

# The **Good News** Letter

*A publication of Today's Ministry Achieving Tomorrow's Triumphs*

Fall 2010 Volume 7 Issue 3

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**Good People**  
*Daphne Valerius  
Producer, Reporter,  
Actress*

*The Spirit of the Lord is on me,  
because He has anointed me to preach  
**Good News** to the poor. He has  
sent me to proclaim freedom for the  
prisoners and recovery of sight for the  
blind, to release the oppressed, to pro-  
claim the year of the Lord's favor.*

*Luke 4:18-19 (NIV)*

*Today's Ministry Achieving Tomorrow's Triumphs (TMATT) is a faith based non-profit organization geared toward the betterment of men, women and children. Our commitment is to love, encourage and empower through various charitable programs. There are several programs in place including Stay in Shape Saturdays, The Sisterhood Brunch, In His Image and The Good Newsletter.*

*The views expressed in TGNL are those of the writers and do not necessarily reflect the positions of TMATT. Also, please use discretion when purchasing any products advertised or following any advice (medical or otherwise) given in TGNL.*



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# CONTRIBUTORS



**G. Morris Coleman**  
Contributing Writer

*"Let me win, but if I cannot win, let me be brave in the attempt."*

Special Olympics  
Motto



**L. Ayanna Brown**  
Contributing Writer

*"A woman's heart should be so hidden in Christ that a man must seek Him first to find her."*

Anonymous



**Michael Moody**  
Contributing Writer

*"Where there is no struggle, there is no strength."*

Oprah Winfrey



**Vonnetta Hughes**  
Contributing Writer

*"Love talked about is easily turned aside... Love demonstrated is irresistible."*

Dr. Stan Mooneyham



**Tracylee Coleman**  
Editor-in-Chief

*"Revelation is of no value without the wisdom and character to live it out."*

*John Bevere*

## *GIVE THANKS...BY GIVING BACK!*

On Thursday, November 25th, 2010

## **THANKSGIVING DAY**

The Emmanuel Pentecostal Faith Temple Family  
will host a

## **THANKSGIVING DINNER**

*from the hours of*  
11am-2pm

and You, The COMMUNITY, are Our Invited Guests!

## **ALL ARE WELCOME**

*Please join us as we celebrate community  
And give thanks to God for giving us one another.*



**We Hope To See You There!**

If you need additional information,  
please contact Morris Coleman at 914-563-9959

Emmanuel Pentecostal Faith Temple  
Catherine Dixon Founder's Hall  
344 South Fifth Avenue  
Mount Vernon, NY 10550

Bishop Leon Dixon, *Pastor* • Elder Dorothy Dixon, *Co-Pastor*

**ANNOUNCEMENTS**

Congratulations to Joseph and Donna Owusu-Ansah on their recent nuptials. Best wishes!  
 Congratulations to Michael and Precious Atkins on the birth of their baby girl. Best wishes!  
 Congatulations James and Rana Henderson on the birth of their baby boy. Best wishes!  
 Congratulations to Maela Jones on her new job at the Guggenheim Museum. Best Wishes!

Happy Birthday to all those born in September, October, and November!

**UPCOMING EVENTS**

<b>9/11 EPFT Back to School Festival</b>	<b>11/12-11/14 Faith &amp; Favor Conference</b>
Call (914) 409-6400 for details	Call (914) 830-8477 for details
<b>9/25 Health Walk 2010</b>	<b>11/26 Happy Thanksgiving!!!</b>
Call (917) 749-7133 for details	<i>Thanksgiving Dinner at EPFT: 11am-2pm</i>
<b>10/16 Sisterhood Brunch</b>	
Call (917) 749-7133 for details detach here	Call (914) 563-9959 for details

**Prayer Requests. Announcements. Upcoming Events.**

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**A MESSAGE FROM THE EDITOR-IN-CHIEF**

*TRACYLEE COLEMAN*

Fall symbolizes different things for different people. For me, it symbolizes a new beginning of sorts. Kids head back to school (usually a new grade, but sometimes even starting a new school), work schedules go back to normal (summer hours are now a thing of the past), and for some, church activities get back into full swing (no more empty pews).

Depot can't begin to name them). You can't help but be in awe of the Master and what He consistently does with each new season.

We all stop and marvel at these great works. But God does it for more than just the seasons...He wants, desires and will do wonderous things for us too.

When I begin to see the leaves change colors and start to fall into bundles everywhere, it gives me that kid like feeling all over again where I just want to run

***It's a new season, it's a new day. A fresh anointing, is flowing my way. It's a season of power and prosperity. It's a new season, coming to me. Israel Houghton***

With vacation time over for most and having caught up on the rest and relaxation that we all need, it is now time to get back into a rhythm.

The Fall can be a busy time especially for parents trying to keep up with their children's activities in and out of school.

into the pile and play (but then reality sets in and I wonder, who's going to rake all of these leaves up!?).

It's one of the busiest times for me and my family with our work in ministry kicking into full gear...but it's also one of the most rewarding times for us as well.

I implore all of us to take advantage of each new season as an opportunity to do something new. Life is bursting with new prospects daily...we first need to recognize them and then go after them.

Fall/Winter is not a happy season for everyone. Some people become sad and even depressed because of the change into this particular season. For those people, I am encouraging them to see the blessing in all of the seasons of life.

Please don't let another season come and pass you by and you find yourself in the same ole rut. It's time out for that. Dream. Reach. Achieve. WE CAN DO IT!

The Fall has such magnificent physical changes that happen; leaves start to change into rich colors, (even Home

It's a new season...a new day...anticipate all of the great things coming our way!

## Little Shop of Horror: Feed Me

G. Morris Coleman

“Feed me Seymour; feed me all night long” bellows a singing, talking, blood-thirsty potted plant likened to that of a Venus Fly Trap in the widely-popular musical, “Little Shop of Horrors.” Adapted from a book by Frank Oz, “Little Shop of Horrors” enjoyed a long run and several revivals on Broadway and is an annual favorite for elementary school staged productions. But most famous is the screen adaptation of the hit musical starring Rick Moranis and co-starring notables such as Jim Belushi, John Candy, and Steve Martin.

Seymour Krelborn (the lead character played by Rick Moranis) works and lives in a rundown flower shop on Skid Row. While his boss, Gravis Musnick, struggles to keep the shop open, Seymour seeks a way of bringing the shop—and himself—fame and fortune. He purchases an exotic plant from a oriental street vendor, naming the plant Audrey II, after the girl he loves. The plant proves good for business, attracting more customers to the store, but gradually Seymour learns to his horror, that Audrey II craves blood and flesh, and Seymour must scare up human food to satisfy the plant’s appetite. In the end, Seymour must confront the plant to secure a future of happiness with Audrey and to save all of mankind. (www.flixster.com)

**“...the more we give in to the desires of the flesh, the more it craves “nourishment;” it is never satisfied.”**

Although a fictional account created for our enjoyment and entertainment, many of us can identify with the illustrations portrayed in this tale. In our pursuit of success, fame, and fortune, we too have satisfied the cravings of our flesh. As with Audrey II, the more we give in to the desires of the flesh, the more it craves “nourishment”; it is never satisfied. It is this insatiable appetite that causes us to seek those things we know to be contrary to the will and purpose of God for our lives. We vow to God, man, and self that this will be the last time we cater to our fleshly-desires, but all too soon we find ourselves in the same situations, offering the same excuses for our incessant lack of self-control.

Paul states in Galatians 5:16, “This I say then, Walk in the Spirit, and ye shall not fulfill the lust of the flesh.” How simple does that sound? Simply walk with God and you won’t have to worry about the flesh. I could pretend that this is a task requiring little effort and that none should ever fall short of this mark. But on the contrary, this is a great undertaking and requires that one “die daily” (I Corinthians 15:31) in order to deny the desires of oneself and accept and walk-in the complete, perfect, and total will of God.

## Somebody Prayed For Me...

City of Mount Vernon	Caroline Nelson & Family	Janay Moody
The Obama Family	The Wallace Family	Letitia Hughes
US Government	G. Morris Coleman	Xavier White
Denise Matthews	Boys & Girls Club of MV	Vonnetta Hughes
Otis Jones	Andrea Moody	Devon Matthews
Emma Gibson	Danielle and Jordan Rice	Denise Addison
The Moore Family	Joseph Coleman	The Hughes Family
Tamara House	Derrick Adams	The Dean Family
The Jeffrey Family	Tracy Coleman	The Pone Family
Kimberly Crawford	Christopher Barnes	Horace H. Baker, Sr.
Tina Cousart	Daphne Valerius	The Brown Family

## Our Father...

Dear Heavenly Father, God of our yesterday, today and our tomorrow. We come before Your presence just to say Thank You for all that You are and all that You do. We thank You for Your faithfulness, in spite of our unfaithfulness to You Lord. Your mercies are new every morning, GREAT is Your faithfulness! God, we realize, in whatever situation we may come up against, You are Whatever and Whomever, we need You to be. Again, we say THANK YOU! God we come before You, asking for You to restore us...to forgive us of every sin. Lord and help us to forgive others as You forgive us. God, search our hearts and our thoughts, and remove everything that is not like you, in the name of Jesus! God, help us to make You LORD of our lives. We realize, You are our Savior, but Lord we want no, we NEED You to be LORD in every aspect of our lives. Help us to love You the way we ought and allow that love to show in our daily lives. Allow us to be givers to our fellow man. Keep in our minds that it’s not about us, but it’s about You; about us serving others. Allow us to seek Your face daily. Lord God, continue to order our steps and we will forever uplift Your name; because we realize if it wasn’t for You on our sides, we would be lost. We GLORIFY You. In the Precious Name of Jesus, Amen!  
VH

## ***In His Presence...***

God tells us in His Word, “be angry and sin not.” We all feel anger and will become angry. However, it is how we choose to express it that counts. One can be angry without being sinful. Psalm 7:11 says, “God is angry with the wicked every day. He does not wipe us out due to our sinful nature, but He continues to show us mercy.” When someone harms us, we want to retaliate and inflict the same pain they caused us. God calls for us throughout the Bible NOT to be angry to the point of rage, but to seek peace. Anger is a human emotion, but we must learn how to control it; and with the Lord’s help, we can conquer it. When anger is not controlled, it usually leads to evil actions and thoughts, which is of the devil and not of God. The Bible tells us that our Heavenly Father is slow to anger and rich in love. He wants and requires us to do the same. We cannot overcome anger by our own strength, but with God’s strength only. His strength is made perfect in our weakness. Reading scriptures and sincerely fasting and praying to God will defeat the spirit of anger in our lives. We can do all things through Christ who strengthens us. Turn it over to God and watch Him do it!

<b>September</b>	<b>October</b>	<b>November</b>
<i>Consequences of Anger</i>	<i>Sin Not</i>	<i>Slow to Anger</i>
Proverbs 15:1	Proverbs 15:18	Psalm 145:8
Proverbs 14:17	Ephesians 4:26	Proverbs 14:29
Proverbs 29:22	Ephesians 4:31	James 1:19
James 1:20	Ephesians 4:32	Ecclesiastes 7:9
	Colossians 3:8	

*Compiled by Vonnetta Hughes*

However, Paul does offer a suggestion as to how this can be accomplished. Romans 13:14, “But put you on the Lord Jesus Christ, and make not provision for the flesh, to the fulfill the lusts thereof.” It is only when we **put on** Jesus that we are able to walk in the Spirit and forsake the urges of our flesh. Philippians 2:5 says, “Let this mind be in you, which was also in Christ Jesus.” When we put on the mind of Christ, we are able to stand in His strength and “fight the good fight of faith” (I Timothy 6:12).

In putting on the mind of Christ, we must first be able to identify what this looks like. In Philippians 2, the author, Paul illustrates with great detail, the mind of Christ: *Philippians 2:1-8, “If there be therefore any consolation in Christ, if any comfort of love, if any fellowship of the Spirit, if any bowels and mercies, Fulfil ye my joy, that ye be likeminded, having the same love, being of one accord, of one mind. Let nothing be done through strife or vainglory; but in lowliness of mind let each esteem other better than themselves. Look not every man on his own things, but every man also on the things of others. Let this mind be in you, which was also in Christ Jesus: Who, being in the form of God, thought it not*

*robbery to be equal with God: But made himself of no reputation, and took upon him the form of a servant, and was made in the likeness of men: And being found in fashion as a man, he humbled himself, and became obedient unto death, even the death of the cross.”*



Essentially, Paul was letting us know that the characteristics listed in this passage should be found in each of us. We put on the spirit of humility and servitude and we renounce animosity, hatred, envy, and conceit. The only concern of Jesus was that He fulfill the will of His Father and He had little concern for Himself in that process.

The scripture goes on to discuss how we are required to be self-less and have concern and care for the things of others. When we remove our minds of ourselves and focus on others, we put on the mind of Christ embodied through our love for Him and one another.

As we starve our flesh, it will become weaker and weaker ultimately rendering it helpless against the Spirit of God that lies within. Our flesh will always desire to be fed, but the decision is ours to choose what we will intake in that moment. In Deuteronomy 30:19, the following words are recorded: ...I have set before you life and death, blessing and cursing; therefore choose life, that both thou and they seed may live...

What will you choose?

## Good Word



During the time of the Judges when there was a famine, an Israelite family from Bethlehem—Elimelech, his wife Naomi, and their sons Mahlon and Chilion, migrate to the nearby country of Moab. Elimelech dies, and the sons marry two Moabite women: Mahlon marries Ruth and Chilion marries Orpah.

The two sons of Naomi then die themselves. Naomi decides to return to Bethlehem. She tells her daughters-in-law to return to their own mothers, and remarry. Orpah reluctantly leaves; however, Ruth says, “Entreat me not to leave you, or to turn back from following you; For wherever you go, I will go; And wherever you lodge, I will lodge; Your people shall be my people, and your God, my God. Where you die, I will die, and there will I be buried. The LORD do so to me, and more also, if anything but death parts you and me.” (Ruth 1:16–17 NKJV)

**Character(s): Major:** Ruth; **Minor:** Naomi; Boaz

**Scriptures:** Book of Ruth

**Significance of Name:**

Ruth means companion; friend; vision of beauty.

**Best Known For:**

The two women return to Bethlehem. It is the time of the barley harvest, and in order to support her mother-in-law and herself, Ruth goes to the fields to glean. The field she goes to belongs to a man named Boaz, who is kind to her because he has heard of her loyalty to her mother-in-law. Ruth tells her mother-in-law of Boaz’s kindness, and she gleans in his field through the remainder of the harvest season.

## Ask Ayanna

***Why aren’t we, the people of God, more concerned with and focused on our health as we are our spiritual goals?***

This is an interesting question, reader and I love the variety of questions that have been submitted for the column this quarter. In an attempt to answer this question, I won’t generalize, but I will talk about why some of us may not be as focused on our health and the ramifications of that lack of focus. I hope to also demonstrate the connection between our health and our effectiveness in our purpose and ministries.

Many of us put so many things before God and ourselves, which causes so many things in our lives to go awry. It is easier for us to convene in between church services for a meal rather than have a light snack and feed the hungry. It’s easier for us to greet each other and socialize, than it is to walk the streets witnessing, or going as a group to the track to exercise. Seeking our purpose and bringing our lives in alignment with God’s word, in addition to bringing our bodies in alignment with good health is an active process and not always easy. We are talking about living balanced lives. Reader, not challenging ourselves, focusing on everyone else and doing what is comfortable may or may not be the reason why we neglect the physical body; but right now I want to challenge the way we think about our physical health in the spiritual sense.

The Bible says we are the temples of the Holy Ghost, vessels to honor and not dishonor (I Corinthians 6:19, II Timothy 2:20-21). Well, how is our temple? How affective can the Holy Ghost be through us if we get out of breath when we walk one block or we don’t sleep well because of sleep apnea and are too sluggish to minister effectively? Is eating our bodies into obesity, overloading on unhealthy foods or consuming toxins that destroy the body, fulfilling the call to be vessels of honor? This Christian walk is one of moderation, obedience and balance; we are to live in wisdom. How are we presenting our bodies acceptable unto God if our body, weight and health is hindering us from fulfilling our purpose in Christ Jesus (Romans12:1)?

I may not have fully answered the question as to why some aren’t as concerned with their health as their spiritual goals, but I want to challenge each person reading this. Your spiritual goals are tied to your health. How you handle your body and health will determine your effectiveness in the kingdom of God.

# TMATT

Today's Ministry Achieving Tomorrow's Triumphs

presents



# HEALTH WALK

## 2010

“FUN, FITNESS, FAMILY, & FRIENDSHIP...”

Saturday, September 25th, 2010  
9 o'clock am

# 13.1 MILE WALK

Begins at Memorial Field  
Sanford Blvd. And Garden Avenue  
Mount Vernon, NY

For more information, please call 917-749-7133  
Or send e-mail to [tlc@tmatt.org](mailto:tlc@tmatt.org)

Boaz is a close relative of Naomi's husband's family. He is therefore obliged by the Levirate law to marry Mahlon's widow, Ruth, in order to carry on his family line. Naomi sends Ruth to the threshing floor at night and tells her to “uncover the feet” of the sleeping Boaz. Ruth does so, Boaz awakes, and Ruth reminds him that he is “the one with the right to redeem.” Boaz states he is willing to “redeem” Ruth via marriage, but informs Ruth that there is another male relative who has the first right of redemption.

The next morning, Boaz discusses the issue with the other male relative before the town elders. The other male relative is unwilling to jeopardize the inheritance of his own estate by marrying Ruth, and so relinquishes his right of redemption, thus allowing Boaz to marry Ruth. They transfer the property and redeem it by the nearer kinsman taking off his sandal and handing it over to Boaz. (Ruth 4:7-18)

Boaz and Ruth get married and have a son named Obed (who by Levirate customs is also considered a son or heir to Elimelech, and thus Naomi and Elimelech's legal son). In the genealogy which concludes the story, it is pointed out that Obed is the descendant of Perez the son of Judah, and the grandfather of David.

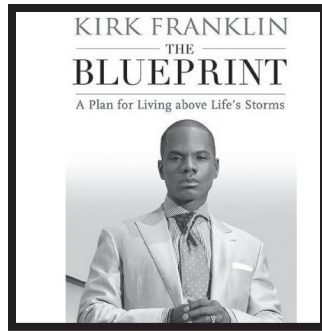
### **How His/Her Life Impacts Us Today:**

The story of Ruth celebrates family and the way it continues through many generations. Ruth, a childless widow at the beginning of the story, becomes the great-grandmother of Israel's greatest king, David.

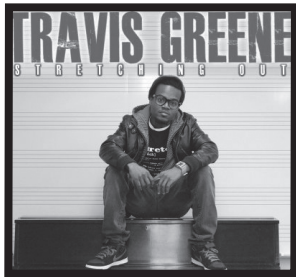
The story of her family, and the way it endured despite misfortune, is the story of the Israelite people, who continued despite all that happened to them. Even an unlikely person like Ruth, a foreigner from the despised Moabite nation, could be used to move God's plan a step further towards completion. Same applies to us today. No matter what comes our way, we have great examples that we too, can endure to the end! (Wikipedia)

*Researched by Tracylee Coleman*

***If you have not accepted Christ in your life as personal Lord and Savior, we encourage you to do it now. Just simply say this prayer, “Lord, I am a sinner and I want you to come into my life. I believe that Jesus is your only begotten Son, and that He died to save me from sin. I repent of my sins and ask you to forgive me. Thank you for loving and saving me.”***



Kirk Franklin's, "The Blueprint, A plan for Living Above Life's Storms," is an exceptional and noteworthy book that encourages and comforts the reader during times of adversity. Given Franklin's background, a high school drop out, abandoned by his mother and left to be raised by his great-aunt Gertrude, as well as becoming a teenage father, all make Kirk relatable as one who has faced these challenges, but conquered them, and rose above them. Everyone faces hardship and mishaps but we can live through and overcome them. Kirk Franklin's book provides his life learned lessons for living above life's storms. MM



New Artist Travis Greene's debut album entitled, "Stretching Out," is the epitome of a worship album. This CD escorts you into the very presences of God. "They that worship God must worship him in spirit and in truth." This CD embodies that very scripture. "Alive," "Still Here," and "I will worship" along with several other songs, are sure to bless your spirit. This CD is highly recommended. MM



"The 2nd Coming," is the latest release from Gospel newcomer Kortney "Mali Music" Pollard. Songs like "Broken Spirit," "I Hate U," "All I Have to Give" and "No Muzick," make this CD astoundingly phenomenal. Bringing elements from soul singer Sam Cooke, infinite down home gospel quartet singers, and even New Age music makes this CD creative and unique; a new refreshing ingredient to the gospel arena. This CD has songs that will please everyone from the college student to the church mother. 2nd coming is innovative and pioneering and sure to be a blessing to the nations. MM

to the best of your ability. This is what makes my heart beat; creating projects that speak to the masses.

But as a producer on a TV show, I've been really supporting a lot of the senior and executive producers. Those are the ones who came before me, if you will; supporting them and learning from them and soaking up everything. So I make sure that all the necessary elements to actually shoot the show are in place.

**MORRIS: As you talked about supporting senior executives, you put it in a way that I thought was really important. You said that, it was you supporting those who have already paved the way. Talk about that role, not just in television production, but in life.**

**DAPHNE:** There is nothing like being able to work with the people who pave the way in whatever your "thing" is. I've been talking about my mentors since day one. Without that in my life, there's no way I would be where I am right now. I've been fortunate to be in a position where even now I'm working with someone that I've admired for years before I came to this place and it's a privilege and an honor, but it's also a blessing because these people were at the forefront of the battle before I got here. And they're grooming me, so that in time, people will see the light of God that shines within me. I always hear their voices prompting me to always operate from a place of excellence.

My mother and my father were immigrants who came to the United States from Haiti. So their whole entire purpose and function in this life, as it relates to me, was just to mold me and shape me as a child. But I believe the concept of "it takes a village to raise a child", but it doesn't necessarily have to be a village that is in close proximity to you. There are these people in your life, whether they're teachers or principals or counselors or people who aid you in this journey.

**MORRIS: Please leave our readers with words of encouragement to leave our readership with to help them as they pursue their dreams.**

**DAPHNE:** I believe that God is the source of our dreams. And I believe that literally as well as figuratively. And I believe that God speaks to us in our dreams literally and figuratively because that is the only place in which we are quiet enough to just simply listen. But oftentimes, we get caught up in the distractions because the enemy will try to distract you from what it is that you are trying to do and what it is that you are trying to accomplish, but it is your obligation to take the enemy by force and cast him and continue to walk in the place of pursuing your dream. And the distractions will always be, but God placed that vision within you, and that's the bottom line. Pursuit it!

**Please visit [www.tmatt.org](http://www.tmatt.org) to read this interview in it's entirety.**





**MORRIS:** *So, you are out in L.A. now. And I know that you have several different things going on... You're working with the "My Black is Beautiful" project on BET. Talk about your involvement with the show and the campaign.*

**DAPHNE:** I've been ever so fortunate to be a part of the My Black is Beautiful campaign. It was a dream of mine to be a part of it from the moment I saw the first advertisement in an issue of Essence Magazine. Before they even launched the national campaign, I said in

my spirit, "God, if you make a way for me to be a part of this, I would be overjoyed" and He did.

Being a part of that campaign is interesting because I did everything I could possibly do to reach out to the people who are at the forefront of the campaign; doing all the things that you do professionally. The crazy thing is that God really... I mean it was literally...you know, it just reminds me how, when He's going to do something, He's going to do it!

And so what happened was that after I sent these proposals, the person who was at the head of making the decisions, as far as what talent would be involved with the film, she literally found us after we launched our FaceBook page for The Souls of Black Girls. So it had nothing to do with any of our proposals... It was a dream come true.

So I was a part of the actual tour before I was a part of the actual production of the show. They used the first 10 minutes of The Souls of Black Girls to actually start off the conversations among the women who were participating in the day's activities. So I was blessed and fortunate to do that; it was a beautiful experience.

Afterward, I became involved with the TV production, not because of any major effort on my own; it was really God putting everything in order. The executive producer of the My Black is Beautiful television show just happened to be my mentor already. So when the production was happening, I was her first hire on the TV project. And that's really how God works. And that continues to happen in my life and in my career.

And so the My Black is Beautiful campaign is all about uplifting and empowering women to really embrace their beauty and embrace who they are from the sole of their feet to the crimp and the curl of their hair and everything in between.

**MORRIS:** *For our readers, what is the role of a producer?*

**DAPHNE:** In the show basically my job is to do a multitude of different things. There are producers who are the visionaries of a campaign or an idea or a concept, so your job is really to once you have a vision, once you have an idea, to basically execute it

## GINGIVITIS

Vonnetta Hughes

Gingivitis is known as the beginning stage of gum disease; it is a disease of the mouth. It is gum inflammation that occurs in the mouth when plaque builds on teeth and gums over time. Consequently, bacteria develop in plaque and cause the gums to become inflamed, red and swollen. Because of the inflammation, during brushing, irritation occurs which causes the gums to bleed.

If gingivitis is not treated or is treated improperly, it can lead to tooth loss or periodontitis-which is actually full blown gum disease. "At this early stage in gum disease, damage can be reversed, since the bone and connective tissue that hold the teeth in place are not yet affected."

Symptoms:

- Gums that bleed during and after tooth brushing
- Red, swollen, or tender gums
- Persistent bad breath or bad taste in the mouth
- Receding gums
- Formation of deep pockets between teeth and gums
- Loose or shifting teeth
- Changes in the way teeth fit together upon biting down, or in the fit of partial dentures.

Diagnosis:

During a routine dental visit, an individual's dental practitioner will check for swollen gums and deposits of plaque and tartar build up. An x-ray or a bone measurement test may be done to determine if inflammation has spread throughout the gums and/or teeth.

Treatment

The dental practitioner will do a series of deep cleaning to reduce the inflammation. Various instruments are used to try to loosen and remove plaque and tartar build up from the teeth. The dentist will also show the individual how to brush and floss. An antibacterial mouth wash as well as other aids for daily use are usually given and recommended as well.

*\*If you have any of these symptoms and are concerned, please make an appointment with your dental practitioner. For more information on Gingivitis, please visit [www.colgate.com/.../WhatIsGingivitisSignsAndSymptoms](http://www.colgate.com/.../WhatIsGingivitisSignsAndSymptoms), [www.webmd.com/oral-health/.../gingivitis-periodontal-disease](http://www.webmd.com/oral-health/.../gingivitis-periodontal-disease) and [health.nytimes.com](http://health.nytimes.com) > Times*

*Health Guide >*



**MORRIS:** *We are with Ms. Daphne Valerius and we are excited about this opportunity. I'm personally excited because I knew her "back when" and I'm excited to be able to say that. We went to school together [St. John's University] and so I'm excited to share in her journey.*

*You're going to definitely get to hear a lot about this young woman today, but you're definitely going to hear a lot more about her in the future.*

*Welcome, Ms. Daphne Valerius. Let our readers know a little background about who are you?*

**DAPHNE:** Wow. Okay, well, my name is Daphne Valerius. I'm 27 years old. Born and raised in Brooklyn, New York. I went to school with George [Morris] at St. John's University and completed my Bachelor's in Communications, where I really started to dive into mass media as an academic study and then I graduated and got a corporate job right after college, which then gave me the opportunity to go back to school Emerson College in Boston to pursue my Master's Degree in Broadcast Journalism.

So I always had my hands in the arts in some capacity. I always gravitated towards the arts where I could feed my creative spirit. And so while I was at St. John's, I did a research paper. I was a McNair Scholar with Dr. Lez Edmond who was my mentor and I did a research, which was called Self Esteem and Self Confidence: The Effects of Mass Media on Women of Color... Forgotten. And I did that always knowing that going into grad school, as I was groomed for graduate school through the McNair program that I wanted to base whatever final thesis I would do on this research that I had already started.

And at the time, I believe it was one of the black organizations Haraya brought Chuck D to the campus for the annual Martin Luther King, Jr. celebration. And during that time when Chuck D came, I was introduced to him, but we didn't really do anything together because my research was already done and I had already passed it in; but I knew that I wanted to continue to be in touch with him so that if I did something else in the future, then maybe something will happen... and so it did.

So I went to Emerson College, I did my Master's project, and that has since turned into the documentary, *The Souls of Black Girls* and that was all done at Emerson College. And that was a blessing for me. And basically since I graduated Emerson College, I've traveled and toured the country with the documentary and the message of the film, which is self-love and self-acceptance. And the film itself is about how media images affect the self-esteem and self-confidence of women of color.

So, I did that for about a year and a half after I graduated with my Master's, and then

that's when I decided to make the move to L.A. so that I could further pursue my career in front and behind the camera. So I'm in L.A. now and I love it! And it's the perfect place for me to pursue everything that I would like to do. And I just hold onto the dreams that I have. I've been blessed and fortunate that I have the talent, and that the talent is recognized in my work.

**MORRIS:** *Give our readers a little more detail about *The Souls of Black Girls* documentary. Did you ever imagine that it would be what it is today?*

**DAPHNE:** Not at all. I really did this paper to pass in as a requirement for the McNair Scholar's program. But I always knew in my spirit that I was going to do my thesis based on the research, and that's part of the reason why I knew that even with interviewing Chuck D... he's much more compelling on camera than to be written on a piece of paper, "Chuck D says, Chuck D says"... That's not really compelling.

And I'm a visual person, so when the time came for me to do my Master's thesis, I called him up and I was like, "Hey, I'm getting ready to do my documentary", and he was like, "Yeah, let's do it," and so we did. And then, at that time, I had already started to create relationships with others like Regina [King]. I had been introduced to Jada [Pinkett-Smith] and developed a relationship with her assistant, and everyone else just sort of fell into place. And the other notable person in the film was Gwen Ifill.

But it was intense because I did all the writing, I did all the shooting, I did all the editing, I did all the transcribing, I did all of the "everything" that had to get done for that film. And when you see the film, you only see 50 minutes of it... of the entire thing. But you have to understand that I had an hour worth of footage on every single person. So I had to go in and comb through the best parts of it to then tell an accurate story. So it was a lot of work, but I loved every second of it. I love what I do.

And I also wanted to do something that was going to get people to think...I just wanted to change the perspective that people had as far as how women of color receive media images and how we're affected by media images. And so my supervisor and producer on that, when she as a white woman could say, "I really learned a lot from watching your piece...", that's what I did it for. I only did it for that purpose and the fact that it's touched so many still baffles me. And so now as I've grown in my faith, I now accept it as my own ministry.

**MORRIS:** *What was it like working with these people and how did they fit into the whole scheme of what it is that you were trying to accomplish?*

**DAPHNE:** A lot of people ask me, "Well, how did you even choose the cast?" I really didn't have a hand in that. It was really God choosing who He wanted to be in it. I just happened to have the relationships, so I had done my part, and then God made everything else fall into place.