



vol 2 No. 1 getlit.neighborhoodmedia.org **APRIL 2023**

“REMARKABLE WOMEN 2022” WINNER STILL MAKING POWER MOVES IN 2023

By Vincent White

Christmas Eve 2022 will forever stand as one of the coldest days in Ohio’s meteorological history.

MINORITY MEN’S HEALTH FAIR TO TAKE PLACE APRIL 27th AT METRO HEALTH

Men... it’s ready, set, go and time for your yearly checkups at the 2023 Minority Men’s Health Fair sponsored by MetroHealth.

Join men across the county as they converge for one of the biggest health gatherings in the city aimed at assisting men with a variety of health issues. On this day, men will have the opportunity to take advantage of 30 different medical screenings and tests at absolutely no cost.

There are a myriad of screenings that an individual can receive during the 3 hour event. There will be screenings for:

- Balance & Memory
- Blood Pressure
- Cholesterol
- Dental
- Dermatology
- Diabetes
- Hepatitis A & B
- HIV
- Lung Health
- Mental Health
- Podiatry
- Prostate
- Urologic
- Vision & more



The Minority Men’s Health Fair is the brainchild of Dr. Charles Modlin, who initially jumpstarted this wonderful gathering of men at The Cleveland Clinic. The long-standing health mixer has been an outstanding way to get men together to obtain great medical education about themselves and their bodies. It has also been known to be an outstanding place to run into old friends or to meet a few new ones.

Dr. Modlin joined the staff at MetroHealth in 2021, bringing along his wonderful life altering vehicle. Modlin’s name rings loud and clear as one of the best urologist in the city among patients and other physicians alike.

The Minority Men’s Health Fair will be held at all 3 MetroHealth locations. The hours of operation are from 5-8:30pm. To register call (216) 957-3862.



Barbara Bradford-Williams

On that day at 9250 Miles Park Avenue, in the city’s Union-Miles neighborhood, history of another sort was being made. In the face of -24 degree temperatures, community ‘Love Bug’, Barbara Bradford Williams, opened her heart and her doors to several hundred eager individuals who came to the grand, grand opening of “JB’s Lunch & Literacy Program”. Once inside, they were astonished by what they found.

Much to their surprise, they discovered a treasure trove of free toys, clothes, book bags, books, coloring books, markers, crayons, coats, gloves, hats and a bunch of other sparkling, bright goodies designed to make kids smile. Their mothers were happy as peach pie too as they received boatloads of free personal protective equipment (PPE).

They also learned about a dynamic program that’s to be housed in the old historic library. The library itself could spark up hours of conversations because it has so much character. Huge floor-to-ceiling wooden columns appear to reach into the heavens making the massive structure seem even more majestic. A gigantic circular circulation desk leaps out to greet you as you enter the room. It too can spark up old merry memories of old library visits

from days gone by. JB’s Lunch & Literacy Program is the quintessential after school program that offers “real life” job readiness classes for students aged 6-17 years old. There is a wholesome smorgasbord of specialized courses aimed at jumpstarting the youngest of minds into entrepreneur mode quickly.

SEE WOMEN PAGE 4)

Understanding Medicare can be complicated...

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Now is the Time to Prep Your Lawn and Garden for Warm Weather

(StatePoint) It may feel like warm weather is still a way's off, but you should already be getting your lawn and garden spring-ready, according to experts. "One thing I don't think people realize is that to get your grass, shrubs and other plants looking good in the spring... all that preparation starts right now," says Major League Fishing bass pro, Brian Latimer, or "Blat" as he is known by fans.

To help homeowners prep for spring, Latimer has partnered with lawn care equipment manufacturer, Exmark, to offer his four, go-to tips:

1. Pull Those Weeds. According to Latimer, the most important step in prepping your lawn and garden for spring is weeding. "I have a zero-

tolerance policy when it comes to weeds," he says. "Watch those sneaky weeds growing in your shrubs and ground covers, because those are going to be the first ones that show their heads in the spring."

While weeding isn't the most fun you can have in your yard, it's worth the effort. Latimer also recommends putting a pre-emergent out now while cool-season weeds germinate. This is especially important if you have warm-season grass. While you can use pre-emergent on your planting beds as well, he recommends hand-pulling them if you can.

2. Tidy up with Selective Pruning. Pruning will make your shrubs look nice and tidy, however Latimer recommends being careful in your efforts, avoiding plants that

are budding. Pruning buds will keep your flowers from being as prolific in the springtime. You can check for buds by combing your hands through the foliage.

3. Get Rid of Pests. Certain spring pests should be treated for in the colder months. Latimer is especially wary of fire ants, as they're one of the most active lawn pests in spring. Treating them early will minimize their activity and mitigate potential problems they cause when the weather warms up. "I can promise you they are going to be everywhere in warm weather, so treat them now," he says.

4. Get Those Leaves up. Latimer knows that leaf blowing or raking is time-consuming, but he says that getting fallen leaves off the ground is essential. Not only are leaves on your lawn an eyesore,

but they can also keep a lot of excess moisture from winter rain, snow and ice stuck in your soil. This creates the potential for root rot, active pests and germinating weeds.

Latimer offers more insights in "4 Tips to Prep Your Backyard for Spring," a recent video from Exmark. To watch the video, visit Backyard Life, which is part of a unique multimedia destination with a focus on helping homeowners make the most of outdoor spaces. There you can also download additional tips and view other Exmark videos. There's no time like the present to plan for the future. With these great tips in mind, it's time to brave the brisk weather and get your lawn and garden prepped for spring.



By The Madd Hatter

Welcome back to the pages of "GET LIT", a newspaper published for the connection of people in our communities. We are a group of talented writers, thinkers, movers and shakers who have something to say, and we'd like to share it with you. Everything that you find between the pages of this exciting newspaper will keep you abreast and informed happenings right here in our area. This paper ios all about us !

One super amazing thing about it "GET LIT" is thaty we would like to invite YOU...yers YOU to be a features spotlight in our publication. Without you, we are nothing ! It is you, the reader, who we look to fortify with very useful and sometimes life-saving information each issue. Our family-oriented papers are designed to bridge the huge gap between the various businesses and services available to the many residents who seek out there wares.

No matter how large or how small your story is, we want to share it with our valued readers. Our readers have found our publications to be a good read for the entire family. We cover the storie sthat matter to our community.

So, please stay with us as we venture into the many class rooms, board rooms and homes of those who make up our extended families. Stick around for the outstanding stories of people just like you whi are winning against all odds.

Let's join hands and hearts as be fuswe a bbond that can never be broken. The wick has been ignited. It's ready...set...GO !

It's time to "GET LIT" !!!



Name:



Doctors around the world agree that one of the best ways to avoid getting sick and spreading germs is to wash your hands.



Remember the last time you had a cold or the flu?

It was pretty miserable. You sneezed, coughed and had no energy. But there's an easy way to avoid all that: Just join Kid Scoop's SCRUB SQUAD.

HOW TO JOIN: You join automatically every time you wash your hands!

Standards Links: Health: Know basic personal hygiene habits required to maintain health.

Experts say that washing your hands for at least **20 seconds** is the best way to make sure you remove germs and gunk. Memorize and sing this song while you scrub to help you wash long enough.

THE SCRUB SQUAD SONG

(Sung to the tune of "Old MacDonald")

Washing hands is sudsy fun
Scrub! Scrub! Scrub! Scrub! Scrub!
I wash ten fingers and two thumbs
Scrub! Scrub! Scrub! Scrub! Scrub!
With a little soap here
And a little more there
Bubbles here
Bubbles there
Give those germs a splashing scare!
Washing hands is sudsy fun
Scrub! Scrub! Scrub! Scrub! Scrub!

If your hands are extra dirty, sing this second verse and keep on scrubbing!

Now my hands are getting clean
Scrub! Scrub! Scrub! Scrub! Scrub!
Even dirt that can't be seen
Scrub! Scrub! Scrub! Scrub! Scrub!
With a little soap here
And a little more there
Bubbles here
Bubbles there
Watch them floating in the air
Now my hands are nice and clean
Scrub! Scrub! Scrub! Scrub! Scrub!

Standards Links: Music: Memorize and sing simple songs.

Home Opener Set For Friday, April 7 Against Seattle

Time to get in the mood for some great baseball as the Cleveland Guardians ready for opening day.

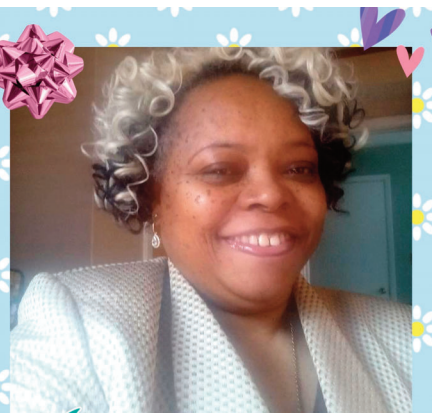
Rockies (April 24-26), St. Louis Cardinals (May 26-28),Milwaukee Brewers (June 23-25), Atlanta Braves (July 3-5), Philadelphia Phillies (July 21-23), Los Angeles Dodgers (August 22-24) and Cincinnati Reds (September 26-27).

The Guardians open the 2023 season with a 7-game road trip, opening with a 4-game set at Seattle (March 30-April 2) before traveling south to take on the Oakland Athletics in a 3-game series. Cleveland has an off day before their Home Opener on Friday, April 7 against Seattle. The Guardians first homestand consists of the weekend series against Seattle (3 games) followed by a 3-game dual with the New York Yankees. The 2023 season will feature seven summer weekends at Progressive Field:

June 9-11 vs. Houston, June 23-25 vs. Milwaukee, July 6-9 vs. Kansas City, July 21-23 vs. Philadelphia August 4-6 vs. Chicago-AL, August 17-20 vs. Detroit, Sept. 1-3 vs. Tampa Bay

With the new schedule format in 2023, the Guardians will host 8 Interleague opponents in 2023, including the Miami Marlins (April 21-23), Colorado

The Guardians will face every team at least once in 2023. Go to MLB.com for a complete listing of Guardians games for the 2023 season.



My name is Karen Murray-Banks. I'm the President and Founder of For Spectrum Sake and Others. Our 501c3 organization strives to support and advocate for caregivers who are responsible for a disabled loved one. Our group was formed by parents, families and friends who wanted to help with disparities related to the disabled pop-

"Karens Conversations for the Community"

ulation. We partnership with churches, apartments, libraries, schools and daycares. We attend community events and host interactive programs. It is our pleasure to share valuable information which may enhance the life of a family.

April is Autism Awareness Month

"Light It Up Blue" Blue lights in April are displayed around the city to promote for Autism Awareness. Autism is a developmental condition/disorder which limit's one's ability to communicate or interact with others.

professionals, Autism is irreversible. Some of the symptoms or characteristics of a person who might be on the Autism Spectrum can include being non-verbal, exhibiting isolation, latent lerner, repetitive actions, self inflicted injury, picky eater, slow to transition, fixation with lights, staring or gazing for periods of time, anxiety attacks. Autism disorders range from mild to severe. The term for this is called Autism Umbrella.

A Conversation with a Care-giver

Karen: Hi Bernard.
Bernard Response: Hi Karen.
Karen: Have you ever been a caregiver?

Bernard Response: Yes. Not professionally!
Karen: How did it make you feel?
Bernard Response: It made me feel good.I was being helpful, making a difference.
Karen: In your opinion, What is one characteristic a good caregiver should have?
Bernard Response: Good listening!
Karen: Is caregiving a learned behavior?
Bernard: In my opinion yes, caregiving is obtained along the way.
Karen: Thank you very much for sharing!
Bernard Response: Thank You! No problem!

Starmakers in association with TUBI present the Greatest R&B Legends Music Awards

The ceremony will be held on Saturday, May 20, 2023 at The Civic Conference & Event Center 3130 Mayfield Rd. Cleveland Heights, OH. The day events are as follows:

5:00PM – Greatest R&B Legends Music Awards star-studded RED-CARPET AFFAIR
This VIP meet and greet will provide an opportunity for participants to mingle with some of the Greatest R&B Legends. Photo opportunities will be available.

6:00PM – Greatest R&B Legends Music Awards Ceremony presented by (Named Sponsor)

This ceremony will honor radio stations music/program directors, promoters, both major and independent artists and more!

Focusing on Cleveland artists and biggest exports from the Cleveland area.

Our goal is to recognize and celebrate their accomplishments, contributions and impact in Rhythm & Blues genre, from (1970-present). The ceremony features “live” performances during the event with a special presentation of the “Living Legend Award” honoring Motown’s legends SWITCH. There will be a VIP Pre-Party affair

celebration for the 2023 honoree of the prestigious award. The VIP/Media party will be held Friday May 19th location TBD.

Greatest R&B Legends Music Awards is produced by Dennis Cash of Starmakers and is recognized by Tubi TV & Prime both, who have released the legendary music awards on their streaming platform for viewers to enjoy all over the world the education and history of Cleveland Artists.

Promotional Events: (Reaching viewing and listening audience over 250,000)
- Print Flyers, Social Media, Banners -

Radio (includes Live interviews) - Television (VH1, BET, Bounce, etc.) - Media Meet & Greet session Outcome: These events will reach over 1,500 people at participating venues Target Audience: Men and Women Ages 21 – 65 years

2023 Honoree includes: Big Mucci, Frederick, Sam Sylk, Kermit Henderson, Scott & Raven George Pearson, Kinsman Dazz, Johnny O Horton and more! For more information please call 216-324-4802 or email starmakers2@hotmail.com

I FOUND OUT By LaMonica Jones

I found out that there are so many members of our community approaching the age of 65 and needing help. They had so many questions regarding the many phone calls they are receiving, as well as the mountain of mail on the kitchen or dining room table! It can all be so overwhelming.



Well, I’m here to help. My name is LaMonica Jones, and I am a Licensed Insurance Agent. I have over 20 years of experience in the insurance industry and my ability to simplify and connect people to resources is unmatched. I’m a married mom of 8 beautiful children. I do volunteer work and I’m on a committee for the NAACP. I sit on the board for the Diversity Council in my

community.

My goal in this monthly column is to share information with you, to help you make an informed decision regarding your health care. There are program a myriad of programs available to help you simply if you are in a low-income bracket. There are also programs designed to assist with paying for your Part-B premium, and prescriptions. There are a plethora of programs hidden in the cracks and crevices of the insurance world that can help you save money AND time.

There are many, many extra benefits that many Medicare eligible recipients have no idea about. There are fitness programs, dental and vision allowances, grocery allowances, an allowance for utility bills, rent and over-the-counter benefits just to name a few.

I would love to be someone in the commu-

nity that you can call, and feel confident that you can now have some of your questions answered. After speaking with me, you will surely become more knowledgeable about YOUR particular policy and what is available to you. You will then be able to share your new-found knowledge with family and friends. You can then smile with glee because...YOU FOUND OUT !!! LET’S TALK ABOUT YOU!!!

What type of plan do you have now?
In regard to your health insurance plan, what is important to you?
What do you like about your coverage?
What would you add to your current coverage that would make your plan better for you?

*LaMonica Jones is a licensed insurance agent and CEO of Harvey Jones Insurance Group. She can be reached at 440-305-5101 or by email at: admin@hjinsurancegroup.com

WOMEN
From Page 1

This spectacular space is a one-of-a-kind community enrichment center and its philosophy will surely be duplicated both locally and nationwide. The colorful menu of specialized classes includes skills in the areas of music production, journalism, television production, makeup application, hair braiding, barbering, DJing , podcast production, financial literacy, cooking classes and the list continues to grow weekly.

“We are all about building a good, solid foundation at our educational complex to give our young minds that necessary edge that it takes to make it in today’s tech-driven society”, Bradford-Williams states. “We give them real world experience that they can use the very minute that they walk out of our doors,” she adds.

There are former and current teachers on the team, as well as professionals from many of the social service organizations in town. Radio announcers, African-American farmers, videographers, photographers, horticulturists, music producers and college recruiters help to round out this gang of mega- successful change agents.

JB’s Lunch & Literacy Program, with the assistance of the federal government, assists families that are living at or below the regulated poverty guideline and have children who want to attend classes. Qualifying families will receive a \$500 voucher for each qualified child.

Bradford-Williams is the CEO of JB’s Grille, a very popular family soul food restaurant located a short distance from the learning academy. She also operates several transportation companies and has a very successful daycare business as well.

One of her highest points came earlier in 2022 when she was crowned the winner of Nexstar Media’s” The Remarkable Women of 2022”. Throughout Women’s History Month, FOX 8 News highlighted women across the country who were making a difference as part of a nationwide Nexstar Media initiative.

After winning the state title for being so remarkable in community activism, Bradford-Williams went on to be the cream of the crop nationally and now stands in the history books of time as being a very “remarkable woman”. And, she continues to prove that fact day in and day out.

Bradford-Williams is now operating 3 successful afterschool programs here in the city. They are located at 9250 Miles Park Ave., 6624 Harvard Ave. and at Roberts Ave on the city’s westside.

For more information about this illustrious program, Contact Barbara-Bradford-Williams at (216) 355-7140.

Mothers Day
SENIOR LUNCHEON
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HOSTED BY: THE LINE DANCE KING
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ZAPP AND MIDNIGHT STAR BANG IT OUT AT
THE MGM NORTHFIELD ON APRIL 8TH

By The Madd Hatter

Two of Ohio’s most legendary funk and R & B groups come together for one terrific night of entertainment on April 8th at the MGM Northfield. Concertgoers will be beamed back 40 plus years to the late 70’s as Zapp and Midnight Star take full control of mind, body and soul.

Both groups hale from Ohio, the nation’s Funk Capitol, and returning home couldn’t get any better. The buzz on the streets is that everybody in town will be dressed to impress and headed to the show. Zapp, formerly Roger Troutman and Zapp, brings to town a trick bag full of songs guaranteed to make to dance like their song’ I Can Make You Dance” suggests. They’ll surely pull out all of the stops with hits like, “Grapevine”, “Computer Love”, “I Wanna Be Your Man” and other rocking Zapp tracks.

Now, let’s not forget that Midnight Star’s catalog of sassy songs are deeper than the Ohio River too. You KNOW that they’ll be dropping gems all night long. Fans will be singing along to all their chart-making tunes such as, “Freak-A-Zoid”, “Operator”, “Wet My Whistle” and a horde of other head bangers. Don’t miss this amazing show. Tickets are available at Ticketmaster.com



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Elijah G-The Man with a musical plan

Elijah Gilmore is an American jazz classical artist, composer, producer, and multi-instrumentalist. He is best known though as an electrifying world-class, top tier drummer. Right now, he is one of the chosen few percussion recording artists to be played on nationally syndicated smooth jazz radio stations and formats like Pandora Radio, iHeart Radio and others. He got phenomenal airplay on 107.3 The WAVE during its reign as the supreme jazz station in Cleveland.



Jazz journalists across the country have showered the artist with all the superlatives associated with brilliance. Gilmore’s masterful drum work shines as bright as the floodlights in Hollywood. During his

live performances, he is deeply immersed in his work and it comes through loud and clear with audiences signaling their approval night after night. He often plays to sold out houses. The steady handed drummer consistently leaves his followers gasping for more, creating a massive array of both senior and younger listeners in a world where they say jazz is dying out. It won’t die out on his watch...that is certain.

His last album, (name of project) even received rave reviews by the multi-grammy award winning jazz group, The Manhattan Transfer Singers. Gilmore’s rhythm and timing is incomparable. He plays both mallets & drums to perfection and beyond.. He has shared the stage, studio and spotlight with some of the most successful jazz artists ever. He has wood shedded with a myriad of jazz greats such as Joe McBride, Gladys Knight, Dave

Mathews Band, Robert Randolph, Gerald Veasley, Najee, Chuck Loeb, Jack Johnson, Waymen Tisdale, P Diddy, John Mayer, The Yellow Jackets, Spyro Gyra, Reggie Wooten, Ben Harper, The Roots, Eddie Baccus Jr., James Lloyd, Kim Burrell, Mike Pope, Dominick Farinacci, Terrence Blanchard, Gerald Levert, MGK, Outcast, Breaking Benjamin, Half Mile Home, Tony Pulizzi, Alvin Frazier, and Sean Jones just to name a few. Gilmore is currently in the studio putting the finishing touches on a brand-new project due for release later this year. The soulful beat master toured with Joe McBride (of Heads Up/Concord Records) for 10 years, and is currently touring with “Living Legend” Gladys Knight as her lead percussionist. Gilmore uses drumming as a tool to bring our world together

and can be found impacting various communities through a program he founded in 2005 called "The Tribe of Eli Mentoring Program".

“We teach our kids life skills such as self-love, respect for others, cultural diversity, emotional intelligence, communication skills, conflict resolution skills, discipline, courage, and leadership skills so that our children can later help us be a better Cleveland, a better America, and a better world”, Gilmore explained. “This program includes motivational speaking, one on one mentorship, while also incorporating the arts (drum therapy) which provides a positive atmosphere for our youth to connect with each other and additionally express themselves creatively through music. “



THE ELIJAH G SHOW

THURSDAYS @7PM EST

Facebook LIVE, YouTube LIVE

Facebook, Instagram, YouTube icons

THE ELIJAH G SHOW

TAMMY TALKS!

By Tammy Kennedy

May 2020 out of the clear blue sky I received a message from a lady I never met, little did I know this message would change the trajectory of my life! #IDIDMYPART was a campaign started in Houston, TX by the BeyGood Foundation. A generous donation of \$6,000,000 to M25:M in Ohio began what is now known as the Greater Cleveland Distribution Collective (GCDC).

I founded GCDC in 2021 and began operating as a charitable organization. By 2022, I began operating as a membership based organization that provided seniors with much needed resources such as hygiene and sanitation supplies. For a \$10 monthly membership fee, you will also get free classes in Art and Crafts, Financial Literacy, Holistic Health, Entrepreneurship, Safety and Security and Community Organization and Free

Special Events.

The partnership with Barbara Bradford-Williams’ After School program “Our Youth Our Future” located at 9250 Miles Park in the Historic Union Miles neighborhood is the most innovative project I’ve seen in this country.

Since the grand opening of the Hygiene Hub, the 1st in NEO located in the Historic Union Miles District, we co-sponsored with the Union Miles Community Development Corporation two drive through distributions giving out over \$50,000 in free hygiene and sanitation supplies.

The goal is to establish at least 2 Hygiene Hubs in NEO by 2024. Any community that wants a hygiene hub in their area please send an email to Gcdccustomerinfo@gmail.com for requirements.

Want these wonderful products for your customers? Become a partner with GCDC today! Text 216.217.1604 for details! The supplies and classes change monthly.

Your help is needed spending MacKenzie Scott's gift to CMSD

CMSD NEWS BUREAU

When renowned Philanthropist MacKenzie Scott gave CMSD \$20 million last November, the extraordinary and unsolicited gift came with no strings attached.

Shortly after news of the gift went public, CEO Eric Gordon and The CMSD Board of Education collaborated on an extraordinary and imaginative decision: Everyone in the CMSD community would soon be given a voice at the table on how the money should be spent for the betterment of our schools. That time has now arrived.

Today, February 24th, the District announced the launch of The CMSD Get More Opportunities Fund website, which will serve as a portal through which students, teachers, and parents can apply directly for grants or make suggestions on how to use the gift. All CMSD scholars, educators, CMSD parents and caregivers are invited to share their ideas on how the funding can be creatively used. If you have a vision of how the educational experience of a school, building, department, or division can be advanced, you are encouraged to share your idea. No idea is too big or small for consideration. Be creative with suggestions on how the funding can be used in the following areas:

- Scholar Opportunities
- Educator Opportunities
- One-Time Investment Opportunities

CEO Gordon provided a creative example of how the funding could be used during the public announcement of the MacKenzie Scott gift. He announced that the first purchase courtesy of the gift was used to buy an app that allows Senate League football teams to view instant replay on the sidelines during games. In addition, optical devices were also purchased that let Cleveland School of Science & Medicine students use augmented-reality curriculum.

MacKenzie Scott had CMSD students in mind when she bestowed her largesse on the district. Now, these same students will play prominent roles in deciding how the gift will be parceled. CMSD high school principals will select two students from each school's Student Advisory Committee, one sophomore and one junior, to serve on the fund's distribution committee.

These students will have a direct role in reviewing and selecting which proposals will be awarded grant funds. In addition, these students will help design the grant-making process. In other words, CMSD will now be teaching our students how to model one of the world's leading philanthropists.

What a magnificent opportunity. So, let's all brainstorm and start taking advantage of the wonderful MacKenzie Scott gift.



MacKenzie Scott



FDA Authorizes First Over-the-Counter At-Home Test to Detect Both Influenza and COVID-19 Viruses

Today, the U.S. Food and Drug Administration issued an (EUA) for the first over-the-counter (OTC) at-home diagnostic test that can differentiate and detect influenza A and B, commonly known as the flu, and SARS-CoV-2, the virus that causes COVID-19. The Lucira COVID-19 & Flu Home Test is a single-use at-home test kit that provides results from self-collected nasal swab samples in roughly 30 minutes.

The Lucira COVID-19 & Flu Home Test is a single use test for individuals with signs and symptoms consistent with a respiratory tract infection, including COVID-19. The test can be purchased without a prescription and performed completely at-home using nasal swab samples self-collected by individuals ages 14 years or older or collected by an adult for individuals 2 years of age or older. The test works by swirling the sample swab in a vial that is placed in the test unit. In 30 minutes or less, the test unit will display the results that show whether a person is positive or negative for each of the following: Influenza A, Influenza B and COVID-19. Individuals should report all results obtained to their healthcare provider for public health reporting and to receive appropriate medical care. In individuals with symptoms, the Lucira COVID-19 & Flu Home Test correctly identified 99.3% of negative and 90.1% of positive Influenza A samples, 100% of negative and 88.3% of positive COVID-19 samples and 99.9% of negative Influenza B samples. Since there are currently not enough cases of In-

fluenza B circulating to include in a clinical study, validation confirmed that the test can identify the virus in contrived specimens, and the EUA requires Lucira to continue to collect samples to study the test's ability to detect Influenza B in real-world settings. As with all rapid diagnostic tests, there is a risk of false positive and false negative results. Individuals who test positive for either flu or COVID-19 should take appropriate precautions to avoid spreading the virus and should seek follow-up care with their physician or healthcare provider as additional testing may be necessary. Negative results for SARS-CoV-2 and influenza B should be confirmed, if necessary for patient management, with an authorized or cleared molecular test performed in a CLIA-certified laboratory that meets requirements to perform high or moderate complexity tests. Individuals who test negative and continue to experience symptoms of fever, cough and/or shortness of breath may still have a respiratory infection and should seek follow up care with their healthcare provider. The collective impact of COVID-19, flu and RSV underscore the importance of diagnostic tests for respiratory viruses, and the FDA recognizes the benefits that home testing can provide. The agency will continue to use its authorities to increase the number of appropriately accurate and easy to use at-home tests available to the public, especially tests that detect these highly contagious respiratory viruses.

Focus Media Photography
216.337-2102

Where the focus is on YOU

MEDWORKS HOLDS FREE MEDICAL POP-UP CLINIC AT UH OTIS MOSS JR. HEALTH CENTER

By Stick Richards

Reverend Otis Moss' name is always associated with something positive. On Saturday, March 18th at the UH Otis Moss Jr. Health Center, another positive thing took place. Hundreds of Cleveland residents showed up at the UH Otis Moss Jr. Health Center up for a free medical clinic sponsored by Medworks in conjunction with University Hospital. The clinic offered individuals an opportunity to receive general men's and women's health exams, vision tests, specialty screenings (dental, skin, podiatry, endocrinology,) mammograms, pediatric dental screenings, nutritional education, insurance enrollment and more.

The pop-up clinics are aimed at those who need medical attention but may not be able to afford it. Since 2009, the team members at Medworks has held more than 70 clinics in Northeast Ohio with many more planned for the very near future. They have provided medical, vision, dental and general medical services to over 16,000 individuals leading to nearly 40,000 appointments.

Medworks hosts several clinics throughout the year in various counties in and around Northeast Ohio. Each clinic is fully manned by volunteers from all walks of life. Each medical team member volunteers their time to show their dedication to the city, its residents and to their profession. The team of volunteer doctors seeing patients are from our top-tier local hospitals. Physicians from Cleveland Clinic, MetroHealth,



University Hospital and many other medical facilities make up this group of weekend super heroes.

The Navigation Team is there to point individuals in the right direction for services needed outside of the pop-up clinics. They will discuss your situation and help you find the desired assistance that you seek.

Many people walked into the health facility slightly broken in some way, shape or form. They left with brand new glasses, prescriptions of varied doses and types, they had been vaccinated/boosted, examined and then reexam-

ined. And, just in case the shot they received may have stung a bit, they gave away Dave's gift cards and gift cards for Uber Eats. Outside they were greeted with even more wonderful surprises from the kind folks at The Cleveland Food Bank. Medworks tote bags were chock full of fresh fruits and vegetables.

There are no questions asked about your financial ability to pay for services received during the clinics. Whether you have insurance or not...working or not...these clinics are absolutely free. There are a myriad of other clinics, of various types, scheduled for later this year. Go to medworksusa.org for more information about this amazing organization or call (216) 231-5350.

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MIKKI'S MEALS

Angelina & Alicia Home-Made Rolls Recipe

Bon A Petite!!! Maxine Sincerely, Mikki D. Hardwick Lett

- 4 1/2 Cups of Flour
- 1 Stick of Butter
- 1 Teaspoon Salt
- 2Pkgs. Fleishman Active Dry Yeast (*) You can use Rapid Rise Yeast also 😊
- 3 Eggs
- 3/4 Cup Sugar
- 1 1/2 Cup of Milk

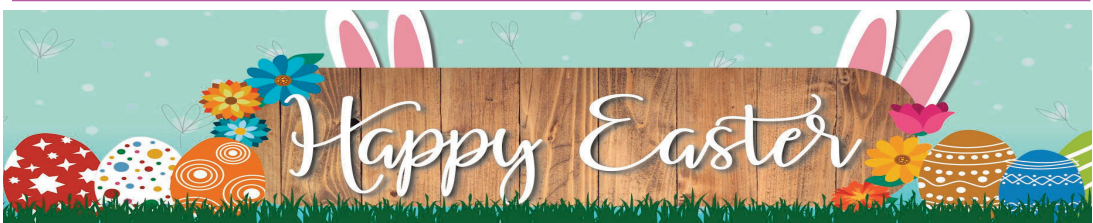
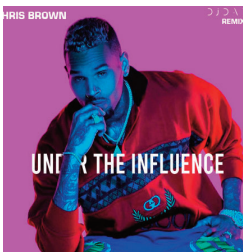



- Heat Milk & Butter/Margarine until it melts; Set aside to cool.
- Sift flour, sugar & salt in large bowl.
- Mix yeast & eggs in cool milk & butter, “Mix Well !!!”
- Pour into dry ingredients, mix well. NOTE: Hands will be very sticky.
- Let dough rise for (1) one hour. Then after one (1) hour mix and roll out dough, cut with cutter (Drinking glass).
- Place rolls in a greased pan; Let rise one (1) hour. Put in oven and bake at 400 degrees until brown. Brush with melted butter after removing rolls from oven.

This recipe was shared with me by two very dear Sister Friends of mine. They are identical twins and are just a JOY to be around!!! It's their Family Roll Recipe and I knew that when they shared this recipe with me I had earned a very special place in their hearts as well as the heart of their family. With the Easter Holiday just around the corner I thought this recipe is just the thing to share with readers especially those that LOVE to Bake !!! This is a delicious roll recipe!!! I hope that your family enjoy these soft, sweet, buttery, melt in your mouth clouds of shear bread ecstasy as much as my family has for the last 38 years that I have been making them!!!

RAYNA'S TOP 10 HIP- HOP AND R&B SONGS

1. The Weekend & Ariana Grande – Die For You
2. Nicki Minaj- Ruby DA Sleeze
3. Lil Uzi Vert- Just Wanna Rock
4. Coi Leray- Players
5. Beyonce- Cuff It
6. Chris Brown- Under The Influence
7. Raye ft 070 Shake- Escapism
8. Miguel- Sure Thing
9. Sza- Snooze
10. Toosii- Favorite Song





Things About

Mental Health

That Men Should Know

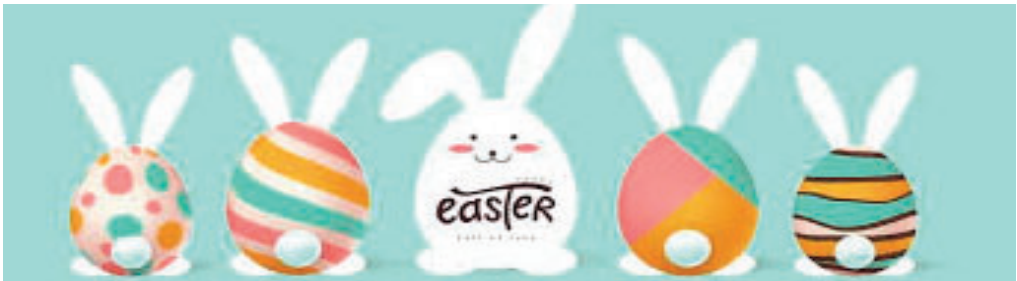

It's Okay To Have Many Different Feelings And Emotions

It's Okay To Seek Help When You Need It

Mental Health Problems Are Much More Common Than You Might Think

Talking To A Professional About What You're Going Through Will Help You Feel A Huge Sense Of Relief

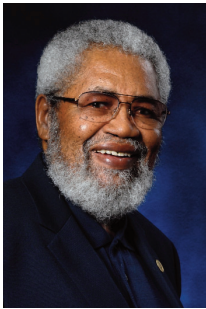
Schedule your appointment today!
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THE AMAZING POWER OF CHOICE

By Harvey Zay

Most of us make many choices every day. Some of us plan our activities at least a day ahead. Wherever we are in life today, is the result of the many decisions we have previously made. Or not made.



We start making decisions in early childhood and continue throughout our lives. At an early age many people choose their careers, soul mates and a permanent place to settle down. Needless to say, important decisions such as these should be carefully considered. In other words, “Educated Decisions” should be a major part of our plans. Some mistakes can be avoided with proper preparation. One should involve qualified professionals who can guide you through the process.

In this space each month I will bring you more information about the amazing power of choice. I will bring you many thought provoking columns surrounding the many wonderful decisions that we all must make. Some of these will be fun ideas that you might want to try and some of them will be very serious in nature and in tone. So, make sure to check out my column each month to see if what I have to say will impact YOU.

People frequently ask me about my current activities. Here are just a few that I’m currently involved in. I am teaching skills in broadcasting, public speaking and sales. I am also a consultant in the Medicare Advantage field. For more information and answers to your questions, you can email me at payzay@hotmail.com

Harvey Zay
Thank You

JBS LUNCH and LITERACY

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Mon-Thurs
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2023

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Use your ACE Grant or
Pay \$100.00 weekly per child
(Contact Barbara for family rates)

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