

Getting healthy foods to poor people a struggle

By MANUEL VALDES
Associated Press Writer

SEATTLE (AP) — Seattle is teeming with healthy foods, sold from farmer's markets and high-end grocery stores. But not in Robert Jeffrey's neighborhood.

Crime and housing foreclosures abound in the city's Central District, and the best-known eating spot is a fried chicken joint. Jeffrey, a pastor and longtime community leader, spearheaded an effort to bring locally grown vegetables to the historically African-American neighborhood, but things haven't gone as planned.

"It's very hard to fund the things we need to fund," Jeffrey said. "We're at our last penny. We're busted. But we're determined to do it."

Even as nutritional experts link poor eating habits in low-income neighborhoods to myriad health problems, people trying to break that cycle are running into a number of roadblocks.

Farmer's markets are growing more popular, with their numbers rising 18 percent to more than 4,300 between 2004 and 2006, according to the U.S. Department of Agriculture. Organizers, however, say many low-income people stay away for reasons including perception, price, location and problems such as the inability of some markets to accept electronic food stamp cards.

Jeffrey figured that the best way to cut the price of fresh produce was for the community to grow it itself — an

approach he hoped also would create jobs and increase community involvement.

His organization, Black Dollar Days Task Force, leased 22 acres of land and planted greens, intending to sell its crops and those of some eastern Washington farmers at the parking lot of Jeffrey's church.

Lack of farming knowledge among the organization's members, however, nearly led to the death of the entire inaugural crop. The former pasture land the group leased needed to be tilled several times in preparation for planting. It wasn't, and the soil dried too fast.

"We know that the ultimate end of this thing is to create self-sufficiency," Jeffrey said. "We found that self-sufficiency has to start from the ground, literally from the ground."

Jeffrey's group is pressing on in an area where others have failed; a farmer's market in a low-income area south of Seattle closed about two years ago.

The need for encouraging better food choices in such areas is clear from a 2007 survey by Adam Drewnowski, director of the Center for Public Health Nutrition at the University of Washington. He found that obesity rates in high-income Seattle-area zip codes were as low as 6 percent, while those in low-income areas were as high as 30 percent. Drewnowski's study used data from 8,000 respondents of a survey in King County, which includes Seattle.

"Obesity rates in Seattle are very

Veteran grandmother rides motorcycle with two artificial hips

Dr. Doris Forte', aka Grandy-Girl™, is a veteran naval officer, has had two total hip replacements, and rides a motorcycle. She also serves on the Executive Board of Directors of the Arthritis Foundation and is presenting the seminar entitled Take Control. We can Help.™ on August 5th and September 9th at the Michael E. DeBakey VA Regional Medical Center where both of her hip replacement surgeries were successfully performed.

Once totally crippled and wheelchair bound as a result of severe osteoarthritis, Dr. Forte' shares her experience, strength, and hope to an audience of fellow veterans, many of whom also suffer from the debilitating effects of the disease. Her extensive medical background and firsthand knowledge about the bare bone facts of arthritis peppers Dr. Forte's mes-

different depending on where you live," Drewnowski said. In east Oakland, Calif. — a low-income, often violent area of the Bay Area city — David Roach started a farmer's market run by some of the state's black farmers. It has grown from six farmers to more than 30, but the operation is struggling.

"Our model still hasn't worked yet financially speaking," Roach said. "We're trying to create something that hasn't been there, trying to make people to come out where they haven't felt safe to come out before."

Black doll's head found on white NY officers' car

NEW YORK (AP) — Harlem community leaders say two white police officers drove through the traditionally black neighborhood with the head of a black doll on their car's antenna.

State Sen. Bill Perkins calls the incident "another display of racism" by police.

Perkins says he was at a restaurant Tuesday when neighborhood residents noticed the head on the unmarked police car. He says one resident tried to photograph the head but a plainclothes officer threw it in the car's trunk.

The New York Police Department says it's looking for surveillance video that may show someone placing the head on the car's rear radio antenna while the officers were inside a school.

Police say the officers were unaware the head was on the car until a passer-by pointed it out. They say the officers discarded it immediately.

sage of determination and recovery with empathy, expertise, and at times, anecdotal humor.

Arthritis is the number one cause of disability in America, costing the U.S. economy nearly \$124 billion dollars each year. The mission of the Arthritis Foundation is to improve lives through leadership in the prevention, control, and cure of arthritis and related diseases. The seminars that are presented to veterans were organized by Dr. Forte' in collaboration with Dr. Bernard Ng, Head of Rheumatology and Dr. David Green, Dept. Head of Orthopedics at the Michael E. DeBakey VA Regional Medical Center in order to provide information about the management of arthritis to veterans who suffer from various forms of arthritis and to introduce them to the support and resources that are available through the



Dr. Doris Forte'

Arthritis Foundation.

For more information about seminars in your area or to schedule a presentation about arthritis for your group or organization, please contact the Arthritis Foundation by calling 713-

942-9063. For more information about Dr. Doris Forte', please contact her official website at www.urliving-proof.org.

83-year-old state employee sues to regain job

RALEIGH, N.C. (AP) — An 83-year-old part-time worker at John Umstead Hospital in Butner is suing to regain her job.

Annie Allen had worked at the hospital 35 years when she was fired six months ago.

Allen says she was told it took her too long to use the bathroom and her

54-year-old supervisor said Allen was too old.

The News & Observer of Raleigh reported Friday that Allen earned \$11.73 an hour folding sheets and pajamas.

She filed a complaint in March claiming she was discriminated against on the basis of age and race.

Allen is black and the lawsuit says her supervisor, Annie Hight, is Asian.

Department of Health and Human Services spokesman Tom Lawrence says administrators and Hight can't talk about the case.

The state's response says Allen threatened Hight and used abusive language. Allen denies that.

Dolly could fan flames

COLLEGE STATION, Texas—While the citizens of South Texas worry about possible flooding associated with Hurricane Dolly, firefighters in most of the state worry that winds associated with Dolly could lead to increased wildfire activity and/or fan the flames of any wildfires that arise.

Rainfall associated with Dolly is expected to be limited to Deep South Texas and within a short distance from the Texas coast. Strong, gusty winds, however, are expected to extend across much of the state where little or no precipitation is expected.

Combined with extremely dry fuels in much of Texas, the higher winds

are expected to create conditions favorable for rapid wildfire spread and increased danger for firefighters, said Hunter Wistrand, operations chief for the Texas wildfire suppression team in Granbury.

"With hot, dry conditions expected across most of the state for an extended period, Texas residents must use all possible precautions to prevent accidental fires from occurring," said Wistrand. "All firefighting personnel must also take extra precautions to ensure their own safety during firefighting operations."

Wildfires pose a very real threat to

lives, homes and communities in addition to natural resources; they also bring heightened risks of heat-related injuries to firefighters working for extended hours in the hot, dry conditions. "For both the public's safety and that of the firefighters working to protect them, public cooperation is absolutely essential to prevent additional wildfires from occurring," said Wistrand.

For more information on wildfire prevention visit <http://texasforestservice.tamu.edu/main/article.aspx?id=1542>.

Police investigating murder of retired officer

VICKSBURG, Miss. (AP) — Authorities say the death of a retired Vicksburg police officer is being investigated as a homicide.

Police say the body of 75-year-old Walter C. Cole was found inside his car on Tuesday near his home. Police Lt. Bobby Stewart said it appears

Cole had been shot in the head. An autopsy has been scheduled for Thursday.

Stewart said no weapon was found in Cole's vehicle, and authorities have no motive.

Stewart said Cole was one of the "Lucky 7," the name the first seven black officers hired by the Vicksburg Police Department in the 1970s gave themselves. Before retiring from the police force in the early 1990s, Cole rose to the rank of assistant chief, third in command at the department.



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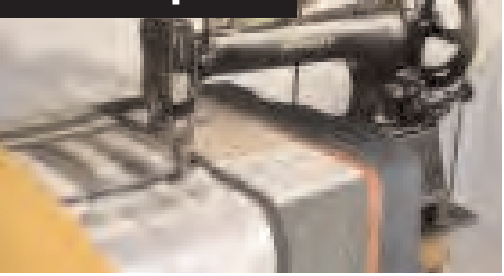
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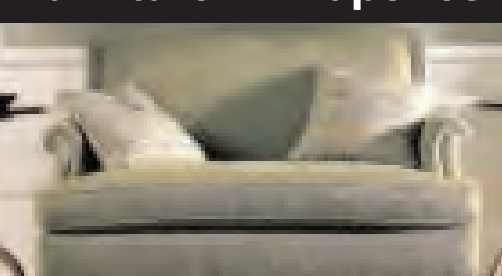
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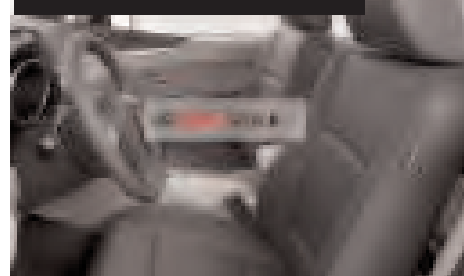
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