



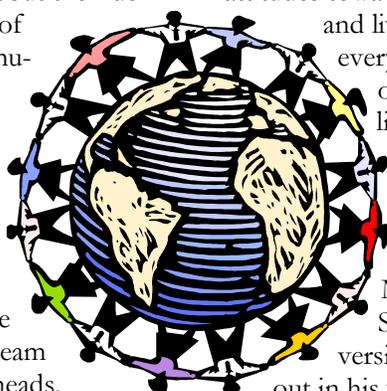
## From the President's Desk: *Stop the Madness*

Again we find ourselves mourning the loss of life of another young man in our community due to the selfish, cowardly acts of criminals. Another murder committed by urban terrorists who casually destroy lives as they go about their destruction of our community.

If terrorists from another country came and killed one of ours we would scream for their heads, we would demand that the nation go to war. When members of our own community commit such acts we shake our heads and moan about the failure of the system... well it's not the system in my opinion, it's us and it's time for this madness to come to an abrupt and final end!

Each of us find ourselves casually chatting about these horrible events at the water cooler at work, on the phone with family and friends and as we talk with peers and sometimes strangers in the grocery line. Each of us voices frustration about the absurdity of the cur-

rent conditions in our community but what do we do about it? From the pulpit to the street corner everyone voices their disgust with the state of our neighborhoods yet we tolerate the continually decaying attitudes towards life and living in every aspect of our lives.



As Dr. Carl Taylor of Michigan State University points out in his writings and lectures, the normalization of ignorance and violence in our communities is destroying them. Our children are being robbed of the richness of their cultures because our adults are refusing to take the challenge of properly guiding them. We talk of programs and initiatives while allowing young people to behave as if there are no rules. We make excuses for ourselves and lay blame for our condition on others and it is time for this to stop. Violence leads to death, ignorance leads to obsolescence. There is no excuse for the condition that our community has eroded. We com-

plain about our educational system but how many of us try to help a child learn?

I do not have all the answers but I am a product of Michigan and also our two parent companies, Vista Maria and Starr Commonwealth, and I remember a time when things were not as they are now and I am personally sick and tired of things being such a mess, and frankly, in my humble opinion, you should be sick of it too.

No community can survive that tolerates the mistreatment of its women and children. How do we expect to survive much less thrive when we have allowed the thinking in our com-

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munity to erode to the point that we can't do such simple things as go out for chicken or have a pizza delivered to our homes? How can our children grow up healthy and happy in a community where simply playing on the street or porch of their home may very well cost them their lives? How do we allow an atmosphere where our young men have come to believe that life should imitate art? An atmosphere where killing a person is justified as long as you reach your immediate objective? Where the cost of life is negligible in an attempt to obtain instant gratification?

The answer to these questions starts with each of us as individuals, as you read this I hope that you take the time to stop and look at yourself and your surroundings. I am given cause to stop and take a good look at myself as I write this, am I behaving in a manner befitting a man responsible for not only himself and his family but his community? Not just at this moment but continuously and consistently? Am I setting the right example? Am I willing to stop wrongdoing when I witness it? Am I willing to sacrifice my immediate desires for the greater good of the community?

Women in our community and our culture have been the guardians of our very existence and undoubtedly will be the champions of our future. To the young women of our community I ask, how do you carry yourselves, do you behave in a manner befitting the backbone of our community? Do you date thugs, criminals, killers, drug peddlers and other despots that would use you and abuse you? Do you tolerate men calling you names associated with female dogs and whores? Do you subscribe to behavior that is anything less than the standard of a strong woman, less than the noble women that struggled so valiantly in our rich history so that you might even exist?

I am certain that I will ruffle many feathers with my words, and honestly I hope that I do. It's about time some feathers get ruffled, I would hope that each of us will take stock in what's going on around us to the point that we will be motivated to tell that person we know that carries an illegal gun to stay away from us. I would hope that my words cause a young woman to tell anyone that causes harm to another that she can't be their friend. I hope that each of us has the strength and moral conviction

to inform the proper authorities about any acts of crime and violence in our community.

Together we can make a difference and individually we can set an example, this is our community, the place where we live, work, worship and play. This is not a place where we should be afraid to walk or drive our streets or have to worry about our safety as we go about our daily routines. How much do we have to suffer before we say enough is enough? Let us today take charge of our lives and our community, it's time for the madness to stop... once and for all! I am blessed to have partners such as the JAC (Juvenile Assessment Center) and the four Care Management Organizations to enhance the lives of this community. Be strong and together we can make Positive Youth Initiatives the future of our community. Peace

*Michael Williams  
President  
StarrVista*

## Youth Spotlight



From left Jack Brake (Starr Commonwealth), Mary Woods (Youth Investment Counselor, StarrVista), Tasha (Tameika's best friend), Michael Williams (President, StarrVista), and Tameika

The Agency's business is invested in the lives of children and families we serve. This month we are spotlighting Tameika A.; her case worker is Ms. Mary Woods. Since being in our care, Tameika has turned her life in a positive new direction. She is compliant with all areas of treatment. Currently, she is a senior at Henry Ford High where she maintains a 3.5 grade point average. Tameika is looking forward to attending a university outside of Michigan and has already received 7 scholarships from schools out of state; it is rewarding to have so many options! Her case worker, Ms. Woods said: "Tameika is the type of youth we want in

the program, she recognized early on what her issues were and quickly went about making positive changes for the better." On Monday, October 7, 2002, Tameika was presented the with the Outstanding Achievement Award for Academic Excellence from the Detroit Lions Quarterback Club. Tameika received the award for maintaining a 3.5 grade point average. We commend Tameika for her efforts and hard work and are pleased to have her in the Star Spotlight this month.

## **HAP Corner:** *(Excerpted from HAP Website)*

Here are some of the most commonly recommended health screenings: Each is listed according to the age when you should begin testing, then answers Who should have this test, When testing should begin and How often the test should be repeated, followed by a short description of the test's function.

### **DISTAL PULSE CHECK**

Everyone

**Annually**

Useful in finding peripheral vascular disease

### **TESTICULAR SELF EXAM**

Men

15-35

**Monthly**

Helps to diagnose cancer

### **PAP SMEAR**

Women

18 (earlier if sexually active)

**Annually**

Helps to diagnose cervical cancer

### **LIPID PROFILE**

Everyone

19

**Every 5 Years**

Measures blood cholesterol and breaks it down into HDL, LDL and triglycerides for better analysis  
Helps to diagnose heart disease

### **CLINICAL BREAST EXAM**

Women

35

**Annually**

Helps to diagnose breast cancer

### **RECTAL EXAM**

Everyone

35-40

**Annually**

Helps identify colorectal and prostate cancer

### **COMPLETE BLOOD COUNT (CBC)**

Everyone

**Annually**

Screens for anemia, immune and clotting disorders

### **CLINICAL TESTICULAR SCREENING**

Men

15-35

**Annually**

Can diagnose cancer

### **PELVIC EXAM**

Women

18 (earlier if sexually active)

**Annually**

Aids in identifying ovarian cancer

### **BLOOD PRESSURE**

Everyone

35

**Annually**

Monitors hypertension which can lead to stroke or heart disease, and kidney problems

### **MAMMOGRAPHY**

Women

35-40 (baseline)

**Every 1-2 years after 40, annually after 50**

Helps to diagnose breast cancer

### **URINALYSIS**

Everyone

35-50

**Annually**

Helps flag diabetes, cancer, kidney and bladder problems

# Employee Spotlight—Lori Welch



StarrVista's spotlight is beaming down on our very own Lori Welch. Lori was born in Van Wert, Ohio. However, due to her father's military career Lori and her family resided in Southern California. Being a Navy brat Lori was raised in San Diego. She moved to Michigan with her husband and four children (Janae, Jade, Eric Jr. and Christopher) in 1997. Lori first came to StarrVista as our temporary receptionist. In June of 2001 she took on the full-time responsibility of File Clerk. Lori enjoys her job and attributes her good work to her excellent memory. Lori says her hobbies are crocheting and reading. She says, however, that being a single mother and working full time leave her little time to indulge in her hobbies. Lori has been a very welcome and devoted member of our StarrVista staff.



## October Birthdays

We would like to wish a Happy Birthday to the following staff:

Alisa Ambers                      October 13

Barbara Douglass              October 20

Bobbie Johnson                 October 20



## Fall Harvest Potluck—November 1

The Employee Activities Committee is busy planning the Annual Fall Harvest Potluck. The potluck will take place on November 1, 2002 in the Center Conference Room from 12:00 p.m. until 2:00 p.m. You will find the sign-up sheets posted in the reception area. Please sign up and let us know what dish you are bringing.



## Training Schedule

The following trainings have been scheduled for the month of October:

- October 8: File Audit Review  
(For selected individuals only)
- October 11: Court Training with Sarah Ligon
- October 15: New Policy Review Training
- October 22: No Training Scheduled
- October 29: Who Moved My Cheese/Quality Assurance



## In Memoriam

The staff of StarrVista would like to convey our deepest sympathies to the following:

*The Smith Family*

Your loss is truly felt by everyone at StarrVista



## STARR VISTA

22390 West Seven Mile Road  
Detroit, Michigan 48219

Phone: 313-387-6000  
Fax: 313-387-0760

### *Solutions through youth & family partnerships*

Editor in Chief: Gwen Shannon

Editors: Marian Kidd, Barbara Douglass  
and Octavia Lesley

Please direct any comments or address  
changes to [douglassb@starrvista.org](mailto:douglassb@starrvista.org).



## Recipe Corner

It's football season again and here are tailgater menu/recipes for those attending football games or just armchair quarterbacking. Enjoy!

### Tailgater Muffulettas

You can substitute 6 kaiser rolls, split, for round loaf.

#### INGREDIENTS

1 (12-ounce) jar pickled vegetables, drained and chopped  
1/2 cup green olives, chopped  
3/4 cup mayonnaise  
1/2 teaspoon dried Italian seasoning  
1/2 teaspoon dried crushed red pepper  
12 thin cooked ham slices  
12 thin salami slices  
1 (6-ounce) package provolone cheese slices  
1 (12-inch) round bread loaf, split  
Garnish: pimiento-stuffed olives

#### INSTRUCTIONS

Stir together first 5 ingredients.

Layer ham, salami, and cheese slices evenly on bottom half of loaf. Top with vegetable mixture, and cover with top. Wrap in plastic wrap, and chill. Garnish, if desired.

YIELD: 6 servings

### Creole Potato Salad

#### INGREDIENTS

4 large baking potatoes  
1 teaspoon salt  
1 cup mayonnaise  
1 tablespoon Creole seasoning  
2 tablespoons Creole mustard or coarse-grained Dijon mustard  
1 small onion, chopped  
6 celery stalks, chopped  
1 small green bell pepper, chopped  
1 small red bell pepper, chopped  
Garnish: celery leaves

#### INSTRUCTIONS

Bring potato, salt, and water to cover to a boil; reduce heat to medium, and cook 7 minutes or until tender. Drain and cool.

Combine mayonnaise and next 6 ingredients; stir in potato. Cover and chill. Garnish, if desired.

YIELD: 6 servings

### Chocolate-Oatmeal Chunk Cookies

#### INGREDIENTS

2 sticks (1 cup) butter or margarine, softened  
1 cup firmly packed brown sugar  
1/2 cup sugar  
2 large eggs  
2 teaspoons vanilla extract  
2 cups all-purpose flour  
3/4 teaspoon baking soda  
1 teaspoon salt  
3 cups uncooked regular oats  
1 (11.5-ounce) package semisweet chocolate mega morsels  
1 cup pecan pieces, toasted

#### INSTRUCTIONS

Beat butter and sugars at medium speed with an electric mixer until creamy. Add eggs and vanilla, beating well.

Combine flour, baking soda, and salt; add to butter mixture, mixing well. Stir in oats, morsels, and pecans. Drop by rounded tablespoonfuls onto ungreased baking sheets.

Bake at 350° for 9 minutes or until golden. Cool slightly on baking sheets; transfer to wire racks to cool completely. Makes 5 dozen.

**Peanut Butter-Oatmeal Cookies:** substitute 1 (10-ounce) package peanut butter morsels for chocolate mega morsels.

