

# Bennett College sees results

THE ASSOCIATED PRESS

GREENSBORO — Tickets to a fundraiser for Bennett College featuring Oprah Winfrey and Maya Angelou sold fast in the first day of public sale.

The private school for black women sold all 300 tickets available Monday, bringing in more than \$100,000 for the Oct. 20 event. Corporate sponsors can still purchase blocks of seats for between \$25,000 and \$100,000, officials said.

The gala is part of college President Johnnetta Cole's plans to leave office with the

school on a firm financial footing. Bennett is in the midst of a \$50 million fundraising campaign co-chaired by Angelou and former Sen. Bob Dole.

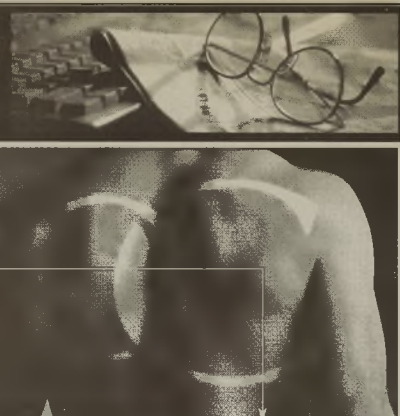
Bennett College was running a \$2 million budget deficit and was on academic probation when Cole, the former president of Atlanta's Spelman College, took over in 2002.

Cole will retire from the school's presidency in June

On the Net:

Bennett College: <http://www.bennett.edu/>

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# Prevent damage to your heart

Continued from page 1B

lates (or backs up) in the tissues of the body. Fluid that collects in the legs causes swelling or edema. Fluid that builds up in the lungs (congestion), causes difficulty breathing, one of the key symptoms of heart failure, hence the term congestive heart failure.

How can I prevent heart damage?

Because hypertension had such a major effect on cardiovascular health, controlling

blood pressure is critical! Control is more than simply taking blood pressure medication. It means making sure that with the medication your blood pressure is 140/90 mmHg or below. (If you have diabetes or kidney disease, your blood pressure should be 130/80 mmHg.) Blood pressure that is above the recommended level can result in heart damage. A healthy lifestyle can also help prevent the complications of hypertension. Healthy behaviors

include consuming a diet rich in fruits and vegetables, modest (as opposed to high) salt intake, getting regular exercise, limiting alcohol, and not smoking.

Remember, knowledge is power, but it is what you do with it that makes all the difference.

Contribution by Brenda Latham-Sadler, M.D.

For more information about the Maya Angelou Research Center on Minority Health, visit <http://www.wofutmc.edu/minority-health>. Or, for health information call (336) 713-7578.

# With shortage looming, army takes older recruits

Continued from page 1B

as he is of me today," said Robert Dilling, who wants to train as a combat medic.

Russell Dilling said he got to Fort Jackson at 11 p.m. earlier this summer—one hour before his 42nd birthday and the Army's new deadline. "It's been tough physically, but my company has been pretty supportive," he said.

Dilling's drill sergeant, Steven Proffitt, called the father "a real leader. He shows these kids how to do it."

Pfc. Kimberly Brown, 37, couldn't resist cupping her 18-year-old son Derek Noe's face in jubilation after they'd both been released from graduation formation.

With five children to support, the work in the Army is welcome, she said. Her husband Robert, a retired Army first sergeant, supported her, she said.

Noe is returning to finish his senior year in high school in Boone, N.C., while his mother goes to Fort Eustis, Va., to enter helicopter mechanic training.

"They called me 'Mama's boy,' but I knew they were just messing with me," Noe said of others in his unit. "It never got to me. I'm proud of what she's doing."

# Where's home for all of Katrina's displaced?

THE ASSOCIATED PRESS

DECATUR, Georgia—With riveting cadence, the pastor quotes from the book of Acts — assurance from the apostle Paul that only through tribulation might disciples enter the kingdom of heaven.

"I'm talking about real tests," the pastor booms. "Every time you go through and you come out, you ought to thank God for confirmation. The devil thought he was gonna take you out. But he couldn't take you out."

At this, from the front row of the congregation, Mary Ann Williams nods and smiles.

She has been reflecting on tribulation—about the deluge from Hurricane Katrina that wrecked her New Orleans home, about her frail mother's perilous passage to safety out of a hotel while the waters rose.

She has been reflecting on wrangling with the government for aid and on the struggle, after she and five relatives settled in an apartment in this Atlanta suburb, to be accepted here—not to be seen, in her words, as "dirty bums, thieves, robbers."

But mostly Mary Ann Williams, who is 50 and has vibrant red-orange hair, has been reflecting on this place, the Greater St. Stephen Full Gospel Baptist Church. Its New Orleans congregation displaced, it has sprouted up here, and is slowly growing.

"I don't know what people would do without God," she says.

They were called refugees, evacuees, the diaspora of Katrina—a million Mary Ann Williamses, rich and poor and white and black and Louisianians and Mississippians, scattered by the storm one year ago.

Their odyssey is a story of almost incomprehensible pro-

portions. By late July, the Federal Emergency Management Agency had doled out more than \$4 billion in housing assistance to the displaced.

They were absorbed by Houston, where their sheer numbers made classrooms bulge and created a sometimes uneasy tension, and by places like Middletown, Rhode Island, where about a dozen of Katrina's kids will report for school in the fall. Evacuees made their way to all 50 states, government records suggest.

Some were greeted with generosity, others with suspicion. Fights broke out at schools where students divided—New Orleans kids versus locals. Just weeks ago, a man was shot to death at a refugee trailer park in Baton Rouge, Louisiana.

The refugees tried, at a very basic human level, just to fit in.

Consider the Collins family. Fifteen of them in all, 11 of those grandchildren of the matriarch, Bessie Collins. They got on a plane less than a week after Katrina and thought they were bound for San Antonio.

Not even close. Salt Lake City. Mormon country. Cold winters, mountains rather than the Mississippi, and few other black families.

Seven of the Collins kids are starting another year in the Jordan School District, in the suburb of West Jordan. Last year they were inundated by questions from other kids: Did you sleep on your roof? Why do you talk so fast?

"We had never seen people ride skateboards. What's he doing—he's jumping in the air!" says Johnny Collins, 17.

But they are, in their own ways, blossoming. Johnny Please see KATRINA'S/4B

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