Gifted Studies. Apply at reservation.pcsb.org. For information about Choice Programs and a list of programs with available seats, visit www.pcsb.org/choice.

If you have questions about the application process, contact Student Assignment, 727-588-6210.