

Dr. John Uche, M.D.
Neighborhood Health Association

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“For someone to succeed here, you have to have the vocation to help the needy ... so you have to have the feeling, the motivation. We don't do this for free, but if you come here for a paycheck, you won't last long.”

This Strikes Us...*A Sojourner's Truth Editorial*

It's not the sex, it's the fallout.

Every time one of our elected officials finds himself in a situation that much of society deems improper, the public engages in this debate about privacy and why it matters what a public person does in his or her private life.

On the campaign trail a few days ago, Chelsea Clinton answered a question about her father and his much-publicized Monica Lewinsky fling by telling the college student who had the effrontery to ask about the incident that there were things that were simply off limits to the general public in her family just as there would be for his family.

Of course, the questioner's mother is not running for the presidency, but we do agree with Chelsea as a general matter. Her father's indiscretion should have been a private, family issue. But an ambitious special prosecutor, who could find no evidence of wrongdoing on the part of the Clintons with respect to money, stumbled onto the sex issue and decided to pursue it.

Under questioning President Clinton did what most wayward husbands do instinctively – he lied. Problem was, Clinton was *not* most wayward husbands. And so the instinctive lie became perjury. Impeachment followed perjury and, fortunately for the president, Congress was more forgiving than the special prosecutor.

In the last year or so, we have seen a spate of sexual incidents that range from the harmless – Montana Senator Larry Craig's "wide stance" in a Minneapolis Airport restroom to Louisiana Senator David Vitter's frequenting a brothel. Both seem to have escaped with their political careers intact if not unscathed. Of course, Vitter's wife had said previously that if she ever caught her husband being unfaithful, she would do a "Bobbit" on him, so we're pretty sure that the senator is still holding his breath over his little escapade.

New York Governor Elliot Spitzer, and his successor David Paterson, offer a lesson on how to deal with indiscretions that may inevitably come to light. A politician can throw caution to the wind and dare the press, the authorities and the public to uncover his dalliances (see, e.g. Gary Hart). Or, he can get ahead of a potential scandal and air his own dirty laundry in public.

In the matter of Spitzer, toss in a little hypocrisy and a holier-than-thou attitude and the fall is all the more sweet for his adversaries, who were legion by the time the news hit the fan.

In the matter of Paterson, well ... enough already, governor. Save a little something for your memoirs, will you, please?

And then, of course, there's our neighbor to the north. Detroit Mayor Kwame Kilpatrick has taken the art of a sex scandal from the sublime to the ridiculous. Now we're talking harm and a lot of it. We have all the elements that help to heap scorn on the offending parties and bring shame to the citizenry.

We have a scandal that should have remained private but due to the participants' stupidity, it was driven out into the open compounding the damage along the way. We have damage to other peoples' lives and public monies in the millions – taken from taxpayers of a financially strapped city – to cover up the indiscretions.

And, lastly, we have the refusal of an elected official to spare everyone – himself, his family, his constituents – the pain of a very public humiliation. More than the humiliation is the fact that elected officials, when beset by legal problems, just can't get anything done other than to deal with those problems. The business of the city will inevitably take second seat to the legal issues.

What is the Detroit mayor thinking?

Our guess is he is probably holding onto office in order to use it as a bargaining chip in his negotiations with the prosecutors. That would make some sense from his point of view. In light of all of the totally stupid things he has allegedly done to cover up this matter over the past few years, we are loathe to credit him with having any sense. Plagued with hubris, he's probably just being even more stupid.

Years ago, Louisiana Governor Edwin Edwards said that the only way the voters of his state would turn on him is if they caught him in bed "with a live boy or a dead girl." That never happened but in 2001 he was sent to prison on racketeering charges. Apparently Edwards overestimated his own charm.

That kind of thing happens to a lot of politicians.

Community Calendar**April 2**

Program for Parents and Teachers: Learn how to spend more time praising your child's good behavior and less time correcting bad behavior; Sponsored by the American Praise Institute; Featuring educator Richard Buchholz; St. Philip Lutheran Church; 6pm: 419-283-1434

April 4

A Night of Dance: The Jeremy Lincoln Foundation fundraiser; Sylvania Country Club; 8 pm to midnight; Music provided by D-Peeps and the Professor: 419-535-3126 V.I.P. (Victory in Progress) Service: Sponsored by Indiana Avenue MBC Young Adult Department; 6:30 pm service: 419-699-3039

April 4-6

Spring Revival: Living in Christ Ministries; 7 pm nightly; Guest speaker Apostle Barbara J. McKay: 419-464-0563

April 5

"Mother Daughter Luncheon Fashion Show:" Grace Temple COGIC; Fashions by "Elegance with Style;" Designs by "Cabe;" 11 am to 1:30 pm: 419-841-4614

Health Fair for Minority Health Month: Sponsored by Nurses Ministry of Bethlehem Baptist and the House of Bread Ministries; New Life Center; 10 am to 2 pm; Issues affecting children and youth such as obesity, dental health, teen pregnancy and STD's: 419-241-9360

Sacred Sexuality: Hosted by City of Zion, Mt. Zion Church Youth Development Ministry; 2 pm; Free and open to all young ladies ages 12-21; Facilitated by Lisa Hightower: 419-450-4108

April 6

43rd Anniversary: Rev. John and Mother Bernice Roberts of Indiana Avenue MBC; Guest speaker Rev. John Williams of Eastern Star MBC; 3:30 pm: 419-246-3850

Clarence Smith Community Chorus's *Born from the Soul*: A celebration of art music by African-American women; 6 pm; Christian Community Church: 419-534-3370

3rd Anniversary Pastoral Appreciation Musical: For Rev. Dr. & Mrs. W.L. Pertyman; "The Preaching of the Cross;" 6 pm

Toledo Day 2008: Golden Rule Lodge #129; 2 pm: 419-244-6342

April 7

Look Good ... Feel Better: Program designed to help women overcome the appearance-related side effects of cancer treatment; Noon at St. Vincent's: 888-227-6446, ext 5105

April 11

BGSU Generation Next Leadership Award Fundraiser: Holiday Inn French Quarter; Dinner/dance and silent auction: 419-372-3043

April 12

Healthy Hearts, Health and Wellness Workshop: United Missionary Baptist Church; Sponsored by the Nurses Guild; 11 am to 1 pm; Topics include heart disease, high cholesterol, high blood pressure and diabetes: 419-242-1455

Ohio Baptist General Convention Youth Auxiliary: G. Thomas Turner Youth Conference; 8 am; Indiana Avenue MBC

April 17-18

Intercessory Prayer Conference: City of Zion, Mt. Zion Church; 7 pm nightly; Guests include Bishop William Murphy of Pontiac, MI, Pastor Juandolyn Stokes of Atlanta and Pastor Curtis Beckles of Jacksonville, FL: 419-246-1850

The Sojourner's Truth

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My View

By Jack Ford
The Truth's Political
Columnist



Local 12 UAW's Women's committee celebrated Women's History Month as they should. The women of the UAW have given so much in peace and in time of war.

A few years ago, I traveled to Black Lake in upper Michigan to address the annual women's conference. It remains one of the high points of my political career. I was proud to have worked with so many while I was mayor.

Detroit Mayor Kwame Kilpatrick is up against it. It looks like he is on the ropes but he does not want to resign his office. He says he

does not want to be a quitter. I admire his toughness even if his judgment is flawed.

His choice of Dan Webb as defense counsel is superb. Dan Webb is one of the best litigators in the nation. We shall see if and how long Kwame survives. It seems to me that the Detroit Free Press's reputation is now on the line too. They have a stake in seeing Kwame brought down so it will be a fight to the finish.

The Obama-Clinton battle is now front and center in Pennsylvania. Since Hillary took Ohio, it seems likely she will win in Pennsylvania, a state very similar to Ohio in many respects. Governor Ed Rendell is supporting Hillary as is the new African-American mayor of Philadelphia, Michael Nutter.

Of course, Toledo's John R. Block publishes the Pittsburgh Post Gazette and he is an Obama supporter. I wonder of he will publish a front page editorial for Obama as he did in The Blade before the Ohio primary.

We all ought to be really

ticked off over the garbage fee. Don't we see that every time the budget needs a revenue boost, up goes the garbage fee? By the way, Mayor Carty Finkbeiner has increased the general budget by \$25 million in his 2.5 years in office. And for what new services? Just pay raises for double dippers and new hires in forestry and those pension pickups. I virtually lined up the same budget for four years straight. Seems impossible but we did it.

Thanks to Patty Henry, who served as the chairman of the Civil Service Commission. She was an appointee of mine and is now scheduled to be replaced by Sam Kaplan, one of Carty's attorneys in his civil rights case.

The conflict of interests on Toledo City Council seems pretty clear to me. But when everybody is getting paid, who is there to gripe?

We need to consider a directly elected city attorney. As long as the law director reports to both the mayor and City Council, no real independent opinions will be

forthcoming from that office. When was the last time a law director told a city elected official that he or she was in a situation that smacked of conflict of interest? That would go back to the time of former City Council President Louis Escobar when he worked at Adelante, Inc.

So how about the Teamsters contract? I see a conflict of interest there.

When a councilman is advocating for budget changes to increase pay to

retirees from the police officers' union, I see a conflict of interest there.

We should require councilmen to abstain from such obvious conflicts of interest. Let others vote for those initiatives.

The city will begin to plan for its trip to Wall Street for bond review. The analysts at Moody's or Standard and Poor will be scratching their heads over the expense increase in the budget without any life in the job base and a

steady drop in the population.

Down the road, the coke plant will result in a lot of construction jobs and good steady employment for 300-400 folks. Detroit Edison has emerged as a possible operating partner. Huh?

I would bet that Toledo Edison is just thrilled with this possible development. Does this mean new competition for First Energy?

By the way, will Mike Ferner run for mayor? Huh?

The Lies and Distortions of the 30-Second Sound Bite

By Gwen Richardson
Guest Columnist

Can an individual's entire life's work be encapsulated in a 30-second sound bite? Members of the media would apparently say "yes," but most rational, logical human beings would answer this question with a resounding "no."

The reason is that the selective nature of a 30-second sound bite could either spotlight the positives or, in the case of Rev. Jeremiah Wright, the negatives, and lead an observer to reach a conclusion that is completely devoid of reality. A sound bite could capture one's most devastating failures or one's most resounding triumphs. But media's lust for negativity, with their focus on crime, death and destruction, virtually guarantees that any person's successes will be overshadowed by their defeats.

That's why many people reached the following conclusions from the endless loop of negative video snippets regarding Wright: He is a hateful preacher, frothing at the mouth with obscenities and anti-American sentiments; that these snippets are indicative of every Sunday sermon he has preached, from beginning to end, for the last 35 years; that even the marriage ceremonies and baptisms he performs are laden with similar language; and that anyone attending Trinity United Church of Christ must be a left-wing radical with animosity toward White people, in general, and the American government, in particular.

Although the conclusions are, in my opinion, completely irrational, the media have left some people no choice. That is virtually all media have shown viewers about Rev. Wright and they have included no information to the contrary. Some observers have, thus, reached the conclusion that that is all there is. The only way their minds can be changed is if they conduct their own research, which few will bother to do.

Yet, if media did a minimal amount of research, they would discover that Wright is multi-dimensional, as we all are. For example, they would discover that he served six years in the U.S. Marines, much of that time as a hospital corpsman, and received a letter of commendation from President Lyndon Johnson for assisting in his heart surgery procedure in December 1964. They would find that Wright is not a pastor on the fringe, but is rather a mainstream preacher, having been invited to the White House in September 1998 to pray with President Clinton when he was under siege during the Monica Lewinsky scandal.

They would find that Wright is the author of four books, holds four earned degrees and eight honorary doctorates. They would find that Trinity has a significant number of White members and that the United Church of Christ is a denomination which is 98 percent White.

They would find that the snippets media have shown are taken out of context and do not reflect the full message Wright was attempting to convey. In particular, the speech regarding 9/11, which has produced some of the greatest outrage, was taken completely out of context. In the portion shown on television, Wright was actually quoting statements he heard the previous day on Fox News during an interview with Ambassador Edward Peck, who served during the Reagan administration. Wright indicated that he was quoting Peck both before and after the statements were made, and pointed out that, interestingly, the words came from a white ambassador, not a black militant.

Wright spoke of the "insanity of the cycle of violence and the cycle of hatred." He concluded by asking his congregants, "What should be our response to 9/11?" His answer was that it was a time for self-examination and that they should assess their relationship with God. "Is it real or is it fake?" he asked them. Do these statements reflect the heart of a racist, or a man who is open to using modern-day examples to get his parishioners to reflect on their own lives?

But this is certainly not the first time media have used 30-second sound bites to create a distorted image of an individual. In light of the Wright controversy, it has been amusing to see many conservative commentators use Martin Luther King as a foil for Wright, saying that King was a passive preacher who promoted racial harmony. They have reached this conclusion because most of them know King only through his "I Have a Dream" speech.

They have either forgotten or had no idea that King was called an anti-American, radical, subversive whose goal was to overthrow the government. King was called a Communist, hatemonger, agitator, rabble rouser, troublemaker - some of the same adjectives used during the past weeks to describe Wright.

(Continued on Page 4)



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Shattered Lives: A Report of Domestic Violence in Lucas County

Sojourner's Truth Staff

"At a time when local homicides are reported to be at their lowest level since 1964, local domestic violence-related homicides and associated fatalities are on the rise."

So opens "Shattered Lives: A Report of Domestic Violence in Lucas County, Ohio 2003-2006," a report completed by the Lucas County Domestic Violence Fatality Review Team under the chairmanship of Gabrielle Davis, clinical professor of law at The University of Toledo.

Davis's report states that domestic violence "was the number one cause of local murders" for 2007 through October of that year.

The report details that domestic violence deaths are not just the result of homicide. So many of the deaths related to domestic violence are suicides as well. During the three-year study period, there were 49 identified domestic violence-related deaths, 33 were homicides, 16 were suicides.

The ravages of domestic violence are not confined to the offender and the victim, of course. This report brought to light the fact that while most domestic violence fatality victims are parents (83 percent), there are a large number of offspring who are left behind. In this three-year period, the victims were survived by 42 minor children and, of course, that number does not take into account extended family and other survivors.

One of the distinctions that the report found among homicide victims is that gen-

erally most victims of homicide are men but in cases of domestic violence, about 90 percent are women.

Answers, however, are not easily found according

to the Davis report: "Given the variations and complexities of domestic violence, there is no universally effective, one-size fits all intervention strategy that is

sure to prevent intimate partner fatalities."

In fact, the report notes that strategies to help domestic violence victims tend to increase the risk to victims as much as they help in other cases. So Davis recommends a comprehensive violence prevention plan that includes a "full spectrum of initiatives."

She has suggested: "(1) raising knowledge and awareness about gender violence; (2) transforming social norms that perpetuate gender violence; (3) training providers to recognize and respond to gender power dynamics; (4) building violence prevention collaborations and networks; (5) changing institutional practices that promote and perpetuate gender violence; and (6) establishing sound public policy and effective legislation based on reliable qualitative and quantitative data."



Picasso's Weeping Woman

(Continued from Page 3)

They have no idea that, in 1955, King led a bus boycott in Montgomery, Ala., which lasted 381 days and almost led to the collapse of the city's bus company, to force city fathers to treat their black citizens with dignity. They are clueless to the fact that King angered President Johnson by challenging the rationale for the Vietnam War.

In a widely criticized 1967 speech at Manhattan's Riverside Church, King referred to the United States as "the greatest purveyor of violence in the world today."

The following year at Ebenezer Baptist Church in Atlanta, King said America's war in Vietnam might incur God's wrath. "We've committed more war crimes almost than any nation in the world," King said. "And we won't stop it because of our pride and our arrogance as a nation. But God has a way of even putting nations in their place."

A 30-second sound bite does not begin to summarize a person's life and is more often used for evil purposes, than for honorable ones. To set the record straight, a member of Trinity has created a blog to refute some of the misinformation about Wright. On it are links to extended portions from the sermons that were sensationalized by the media, as well as photographs and other evidence that this pastor is a man of honor and vision. The web site is www.truthabouttrinity.blogspot.com



Gwen Richardson

Ed. Note: Gwen Richardson is an entrepreneur and author based in Houston, Texas. Her new book is titled Why African Americans Can't Get Ahead: And How We Can Solve It With Group Economics. Richardson is currently writing a book about the 2008 presidential election. Richardson can be contacted by email at grichardson@cushcity.com.

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CBTU Founder/President Bill Lucy Immortalizes 20th Annual Black History Banquet

By Geneva J. Chapman,
Sojourner's Truth Reporter

It cannot be overstated that this is an historical election year. The Democratic nominee will either be a woman or an African-American, bringing America's diversity center stage and possible to the highest office in the nation and the world.

Sandy Coutcher attended the 20th Annual Black History Banquet of the Coalition of Black Trade Unionists Toledo Chapter cognizant of the significance of the occasion and its keynote speaker.

"I love to hear Bill Lucy speak," said the president of AFSCME Local 3794, a CBTU member who happens to be white.

William (Bill) Lucy, secretary-treasurer of the national AFSCME, founded CBTU along with four other black labor leaders in 1972 following a conference of 1200 black union officials held in Chicago that year in response to the AFL-CIO's neutrality during the 1972 Presidential race between Richard Nixon and George McGovern.

Lucy still heads the organization.

Like Coutcher, many local union leaders, as well as local political leaders gathered at the Clarion Westgate, Saturday, March 22, 2008, in anticipation of Lucy's message at this important moment in U.S. history.

One of the few female union presidents in the area, Coutcher shares leadership of her local with a very diverse group. Officers include an executive vice president and vice presidents of each of three units within the local.

One of the four veepees is female and one is African-American. Two of the three executive board members are African-American and one of the trustees is African-American. The recording secretary is African-American, also. Nine of the union leaders are female.

Diversity. As American as apple pie and never has that diversity been talked about and celebrated more than it has this election year which

may very well be the first time a white male is not elected President of the United States.

"We are embarking on a very historic time in politics," observed Ohio AFL-CIO secretary/treasurer Petee Talley.



Bill Lucy

"This is a very historic, important election in our lifetime. We have the opportunity to elect either a woman or an African-American to the highest office in our

land."

Talley asked fellow CBTU members to work hard to bring about change this election year. "In order for either of those candidates to become President of the United States, we have a lot of work to do."

George Tucker, executive secretary Toledo Area AFL-CIO, introduced Lucy, stating that he was honored and humbled to introduce his friend.

"I'm going to spare you tonight," joked Lucy. "I believe a dinner should end the same night it started. And I believe you can say something immortal without it being eternal."

The well-dressed crowd satiated from a dinner that featured prime rib, sitting back in the black draped ballroom, warmed by ambient light and the frequent jazz riffs from Jesse Coleman and the Affinity Band, sat up and took notice when Lucy spoke. This was who they came to hear, the wisdom they came

to seek.

The crowd may not have been as large as the one Barack Obama attracted at UT earlier this year, but the listeners were as devoted and as riveted.

Lucy recalled the occasion as he launched into his "immortal words."

"This year continues to be an exciting year in the context of black history," he said. "The history books may not reflect your contribution." Lucy asserted that it is the task of African-Americans to make sure African-American contributions are recognized.

"From open heart surgery to the preservation of blood, we have made our contribution throughout history," he said. Recounting African and African-American achievement from the pyramids to modern American sports, Lucy's history lesson was brief but thorough.

"When the playing field is level, we will make our mark," he said. "When you think of

(Continued on Page 14)



At College Park Communities everyone is welcome.

The Enclave Apartments in celebration with the Ohio Civil Rights Commission is proud to support Fair Housing and recognize that April 2008 marks the 40th anniversary of the Title VIII of the Civil Rights Act of 1968, Federal Fair Housing Act, which provides for equal housing opportunity for all Americans and prohibits housing discrimination on the basis of race, color, religion, sex, national origin/ancestry, familial status and disability.

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Dr. John Uche: Exactly Where He Believes He Should Be

By Fletcher Word
Sojourner's Truth Editor



"For someone to succeed here, you have to have the vocation to help the needy," Dr. Uche says. "The service is the same as elsewhere, but the patients are different. Patients here don't easily come back and those are the barriers we are trying to break down. So you have to have the feeling, the motivation. We don't do this for free, but if you come here for a paycheck, you won't last long."

And his practice is challenging, Dr. Uche readily admits... sometimes more than challenging.

"You find that it's deeper than you had expected. You get so much bad news about how people are living... it gets depressing," he continues. "Affordable, quality health care is what we offer, but people can't always get here for it. There might be someone at risk for stroke you give a prescription to and you are told, 'Doctor, I can't afford it.' If you can't afford medicine with us here, where else would you?"

And, as Dr. Uche notes, he and the staff of NHA are also in a constant struggle to inform patients and potential patients that the agency not only offers quality service but also that the quality service is provided by qualified medical personnel.

"Are you a real doctor? one patient said to me," says Dr. Uche chuckling at the memory. He is indeed a real doctor as are all of the dozen or so physicians under his supervision at NHA. Dr. Uche himself is a family practitioner and the staff also includes a cardiologist, a podiatrist, three pediatricians and one obstetrician, along with dentists, midwives and nurses.

The ability to provide quality service to those who might otherwise not be able to afford his assistance is Dr. Uche's reason for being a part of NHA.

"It's like someone who becomes a priest," says Dr. Uche. "There is a commitment you make in your mind about where you are going and what gives you satisfaction."

So given the fact that he prefers to serve the underserved, why hasn't Dr.

Uche returned to his native Nigeria where there are obviously so many more in need?

This question elicits a lengthy pause before the doctor responds. And as we discover, it's because there are several good reasons *not* to return to Nigeria.

There is family, of course. Dr. Uche and his wife Vivian, a University of Toledo student of pharmacy (a Nigerian native herself who worked for years with Pfizer in her home country, Vivian is starting over just as her husband has done) have three young children, two boys — Chukwudi, 11; Chinemere, seven — and a girl, Nneoma, four. The younger two were born here in the United States. Uprooting them would

not be especially practical.

From a professional standpoint, however, Dr. Uche points out that practicing medicine in Nigeria is simply not very easy given the chronic lack of "everything you need to have to practice effectively." There is too much frustration for medical practitioners, he says of his native land. "You are trying to make work manageable but are groping in the dark and I don't think a frustrated physician is a good physician."

So Dr. Uche is now without the frustrations caused by lack of medical supplies or facilities. At NHA, he has access to everything he needs, he says, to work effectively as a physician.

However, there are the

disappointments, as he notes. Those are the disappointments that arise because he knows that he could reach and serve so many more, so much more effectively, if poverty did not present so many barriers for patients.

"It is disappointing when people are not taking advantage of the opportunities here," says Dr. Uche. "We are trying to talk to people about what we can do to stop this cycle of poverty."

For all that, however, Dr. Uche is exactly where he feels he should be, now and in the future.

"When I was hired, I said that I believe that this is the reason I moved here from Chicago."

It wasn't really that long ago — just 10 years in fact — when Dr. John Uche, MD, medical director for the Neighborhood Health Association, was a warehouse clerk for Meijers in Lansing, MI.

Dr. Uche (pronounced oo'-chay) wasn't working his way through college or medical school, he had already been there and done that. He was doing what immigrants, especially highly educated, highly skilled immigrants, have to do so often when they come to the United States... he had to start all over again.

He was working to sustain himself and to send money home to his family in Nigeria while he looked for opportunities in the medical field that would enable him to gain certification as a physician in this country.

He would eventually make his way to Houston, doing lab work, then to Chicago to take up residency training — or re-training actually for this man who first earned a medical degree from the University of Nigeria College of Medicine in 1986 and then served as medical director for the Lifespring Medical Center in Lagos for three years before commencing his American adventure.

But today he references that stint as a warehouse clerk as a way to explain his calling to serve the underserved. The under and uninsured form the base of the NHA patient list.

"It's interesting, coming from Nigeria to the United States," says Dr. Uche. "Everyone back there thinks that the United States is what they see on TV, the scenes from New York and Los Angeles. They don't see people struggling."

Dr. Uche saw that. In fact he struggled himself and, in doing so, he was readily able to identify with those who struggle in this society even as he gained his certification and was able to free himself from the hardships that plague so many other immigrants.

At Cook County Hospital, where he served his residency, he saw first hand the issues that prevent the underserved from obtaining good, regular medical care — things such as lack of funds, lack of insurance, lack of transportation, lack of... as Dr. Uche calls it "regular housing" — a home with a telephone where medical personnel can reach a patient, he explains.

"These are barriers to accessing health care," says Dr. Uche.

Dr. Uche arrived in Toledo three years ago to take a position as an assistant professor at The University of Toledo's Health Science Campus. He joined NHA last September, struck by the similarities between the service provided at NHA and that he had practiced at Cook County.



Who Is Watching Your Child?

BEFORE YOU LEAVE YOUR CHILD WITH ANYONE

—a friend, neighbor or even a relative—ask yourself,

"What do I really know about this person?"

Most of us can't be with our children 24 hours a day. We have errands and appointments that require leaving them in the care of others. Most people turn to friends, neighbors or loved ones to watch their kids. But don't assume they have the experience—or patience—to supervise children.

Parents know it's normal for babies to cry, but boyfriends or girlfriends may not. Parents are used to their kids making messes, but friends and neighbors may not be.

ASK THE HARD QUESTIONS.

"Do I know how this person handles children?"

"Have I seen how they respond to stress?"

"How would they discipline my child?"

"How would they respond in an emergency?"

Remember: Children cannot defend themselves like adults can. It only takes an instant for a child to get hurt.

KNOW WHO IS WATCHING YOUR CHILD.

To report suspected child abuse or neglect, call 419-213-CARE (2273).



To learn more about preventing child abuse and neglect in our community, visit www.lucaskids.net

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Go With the Grains

By Patrice Powers-Barker, OSU Family Nutrition Program
Special to The Truth

The complex carbohydrates of grains are an excellent source of energy. Every body needs energy to move, go and grow! Not only do they supply energy, many grain foods also supply B vitamins, iron and fiber.

Any food made from wheat, rice, oats, cornmeal, barley or other cereal grain is a grain product. There are many types of grains grown around the world that also include amaranth, millet, quinoa, rye and popcorn. Some common foods made from grains are breads, pastas, oatmeal, breakfast cereals, tortillas and grits.

Grains are divided into two subgroups, refined grains and whole grains.

Refined grains have been milled, a process that removes the bran and germ. This is done to give grains a finer texture and improve their shelf life, but it also removes dietary fiber, iron and many B vitamins. Many grains are then "enriched" where some

of the vitamins and minerals are added back to refined grains after they go through the milling process.

Whole grains contain the entire grain seed or kernel and are better source of B vitamins,

three of those ounces (or servings) should be whole grains.

What is one ounce of grains? Each of the following counts as one ounce in the grain group: one-half mini

Whole grains may help reduce the risk for heart disease and some cancers and help with weight management.

bagel, one small (2") biscuit, one slice of bread, five crackers, one-half English muffin, one-half cup cooked cereal, one-half cup cooked rice, one cup dry cereal, one 6" tortilla.

How do you know if you're purchasing a whole grain or refined grain? On the food package, use the nutrition label and the list of ingredients. Look for the word "whole" associated with the first ingredient. Don't just look at

grains but it can also be darker because of molasses or other added ingredients. Foods labeled with the following words are usually **not** whole-grain products: multi-grain, stone-ground, 100% wheat, seven grain, bran. Notice that the 100% wheat did not say "100% whole wheat". Look for the word "whole" as part of the first ingredient or these other whole grains like brown rice, bulgur, whole grain barley, graham flour, oatmeal, whole grain corn or whole cornmeal, whole oats, whole rye, whole wheat or wild rice.

Here are a few easy ways to

add more whole grains to your diet:



- Start the day with a bowl of oatmeal or whole-grain cereal
- Choose whole-wheat or whole-grain breads instead of bread made from refined flour. If you're making the switch to whole grains, use one slice of whole grain bread and once slice of enriched bread.
- Popcorn, a whole grain can be a healthy snack with little or no added salt or butter. Make other no-salt seasonings for your popcorn like chili powder or a small amount of sugar and cinnamon.
- Make a snack mix from ready-to-eat, whole grain cereals
- Try brown rice instead of refined white rice, and whole-grain pasta instead of regular pasta. Once again, if you are making the change to whole grains, mix half and half of the whole grains and the enriched grains.
- Add barley or wild rice to soups, stews and casseroles. Use whole-grain cracker or bread crumbs in a meatloaf recipe.
- Choose cookies made with

oatmeal or whole-grain flour.

Make smart choices within the grain group. Croissant rolls, biscuits, doughnuts, cinnamon sweet rolls and cookies are all made from grains but they also have a lot of added fat and or sugar. These treats are alright on occasion, but remember that they fall into the narrow strip at the very top of the orange grain group on MyPyramid. Use the nutrition facts label to compare the calories and fiber in different grain foods to choose the higher nutrient, lower-calorie snack. To make healthier choices, buy baked tortilla chips and crackers. Combine unsweetened whole grain cereals with your favorite enriched cereal.

Balance your day with food and play! Make some healthy food choices and add a little more activity to your daily routine. Use your extra energy for a walk around the block with a friend, play on the playground with your kids or try a jump rope or jumping jacks!

Information compiled from www.mypyramid.gov and Ohio State University's Chow Line.

Information compiled from www.mypyramid.gov and Ohio State University's Chow Line.



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ProMedica Takes New Approach To Address Minority Health Care Issues

By Tedra White, ProMedica
Guest Contributor

Over the last several years, cancer death rates for African-Americans have been steadily declining. That's the good news. The bad news is that cancer death rates are still much higher for African-Americans than other ethnic groups across the country. For African-American men, they're 40 percent higher than for white men.

National Minority Cancer Awareness Week is April 20-

increase awareness about available treatment options. This year, it established the ProMedica Minority Cancer Coalition to focus on health care education and research, annual health screenings, as well as dispelling myths about minority cancer care issues.

"I believe we (ProMedica) have a responsibility to help increase access and awareness to quality health care," says

Flower Hospital in Sylvania, ProMedica plans to expand the coalition system-wide within a year to serve as an advisory group in conjunction with the ProMedica Cancer Institute. This will include helping to increase knowledge of cancer rates among minorities and identifying solutions to address health and healthcare-related barriers that face minorities.

"Increasing awareness is a critical first step and we need the support of other organizations to make a significant impact," says Lightner.

The ProMedica Cancer Institute offers some of the Midwest's most advanced cancer treatment equipment and care options. It is affiliated with the nationally renowned Barbara Ann Karmanos Cancer Center.

For information about the ProMedica Cancer Institute or how to get involved with the ProMedica Minority Cancer Coalition, contact 877-291-1441.



26. The Hickman Cancer Center at Flower Hospital, part of the ProMedica Cancer Institute, is doing its part to address minority cancer care issues in southeast Michigan and northwest Ohio and to help

Jewell Lightner, chairman, ProMedica Minority Cancer Coalition.

While the initial plan is to begin the ProMedica Minority Cancer Coalition at the Hickman Cancer Center at

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Are You Disciplined at the Core?

By Diana Patton
Guest Columnist



this problem?

Mahatma Gandhi once said, "If you want to see the change, be the change." If you want to weigh less, you must recognize that you're the only person who can make it happen. But you must also change the way you think.

Retraining our essence Who we are—what I call our *essence*—is defined by what we think. Our thoughts shape our will and our actions. Proverbs 23:7 says "for as you think in your heart, so are you!"

For example, you can recognize that you're the only person who can make your weight loss happen. But if deep down you think that you lack the willpower, character, and resolve to lose weight, or that you are a failure because you've tried other techniques and they haven't worked either, then you won't lose weight. In fact, you'll probably end up sad, depressed, exhausted, prey to a host of chronic diseases—and gaining more weight.

My daughter is six years old now, but I remember well the days a few months after her birth. I was determined to lose the remaining 30 pounds I'd gained during pregnancy (62 pounds in all)—and I was ready to get it off!

It mattered not that I'd spent half the night awake with my baby. I dragged myself out of bed each morning at 5:30 a.m., bleary-eyed but intent on making it to my 6 a.m. workout before heading off to my 8-to-5 daily grind. Day in and day out, I stuck with that killer schedule until I'd lost those annoying 30 pounds. Getting to that threshold was excruciating; crossing it was exhilarating!

We all overcome challenges in our life, so you too have experienced the agony of overcoming and the joy of having overcome. However, if you're like I once was, you still believe that there are challenges in your life that you are helpless to overcome.

Discipline at the core I'm here to tell you that

and completely relying on Christ for your strength! Zechariah 4:6 says "not by might, nor by power, but by My Spirit ... says the Lord of host."

Let's stick with the weight issue. What will happen if an overweight woman stops telling herself that's she a fat, disgusting slug who doesn't deserve to look good and starts telling herself how great she looks in that beautiful black dress?

Her essence will begin to be retrained to believe that there's more than a

ity a reality. She may seek out highly trained professionals to assist her. She'll look forward to rising early to exercise, reading her Bible and having daily devotions. She'll even enjoy planning and cooking healthy meals for herself and her family. Before she knows it—beautiful black dress, here she comes!

You may scoff at this technique if you wish. But it's the way I managed to pass the bar exam after law school, lose weight after having my children and it's the way that many of my clients have overcome chal-

lenges—such as morbid obesity—that they once considered insurmountable. In the process, wonderful new aspects of their character have emerged to make a positive impact on their friends and family. In the end, they developed a fit attitude!

And so I ask: Are you ready to develop discipline at your core?

If so, contact Diana Patton at diana@fitatudes.com or call 419.450.3362 to receive our free newsletter and take 10 percent off an initial consultation. Also, be sure to contact Diana to sign-up for the annual "Spring Cleanse - Beginner and Advanced" telephone classes that emphasize body, mind and spirit cleansing. Classes begin Monday, April 21st.

Diana (Toledo, Ohio) and Tonja Ward (Houston, Texas) co-own and operate a company called FITATUDES, a Christian based wellness organization that enhances and empowers women and sports families' lives with the FITATUDES concepts.

Our thoughts shape our will and our actions.

possibility that she can overcome the challenges that stand between her and that dress. She'll start practicing the behaviors necessary to make that possibil-

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NHA's Cordelia Martin Community Health Center

Well, it's certainly not your father's clinic anymore.

After 25 years at its location at 907 Nebraska Avenue, the Cordelia Martin Community Health Center relocated to a new building last September at 430 Nebraska – adjacent to the new Jones Middle School and part of the same construction project.

It's a sparkling building of brick construction – spacious, open and airy on the inside and a good deal cheerier than its predecessor.

The Neighborhood Health Association (NHA) has been provid-

ing quality health care to Toledo's under and uninsured residents for over 33 years and this type of quality, and variety, of service is exemplified in the agency's newest location.

Cordelia Martin has a medical staff of nine, along with four to five staffers in its on-site pharmacy and two part-time dentists and a dental assistant. And with this staff, Cordelia Martin can offer services in family practice, pediatrics (in the Daisy Smith Community Health Center portion of the clinic), cardiology, podiatry and dentistry.

The pharmacy at Cordelia Martin is staffed by a full-time pharmacist,

Sade Akala, and three to four pharmacy technicians – typically students from The University of Toledo's School of Pharmacy. The pharmacy is open from 9 a.m. to 4:30 p.m.

In addition, the clinic also offers free pregnancy testing, free blood sugar and weight testing and foster grandparent physicals. There is also a sickle cell coordinator available.

And Cordelia Martin offers more than medical services. There is an on-site social worker and the staff provides WIC services.

And there is a full time translator for Spanish-speaking patients. The clinic will provide translation for any other language as necessary.

So, as a result, every month, between 500 and 750 patients avail themselves of the clinic's many services, says Temple O'Brien, NHA manager of clinical services. O'Brien supervises the seven NHA clinics.

But along with a new building there is also an attempt to improve the scheduling of services – one of

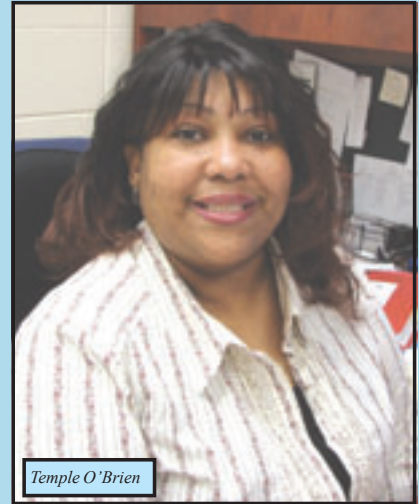
NHA's biggest headaches. One of the ways that O'Brien and her staff have tried to improve scheduling is to get to first-time patients much more quickly than in the past.

Traditionally, first-time patients have waited six to eight weeks for an appointment. Over the past few months, the clinic has set aside the first and third Saturdays of every month for new patients. That way, a patient could book an appointment and quite possibly have gotten in to see a medical professional in less than a week.

As of April 1, however, things have become much easier for first-time patients at all of NHA's clinics. From now on, the morning hours – 8:30 am to noon – are being dedicated to newcomers. This means that it will often be possible for such patients to see someone the very next day.

With all of these services available, what do the bulk of NHA's patients require?

Most patients suffer from chronic diseases such as hypertension and diabetes, says O'Brien, diseases



Temple O'Brien



Pharmacist Sade Akala (r.) with Lindsay Harlow (far left) and Michelle Brockner

that can be manageable – or sometimes avoided altogether. To this end, the clinic has a five-week diabetes self management course which provides a certain amount of free supplies to participants.

The Cordelia Martin Community Center is open Monday through Friday from 8:00 a.m. to 4:30 p.m. First and third Saturday

hours for new patients are from 10 a.m. to 2 p.m. The Daisy Smith Pediatric Community Center is open Tuesdays and Thursdays from 1 p.m. to 4:30 p.m. and on Fridays from 8 a.m. to 4:30 p.m.

The staff can be reached at 419-255-7883 ext. 100.

NEIGHBORHOOD Health Association

313 Jefferson St • Toledo, OH 43604 • 419.720.7883

Adult Medicine
Cordelia Martin Community Health Center
905 Nebraska Ave.
Toledo, Ohio 43607
419.255.7883

South Side Community Health Center
732 South Ave.
Toledo, Ohio 43609
419.241.6106

River East Community Health Center
117 Main Street
Toledo, Ohio 43605
419.691.1322

Pediatrics
Daisy Smith Pediatrics
430 Nebraska Ave.
Toledo, Ohio 43607
419.255.7883

NHA Pediatrics
One Aurora Gonzalez Dr.
Toledo, Ohio
419.241.4230

Healthcare for the Homeless
The Mildred Bayer Clinic
2101 Jefferson Ave.
Toledo, Ohio 43624
419.241.1554

Healthcare for Women
The Huron St. Women's Center
923 N. Huron
Toledo, Ohio 43604
419.242.6028

Senior Center
Mayores Center
Two Aurora Gonzales Drive
Toledo, Ohio 43609
419.242.1144

Dental Clinics
The Mildred Bayer Clinic
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The Lighthouse Road A Celebration of Wellness: National Minority Health Month

By Dr. Anita Lewis Sewell, MD
Special to The Truth



"He sent His Word, and healed them, and delivered them from their destructions. Oh, that men would praise the Lord for His goodness, and for His wonderful works to the children of men."

Psalms 107:20

Wellness is an important concept and an emerging paradigm for the 21st Century. The term "wellness" is affixed to many projects and initiatives today. We have wellness workshops, wellness retreats, wellness-at-work programs, wellness profiles, wellness point systems and centers for health and wellness.

The dawn of the 20th Century gave birth to many Nobel

Prize-winning advances in science and discoveries in medicine that improved the quality of life, health and wellness for millions of people the world over.

One major example came on April 12, 1955, when it was announced to the world that the Salk vaccine for prevention of polio was found to be a success.

Yet, today, more than 50 years after this and other such marvelous discoveries, good health and wellness still elude large segments of the American population.

The Governor's Task Force on Black and Minority Health, a special project of the Ohio Department of Health, first conducted special hearings throughout the state of Ohio in 1986, noting that:

"Despite the unprecedented explosion in scientific knowledge and the phenomenal capacity of medicine to diagnose, treat and cure disease, Blacks, Hispanics, Native American Indians and those of Asian/Pacific Islander Heritage have not benefited fully or equitably from the fruits of science or from those sys-

tems responsible for translating and using health sciences technology."

The Ohio Commission on Minority Health (OCMH) was created by the Ohio General Assembly in 1987 to address findings of disparity in the health status between Ohio's minority and non-minority populations.

The OCMH was our nation's first state office of minority health. Today, the national minority health network includes the Office of Minority Health, U.S. Public Health Service and 35 additional state offices of minority health.

The celebration known as Minority Health Month (MHM) was developed by the OCMH under the leadership Ohio State Senator Ray Miller. This celebration, created in 1989, was intended to serve as a tool to help draw attention to the issue of health disparities.

Disparities imply that affected persons experience more sickness, are diagnosed later, have less access to quality medical care, have limited or no access to health insurance and, consequently, have shorter life spans. The

term "disparities" means there are big differences in the rates and incidences of certain illnesses and in the health outcomes of defined groups of people.

Cardiovascular disease, which includes hypertension, strokes, heart attacks, is a major area where minority populations experience significant health disparities.

Other key areas include cancers (breast, prostate, lung, and colon cancers); diabetes mellitus; gun violence and homicides; substance abuse; HIV/AIDS; and infant mortality.

MHM, was designed to be a high visibility, high profile health promotion and disease prevention wellness campaign, celebrated during April of each year to:

*Promote healthy lifestyles.

*Provide crucial information to allow individuals to practice disease prevention.

*Showcase the resources

for and providers of grass roots health care and information.

*Highlight the resolution of the disparate health conditions between Ohio's minority and non-minorities populations; and

*To gain additional support for the on-going efforts to improve minority health year round.

MHM became a national celebration in 2001. During MHM, caring communities across our nation committed to improving the health status of all citizens sponsor health fairs, conferences, and other wellness events to educate people about good health practice.

"Good Health Begins with You" is the official slogan of the Ohio Commission on Minority Health. It emphasizes the part that each person plays in living a healthier life. Share the health information you have learned with your family, neighbors and

friends.

Simple things can make a big difference: encourage the people you care about to keep their doctor's appointments, have regular check-ups, and to take their prescribed medications.

Exercise can have a dramatic positive impact: it can help control, or even prevent, high blood pressure, diabetes, heart disease, obesity, and depression.

Good health and wellness are precious gifts to be cherished. I encourage you to participate in the MHM events in your community.

For more information on MHM or health disparities, visit these websites:

<http://www.cdc.gov/nchs/hphome.htm>

<http://www.mih.ohio.gov/>

Dr Lewis Sewell may be contacted at TheLighthouseRoad@wohrr.com

Take A Loved One to the Doctor Day

Tuesday, April 8, 2008

Sponsored by the Tom Joyner Morning Show And "The Mix" 95.7 WIMX Radio Toledo

Take A Loved One To the Doctor Day is Tom Joyner's premiere effort to health awareness in the African-American community thru better education and regular visits to the doctor.

Take the pledge to learn more about your health and to take a loved one for a health screening.

www.blackamericaweb.com

We need to learn more about diabetes, heart disease, cancer, high blood pressure, etc.

Toledo - Lucas County Health Department
www.colucashus/health

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Dear Ryan,

I have been training now for about three years. I have weak arms and I have been working them hard but they just don't seem to grow. I train them on back days and I do about 12-16 total sets. Do you have any suggestions on what I could do to improve my arms?

Jonny

Dear Jonny,

Well you didn't mention your triceps and they make up about two thirds of your arm mass. If you have been training your biceps on a regular basis and you aren't getting any stronger or bigger then change it up.

Use priority workouts. Priority workouts are when you train your weakest or smallest body part first. This way it gets most of your focused energy and strength at the beginning of the workout, opposed to getting the work when you are tired and fighting that fatigue.

You can also make a complete separate day to work your arms so that they are your only focus for that training session. Without knowing what exercises that you're doing, it's hard for me to tell you what to change so I will give you the best exercises to do.

Great mass builders for the biceps are straight bar curls with a neutral grip and alternating curls done with a controlled speed. You should also make hammer curls a part of your arm days. If you don't do any other exercises in your life you need to incorporate these three!

Now, you have to also work the antagonistic muscle group which in this case are your triceps. Pick three exercises for this muscle that you like to do and that you get a good workout from. Change the workouts every time you train.

One day super set* your biceps then the next time you can giant set* them. The next workout you can super set bi's and tri's or you can do all four sets before changing the exercises. Keep changing the order to shock the muscles constantly. Good luck and keep up the great work.

*super set is doing 2 exercises in a row w/o rest.

*giant set is doing 3 exercises in a row w/o rest.

Ryan Rollison
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1240 W. Sylvania Ave

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Understanding How People Change

Special to The Truth

Why is therapeutic change so difficult for some yet easy for others? What are telltale signs that a client or loved one is ready to make a positive change in his life? Unison Behavioral Health Group's director of short-term services, Gloria Oliver, offers practical suggestions for helping someone change unhealthy behavior.

According to Oliver, even though a professional or family member notices the seriousness of a problem and wants to offer immediate help to their client or loved one, it may not be the right time for the person who is coping with the issue at hand.

"Forcing someone to seek help when he is not ready becomes an act in futility," says Oliver. "You can

do the most good by first helping to raise the individual's awareness of the problem."

Change is a process and quite often does not happen quickly or easily, adds Oliver. There are five stages of change that people typically go through as they cope with life's major issues - whether a person is dealing with weight management, drug or alcohol addiction, divorce, or other challenges.

Fives Stages of Change

1) **Precontemplation** - During this stage of change, a person is unaware that a problem exists; He often denies there is a problem, but others may see it. During this stage, professionals and family members must engage the client or loved one

but not force the issue.

2) **Contemplation** - Here, the person becomes conscious of the problem and begins to think about how it impacts his life. People at this stage are most likely to respond to feedback and education about their problem. Family members and professionals may be able to persuade the person to get help.

3) **Preparation** - At this stage, a person is committed to change and actively seeks a plan of action. The client or loved one will be open to calling intake and getting information about his problem, for example.

4) **Action** - Here, people are able to say, "I need to change my life," or "I want to do things differently." People at this stage find that social re-enforcement is important. They are open to family interventions and professional treatment.

5) **Maintenance** - Dur-

ing this final stage, a person reviews environmental triggers for the problem and develops a plan for preventing relapse.

Says Oliver, "professionals and family members can play a critical role in helping someone make a positive change by understanding the stages of change."

Unison Behavioral Health Group is a not-for-profit organization dedicated to providing quality behavioral health care services that are accessible and affordable. Unison accepts Ohio Medicaid and most private insurances. Through our contract with Lucas County's Mental Health and Recovery Services Board (MHRSB), we are able to offer subsidized services to Lucas County residents who are unable to afford the total cost of treatment. Clients can receive services at one of our Toledo offices located at 1425 Starr Avenue and 544 E. Woodruff Avenue. For more information on Unison Behavioral Health Group, please call: 419-693-0631.

You Could Be at Risk for Diabetes - Free Screenings Offered

Special to The Truth

Did you know that an estimated 18 million individuals in the U.S. have diabetes, but it is estimated that as many as a third of those individuals do not know they have the disease.

Free blood sugar screenings are being offered at the Summit and Wayman Palmer YMCAs on Thursday, April 3. Nurses, health officials and YMCA fitness staff will be available to answer questions about diabetes prevention, management and health and wellness.

The screenings will be held at the Summit YMCA from 9 am - noon, at the corner of Bush and Summit Streets and from 4 - 8 pm at the Wayman Palmer YMCA near Bancroft and Franklin.

No appointment is necessary for the free screenings. Must be 18 years or older to participate in the screening. This program is funded by the State of Ohio/Ohio Department of Health Office of Healthy Ohio.

For more information, please visit www.ymcatoledo.org.

The Truth/Buckeye Cable Monthly VIP

The Sojourner's Truth and Buckeye CableSystem have teamed to recognize a VIP of the Month. We are honoring these area citizens for their contributions to the community and announcing the selection in the first issue of every month over the next 12 months.

The criteria are: no employee of The Truth or any Block Communication company is eligible, no elected officials are to be honorees and recipients should have exhibited a commitment to the community through philanthropy, mentoring, humanitarianism or some similar quality.

Students are eligible based upon scholastic excellence or achievement in arts or sports.

The honoree's name will also be posted on the Buckeye CableSystem web site and Buckeye CableSystem will provide a gift pack for each honoree.

At the end of the 12-month period, The Truth and Buckeye CableSystem will select a VIP of the Year from among the monthly honorees.

Buckeye CableSystem and The Truth vip of the month.

April's VIP --- Ireatha Hollie



Three subjects dominate a conversation with Ireatha Hollie: God, family and pharmacy. Hollie, an associate pastor at Phillips Temple CME for the last eight years, credits her family for setting high standards for its members, for her faith and for her professional success.

And it is that professional success - she has been a staff pharmacist with ProMedica for nearly 40 years - that earned Hollie one of the most prestigious accolades in the Toledo area. On Thursday, March 20, Hollie was honored by the Greater Toledo YWCA with its 2008 Milestones Award for Science.

What was Hollie's reaction when she learned of the honor about to be bestowed on her? "To God be the glory," was my first reaction," recalls Hollie. "There are so many people out there doing such good things." And Hollie is certainly one of such people. She was honored not just for her contributions to the world of science as a pharmacist but also because of the many contributions to the community outside on the hospital.

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How Could This Happen?

Understanding the Case Against Sgt. Joe Chavalia

By Vickie Shurelds
Sojourner's Truth Reporter

The term "shock and awe" were used in a new frame of reference on Monday afternoon, March 17, following the announcement of the charges brought against the 31-year veteran police officer who fired the shots that killed a 26-year old mother of six and caused great harm to her one-year old child.

A grand jury was assembled and had heard a full day of testimony before the residents of Lima had any idea the officers of BCI&I had turned the information from their investigation over to the special prosecutor, Jeffrey Strausbaugh.

After a whirlwind arrest, arraignment and release the citizens of the community were left wondering what had happened. Rather than speculate, assume and accuse – it is better for the sake of the community to understand what processes are in place and the options available to a grand jury, special prosecutor or judge when handling a case involving an officer of the court.

There are laws in the State of Ohio that protect officers who are found negligent if their actions occurred in the line of duty. Those safeguards determine how information in this case can be presented to a jury and interpreted by a judge.

The two charges against Sgt. Chavalia are misdemeanors:

Negligent Homicide is defined as a "substantial lapse from due care" that the officer "fails to perceive or avoid a risk that his conduct would cause death." This charge carries a maximum penalty of up to six months in local jail.

Negligent Assault the definition is the same, except death was not the result. This charge carries a maximum penalty of 60 days in local jail. Use of this charge implies the officer fired the shots "unknowingly into the child."

During the hearing on Monday, the special prosecutor chose not to bring up the fact that Chavalia is the SWAT leader who gave the command to another officer to fire a shot in the last fatal police shooting at the Lima Rescue Home on Aug. 23, 2000. Police officials and a grand jury cleared him of wrongdoing in that case. In fact to some lay people who were quickly able to arrange

their schedules to attend the hearing, it seemed the entire hearing was just a legal necessity; a show for the media over a case that was already over. Decisions were made and agreed upon well before Monday morning's "hearing."

As the community was in their collective head-spin struggling to understand the reasons, laws and meanings of the case, the Ohio Supreme Court appointed Judge Richard Knepper of Toledo to oversee procedures from this point. Knepper is highly regarded throughout the state. His biography points out: "In addition to his regular judicial duties, from 1984 until

community and its leaders, and I include myself, just did not press hard enough in this case. We should have demanded the state appoint a special prosecutor from a further distance – Defiance is just too close."

Glenn also warns the community to be careful of the language being used in this case. Terms like "high risk search warrant" and "raid" are being used interchangeably – that's not possible. The action the PACE UNIT and SWAT team engaged in on January 4th was **NOT** a drug raid, notes Glenn. The warrant issued was for the arrest of Anthony Terry. That language can be vital in a court

concerns, to get feedback, to prepare a place for them at the table. It's now been revealed to them that the communications line for the African-American community runs through its churches. The impact has been assessed and evaluated and the first attack has been launched at the pastor of the church where Barack Obama is a member.

The residents of Lima have not given up. There are marches planned: one in particular led by members of the Black Ministerial Alliance that will begin at Phillipian Missionary Baptist Church and end at the Courthouse on Monday, April 30.

Another community meet-

"We should have demanded the state appoint a special prosecutor from a further distance – Defiance is just too close."

1992, Judge Knepper was responsible for the administration of all medical malpractice cases up to and including arbitration. As a trial judge, he negotiated, settled and tried hundreds of cases. Judge Knepper continued to serve in the common pleas court until 1996 and was then appointed to the Sixth District Court of Appeals in 1997. While at the appellate court, Judge Knepper sat on approximately 2,400 panels and wrote approximately 800 appellate opinions."

He will preside over the misdemeanor case of Sgt. Joe Chavalia.

Chavalia's fellow officers in an act of support have started a fund to raise money for the legal fight that lies ahead. The Fraternal Order of Police (FOP) released the information on their efforts on Friday. The fund has been set up at two local banks and they are encouraging the community to help. Because the charges against Chavalia stem from actions taken in the line of duty, all his legal fees will be paid directly by the FOP. He incurs no out of pocket expense. A press release regarding the donation request also stated Chavalia has asked that any money left over after his court case would be used to help pay the hospital bills of Sincere Wilson, Tarika Wilson's one-year old.

Councilman Derry Glenn made the statement that "The

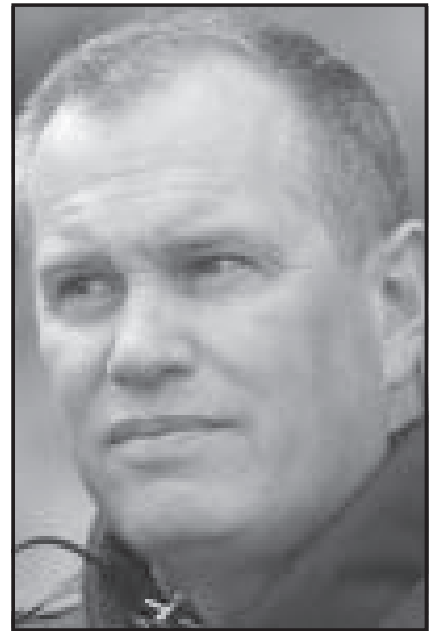
hearing.

FM Jason Upthegrove, the president of Lima's NAACP was recently featured on "Eyes Open With Tony Brown" a nationally acclaimed radio talk show out of Louisiana reminded listeners of Rev. Jesse Jackson's statements to Lima's Mayor David Berger telling him he hadn't seen anything like [this situation] since the Jim Crow laws of the 1950's South.

How could it happen? It can happen in any town, Lima observers say, that has residents who take their responsibilities lightly. The recent push to register minority voters and get them to the polls is not just a political ploy during presidential campaigns. The winners of the political races locally, within the state and nationally are in the hands of each individual voter. The mayor chooses his cabinet and puts into place people with his 'like mind' to determine the infrastructure of the city. The people on this front line choose the workings of the system. Hiring and Firing practices, contracts and grant distributions, what companies get tax abatements, etc.

The record number of voters and absentee voters in the last election sent a clear message to elected officials across the state. In the past, they were often quoted as saying they didn't know how to find the minority community to speak with them about their

ing is set for Monday from 10 a.m. – 1 p.m. at Lima's UAW Hall on Bellefontaine Avenue that will feature a live national broadcast from Warren Ballentine of Washington, DC and other distin-



guished guests.

Actions continue because nothing has been changed. The NAACP continues to take statements from residents who believe their civil rights have been violated. And the

people of Lima believe next time – it could be their door, their daughter or son, their life shattered in ruins because we still don't know ... how could this happen?

Vickie Shurelds

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Album Review
Day 26

Self Titled Album: Day 26

By Michael Hayes
Minister of Culture

I like the name. I don't care what y'all say, I like the name Day 26... I liked the name Danity Kane, too, so any would be haters can stop early.

Man, R&B is ...in a way, R&B is the only thing saving black music right now.

Yeah... the entire state of Florida is banging out radio and club-friendly rap that will have mobile phones ringing from now until infinity. But most of the music is hot, but not necessarily good.

When we started producing someone explained to me years ago "Hot music burns out, good music lasts" - so when you hear "I'm So Hood" and you're singing that hook like you wrote it yourself ...it's nice on ya way to the club (I bump that and "The Boss" on my way to work for some reason) but two years from now it probably won't even be a blip on your radar.

If you think "Party Like A Rockstar" was ...and you've already forgotten about it. Guess what - that was a year ago. Just barely a year if you count when it actually came out.

So urban music is in trouble, the labels are in trouble... (I explained to my mom how the record industry is dying and she looked at me like "why are you walking into a burning building then?" I got water, Ma ... U.G.E. got water) so where does that leave hip-hop? Well, when ya boy has to reach back damn near 10 years just to find some classic material to cover I would say that's not a good sign.

However, in the world of R&B things are a bit different.

First off R&B and pop have merged and the distinction is no longer clear.

You have Timbaland, Puffy and Pharrell to thank for that one.

They laid the foundation for that to occur years ago.

Speaking of years ago, I've been getting in the zone to create some classic stuff and I've been listening to Jodeci and Mary J. joints from back in the day, specifically, "If Loving You Is All That I Have To Do"

And I'm telling you ... Devante Swing was one producer who was far ahead of his time.

I mean far, far ahead of his time.

I'd say only in the last four years has the sound of R&B caught up with production he was delivering back in the early 90's. We were too young to fully appreciate it then, but now you hear it and it's even more amazing.

U.G.E. artist T. Dime of Onasis... an up and coming producer and a beast on the mic - he put it best:

"The song is already a hit by the time the beat is made."

So when you look at a group like Day 26, even though the whole reality TV thing is the cause for the attention ...when you deal with their actual music, you have to start with the same philosophy.

This is a producer-driven industry.

Danity Kane's first album and Day 26's debut both share Puff's deliberate intent to showcase production that is R&B at its core but pop in its appeal.

The music, the lyrics, the concept, the hook, the present-

chorus, the harmonies, the ad libs - are all done!

All the artists have to do are come in and replace the voices of the reference/original vocals with their own and maybe make a few changes to make it their own.

You saw that Rhianna's "Umbrella" and R. Kelly & Usher's "Same Girl" - you know who originally made those songs and all those artists did were come and re-do most of all of it.

Of course not all the songs are done that way, but in a situation like this, having chemistry with each other and a personal bond with the material is even more important.

Day 26, Danity Kane, Spice Girls and even En Vogue (u gotta be an 80's kid or older to know them) one thing they all have in common is that they were manufactured groups.

When Bad Boy had 112, it felt like a group.

Every album felt like an open letter from a unified soul... like four voices, four distinct styles but all the parts created a oneness that wouldn't have been there if those four were separate.

So I've mentioned all of this for a reason:

Day 26 - with the production so single-driven, is this album full of hot music or good music?

And also - with five strangers put through hell on reality TV, does this group feel forced ... or does it feel like a unified soul?

And last, but not least, has someone discovered a cure for ...

BITCHASSNESS??

(If you don't know... you must not be paying attention. T. Dime and the U.G.E. Myspace page... official representatives of the NO BITCHASSNESS fight to stop this plague from spreading)

R&B is in a good place right now with solid material from Chris Brown, Trey

Songz, J. Holiday, Mario, and an upcoming release from Usher could really push male R&B to a point near the pinnacle.

As the industry prepares for what's next, Day 26 has to win over an audience already up to its ears in male pop 'n B.

I'm not gonna get into the whole season leading up to the release, I'm not gonna get into who knows so and so and all that around this area - just the music.

When it comes to Bad Boy projects, this one feels rushed.

There's not even a way in the liner notes to tell who's singing what parts, you just have to really pay attention. No skits, no interludes - but that's cool.

Press play and "I'm The Reason" blasts forth and it's outright powerful from jump.

Vocally, most of this song is on point in a big way and the production is truly next level.

But, of course, "Got Me Going" is the jump off.

The whole energy behind this joint just screams Bad Boy and like a typical Mario and Puff collabo, this track is pulsating with dramatic strings and synths and they even brought back that scratch pad.

The harmony and overall vocal production is amazing. Actually, I'll just give that much away right now ... the vocal production on this entire project just screams that there was much attention paid to every detail. The writing as well ... you can tell when it's missing.

"I'm The Reason" is a much slicker concept and much better lyrically than "Got Me Going."

Ya boy, Danjahandz, brings a completely new look to "In My Bed" and the writers gave Day 26 an arrangement that is almost rocked out in its over the top counter melodies and harmonies.

Written by Shannon and Michael Jones, this is lyri-

cally one of my favorite songs on the entire album.

It all just flows so effortlessly and clever.

Having an up tempo joint about sex is tricky, but it completely works.

So far Day 26 is three for three.

"Crazy Love" comes on and, as a producer, I'm now inspired at the amazing start this joint is off to.

Song after song, they all create a different lane for the artist but the music is flawless so far.

The bridge on "Crazy Love" and how it comes out back into the hook, yeah - this joint is rough.

"Come With Me" was produced by Kwame (once again, if you were born anytime after 1990 you won't know who that is - but for all my peeps born 1978-1989 you should know him by one word: Polkadots!)

Anyway - this was the joint you might've seen them record in one of the episodes this past season and I wasn't feeling it then and it's still not necessarily amazing.

It's so obvious that Mario Winans did the bridge on here tho.

It's not a wack song, it just doesn't push boundaries the way the rest of the material has so far.

Ahhyes - "Co Star." Need I say more?

Bad Boy Entertainment reclaims their former dominance of R&B with this one right here.

Still, they don't sound like a group who has been singing together for year. They still sound like a nicely orchestrated grouping of talented solo artists and it's only noticeable on this song because things have calmed down to the point where the raw emotion is exposed.

But they do a good job and the song is amazing regardless, this could've easily been written for Joe or maybe even an Usher album cut.

The Runners deliver a power ballad for Day 26 in "Come In (My Door's Open)" and I like this song but mostly the chorus because the verses are littered with over-singing... which makes it hard for this joint to truly create the mood it set out to establish.

Next up is Diddy's go-to producer for hot R&B outside of Bad Boy's Hitmen ... Bryan Michael Cox (how ironic is that? You remember people debating 112 vs. Jagged Edge? Well he was behind more than a few of Jagged Edge's hits).

"Are We In This Together" is the favorite song of a certain someone who told me look out for this joint.

There's only one line in this joint that kinda messes up the vibe (you can find it if you listen) but, other than that, I love songs with all out raw emotion like this. The concept is simple: you say you will be here, are you for real?

"Are We In This Together" is a different sound for how B. Cox usually gets down... he usually hits you with the keys. My favorite song on that Amerie album that never came out was his joint.

"Somebody Up There (must love me)" and "Since You Been Gone" are credited to someone else, but he plays all the instruments and it puts me in the same mood. Just flawless R&B.

More than halfway through Day 26 and I'm very satisfied overall.

Someone really poured their heart into making sure that this project had outstanding material and it shows because even if there are one or two joints that I don't like as much as the rest... it's all pretty beastly, honestly.

Not a wack track to be found.

Maybe over time, Day 26 can emulate Danity Kane's perfect blend of individuality (you know whose singing what part when you hear them) and also learn to cohesively blend into one voice.

But for now, the songs are some of the best R&B you'll hear all year and all the guys do their thing.

The true grade for Day 26 is B+

A hot-ass album that's full of flawless production, compelling lyrics and powerful execution.

Good job. I'm inspired.

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Bill Lucy

(Continued from Page 5)

basketball – I don't know who invented the game, but we perfected it." History covered, Lucy moved on to politics. "We're on the verge of changes in this county that will be historic," he said. "Pete suggested now we get ready for November. This country is going to change – whichever one gets elected." Lucy denounced the machinations during the 2000 election that put George W. Bush in office. "They just took it," he said. "They reversed 400 years of legislative doctrine." Lucy's criticism of the Bush administration con-

tinued with a review of its many failed policies. "Many of us suffer from anxiety," he said. "All brought about by a political system that we feel we don't have an impact on." Lucy was particularly disturbed by Vice President Dick Cheney's response to a statement made

by a reporter that two-thirds of the nation does not support the Iraq war. "His response was 'So?'" quoted Lucy. "He had five deferments and he had the right to question someone's patriotism? No one is suffering in this war except the families of the ones that are there."

Lucy gave a brief history of U.S./Iraq relations and the U.S. alliance with Saddam Hussein against the Russians in Afghanistan and against Iran. "This war started out with a slogan 'shock and awe'," continued Lucy, after remarking that Obama's former pastor Jeremiah

Wright's much maligned comments were actually 'moderate.' "After five years, almost 4000 deaths and billions of dollars, we now look at this in awe and shock because it is tearing this country apart." Lucy reminded his audience that President Bush once stood on a battleship

(Continued on Next Page)

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CLASSIFIEDS

Bill Lucy

(Continued from Page 14)

in front of a banner that read "Mission Accomplished." "Maybe he was talking about how he had laid the foundation of the end of democracy as we know it."

Lucy returned his attention to this year's presidential election. "Although the president's name will not be on the ballot, his legacy will be on the ballot and will be for many years to come," he warned.

"What is that legacy? High taxes and hard times for the average American family."

Moving past rhetoric toward a plan of action, Lucy continued. "We've got to take back our country," he said. "Take it back from the thieves and robbers on Madison Avenue who took it from us." Lucy told the members of his organization just how to do it. "We ought to be voting in numbers like we've never seen before," he said. "Now, I can't tell you who to vote for, but I can tell you what to vote against."

Lucy warned that this election should not be about patriotism or "who's got the biggest flag," but bread and butter issues.

"We've got to have a jobs program that brings jobs back to the state of Ohio. We've got to have a broader universal health care program. We've got universal health care now. It's just limited to the House and the Senate and the White House."

Lucy ended his speech, having given his audience what they came to hear, by putting the occasion and this year into perspective. "I know I've deviated from black history," he said. "But black future is what we need to focus on."

Immortal words with an eternal message.

Chapter Chairman Cenia Willis presented Lucy with a plaque in appreciation for his visit immortalizing this year's banquet during one of the nation's most historic times.

Awards were also given to Frederick Douglas Bell, Sr. (Trade Unionism), Weldon Douthitt (Political Action) and Anita Madison (Community Service).

Ray Wood, president of UAW Local 14, introduced local political leaders including Toledo School Board President Steven

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Elder Wynston Dixon, pastor of Braden United Methodist Church, gave the invocation and benediction. Other local CBTU chapter officers include Timothy Gray, secretary;

Yvette Thompson, treasurer, and Clarence Hornbeak, sgt-at-arms.

The banquet committee included Cheryl Tyler-Folsom, chairman; Cerssandra McPherson, co-chairman; Deb Hill, welcome; Henry McCoy; Diane Mieczkowski; Andre Washington; Michael Alexander, emcee; John Folsom; Gray; Lavern Mosley; Thompson; Willis and Jim Snodgrass.

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TOLEDO PUBLIC SCHOOLS – REYNOLDS ELEMENTARY

Sealed bids will be accepted by the Board of Education of the Toledo Public School District until **1:00 p.m. on May 1st, 2008**, at the Toledo Public Schools Treasurers' Room 3, 420 E. Manhattan Blvd., Toledo, Ohio 43608, for all labor material and supervision necessary for the new **Reynolds Elementary School Bid**, as more fully described in the drawings and specifications for the project prepared by Munger and Munger and Associates and will be opened publicly and read immediately thereafter.

Bid Documents for the project may be examined at the F.W. Dodge plan rooms in Maumee and Columbus, Builders Exchange in Toledo, University of Toledo – Capacity Building, E.O.P.A. – Hamilton Building, Northwest Ohio Hispanic Chamber of Commerce, and The Plan Room in Ann Arbor, Construction Association of Michigan, Toledo Regional Chamber of Commerce and Ohio Construction News.

Bidders may obtain copies of the documents starting **April 2nd, 2008** which can be purchased from **Toledo Blue Print, 6964 Mc Nerney Road, Northwood, Ohio 43619 Phone: 419-661-9841. Drawings may be obtained on CD-ROM for no cost with the purchase of the specifications.**

A PREBID CONFERENCE is scheduled for **April 17th, 2008** at 2:00 p.m. at Toledo Public Schools' Board Room, 420 E. Manhattan Blvd., Toledo, Ohio 43608

If you have any questions or a need for additional information, please direct all questions in writing to Justin.Hammerling@gb-llc.com, by phone at (419) 776-5600, or (fax) (877) 281-0784.

Bid Item No. 1 Site Work	\$	960,300.
Bid Item No. 2 General Trades	\$	4,218,700.
Bid Item No. 3 Fire Protection	\$	121,700.
Bid Item No. 4 Plumbing	\$	433,600.
Bid Item No. 5 HVAC	\$	1,495,600.
Bid Item No. 6 Electrical	\$	939,800.
Bid Item No. 7 Technology	\$	618,774.
Total Estimate:	\$	8,788,474.

MISS JUNIOR TOLEDO PAGEANT

Are you interested in becoming a Contestant in the 2008 Miss Junior Toledo Pageant?

Do you possess a performing talent i.e., singing, dancing, poetry, musician, orator, acrobatics etc.? Are you between the ages of 12 & 18 years old not turning 19 before July 27, 2008?

Dare to be different and take a leap of faith! Believe in yourself and in what you can do! Fill out the following form and mail to the address below or fax to 419-531-9406.

Name: _____ Age: _____

DOB: _____

Address: _____

Phone: _____

City: _____ Zip: _____

Performing talent: _____

School you currently attend: _____

Present Grade Level: _____

Mail to: Miss Junior Toledo Pageant
2124 Calumet Avenue, Toledo, Ohio 43607

Mt. Nebo Dedicates "Two" Center

Sojourner's Truth Staff

Born December 31, 1981, Seldon Hill II ("Two"), attended Calvary Christian through the eighth grade, then onto Central Catholic where he was a good student and football player. He attended The University of Toledo for two years before leaving to join the family business as vice president of operations in the New Jersey office.

Until his illness in late spring of 2007, Hill managed a staff of 40 people and maintained proper business relations with his many corporate clients around the United States.

On Sunday, March 30, Pastor Cedric Brock and the Mt. Nebo Missionary Baptist Church, where Hill was a devoted and active member, commemorated the life of the man who passed away at far too young an age last year and dedicated its new computer center to his memory.

The equipment in the center was obtained through the help of the Toledo Lucas County Pub-

lic Library and The University of Toledo.

"I'm a big fan of Pastor Brock because he is a man of vision," said the Library's Rhonda Sewell, on hand to help in the ceremony. "He conceptualized the computer room and with a few phone calls made it happen. These children will be able to log on in a safe environment... one with filters."

The Library donated six



"Coffee with the Fords" Sunday Mornings on WTVG-13abc at 6:30 a.m.

Sunday, April 6th

Co-hosts Cynthia and Jack Ford share stories with Andrew Martin and (wife) Melissa Portala from the hit series, WifeSwap. The two couples will prepare an asparagus potato salad in the kitchen together. Also, Yvette Thompson, vice-president of Lucas County League of Women Voters will discuss upcoming events.

Sunday, April 13th

Co-hosts Cynthia and Jack Ford share stories with Jeff Jaffe, chairman of the Art Tatum Heritage Jazz Festival. Also, Dr. Robert Helmer, president of Lourdes College will join the Fords at the kitchen table to discuss Luminations and activities around campus. Linda Helmer will join them on the set to make a southern dish.

Sunday, April 20th

Co-hosts Cynthia and Jack Ford welcome International photographer, Marty Essen, to share photos from seven continents and discuss his latest award-winning book; "Cool Creatures, Hot Planet" www.CoolCreaturesHotPlanet.com. Also, local award winning nature photographer Art Weber will share photos from Metroparks of the Greater Toledo Area Nature Photo Gallery. Learn how to make Trail Mix for your next road trip!

Sunday, April 27th

Co-hosts Cynthia and Jack Ford get ready for the Kentucky Derby... hats and all... during their interview with Peggy Grant, art director at 20 North Gallery, while Eric Hillenbrand whips up traditional Mint Julips for a toast.

Church's Chicken Tuesday Special

2PC
★ Leg & Thigh ★
99¢

12 tender strips & 4 biscuits and choice of any large side order
\$12.99

50 pieces of dark (original or spicy)
only \$35.00

Offer good for Church's Chicken locations at 2124 Franklin Avenue, Toledo and Byrne & Glendale, Toledo

of the computers for the Seldon Hill II "Two" Center.

Also present was Sabrina Nabors of UT who praised her boss, President Dr. Lloyd Jacobs, and his commitment to the community and such projects as the center.

The Hill family, including Seldon Hill II's parents and his son, were on hand to help cut the ceremonial ribbon.

The House of Day Funeral Service

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